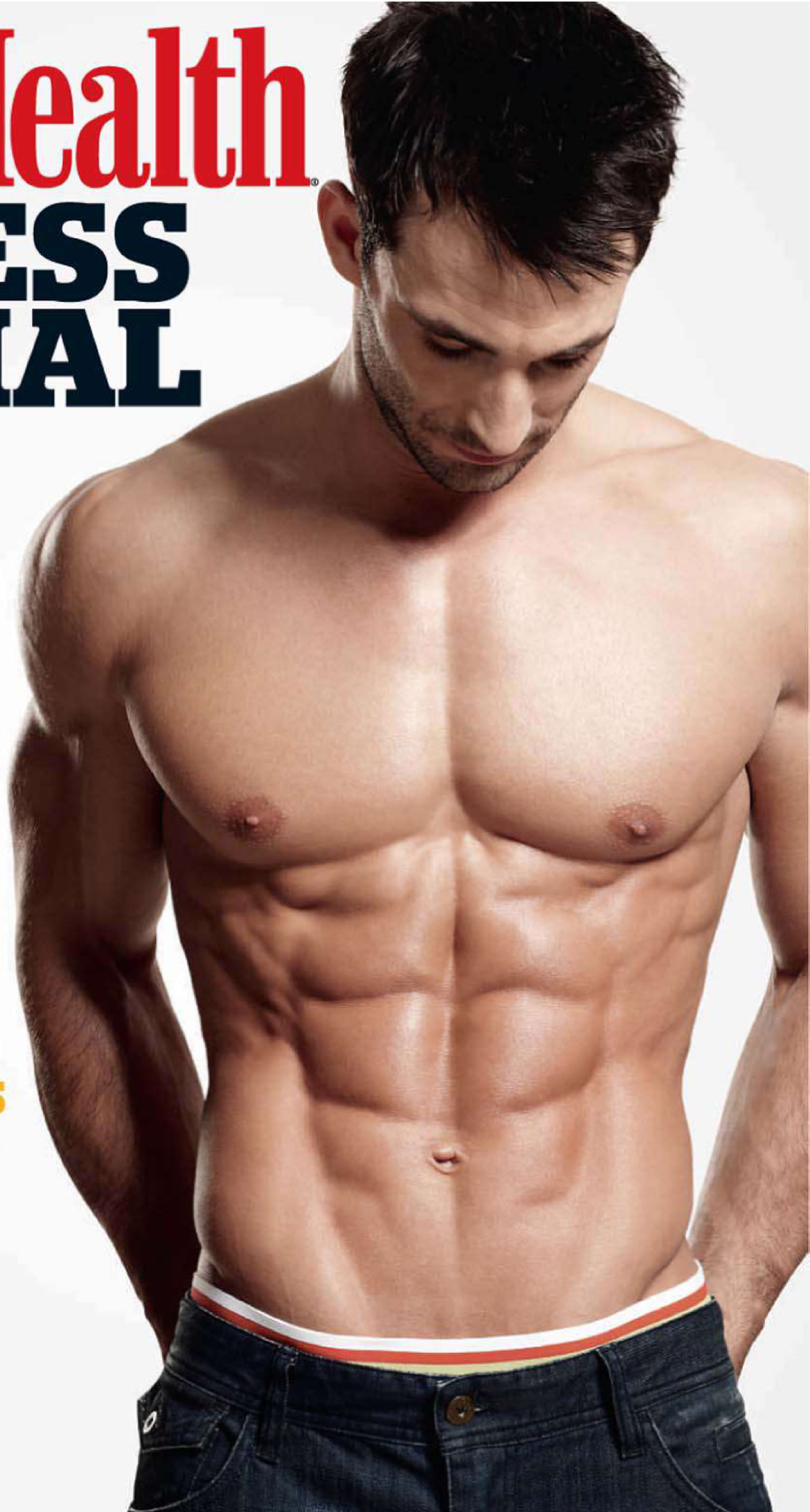
Men'sHealth

FITNESS SPECIAL

2011 EDITION



GET BACK IN SHAPE

Overhaul your body

THE WORLD'S BEST WORKOUTS

A new way to train every month

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Eat your way to a leaner body

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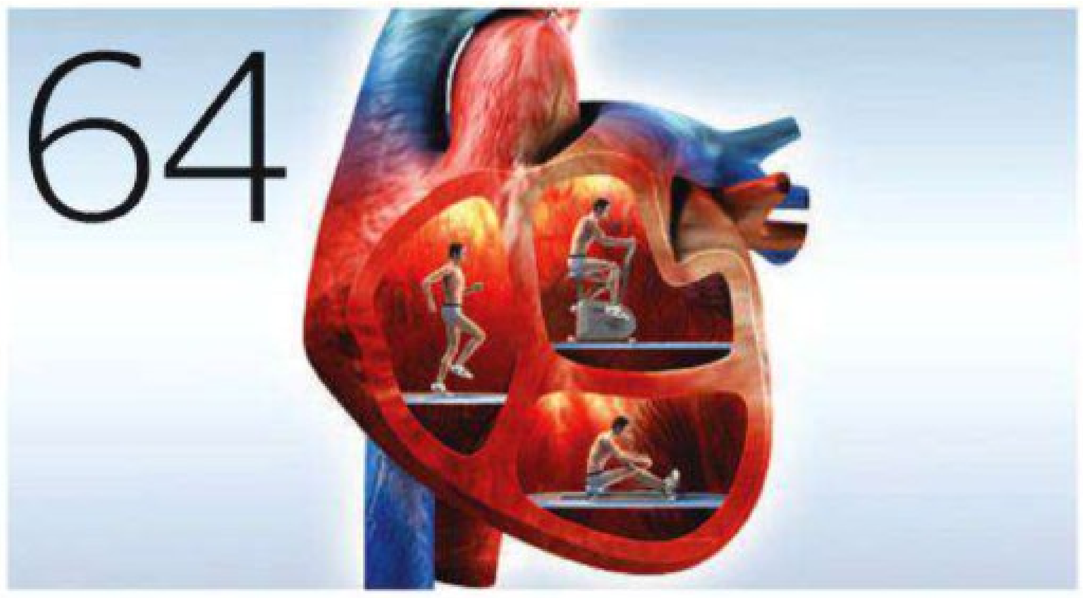
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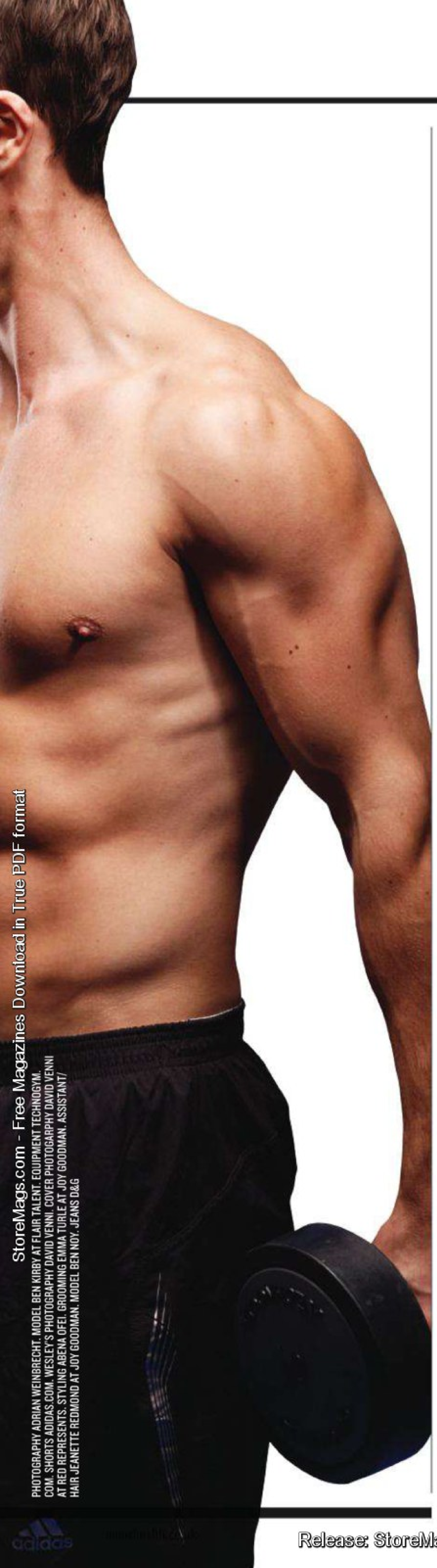
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EDITOR'S LETTER

This Fitness Special is the *Men's Health* Greatest Hits: a compilation of all the essential training tips we've published over the past couple of years. If you're an exercise newbie Getting Started (p7) has everything you need to make your inaugural trip to the gym a productive one. Once you know one end of a ViPR from the other you can progress to the Total Plan (p27) for a year's worth of training that'll get you stacked by Christmas. And for those looking to lose size Burn Fat Fast (p61) will help you shift that gut. Short on time? That's no excuse. Half An Hour To Fitness (p89) gives you quick full-body workouts you can fit into your lunch hour.

But staying in shape isn't just about what happens in the gym. We've got the nutritional back up (p131 and p155) to ensure you hit your goals. Plus some ways to build Useful Muscle (p179) which should help you in your everyday life, whether you're on the football pitch or nailing some DIY.

The uninitiated often assume there's some big secret behind getting in shape. But the truth is far simpler: commitment. There's no magic pill and it's not something you can do just once then sit back and expect to stay that way. Staying fit and healthy requires a long-term effort, something I discovered when I underwent a cover-model training regime (p180). But I don't have any special skills, I'm just an ordinary guy who doesn't even have time on his side. If I can do it, you can, too. What are you waiting for?

Wesley Doyle,
Editor

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GETTING STARTED

Read this before your first trip to the gym and you'll be the one handing out advice

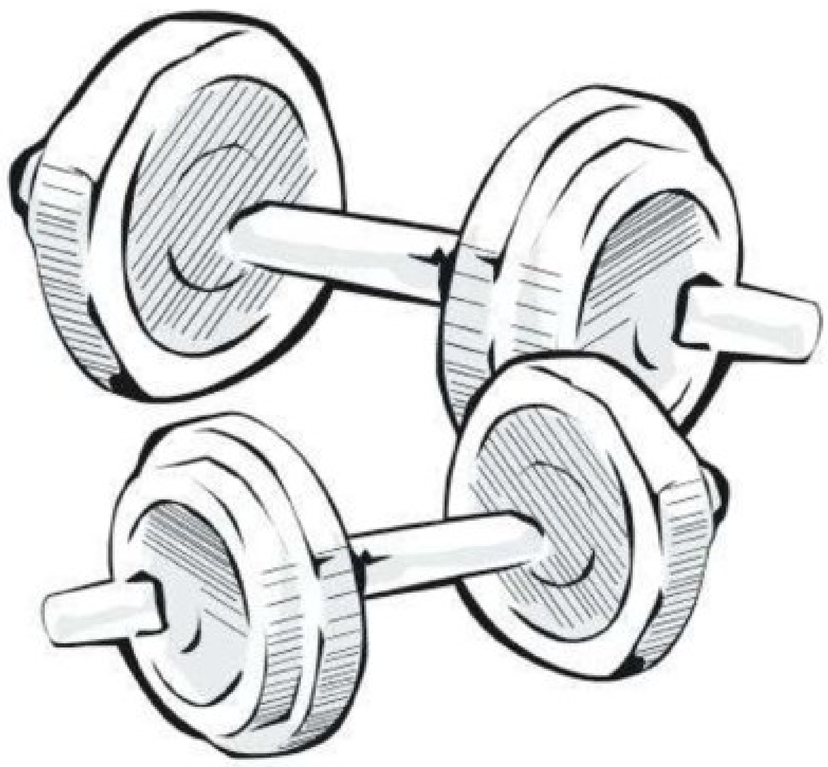
Gyms can be intimidating places, especially if you've never set foot in one before. But whether you're a first-timer or a regular gym-goer, it always pays to sweat the small stuff and remind yourself of few basics, be that etiquette, technique or terminology. After all knowledge is power, and nowhere is this truer than in the gym.

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The *MH* glossary

Do you know your barbell from your dumb-bell, your sets from your reps? We get technical on our key terms, so you can reap the maximum benefits of our weights, cardio and bolt-on workouts



DUMB-BELLS

Consisting of two weight plates, separated by a hand-sized grip, these free weights have unlimited body-sculpting potential. "Dumb-bell exercises have an advantage over the barbell equivalent as they allow for a greater range of movement and can easily improve any muscular imbalance", says personal trainer Aaron Cavanaugh. So walk away from the bar – never an easy task, we know. "Although the maximum weight lifted will probably be less than you can do with a barbell, dumb-bells are a safe way to kick-start some serious muscle gains." says Cavanaugh. Using them as door wedges however, will not work…

ANABOLIC WINDOW

One hour before training and 2 hours after. "When your body is most responsive to growth," says Paul Collins author of *Strength Training for Men*. Feed your muscles during this time and they'll gain size quickly.

GROWTH HORMONE

Research in the *Journal of Applied Physiology* found it helps you grow taller (not after 21), and build thicker bones and muscles. Top up your natural levels to recover faster.

DROP SET

"Perform reps until your muscles fail, then decrease the weight and do more reps until you fail again." It's like starting with pints and drinking through to shots – the shots give you more pain but more reward.



OLYMPIC BAR/(BARBELL)

Arguably the most central piece of equipment in the gym, the barbell forms the nucleus of many compound exercises, including the deadlift and the bench-press. Ranging in length from 122–213cm (4–7ft), weights are placed on each side and secured with a collar. "Start with just the bar for a week or so", says Cavanaugh. "This will help programme your muscles to the movement." Then you can start loading up the plates.

INTERVAL TRAINING

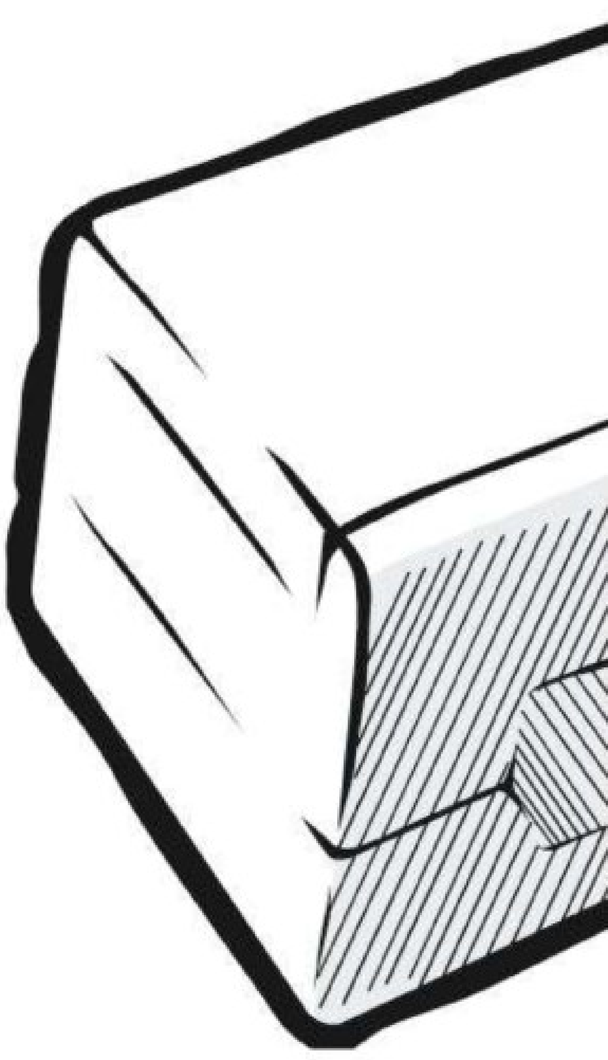
This is a type of cardio training that alternates bursts of high intensity work, with periods of rest or low activity. "You train as hard as you can, then go at a slower pace to recover so you have the energy to train as hard as you can again," explains Collins. Training in this way is great if you're trying to lose weight and can help to increase speed and endurance. All in just a few – very intensive – minutes.

A SET

When you do a number of reps without rest it's called a set, so doing 5 press-ups then taking a breather is a set. "The amount of rest you take between can vary. The longer you rest, the more energy your body will replenish," says Collins. Studies show the maximum time you should rest for is 3 minutes. Tell that to the guy trying to strike up a conversation mid set.

ISO-TENSION

Remember those ads you used to see in comic books with the kid getting sand kicked in his face? They featured Charles Atlas and he was selling iso-tension. "It's when you flex a muscle and hold it, with no movement," explains Collins. It pits one muscle against another and Atlas claimed it reaches areas that training often misses. We're not sure if it will "make a man out of you in 7 days" but Arnie was a fan – so it's worth a try.



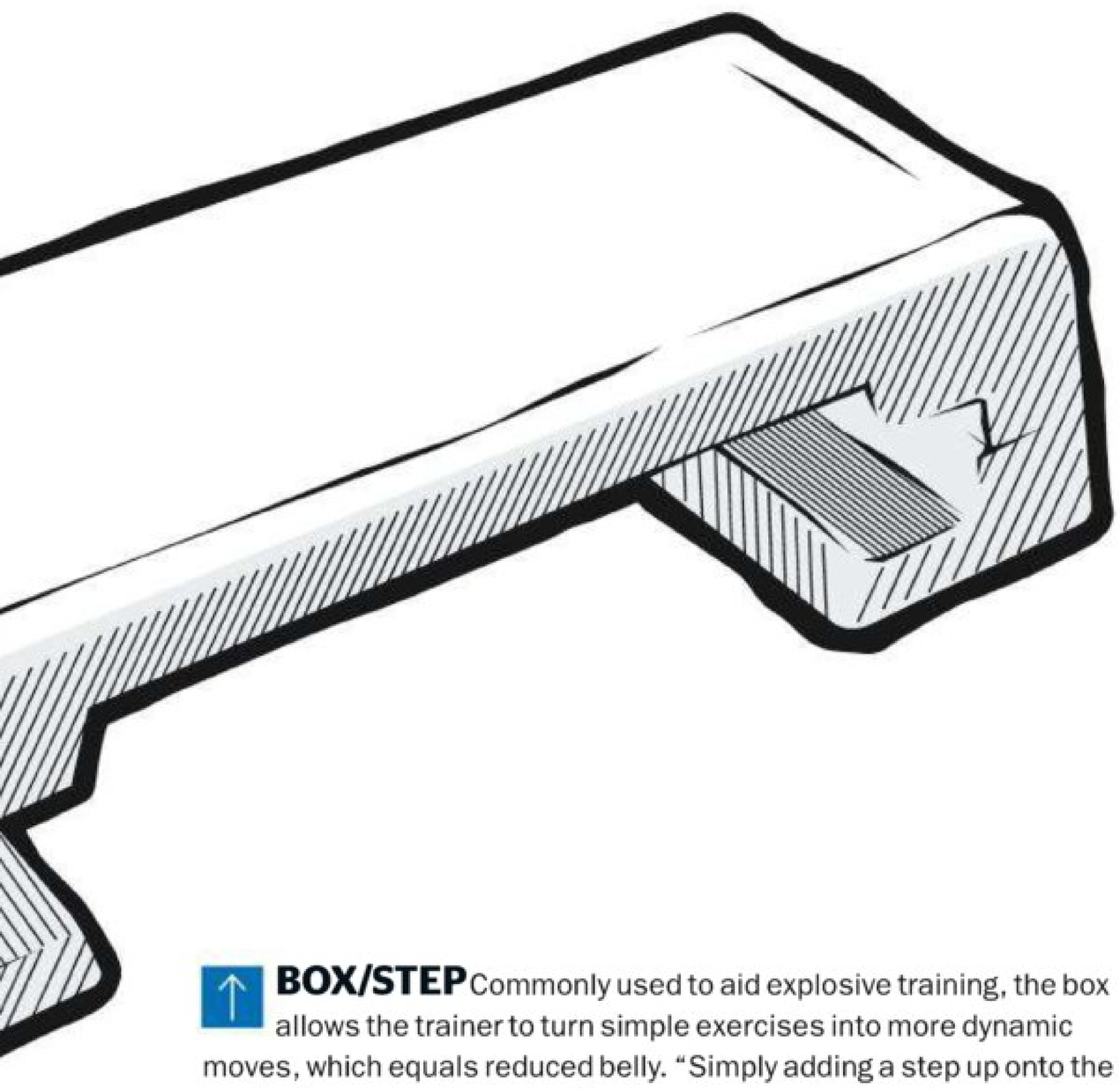
A REP

A repetition (rep) is the business of doing an exercise just once. "Reps are the bread and butter of your workouts and the more of them you do the stronger and bigger you'll get," says Collins. It's quite simple: you do more – you get more.

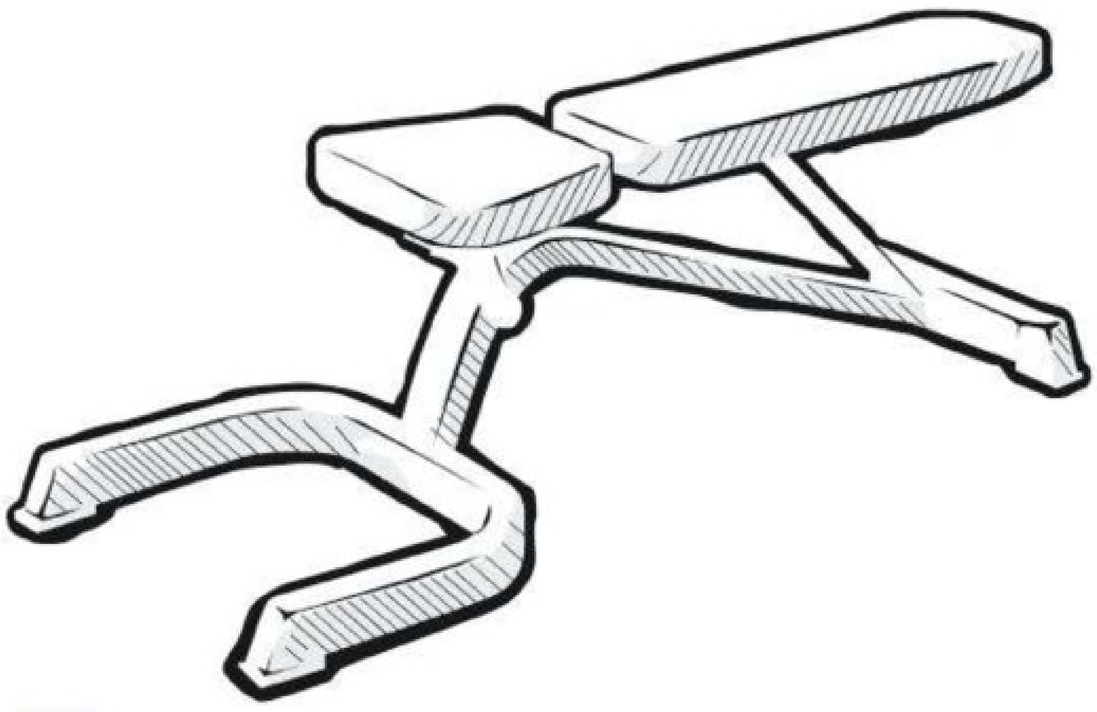
CREATINE

Arguably one of the most popular sports supplements ever made. "Creatine works by giving your body more energy to exercise," says Collins. "This helps you perform more reps and sets, so you get stronger and bigger." It is currently one of the most researched supplements on the market and there have been no reported side-effects related to long-term use – so grab your spoon and dig in.

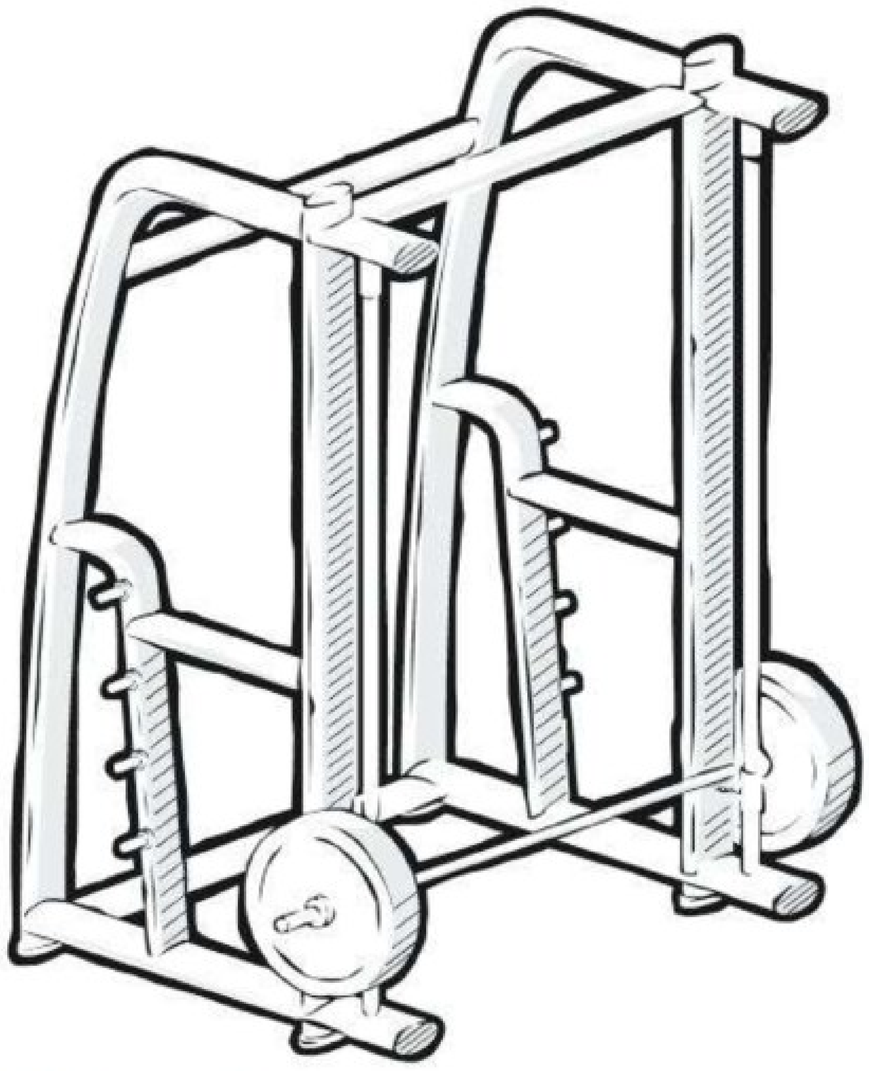
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BOX/STEP Commonly used to aid explosive training, the box allows the trainer to turn simple exercises into more dynamic moves, which equals reduced belly. "Simply adding a step up onto the box before a shoulder press for example, is a great way to engage your core and get your heart rate up," says Cavanaugh. Not to be confused with a step class, unless you're fond of garishly coloured Lycra.



BENCH
Central to any workout, the bench comes in different designs: fixed horizontal; fixed incline; part adjustable, or fully adjustable. "These options allow you to target specific parts of each muscle group with maximum efficiency," says Cavanaugh. Exercises executed on the bench include: dumb-bell bench press, incline flyes, and dumb-bell pull-overs. As a rule, make sure your back is pressed firmly into the bench, so that your abs are tight and your head is straight. But try not to gaze off into the middle distance. Demand for benches is high in most gyms and you could find yourself on the wrong side of that huge guy with the 60kg dumb-bells.



SMITH MACHINE
Invented by legendary muscle pioneer Jack LaLanne in the '50s, the Smith Machine lets those seeking stackedness execute classic compound exercises safely. It consists of a bar-bell, fixed within steel rails, to allow only vertical movement. There are a series of slots where the bar-bell can be hooked, and blocks you can adjust to stop it before it pins you to the bench. Compound exercises such as the bench-press, squat and shoulder press are often done on the Smith Machine, as it reduces the need for a spotter, making it great for beginners and solo-stackologists alike.

MEDICINE BALL
The medicine ball is roughly the size of a basket ball variously weighted, it aids fast muscle growth. You can do many exercises with one, from squats to press-ups, and they're great for building core strength. But catching one in the face can seriously damage your pulling power.





ASSISTED PULL-UP MACHINE
Consisting of hand-grips at varying heights and distances, its platform allows some of your weight to be discounted from the pull-up. A few sets on this and your shoulders will be wider than a Humvee. MH

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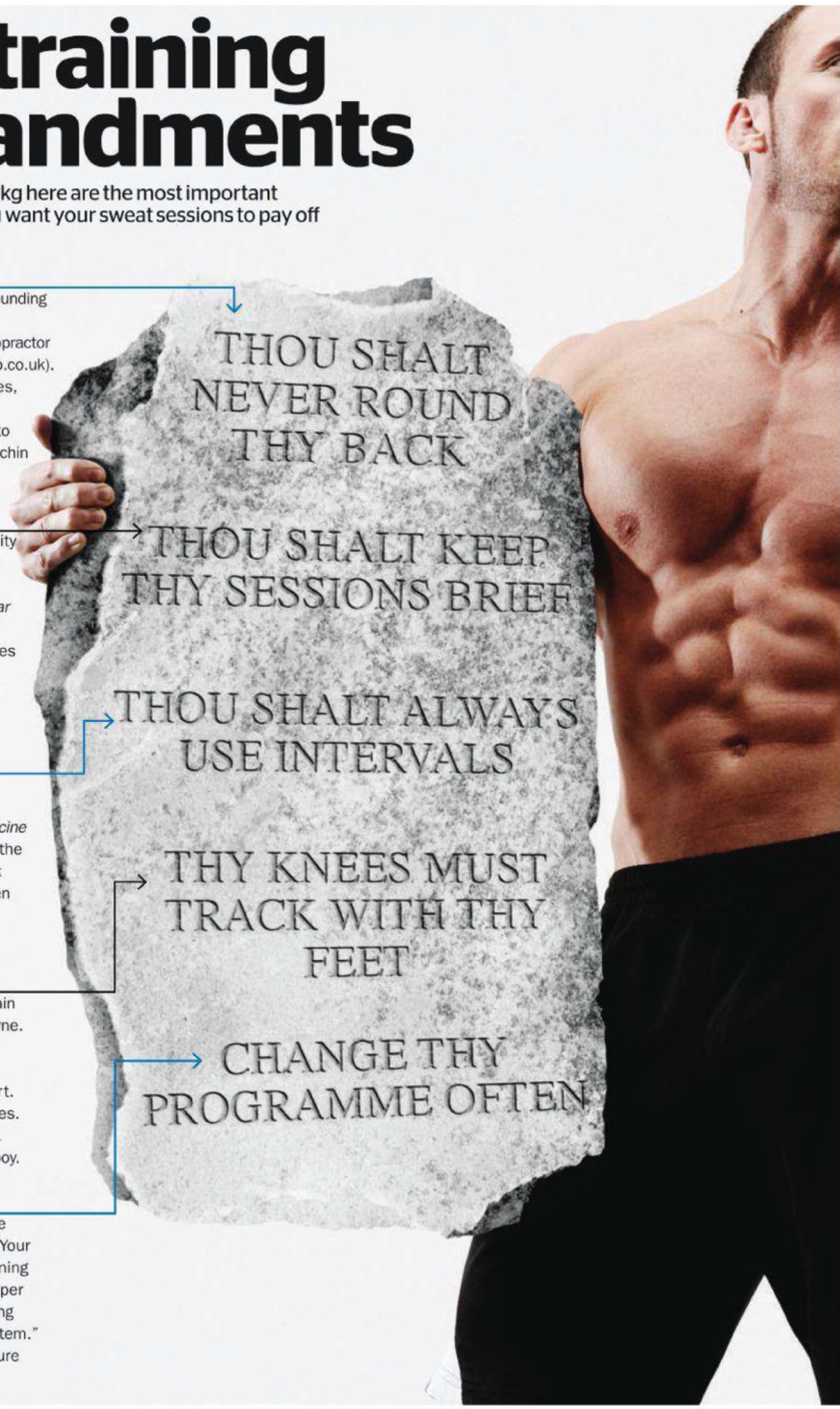
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The 10 training commandments

Whether you're curling 10kg or 50kg here are the most important training imperatives to obey if you want your sweat sessions to pay off



1 Straight to the point

Don't try to undo years of evolution. "Rounding your back pushes your vertebrae together at inefficient angles," says Carlyle Jenkins, chiropractor and sports rehab specialist at Prohab (prohab.co.uk). "This can rupture a disc." With bent-over moves, looking in a mirror pulls your spine out of line. "Stand side-on to a mirror and turn your head to the side." With standing exercises, keep your chin up to keep Darwin's backbone in its place.

2 Get shorty

Your workouts should have the intensity of a bank robbery. Get in, lift and get out, or be nabbed by the cortisol cops. A study in the *Journal of Steroid Biochemistry and Molecular Biology* found cortisol levels raise 49% after exercise. "Cortisol can cannibalise the muscles if you train too long or don't eat protein and carbs," says Christian Finn, sports scientist (thefactsaboutfitness.com).

3 Rest easy

The tortoise won but the hare had the right idea. Studies in the *Journal of Applied Physiology*, *Journal of Sports Sciences, Medicine & Science in Sports & Exercise* all show that the best gains come from alternating hard work and recovery. "Take 60-second rests between sets for muscle and 3 minutes for strength," says Finn. "You'll cut up in no time at all."

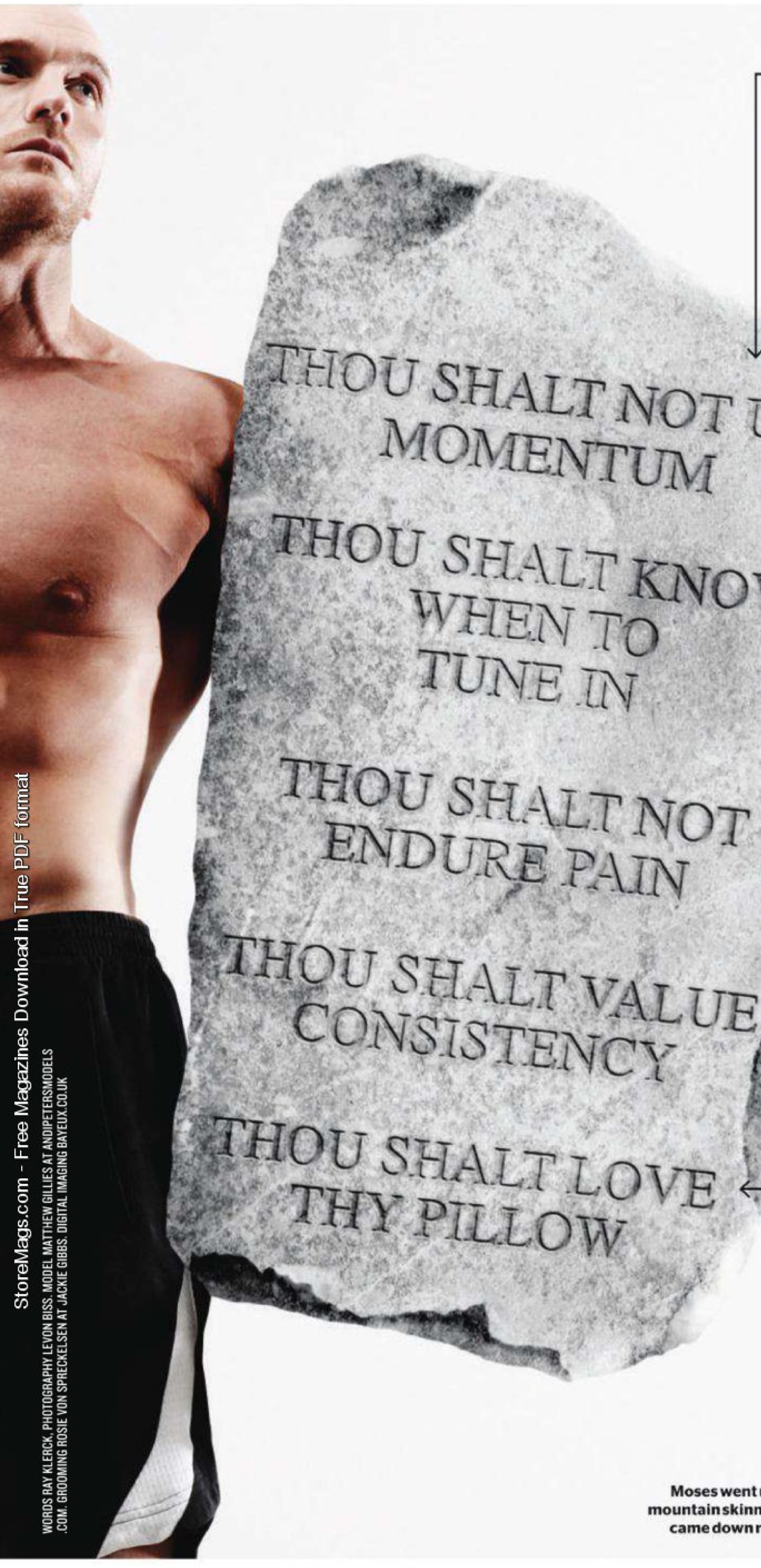
4 Step in line

Letting your knees wobble when you train will have you more bow-legged than John Wayne. Use Jenkins' rules to keep them injury-free:

1 Always stand feet shoulder-width apart.
2 Keep your toes parallel and hip-width apart.
3 Keep a straight back, look down with your eyes.
4 Wear footwear that supports your arches.
5 If they still wobble, reduce the weights, cowboy.

5 Newness is goodness

Don't fear change: months of the same stimulus will cease to yield improvements. "Your body takes 4-8 weeks to adapt to a new training programme, after that your gains start to taper off," says Finn. "When you feel yourself hitting a performance plateau, introduce a new system." It keeps your muscles guessing and will ensure you progress, both mentally and physically.



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Moses went up the mountain skinny, and came down ripped

6 The swing of things

Start swinging in the gym and you could end up at your physiotherapist. Quick, jerky movements sabotage your form, cause injury and mean your ego is dictating how much you lift. A study in the *Journal of Sports Science and Medicine* found taking 2-3 seconds to lower a weight and 1-2 seconds to raise it was the best lifting speed for producing power and more muscle.

7 Tune in or tune out

Mentally number-crunching your stocks between sets won't elevate your bench-press figures. Men who got their head in the game by focusing on what they were doing lifted more weight than those who did the set with a wandering mind, found a study at the University of Wales. But if you're doing mind-numbing cardio (breaking the interval commandment) then research by Smith University in the US, found that the activity seems easier if you distract yourself – so this could be the time to whip out the year-end reports. Tune in or tune out, just make sure you do it during the appropriate programme.

8 Listen to your body

When mortars are exploding next to you then pain is a badge of honour, but until then don't be a gym Rambo. It seems the communication channels between our body and brain were muddied by '80s action flicks because pain is a clear signal for you to stop. "Soldiering on through the hurt is a big mistake and one of the most common causes of serious long-term injuries," says Jenkins. The instant you feel a twinge – stop and live to fight another day. "If the pain persists have it checked by a professional." Doctor's orders.

9 Keep the ball rolling

Men who space out their workouts achieve equal gains to those who don't, found a study at Ithaca College, US. Consistency gets results but you'll still achieve your goals by scheduling your training to suit your lifestyle. "Do 1-2 sessions a week for maintenance and 3-4 a week for progression," says Finn.

10 You don't snooze, you lose

Hitting the snooze button is as important as pushing out final reps. A lack of sleep slows your gains, found the Midwestern State University, US. They sent blokes to the gym after depriving them of sleep. Most of them couldn't even finish the workouts and didn't get the normal testosterone spike. Give late-night shows the flick to tune into the dream channel for more muscle and less fat.

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Don't look dumb - wise up and beat the bells

YOUR GYM EDUCATION STARTS HERE

Starter's orders

Everyone has to start somewhere. So here's a beginner's guide to the best exercises and most useful machines for first-time gym-goers

GYMS CAN BE INTIMIDATING PLACES AT THE BEST OF TIMES... But they're even more daunting for a newbie, especially if you are there alone. With no one to show you the ropes and no spotter to help you out, all the motivation that got you to fork out for your membership can evaporate pretty quickly. But all it takes is a little know-how and you'll soon be on your way. The six exercises shown here are easy to master and will help you to familiarise yourself with the equipment. "Perform 3-4 sets of 8-12 repetitions and rest 60-90 seconds between each set," says Christian Finn, a sports scientist and founder of the website thefactsaboutfitness.com. "Use weights heavy enough to make your muscles unable to perform more than 12 reps – this is called working to failure and will trigger growth." If you want to do cardio too, do it after your weight session. A study at the University of Victoria in British Columbia, Canada found that doing aerobic exercise before weight training decreased strength performance for up to 8 hours. Armed with this info you'll be able to walk into your gym with the confidence of a veteran.

The beginner's total

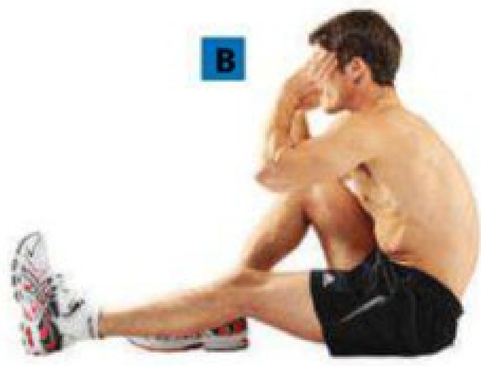


1 THE BEST MOVE FOR YOUR LEGS

Smith machine squats Set the Smith machine's bar to shoulder height and stand, feet shoulder-width apart, beneath it. Bend your hips and knees to lower yourself towards the ground. Stop when the bottoms of your thighs are parallel to the floor. Rise to the start.

Why? "Squats are the best exercise for leg development," says Finn. "The Smith machine's rails help you maintain good form while placing the bulk of the tension on your quads." What's more, a study in the *Journal of Strength and Conditioning Research* found squatting with a Smith Machine will help you lift 4% more weight compared to free weights.





2 THE BEST MOVE FOR YOUR ABS

Braced crunch Lie down, face up. Bend one leg and flex your knee to 90 degrees, keeping the other leg straight. Don't tuck your chin towards your chest. Tense your abs and curl your torso up against your knee. Breathe in deeply as you crunch upward. Stay in the up position long enough to take a few deep breaths.

Why? "This technique will challenge your abs while simultaneously minimising compressive load to your spine," says Finn. "Try it and you'll be surprised at how such a simple exercise can be made more challenging and effective."

WORDS RAY KLERCK. PHOTOGRAPHY GETTY, ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT. THANKS TO ESPORTA.COM. ILLUSTRATION LYNDON HAYES

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body workout



3 THE BEST MOVE FOR YOUR BACK

Lat pull-downs Position yourself on the lat pull-down machine and place your knees under the pads. Grasp the ends of the wide bar then lean back slightly. Bend your elbows to pull the bar to your upper chest. Pause then return to the start position.

Why? "Lat pull-downs develop complete back strength by working the majority of your back muscles," says Finn. "For a challenge, you can use the double-D attachment, and pull the weight to your chest with both hands and release it back with one hand to place more tension on your muscles."



5 THE BEST MOVE FOR YOUR CHEST

Smith machine press Lie on the bench and place your hands slightly wider than shoulder-width apart on the bar. Lift and lower the bar towards your upper chest. Keep your head, torso and hips pressed into the bench. Pause before it touches your chest then straighten your arms to press the weight back up again.

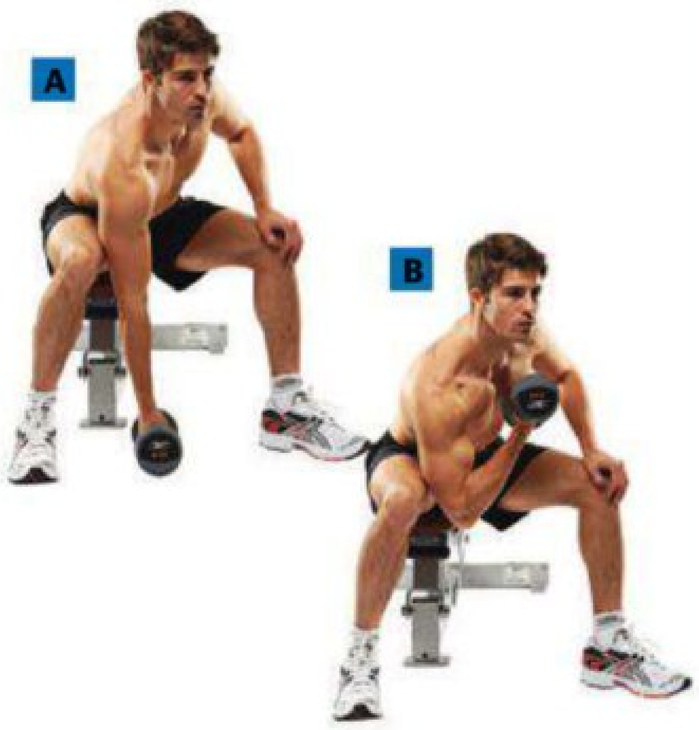
Why? "The latches on the Smith machine allow you to safely perform chest pressing exercises with the most weight possible, without the risk of it toppling on your head," says Finn. "This offers you complete chest development and the guide rails let you focus on the lift."



4 THE BEST MOVE FOR YOUR TRICEPS

Bench dips Hold onto the edge of a bench, lock your elbows and straighten your legs. Keep your back straight and close to the bench. Bend your elbows to lower your body until your upper arms are parallel to the floor. Pause then straighten your arms to return.

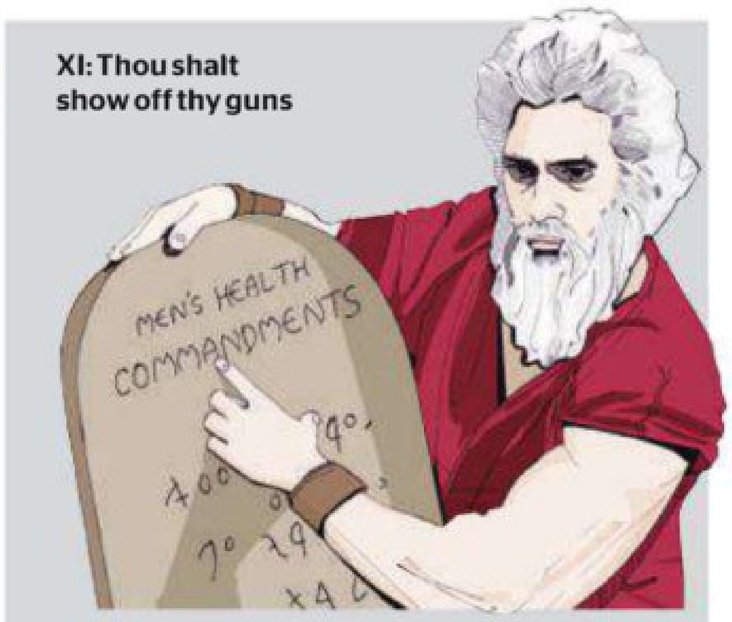
Why? "This move offers you all the tricep building benefits of the parallel bars but allows you to push yourself up with your legs if your triceps start to fail. You can also place a weight on your lap if the move becomes too easy," explains Finn.



6 THE BEST MOVE FOR YOUR BICEPS

Concentration curls Sit on the edge of a bench and hold a dumb-bell in your right arm. Bend your torso forward to allow this arm to hang between your legs, with your elbow resting against the inside of your right knee. Bend your elbow to curl the weight all the way up, pause then slowly lower back to the start position.

Why? "This move will isolate your biceps and leaves your opposite arm free, so that you can use it to help out if you fail on the final few repetitions," says Finn.



XI: Thou shalt show off thy guns

THE MH 10 COMMANDMENTS OF NUTRITION

Our very own *MH* Moses lays down the law on how and what to eat if thy wanteth to get Biblically stacked

I Thou shalt eat at least 1g of protein per 2kg of body weight each day.

II **Thou shalt vary your protein sources throughout the day..**

III Thou shalt drink at least 3 litres of water a day. A dehydrated body is weak, lacks endurance and has lower testosterone levels.

IV **Honour your pre- and post-exercise meals. A study in the *Journal of Applied Physiology* found 80g of carbs, 30g of protein and 6g of fat was the best nutrient mix to build muscle.**

V Thou shalt never go hungry. Eat every three hours to fire up your metabolism and keep your muscles satiated with nutrients to help them grow and perform.

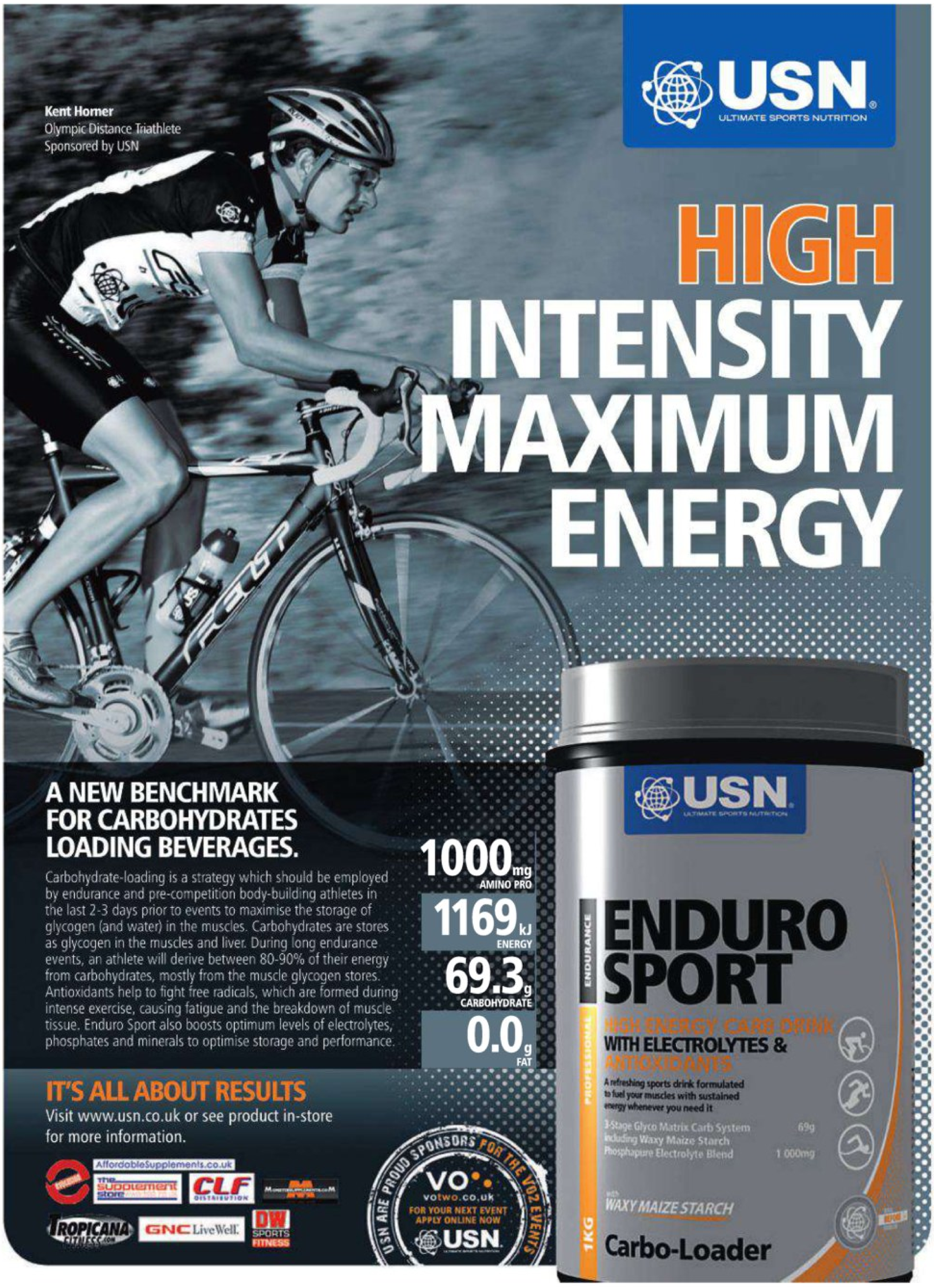
VI **Thou shalt not consume sugar, trans fats, processed foods and alcohol. If it doesn't grow, walk or swim, don't eat it.**

VII Thou shalt eat low-GI carbs before exercise to give you sustained energy and high-GI carbs after exercise to quickly replenish your depleted fuel supplies.

VIII **Thou shalt eat 5-a-day as a minimum. When training you need 8-9 servings of fruit and veg to aid recovery and maintain your immune system.**

IX Thou shalt never go to bed hungry. Eat a protein-rich snack or have a protein shake to drip-feed nutrients to your muscles while you sleep.

X **Thou shalt not let your good eating falter on rest days. Your body needs nutrient-dense meals to recover, so stick to the path of righteousness.** MH



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DECODE YOUR DISPLAY#1

Programmed to succeed

You don't have to be John Connor to outsmart the machines. Get more out of your cardio sessions by making the treadmill work for you

How many of you jump onto a treadmill in your gym, hit the Quick Start button and amble off like you were weekending in the Cotswolds? Even the most standard treadmill features a host of changeable settings that you can utilise to target and achieve your specific fitness goals. At the touch of a button, you can challenge and place emphasis on different leg muscles, manipulate your heart rate to raise your VO2 threshold, or maximise your fat-stripping potential using speed intervals. Follow these guides to burn rubber, not tread water.



1. ENDURANCE HEART RATE

You need to crunch the numbers before hitting the treadmill. You'll first need to calculate your maximum heart rate, which is 207 – (0.7 x your age).

Run for longer

"Train at 65-70% of this figure," says Sherman. Tune your HR monitor to the machine's display or hold onto the treadmill's sensors every 5 minutes. "For endurance you should start out running for at least 35 minutes. Using the strategy above will help you run for at least 5 minutes longer each week, so after a month you'll be able to run for an extra 20 minutes."

Don't under-estimate the power of rock during such long sessions. A study in the *Journal of Sport & Exercise Psychology* found people who listened to motivational music improved their endurance by 15%. Recommended artists included Queen, Red Hot Chili Peppers and Madonna. That's a reason to keep your iPod volume at an acceptable level right there.

2. BURN FAT PROGRAMME SETTING

Forget the machine's fat-burning setting – it's based on heart-rate ranges for less fit users – so for the average *MH* reader who trains a few times a week, it will be far too easy. What's more, a study in *Medicine & Science in Sports & Exercise* found treadmill running requires 36% less oxygen than normal running at the same pace, so it's easier overall. So set the controls to "manual" and follow this workout from Dr Ross Sherman, the associate professor of exercise science at Grand Valley State University, Michigan.

Run for weight loss

Sprint for 2 minutes, then recover for 30 seconds. Repeat 6 times. During these sprint sessions, aim for at least 85% of your maximum heart rate. And keep away from the mirrors. A separate study published in *Medicine & Science in Sports & Exercise* found watching yourself run can make your workout less demanding. Plus, self-love is never a good look.

3. INCREASE PACE INCLINE SETTING

When you run on firm ground outdoors, your legs work hard to accelerate your body forwards. "But when you run on a treadmill you don't make any forward progress, you simply lift your legs, much like running on the spot," says Sherman. However, a study at the Penn State University in the US found the incline setting not only combats this but also makes you faster. They discovered that when athletes ran on an incline their stride length was 8% longer on the treadmill than on the ground. "Practising to increase your stride length will help you run faster when you eventually return to running on *terra firma*," says Sherman.

Run for speed

Warm-up for 3 minutes at a slow pace before setting the treadmill to a 1% incline. Sprint at 14kph for 25 seconds, jump off, reduce the speed to 8kph and the rate of incline to 0, and jump back on for 60 seconds. Continue to alternate between sprinting and rest but increase the incline by 1% and speed by 1kph after every sprint, until the incline is at 8%. Cool down for 3 minutes by jogging at 8kph. ▶

WORDS RAY KLERCK, WESLEY DOYLE. ILLUSTRATION GRAEME SAPSED

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DECODE YOUR DISPLAY#2

Outpedal the metal

Learn how to tap into the dashboard of the stationary bike – shave 10% off your personal best and achieve an impressive range of fitness goals



1. LEVEL YOUR PACE TO BOOST FITNESS

As any road cyclist will tell you, it's the constant stopping and starting, dodging of maniac white van drivers, and keeping up with that bloke on a pristine Bianchi that reaps the big fitness rewards. But when it comes to static cycling, being consistent is the way to finding your inner Lance Armstrong. A study at the Research Institute for Sport and Exercise Sciences found that over 10 miles, it's constant speed – rather than intervals of hard work and rest – that delivers the best results. So set the machine's distance to 10 miles, pick a speed and stick to it. "To finish in 30 minutes you'd need to ride at a constant speed of 32kph," says Sherman. Do this 3 times a week and in a fortnight you'll have increased your aerobic fitness and shaved 10% off your personal best. Which if you do commute on two wheels means you'll get more time in bed. "By clocking an average speed 8-16 kph faster than your normal road speed you'll enjoy the same benefits as a hectic commute," says Dr Ross Sherman of Grand Valley State University, US. And you won't have to worry about inclement weather, daydreaming pedestrians or red lights either. You do stop at red lights, right?

2. PEDAL FASTER TO BURN OFF YOUR GUT

Ignore the fat-burning programmes – they're easier than Paris Hilton at an after-show party. Turn your gaze to the revolutions per minute (RPM) display. This tells you how fast your feet are pedalling – a vital bit of info as training at a high intensity is the key to burning fat. A study at the University of New South Wales, Australia found alternating sprinting with lighter cycling on a stationary bike for 20 minutes burns 3 times as much fat as exercising at a continuous regular pace for 40 minutes. Plus, the lard loss was particularly focused on unwanted belly fat. "Intermittent sprinting produces high levels of fat-burning hormones, in particular around the stomach area," says study author Professor Steve Boutcher. To mimic the study's results, cycle at 110 RPM for 8 seconds then slow down to 60 RPM for 12 seconds. Continue to alternate in this way for a total of 20 minutes. You may get some odd looks, but you'll be the one hitting the showers first.

3. STAMINA WILL LENGTHEN YOUR LIFE

Fit blokes have 60% fewer heart attacks than our slothful brothers, according to research from the Cooper Institute of Aerobic Research, US. Stamina is the key to keeping your ticker tocking and you can boost it by clearing your thoughts when you ride. Research in the *Journal of Applied Physiology* found mental fatigue can reduce endurance by as much as 15%. And those who zoned out by watching the TV while they pedalled were able to ride 2 minutes longer than those who didn't. So let Sky Sports clear your head. Being a low rider can seriously curtail your endurance efforts. A new study from the University of Central Arkansas found people who set their saddles so that their knees are bent at a 25 degrees at the bottom of the pedal stroke felt less fatigued after a ride than those who set their saddles at other heights. "Pedalling at this angle uses less energy," says study author Dr Will Pevelar, "so your ride is much less effective." Plus, riding like you're on a BMX only looks cool if you're 15. A'ight?

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DECODE YOUR DISPLAY#3

Row with it

Burn fat, build muscle and live longer – all from a piece of cardio equipment? Master the static rower for Olympic-standard workouts

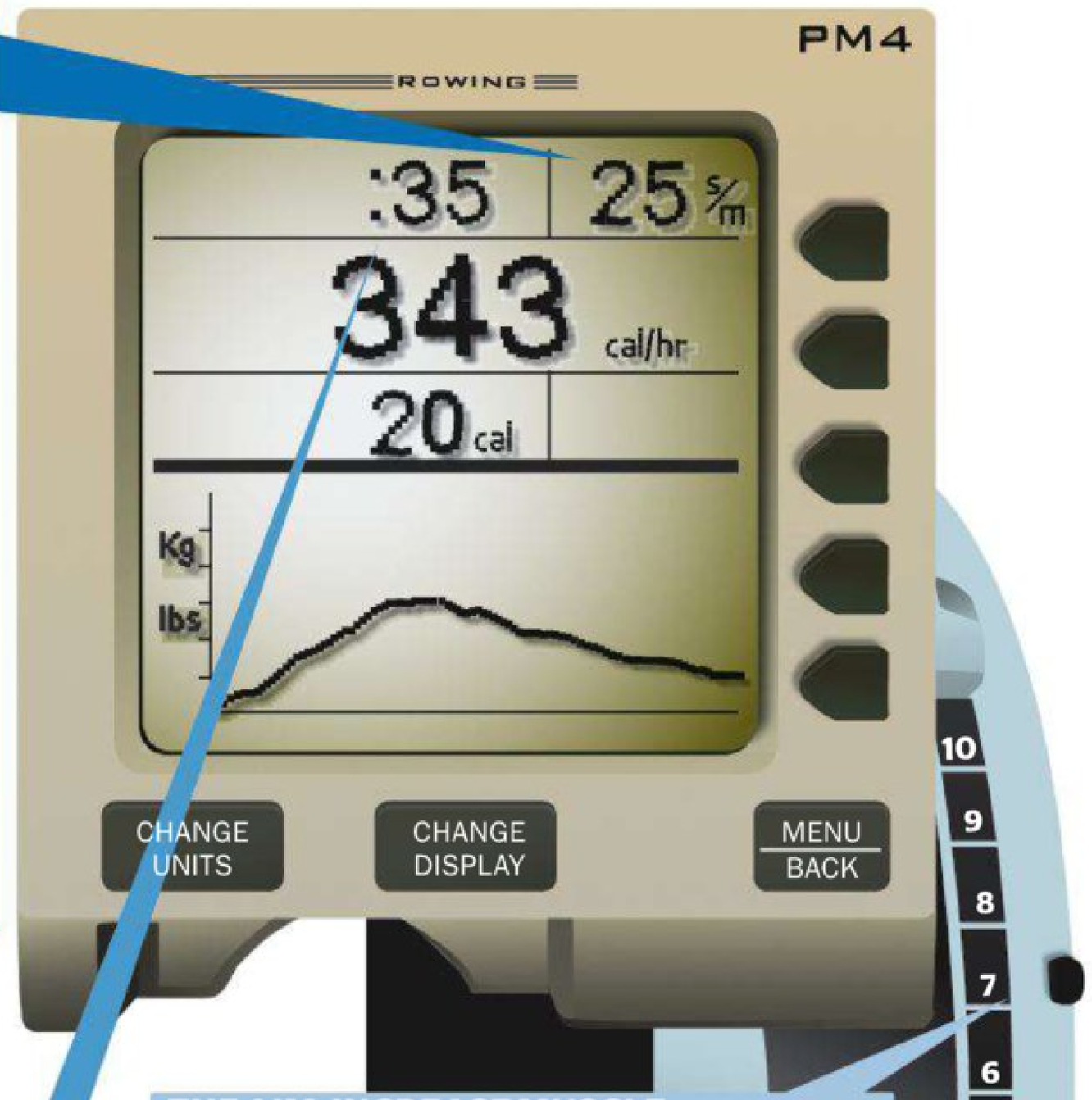
THE AIM: GET FITTER AND BURN FAT

Ever seen a fat rower? Thought not. That's because short, vigorous bursts of rowing shift 800 calories an hour. They also double the 'signalling protein' interleukin 6 in your blood, which increases fat-burning potential, says the American Physiological Society. So ditch hours of workout time and use the Olympic distance as your marker for less lard.

Step 1 Row 2,000m at your top speed. Note your time and average speed. Try to improve with each workout.

Step 2 The next time you're near a calculator add 2% to your average speed figure – we'll call this your projected average speed. Next calculate 103.3%, 99%, 98.3% and 99.7% of that projected average speed and make a note of them. Stick the bit of paper in your gym bag ready for your next workout.

Step 3 Next time you train row the first 500m at 103.3% of your projected average speed. The next three 500m sections should be rowed at 99.0%, 98.3%, and 99.7% effort in that order. According to the *British Journal Of Sports Medicine* this will get you stroking your fastest ever time and a washboard stomach to boot.



THE AIM: INCREASE MUSCLE

No matter how big you are, you can benefit from a stint on the static rower. Unlike other aerobic exercise, size is not a hindrance: a study in the *International Journal of Sports Medicine* found the bigger and stronger you are, the faster you can row. And the faster you row, bigger and stronger you become. So while you're working on speed, you're getting a workout that's going to increase all over muscle mass. It's pretty much a win-win situation. The quickest way to get stronger on a static rower is to increase the machine's resistance. Set it to the highest level then row as fast as you can for 40 seconds. Reduce the resistance by 50% and row at the same pace for a further 1 minute. Alternate in this way for 30 minutes – or 18 times if your maths isn't up to much. A study in the *British Journal of Sports Medicine* found rowing all-out in this way produces 4 times as much muscle-building growth hormone as a session of the same length but at a steady speed. In landlubber terms that means as your times improve, your T-shirts get tighter. *Quid pro quo*, innit? MH

THE AIM: UP ENDURANCE AND LIVE LONGER

Rowing is the exercise of choice for the Buzz Aldrins of the future. Benjamin Levine, a medical researcher for the US National Space Biomedical Research Institute states that above all other forms of exercises a rowing regime is the best exercise for keeping astronauts' hearts, bones and muscles in good shape. If it's good enough for the elite, it's good enough for us meagre earthlings. And some studies are even touting rowing as a way of keeping the body young, too. Research in the American journal *Heart and Circulatory Physiology* found regular bouts of endurance rowing keep your arteries elastic and prevents them from hardening. This rubbery effect applies to your muscles, too, which will keep you flexible as you age. It's a great basis for life-long fitness – just look at James Cracknell. He's pushing 40 and showing no signs of slowing down

To reap these rewards, row for endurance. Next time you want a workout to add years to your life, plug in your iPod and row at 50% of your full effort for at least 40 minutes. We recommend Handel's *Water Music* for the full effect.

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EXERCISE EXPANSION #1

Squatter's right

The mighty squat is the thinking gym-goer's favourite, hitting four major muscle groups. Check your form then use the challenging change-ups to get even more from the move



1. BACK BASICS

Keep your back straight and look forward. This forces you to tense your abs as if you were about to take a punch, except instead of a fist putting tension on your abs, it's the bar-bell. So, if you can't find the time to work your mid-section independently, keep your back straight for abs that could defend against Pacquiao.

2. TOP BOTTOM

Squatting as low as you can uses 7.4% more muscle in your glutes, found a recent study in the *Journal of Strength and Conditioning Research*. And seeing as your backside always scores highly in those 'favourite body-part' polls that ladies love so much, she'll want you to go deep.

3. THE STANCE

Stand with your feet shoulder-width apart. This strengthens your muscles and tendons in their natural alignment. Place a bar-bell at the back of your shoulders, across the muscles on the sides and back of your neck (traps). They'll cushion the bar and stop it from resting on your spine.

4. THE RETURN LEG

Rise along the same path as you lower. Keep your knees slightly bent at the top. Tilting your pelvis forward during this phase of the move makes you use more muscle in your legs and lowers your risk of injury compared to tilting it back, found a study in the journal *Physical Therapy*.

5. GO HEAVY, EARLY

Squats are tough, so you don't want to be doing them at the end of a session. "They let you ply your leg muscles with a huge amount of weight, which triggers growth," says Christian Finn, founder of thefactsaboutfitness.com. "So it's best to do them at the beginning of your workout when you're fresh."

Three challenging change-ups to keep your muscles guessing



FRONT SQUAT

Muscles emphasised Quads, abs, hamstrings, glutes

Key form difference Rest a bar-bell on the fronts of your shoulders. Fold your arms across the bar so your right hand rests on your left shoulder and vice versa. Now do a squat.

Use it "If you've got small quads then use this move because it whacks the tension square on the fronts of your legs," says Finn.

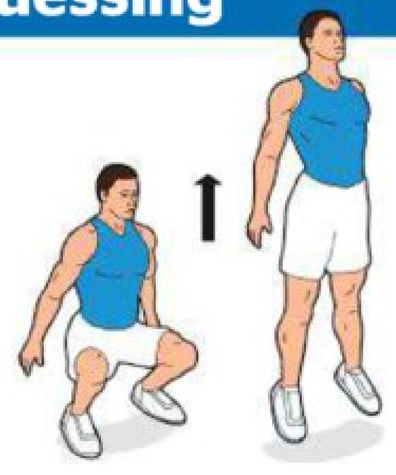


BAR-BELL HACK SQUAT

Muscles emphasised Quads, glutes, hamstrings

Key form difference Start with the bar-bell behind you. Straighten your knees and hips to lift the weight up.

Use it "If you're unsure about upping the weight on a traditional squat, then try the hack version," says Finn. It's also a good choice if you don't have a spotter handy.



JUMP SQUATS

Muscles emphasised Quads, glutes

Key form difference Do this without the bar. Press yourself upwards quickly so your feet leave the ground. Land with your knees slightly bent to absorb the impact.

Use it "This is the ideal move for achieving faster sprint times and explosive power on the pitch," explains Finn. Jumping tall buildings in a single bound is also a distinct possibility.

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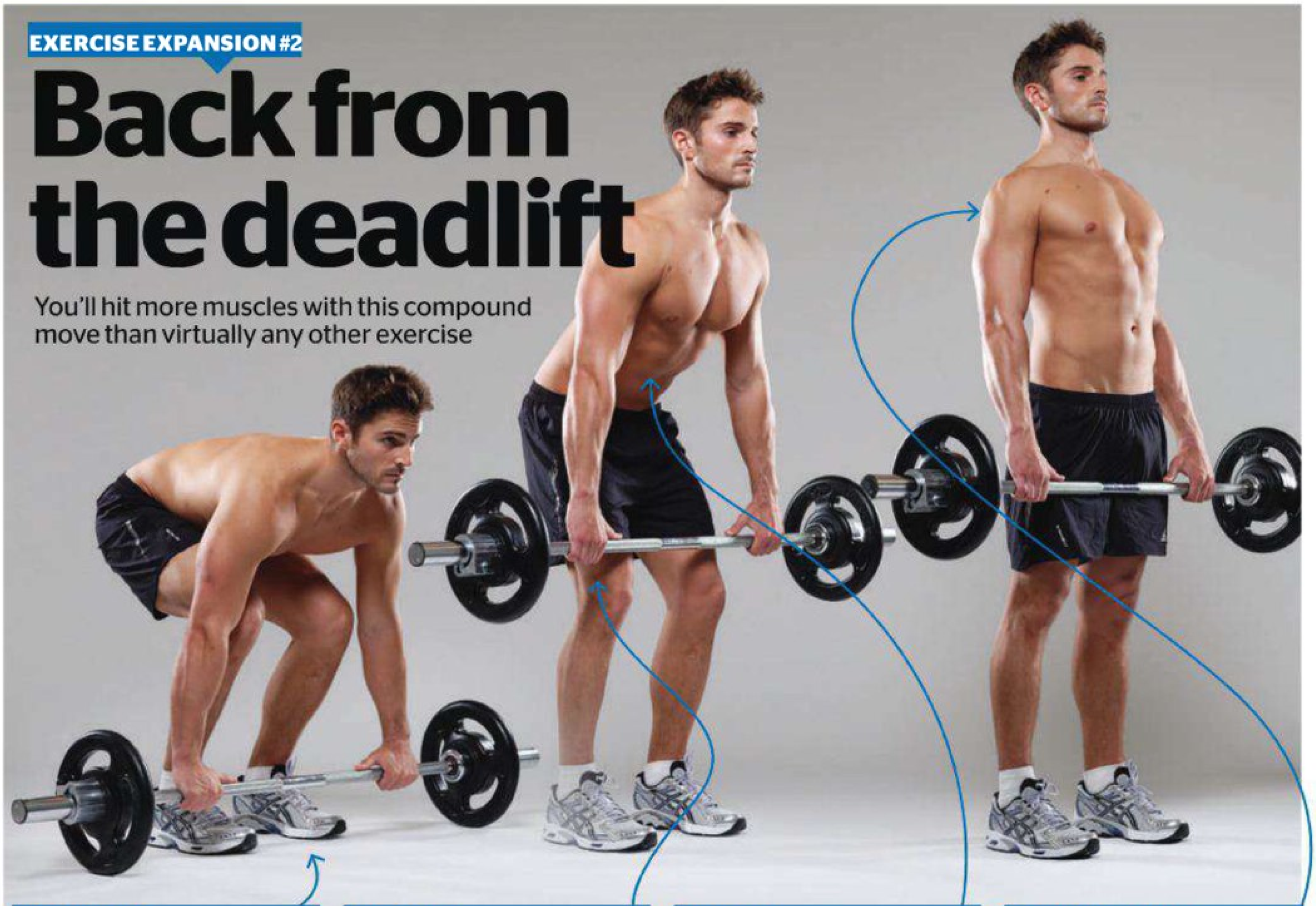
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EXERCISE EXPANSION #2

Back from the deadlift

You'll hit more muscles with this compound move than virtually any other exercise



1. THE STANCE

Stand with your feet shoulder-width apart and back straight. Deadlifts increase the bone mass density of your spine, found a study in *Calcified Tissue International*.
Tip Pretend you're pushing the inside of your feet against a shoulder-width plank as pointing your toes out can ruin your knees.

2. THE GRIP

Grab the bar with an overhand grip that's slightly wider than your legs. Use an over/under grip for really heavy weights.
Tip Make like a gymnast and chalk up. Chalking your mitts will firm up your clasp. Losing your grip mid set could lead to a very bad case of flat feet.

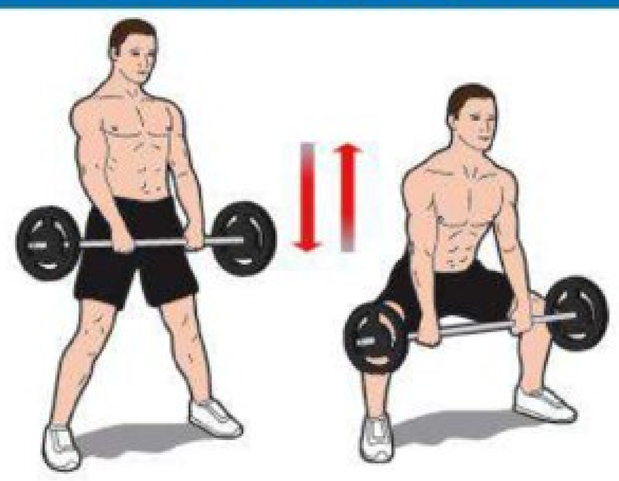
3. THE LIFT

Simultaneously straighten your legs and torso to raise the bar and stand upright. Your shoulders and hips must come up at the same speed as each other.
Tip Stick out your derrière Pepé Le Pew-style to ensure you keep a straight back and save it from unnecessary pressure.

4. THE EXTENSION

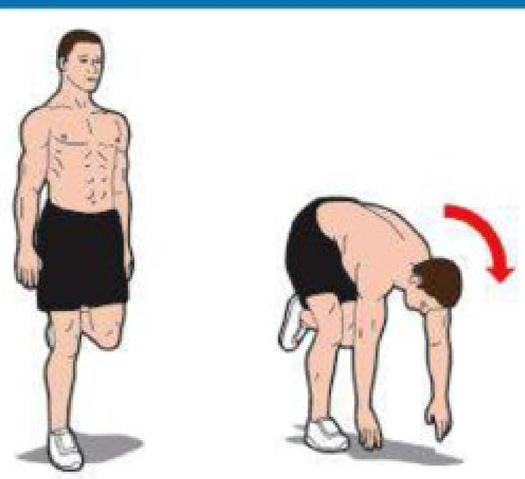
Puff your chest out, suck in your abs and keep your shoulders back. Hold this position before reversing the move. This will ensure you work the maximum number of muscles.
Tip Stand side-on to a mirror to check that you maintain a straight back throughout.

Three challenging change-ups



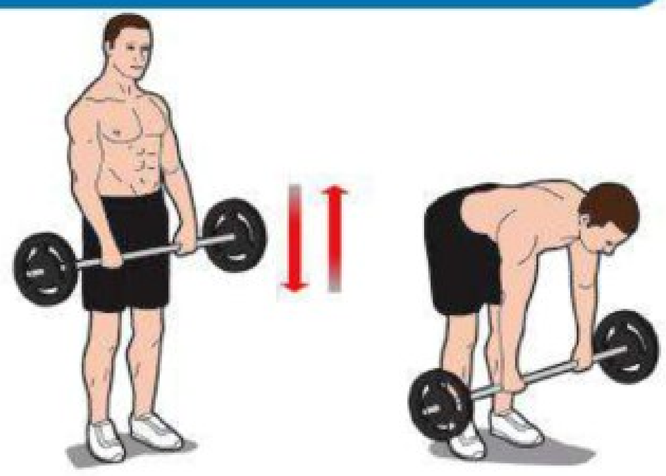
SUMO DEADLIFT

Muscles emphasised hip adductors, quads, inner hamstrings
Key form difference Stand with a very wide stance. Lift the bar using your legs while keeping the upright torso position.
Use it if you've got knee problems or are rehabilitating your knees.



SINGLE-LEG DEADLIFT

Muscles emphasised Hamstrings, lower back, abdominals
Key form difference Lift your left foot off the ground. Bend at your torso then touch the ground with your fingers. Reverse and repeat.
Use it If you want to work your core muscles and improve your balance.



STIFF-LEGGED DEADLIFT

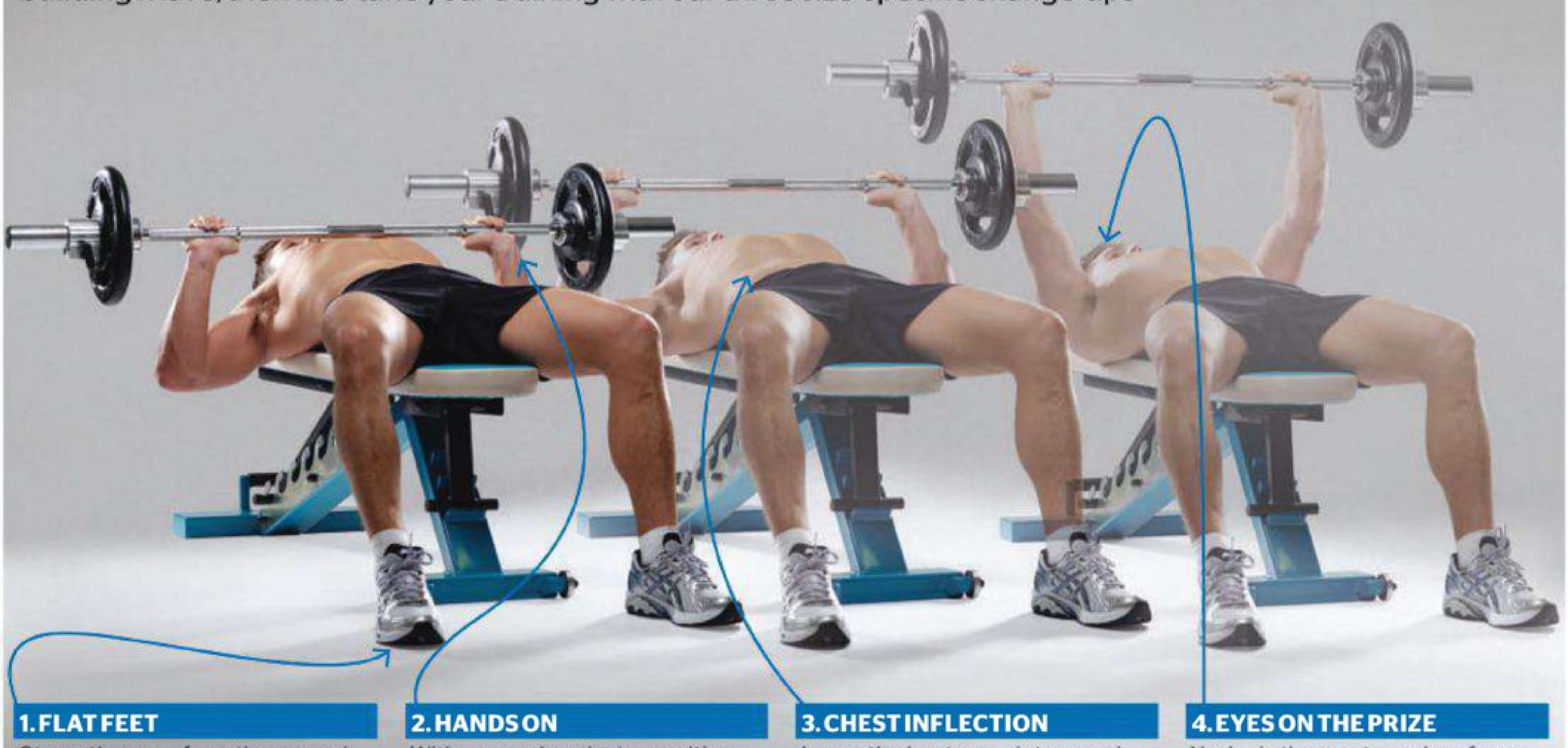
Muscles emphasised Hamstrings, lower back, glutes, abdominals
Key form difference Just the same as the traditional deadlift but keep your legs straight, not bent, throughout the lift.
Use it If you want to stretch and strengthen your hamstrings and lower back.

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EXERCISE EXPANSION #3

Press for more

Variety is muscle manna. So be more upfront by mastering this classic brawn-building move, then fine-tune your training with our three size-specific change-ups



Strength grows from the ground up. So even though you're lying down, ensure that both of your feet are planted flat on the floor and positioned slightly wider than hip-width apart. Bend your knees to 90 degrees and press your hips flat onto the bench. Also keep your abs tense – a solid base will help you bench more weight and minimise the risk of injury to your lower back.

With an overhand grip, position your hands slightly wider than shoulder-width apart. The bar should be right in the middle of your palms so the weight flows straight through your wrists to your elbows. Keep your upper arms at about 40-60 degrees to your torso to take the pressure off your shoulders. Maintaining this alignment will ensure the bar follows the correct path.

Lower the bar to a point around your nipples – any lower and you'll put too much strain on your shoulders. Don't bounce the bar off your chest – it's not a football – but let it touch briefly then explode upwards. If you're a sporting man, Portugal's University of Beira Interior found benching a light weight quickly will increase the distance and speed of your throws. Don't let go of the bar-bell though.

You're in the gym to work so focus on the job in hand. Keep your head flat on the bench and your eyes on the bar when it's above you. Research in the *Journal Of Cognitive Therapy* found men who blocked out distractions before a lift shifted more weight than when they were distracted. Don't drop your chin to follow the bar – concentrate on pushing it back into your field of vision.

Three challenging change-ups to keep your muscles guessing



EXTRA MUSCLES WORKED

UPPER CHEST

UNDERHAND-GRIP BENCH PRESS

Key form difference Swap the overhand grip for an underhand grip.

Use it The white coats at the Canadian Memorial Chiropractic College found using an underhand grip worked 27% more upper pecs muscle than an overhand grip.



EXTRA MUSCLES WORKED

TRICEPS

CLOSE-GRIP BENCH PRESS

Key form difference Place your hands 10cm apart on the bar.

Use it Slot this in at the beginning of a triceps workout. It utilises all 3 heads of your triceps, and will build a solid set of arms, which will soon be stretching your T-shirt sleeves.



EXTRA MUSCLES WORKED

LOWER CHEST

DECLINE-BENCH PRESS

Key form difference Set up on an adjustable bench and lower it into a decline position.

Use it Do these as the 3rd exercise in your chest routine to hit your lower pecs. This will improve your V-shape and throw some serious muscle shadow come next summer.

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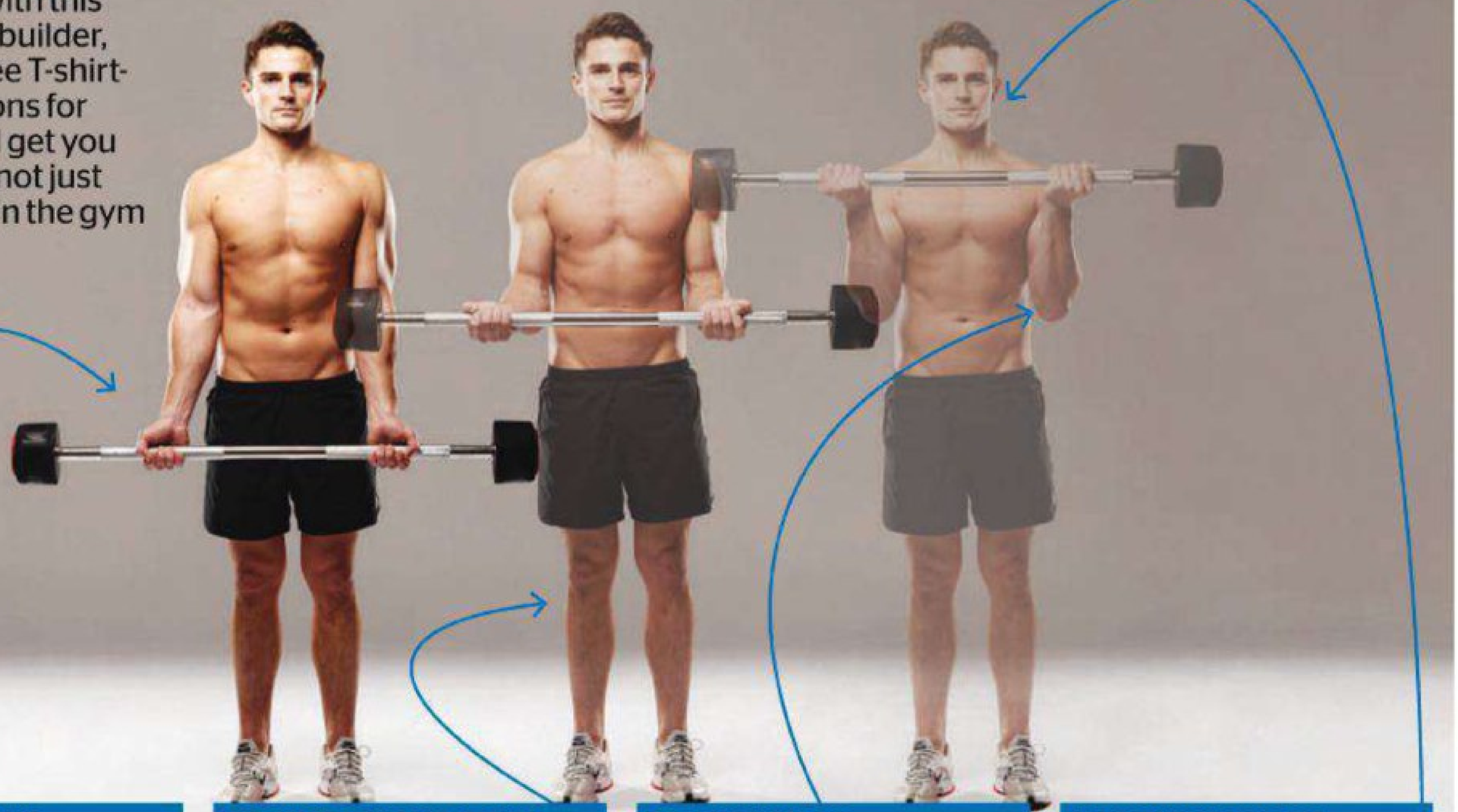
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EXERCISE EXPANSION #4

Curls of wisdom

Get to grips with this classic bicep builder, then add three T-shirt-filling variations for arms that will get you noticed: and not just when you're in the gym



1. MAKE A FIST OF IT

An underhand shoulder-width grip is essential but, don't get limp-wristed. Keep them in line with your forearms and you'll build grip strength that can help with everything from improving other exercises to carrying the shopping home from Sainsbury's.

Tip Keep your grip firm but avoid 'white-knuckling'. Holding on to the bar too tightly tires your hands before your biceps get their turn.

2. TAKE IT IN YOUR STRIDE

You're working your biceps here, so keep the effort on your arms. Your knees should be unlocked but not too bent, as this encourages your body to cheat your arms. Stand in a shoulder-width stance and don't rise onto your toes – this is muscle-building, not ballet.

Tip Keep the bar away from your thighs – you want to be working your biceps hard enough to feel a burning sensation.

3. DON'T WING IT

Tuck your elbows in close to your body so your upper arms are pressed to your sides. It's tough but you'll reap greater muscle gains if you keep them tight to your body – plus you won't look like a chicken attempting flight.

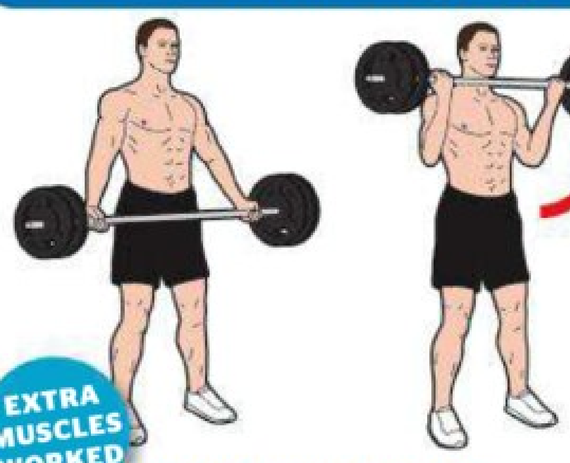
Tip If your upper arms creep forward you're arching your back, which means the weight is too heavy – lighter weights and better form will work your biceps harder.

4. PLAY IT STRAIGHT

As you get tired take a second to straighten your spine – it'll protect your lower back and prevent you swinging the bar up, which may result in some unfortunate dentistry. Ensure your efforts are directed towards your biceps.

Tip Always keep your neck in line with the rest of your spine. Press your back against a wall while you curl if that's what it takes.

Three challenging change-ups to keep your muscles guessing



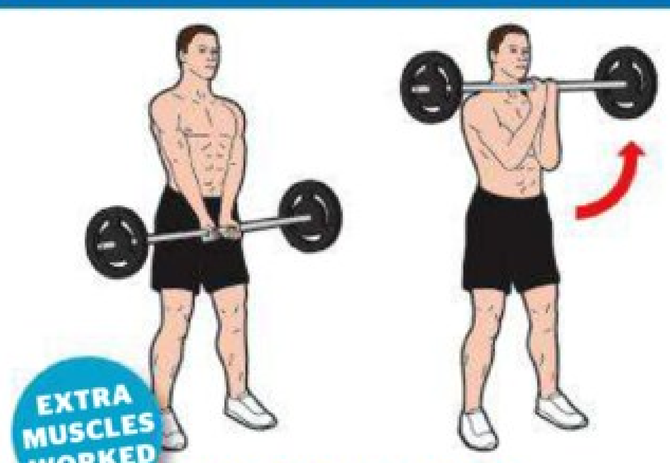
EXTRA MUSCLES WORKED

BICEPS: INNER EDGES

WIDE-GRIP BAR-BELL CURL

Key form difference Hold the bar-bell with a grip that's substantially wider than shoulder-width then do your curls.

Use it Start your arm workout with 1-2 sets. The bar has a short distance to travel so you can use more weight, building more muscle.



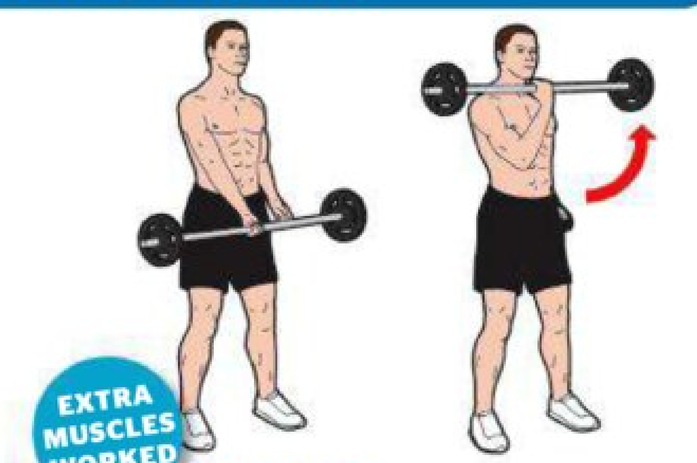
EXTRA MUSCLES WORKED

BICEPS: OUTER EDGES

CLOSE-GRIP BAR-BELL CURL

Key form difference Place your hands together in the middle of the bar-bell, then do your curl.

Use it After a set of normal curls, drop the weight by 20% then do as many reps as you can for biceps that look wider to anyone eyeing you from the bar – the one you drink at that is.



EXTRA MUSCLES WORKED

FOREARMS

SINGLE ARM BAR-BELL CURL

Key form difference Grab the bar-bell in the middle with one hand then do your curl.

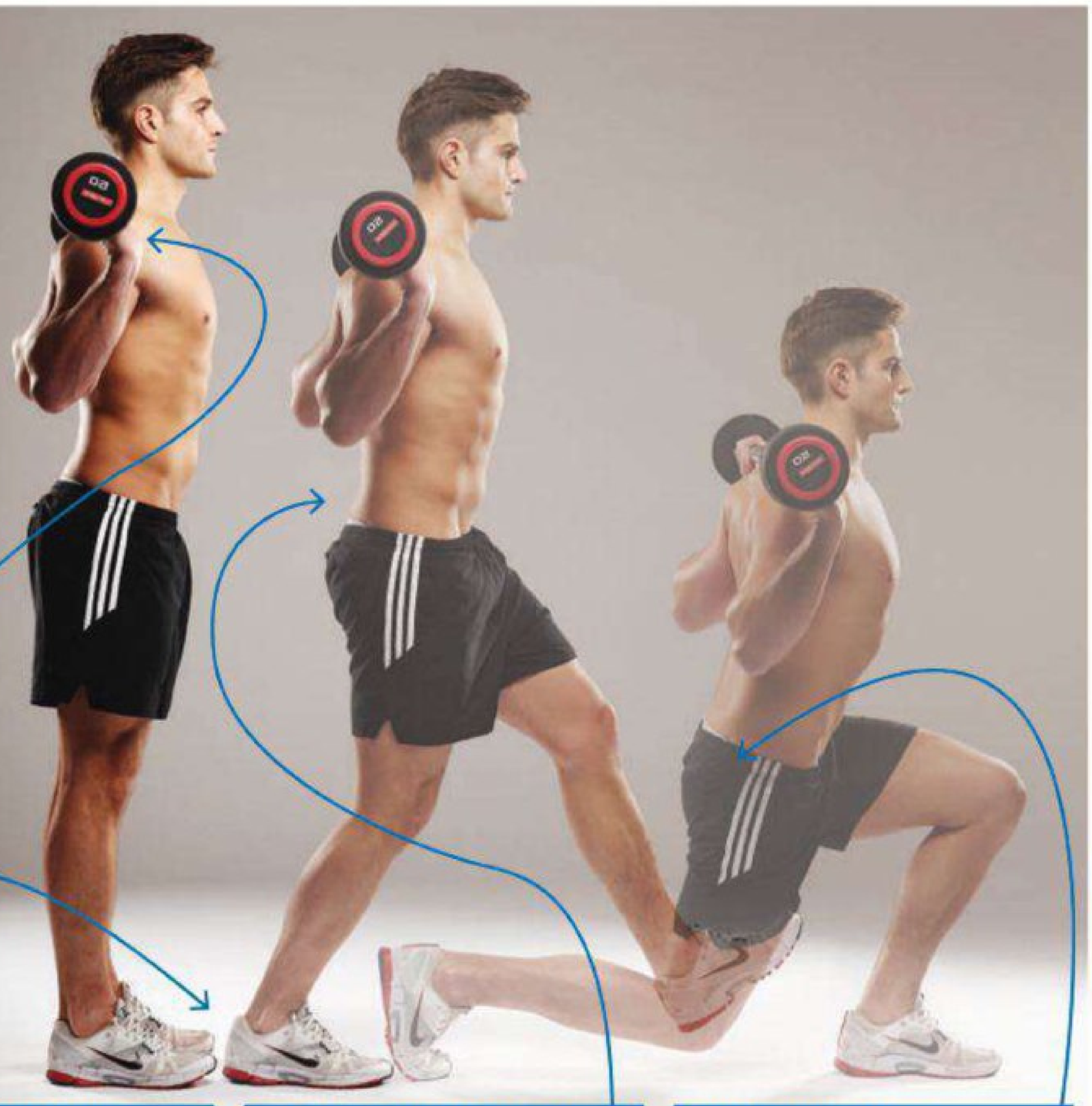
Use it Drop the weight and slot this into the end of your workout to strengthen the tendons and ligaments in your wrist and build a grip that'll stamp your authority on every handshake.

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EXERCISE EXPANSION #5

Take the lunge

Put your best foot forward with the MH guide to this classic muscle-building, posture-bolstering move



1. SHOULDER THE WEIGHT

Grab the bar-ball with a shoulder-width underhand grip and hold it behind your neck on the fleshy bits of the tops of your shoulders and traps. Maintain the natural arch in your lower back.

Tip Save energy by not pulling the bar forwards. This can stack pressure on your spine and you might need your neck in good nick if you want to keep putting one foot in front of the other.

2. PROPER ALIGNMENT

Take a big, John Cleese-style lunge forward with your left foot. When you land, bend your left and right knees as far as you can. Push off your left foot to return to the start. This gives you the power to change direction rapidly.

Tip Keep your feet in line with your knees to make your ankles and knees click through their natural range of motion, which will protect your entire leg against injury.

3. A ROD FOR YOUR BACK

To best admire your upright spine stand side-on to a mirror as you lunge – it took millions of years of evolution for your spine to straighten out so don't make Darwin roll in his grave by lurching forward and rolling your shoulders.

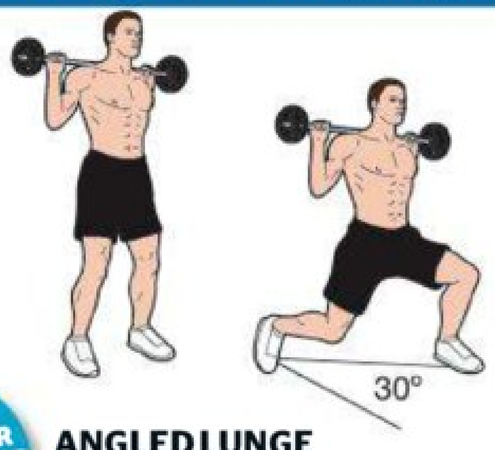
Tip Chin up bud. This will keep your spine in its natural alignment, and will help you stand taller when you aren't lunging about like a mad man, too.

4. TILT YOUR PELVIS

Don't let your thighs rub, you don't want a rash, especially there. On the sports field your feet are often split apart so training your legs in a split position builds balance to take knocks better on the pitch (and down the pub).

Tip Look down. If you're resting your abs on your thighs you're slacking. Focus on the tension in your legs. This way they won't look like twigs during five-a-side.

Three challenging change-ups to keep your muscles guessing

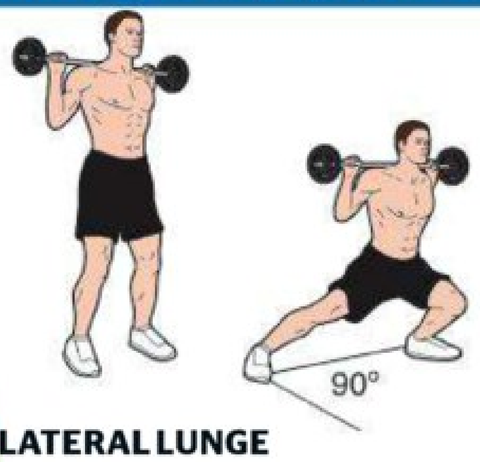


BEST FOR INCREASED BALANCE

ANGLED LUNGE

EXTRA MUSCLES WORKED: ADDUCTORS, ABDUCTORS

Form difference Step out 30 degrees to the left instead of stepping forward then push back to the start. Repeat on your right leg. Do 3 sets of 12 reps at the end of your leg workout to improve balance and build yourself stronger upper thighs.

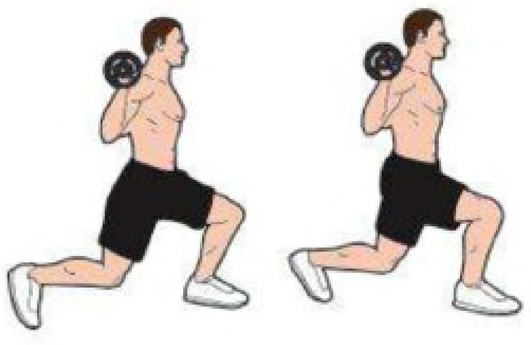


BEST FOR SPEED AND AGILITY

LATERAL LUNGE

EXTRA MUSCLES WORKED: OBLIQUES, ABDOMINALS

Form difference Step directly out to the side with your left leg, bend your knee so your right leg is straight. Push back to the start and repeat on your right leg. Explosive movements like these will increase sprint speed and prevent injury.



BEST FOR MUSCLE MASS

WALKING LUNGE

EXTRA MUSCLES WORKED: CALVES, QUADS

Form difference You can superset this with 5 normal lunges on each leg, then as many walking lunges as you can. This will give you a solid base that won't tire, whether mid-game or during an especially queue-heavy trip to Ikea.

WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL DAVID SHEATH AT FLAIR TALENT. GROOMING: MIRANDA RIGG AT JOY GOODMAN. SHORTS ADIDAS.COM; TRAINERS NIKE.COM. THANKS TO VIRGINACTIVE.CO.UK. EQUIPMENT PROVIDED BY TECHNOGYM.COM. ILLUSTRATIONS JASON PICKERSGILL AT ACUTE GRAPHICS

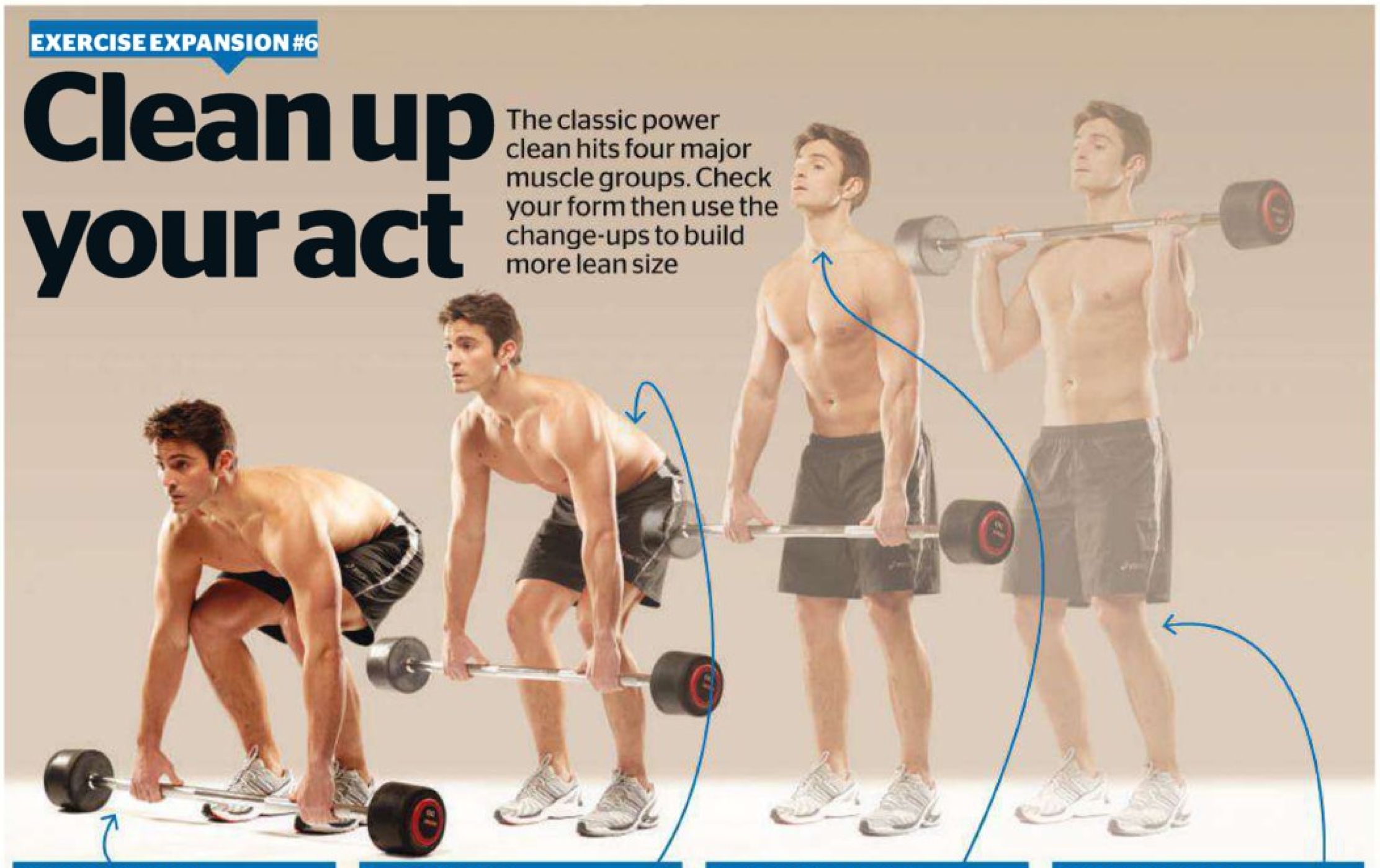
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EXERCISE EXPANSION #6

Clean up your act

The classic power clean hits four major muscle groups. Check your form then use the change-ups to build more lean size



1. THE LOW-DOWN

Make like a swimmer about to dive off a starter's block and grab a loaded barbell with an overhand grip. Keep your arms fully extended to make your upper back muscles pull the weight.

Tip Puff your chest out (as if you needed encouragement) by pulling your shoulder blades back as far as you can. When this move is over you'll stand taller by improving your posture.

2. ON THE PULL

Each rep, like an expertly drawn pint of Guinness, is made of two pulls. The first is slow and draws power from your lower back and hamstrings. The second is more explosive, so use your hips and shoulders to yank the barbell to the top of your chest.

Tip Just like waking up in the morning, your hips shouldn't rise before your shoulders or you'll overstretch your hamstrings.

3. HIGH AND MIGHTY

Now is the time to stand tall. When the bar is in line with your thighs, get ready to rise up onto your toes and lean back slightly to channel the upward energy (built up by your legs and back) into heaving the bar upwards. The end result: more speed on the pitch and court.

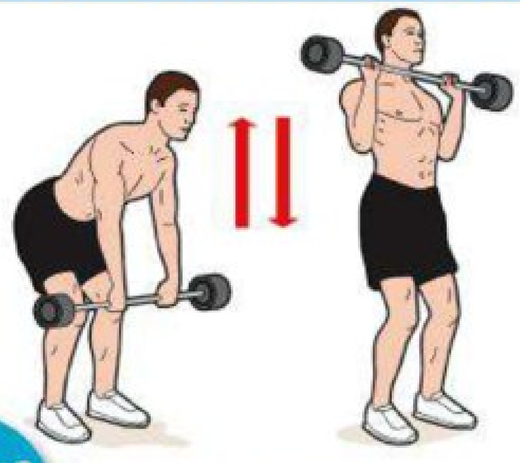
Tip The bar isn't a philandering girlfriend – don't keep an eye on it. This is an explosive exercise so focus on keeping your chin up.

4. THE FINAL PUSH

When the bar is just below your chin, bend your legs to dip underneath it and rotate your elbows so your palms are facing away from you. Reverse the move to the start. You just worked all your major muscle groups with a single move. Now do it again.

Tip Flatten your feet to the floor before you've dipped into a quarter squat and you'll be able to push upwards with more force.

Three challenging change-ups for greater gains



BEST FOR MUSCLE MASS

HANGING CLEANS

EXTRA MUSCLES WORKED: TRAPS, UPPER BACK

Start with the bar hanging from your arms at knee level rather than from the floor, and then perform the rep as above. Do 4 sets of 12 reps at the tail end of your back workout for traps like the pyramids.



BEST FOR EXPLOSIVE SPEED

SQUAT CLEANS

EXTRA MUSCLES WORKED: QUADS, GLUTES, ABS

Pull the bar up from the floor and once it is resting on the tops of your shoulders dip into a squat. Do 3-4 sets of 6-8 reps using a light weight at the start of your leg workout. You'll develop strong legs and carve out your abs.



BEST FOR INCREASED BALANCE

SPLIT CLEANS

EXTRA MUSCLES WORKED: QUADS

Get in a lunge – left foot 2-3in in front of your right foot – then do the reps with the same form as a power clean. Perform 3-4 sets of 7 reps on each leg, at the start of your leg workout. This develops power and balance in your legs.

WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL DAVID SHEATH AT FLAIR TALENT. GROOMING MIRANDA RIGG AT JOY GOODMAN. EQUIPMENT TECHNOGYM.COM
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TRAINING TIPS

Fourteen ways to make your fitness regime deliver quicker, more noticeable results

Double

How much extra muscle you'll build if you change the number of reps you do in each workout. Mixing up your numbers ropes in more muscle fibres which helps you gain size fast. Alternate between sets of 6, 10 and 12 reps to build the most brawn.



2:1

The ideal ratio of vegetables to meat on your dinner plate. Serving up these portions is easier on your digestive system and will make you eat fewer calories, so you'll be leaner.

Olympic barbell



Your top choice to boost your strength. The thinner bar means you lift more weight. Using the thicker 7.6cm bars will see you lift up to 55% *less* weight. So switch to Olympic now.



19

The percentage increase in arm strength if you do your cardio after lifting weights (not before). If you want tighter sleeves then don't start your workout on the treadmill.



32



The percentage increase in your energy levels if you exercise for more than 30 minutes, 3 times a week for 4-6 weeks. Three is the magic number, anymore or less saps your energy, so increase or decrease your number of workouts accordingly.

Junk food



Reduce your cravings for the bad stuff by making your own healthier burger at home. It'll be easier to resist fast food when you're out, so you'll soon super-shrink yourself.

Outside

You'll get a 10% increase in strength if you do some of your training *al fresco*. Want to kick a ball harder? Swap those indoor running sessions for a grassy pitch.

ILLUSTRATION ANDREW SUMNER

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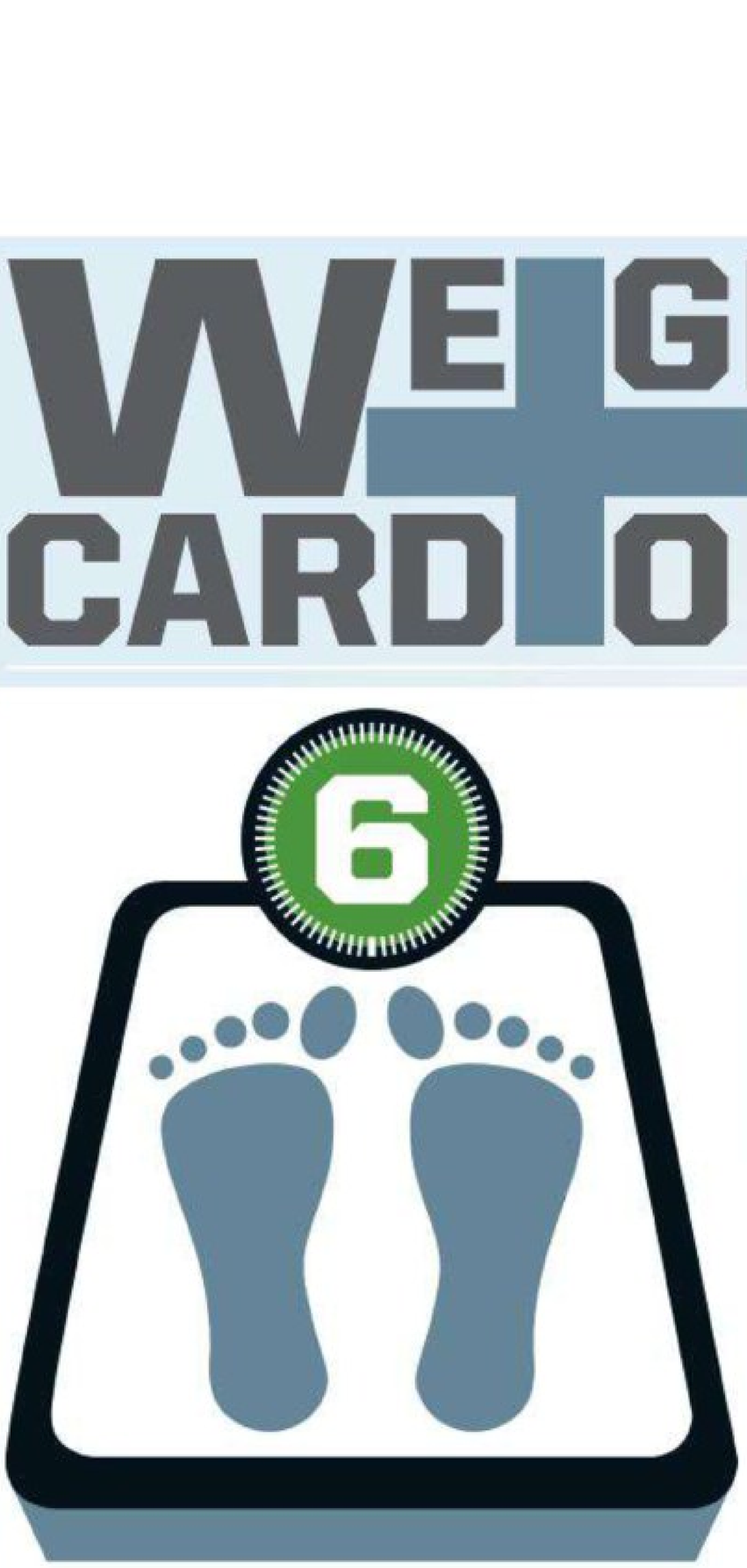
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WEIGHTS + CARDIO

The best combination of exercise to do in the same workout to burn 27% more calories and shed up to 2kg more fat than doing them on their own or separately. It will also give you more time on the couch because your exercise sessions will be over quicker if you do them at once rather than on separate days.



The percentage of total body muscle the average guy loses between the ages of 24 and 50 if he doesn't lift weights. If you forgo that extra running session and pick up some steel a few times a week no one will ever think of you as a doddering old codger.



The number of times you're less likely to be overweight if you step on the scales at least once a week. To stay lean, make a weekly appointment with your figures and if the truth hurts – it's time to do something about it.

The amount of additional muscle you'll be able to build if you drink protein shakes before and after each workout.



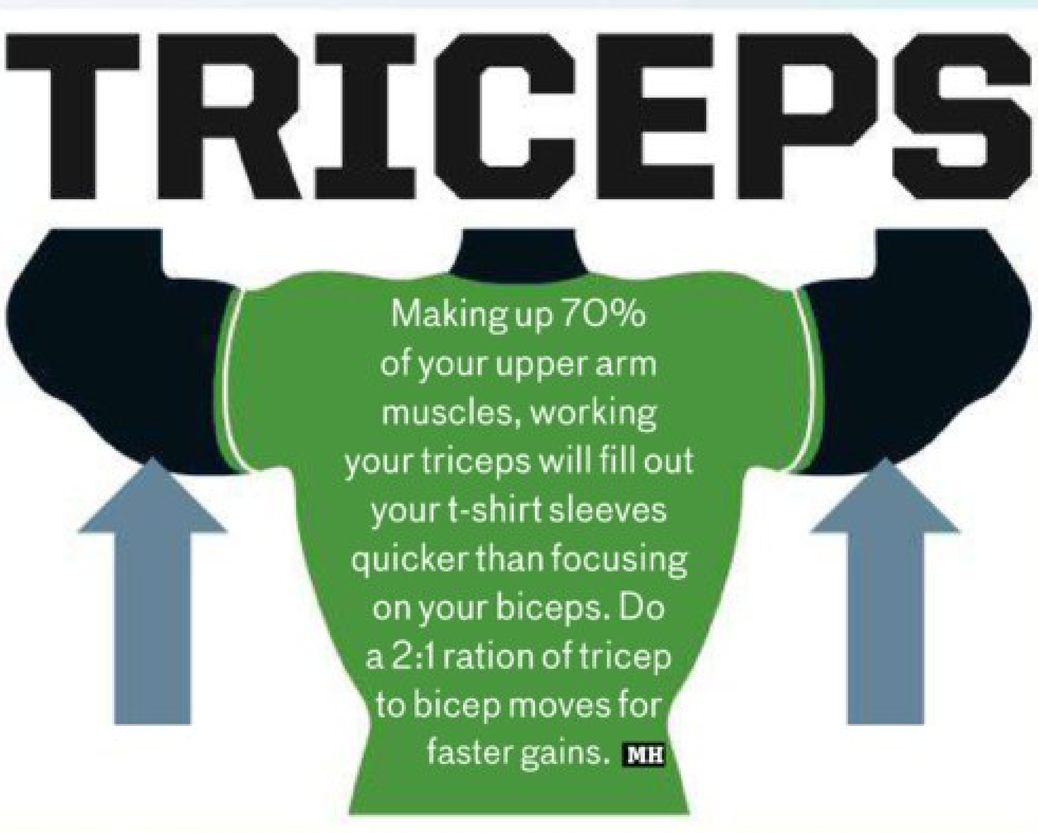


The amount of extra fat you'll burn if you swap your long-winded, same-paced runs for interval training – shorter intense periods of hard work alternated with periods of recovery.

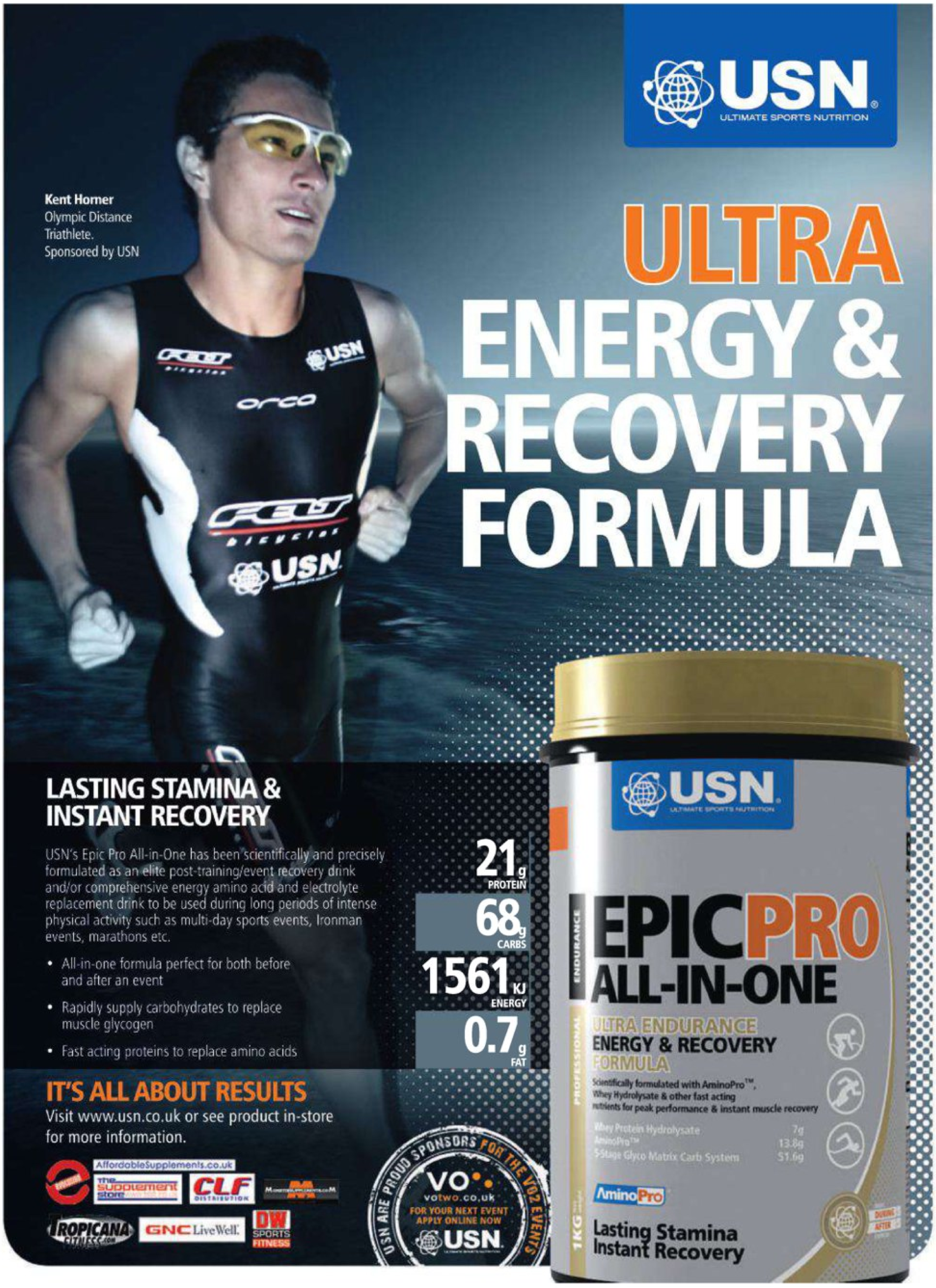


Increase your endurance by training in the morning as opposed to the evening. You'll gain 5.3 minutes of extra energy if you set your alarm early... and don't hit the snooze button.

TRICEPS



Making up 70% of your upper arm muscles, working your triceps will fill out your t-shirt sleeves quicker than focusing on your biceps. Do a 2:1 ration of tricep to bicep moves for faster gains. MH



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Check off the days to a perfect body... it'll be worth the weight

PHOTOGRAPHY ADRIAN WEINBRECHT. DUMB-BELLS POWERHOUSE PILATES

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A TOTAL PLAN

Twelve months of workouts that guarantees results - all you have to do is turn up and train

A common mistake in training is expecting too much, too soon and stopping when the desired results fail to materialise. To grow muscles you need to gradually overload them with greater weight over time. Which is why we've put together a year's worth of workouts; each one building on the previous month so you start 2011 strong and finish it stronger.

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Return to form

Make this the year you get the body you want, with our 12-month programme. First: get yourself back into the gym with this post-Christmas regime



New Year's gym resolutions always fizzle out by March? They won't this year. That's because we've got a year-long plan to keep you on track. This month shrug off festive excess, and start on the road to achieving, and even surpassing, your goals.

MH Fitness Advisor Ray Klerck has devised a plan to help you reclaim your old self in January. It has you alternating between two full-body workouts – exercises that rope in all your muscles and build brawn faster. A study at the University of Alabama found gains from full-body workouts gave on average 2.27kg greater muscle gain per month than sessions that focused on lone muscle groups.

But before you go running headlong back into the gym, remember that if you've taken a couple of weeks off you'll have lost 15-25% of your overall strength. So check your ego in with the gym receptionist and stick to 25% of your previous 1-rep maximum. In 6 weeks your muscles will be ready to start on the real hard work – getting into the shape of your life.

WHAT TO DO?	WK 1	WK2	WK3	WK4	WK5	WK6
Sessions per week	3	3	3	3	3	5
Sets per exercise	2	3	3	4	4	5
Reps	12	12	10	10	8	8
Seconds rest	60	60	60	60	90	90
Cardio per week	1-2	1-2	1-2	2-3	2-3	2-3
Increase weights	N/A	5%	5%	5%	5%	5%

CARDIO COMEBACK

When returning to training, it's tempting to hit the cardio machines hard. But be careful, especially if you're doing the regime above. Be realistic about the amount of cardio you'll be able to do. Rather than spending hours on the treadmill, use the static rower or bike to train smarter, not harder. Row or cycle for 20 minutes, breaking each minute down into 45 seconds at a moderate tempo, then 15 seconds all out. It's ideal for lunch-time training: you'll be in, showered and out with time to grab something to eat. Not from KFC, we hasten to add. ▶

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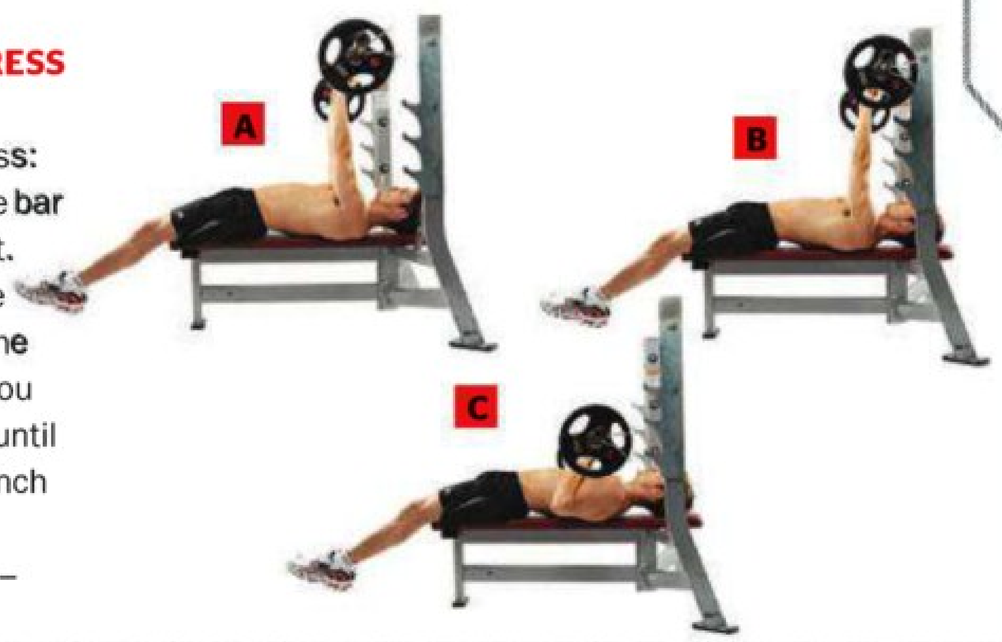
Upper-body Compound moves build muscle and burn fat



Upper-body

1 LEG-RAISE BENCH-PRESS
Chest, biceps, abs

It's time to go flat-out for fitness: lie on a flat bench and grab the bar with hands a fist's width apart. Lift your legs so they're off the bench at 35 degrees. Lower the bar-bell to your chest (**A**). As you push it up, raise your legs (**B**) until they are 90 degrees to the bench (**C**). Lower your legs and arms at the same time for tight abs – and even tighter sleeves.



2 POWER CLEAN
Shoulders, traps, abs

This separates the men from the boys. Squat with your toes beneath a bar-bell. Grab the bar with an overhand grip (**A**). Straighten up while pulling the bar up, close to your body (**B**). When it's just below your chin, rotate your elbows around the bar so your palms are facing away (**C**). Pause, rotate your elbows back and lower to the start position. Feeling more manly now?



3 INCLINE PRESS
Chest, triceps

You're on the second exercise and you haven't even had to stand up. We're too kind. Set an incline bench to 45 degrees, then grab two dumb-bells and hold them at arm's length (**A**). Keep your head, torso and hips pressed onto the bench. Lower the dumb-bells to either side of your chest. Pause, then straighten your arms (**B**). Keep at it – you'll sleep well tonight.



4 SQUAT SHOULDER-PRESS
Shoulders, abs, glutes

These moves go together like bacon and eggs. Lunge so that your right foot is 1.5m forward, with a dumb-bell in each hand. Raise them to either side of your head. Lower your left knee and bend your right leg (**A**). As you come up, push the weights up in a shoulder-press (**B**). Lower the weights (**C**). Now alternate – and don't think you've earned a fry-up.



5 SQUAT TO BICEP CURL
Quads, biceps, abs

Biceps increase your pulling power – but make up only 3% of your muscle mass, so rope in your legs to boost calorie-burn. Stand feet apart with a dumb-bell in each hand. Squat until your thighs are parallel to the floor (**A**). Straighten your knees to rise up (**B**). Curl the weights to up to shoulder height (**C**). Dual exercises save time and work you harder – getting you fit, quicker.



6 BENT-OVER ROW
Lats, biceps, shoulders

You may look like you're looking for pennies, but this exercise will give you a wide, V-shaped back. Stand holding a pair of dumb-bells, feet shoulder-width apart. Keeping your back flat, bend forward until your back is almost parallel with the floor (**A**). Slowly draw the weights up towards the sides of your chest (**B**). Pause, then slowly lower the weights and repeat to get your back on track.



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Lower-body Working your legs kick-starts muscle growth all over

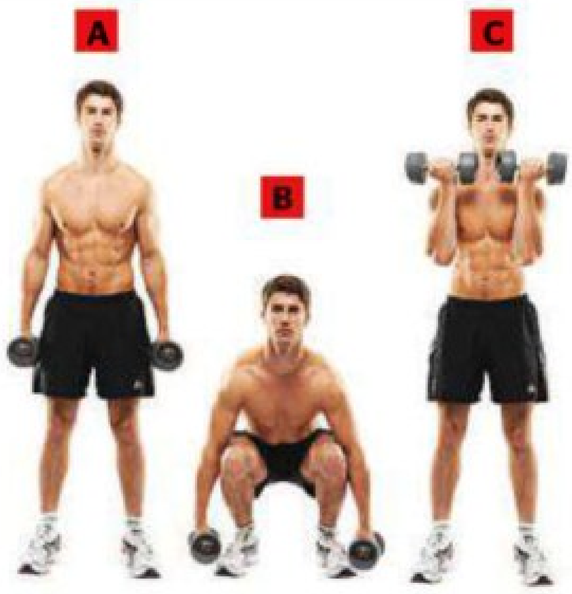
1 DUMB-BELL STEP-UPS
Quads, glutes, abs

This is the stairway to muscular heaven. Stand with feet shoulder-width apart, facing a 1m-high bench, with a dumb-bell in each hand. Place your right foot on the bench (**A**). Push with your right leg and lift your body while raising the weights straight up (**B**). Return to the start and repeat with your left leg. Enough of these and your legs will feel like they've turned to lead.



2 SQUATS TO CURLS
Quads, hamstrings, biceps

Time to stretch yourself. Stand in front of a bench with your right foot forward. Rest your left foot on the bench (**A**). Grab a dumb-bell in each hand. Bend your right leg low (**B**). Rise up to the start position, while curling the weights up to your shoulders (**C**). Repeat. Do all your reps on one leg then the other. Your six-pack may make a bid for freedom – a great sign!



3 SEATED CALF RAISES
Calves

For calves that feel like they're sculpted out of marble, try this. Sit on the edge of a bench and rest your toes on a step. (**A**) Place a heavy weight plate on your knees, holding it in place. Push down on your toes so that you raise your heels as high as you can (**B**). Pause, then lower your heels as far as you can and raise it up again. Keep going for calves that look more like bulls.



4 BICYCLE CRUNCHES
Abs, obliques

A great form of pedal power. Lie with your feet in the air, your knees at 90 degrees and your fingers behind your head. Bring your knees in towards your chest and lift your shoulders without pulling on your neck. Straighten your left leg while turning your upper body to the right, bringing the left elbow towards the right knee (**A**). Switch (**B**) and alternate. Highly effective – and with little risk of getting a puncture.



5 BAR-BELL SQUATS
Quads, hamstrings, glutes

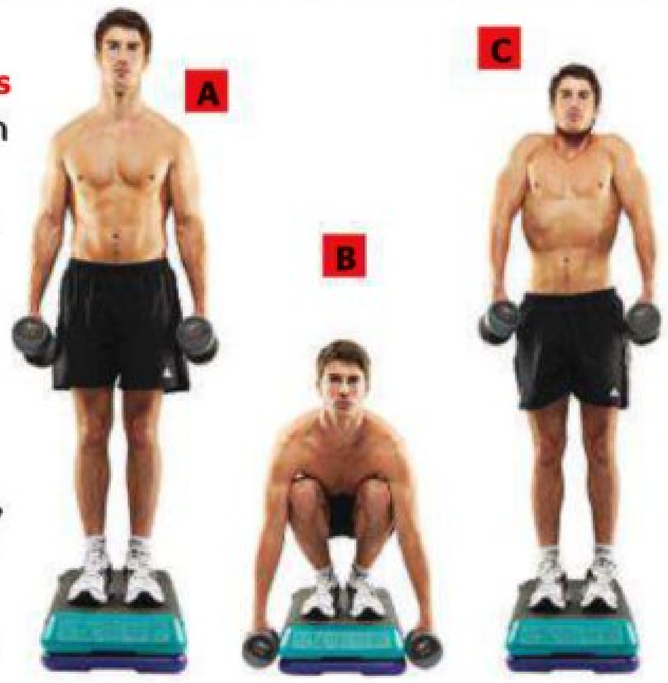
Here's an old classic with a twist. Stand with your back to a bar-bell. Bend your knees and grab the bar with an underhand grip behind you (**A**). Straighten your knees to lift. Keep your spine straight, head up and shoulders back (**B**). Pause when upright then lower and repeat. For legs and abs that are strong enough to push a uranium delivery truck.





6 DUMB-BELL SHRUGS
Glutes, calves, shoulders

A dumb-bell in the hand is worth two in the push. Stand on a step-up bench with a dumb-bell in each hand (**A**). Bend your knees to lower the weights (**B**). Keep your back straight. Straighten your legs to rise back to the start position then hunch your shoulders (**C**). Hold, then go again. Keep this entire routine up for six weeks and you'll blitz the Christmas bulge and then some.



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Build muscle fast

Make this the year you get the body you want with our muscle-maximising workout plan

Want a set of new arms? Try these ones for size



Want to add 5kg of muscle in 4 weeks? The third month of your year-long training regime will have you building muscle in double-quick time. The no-pain, no-gain mantra is the backbone of this workout but you'll start to see results almost immediately.

Howard Pearson, a strength and conditioning coach, has crafted workouts that'll pack size onto your physique quickly. "Each week you'll do more sets and rest less," says Pearson. "This, combined with the slow rep speed, puts muscles under tension for 40-70 seconds in each set – enough to trigger growth."

If you've been hitting the gym since New Year or following January's Return To Fitness plan, get going with this straight away and build muscle that lasts. ►

WHAT TO DO

This routine, like a visit to the sweet shop, requires a pick'n'mix strategy: perform workout 1 on Monday, workout 2 on Tuesday, and workout 1 on Thursday then workout 2 on Friday. If you can't train 4 days a week, do 3. Recover on the other days. Each session is broken down into a series of alternating sets where you'll do exercise A1, rest, then exercise A2, rest, and return to A1. Repeat until you've ticked off all the sets and reps. "Maximum effort is vital for success," says Pearson.

JAN/FEB
MAR
STACK ON SIZE FAST
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC

Turn the page for the workouts

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Workout 1 Take your time - slow and steady builds muscle best

ALTERNATING SET 1

A1 RAISED FOOT CABLE SPLIT-SQUAT

Quads, glutes, hamstrings, calves, abs

This multi-muscle builder will tax your brain and build bulk. Place a 7.5cm step in front of a cable crossover machine. Clip a D-handle to the bottom ring and grab it with your right hand – keep your arm straight. Plant your right foot on the step (**A**) and push your left leg back into a lunge until your left shin is at least parallel to the floor (**B**), then push back to the start. Take 3 seconds to lower and 1 second to push back. Complete your reps, then switch legs. Your legs and abs will gain strength and definition.



Week	Rest	Sets	Reps
1	75 secs	3	12-15
2	60 secs	3	12-15
3	45 secs	4	12-15
4	45 secs	4	12-15

A2 HANGING LEG-RAISES

Abs

Take a place at the top table and position yourself in the captain's chair. Press your back against the pad and tense your abs (**A**). Raise your feet and bend your knees (**B**) until they're level with your chest. Take 2 seconds to lower your legs and 1 second to raise them. A study at San Diego State University put this in their top 5 six-pack exercises, as it sculpts the lower abdominals. Too easy? Try it holding a dumb-bell between your feet. Don't get over-confident though, we've only just begun.



Weeks	Rest	Sets	Reps
1	75 secs	3	15-20
2	60 secs	3	15-20
3	45 secs	4	15-20
4	45 secs	4	15-20

ALTERNATING SET 2

B1 WALKING LUNGES

Quads, hamstrings, glutes, abs

This is your route to power-house legs. Ensure you've got a clear path in front of you and stand with your feet together (**A**). Then lunge forward, bending both legs without letting your back knee touch the ground (**B**). Push forward with your other leg, and repeat. Take 2 seconds to lower yourself and 2 seconds to step forward. Too easy? Grab a dumb-bell in each hand. You may look like you're in the Ministry of Silly Walks but the results will earn you admiration.



Weeks	Rest	Sets	Reps
1	75 secs	3	20-24
2	60 secs	3	20-24
3	45 secs	4	20-24
4	45 secs	4	20-24

ALTERNATING SET 3

C1 STANDING CALF-RAISES

Calves

Carved lower legs are what count in board shorts, so start now for the summer. Stand with the balls of your feet on the edge of a step: two-thirds of both feet should be protruding (**A**). Place a barbell on your back. Take 2 seconds to rise up onto the toes of both feet (**B**), then 1 second to lower yourself (**C**). Your calves will eventually look like you're in heels – min**us the heels,** of cour**se.**



Weeks	Rest	Sets	Reps
1	75 secs	3	15-20
2	60 secs	3	15-20
3	45 secs	4	15-20
4	45 secs	4	15-20

C2 DIPS

Triceps, chest, shoulders

To take your triceps to the edge, grab the parallel bars of a dip station and lift yourself so your body weight rests on your hands. Bend your knees and cross your ankles (**A**). Lower yourself for 3 seconds until your upper arms are parallel to the floor (**B**). Take 1 second to press yourself back up. Keep your elbows unlocked at the top of the move; you're working two-thirds of the muscle in your upper arm.



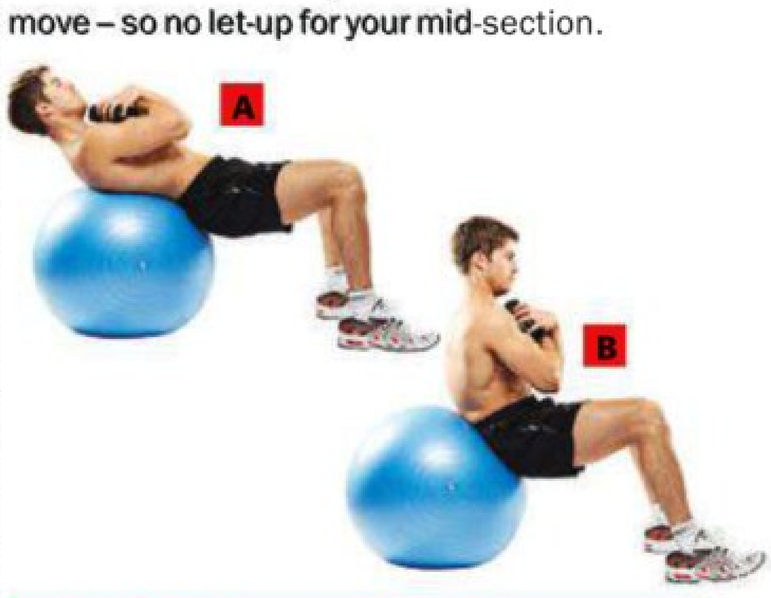
Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

ALTERNATING SET 4

D1 SWISS BALL WEIGHTED CRUNCHES

Abs

Swiss chocolate robs your six-pack, but their ball gives it back. To sculpt your midriff, lie with your shoulders on a Swiss ball with your legs hip-width apart on the floor. Rest a weight plate on your chest (**A**), take 1 second to curl your torso off the ball and do a crunch (**B**). Take 3 seconds to roll back. The weight plate **maintains tension on your abs** throughout the **move – so no let-up for your mid**-section.



Week	Rest	Sets	Reps
1	75 secs	3	12-15
2	60 secs	3	12-15
3	45 secs	4	12-15
4	45 secs	4	12-15

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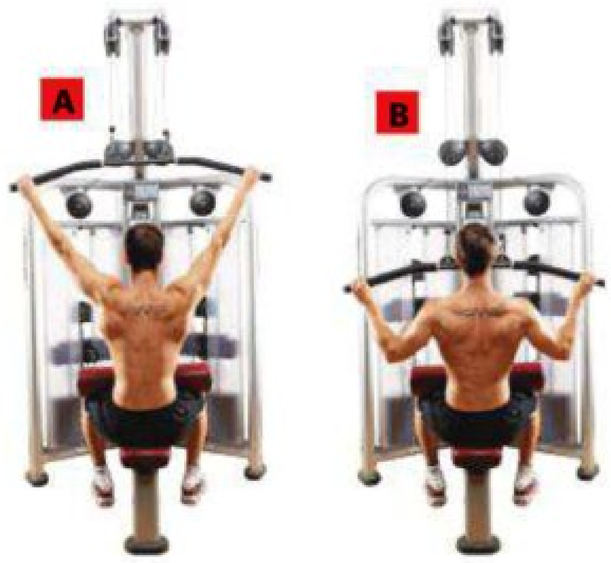
Workout 2

ALTERNATING SET 1

A1 REVERSE-GRIP LAT PULLDOWNS

Lats, biceps

Your T-shirts will love the V-shape this move gives you. Grab a lat pull-down bar with your hands 60cm apart, palms toward you, and sit on the seat (**A**). Keeping your head and back straight, take 1 second to pull the bar to the top of your chest (**B**). Squeeze your shoulder blades together at the bottom of the move, then take 3 seconds to return the bar. This move also improves your pull-up technique.

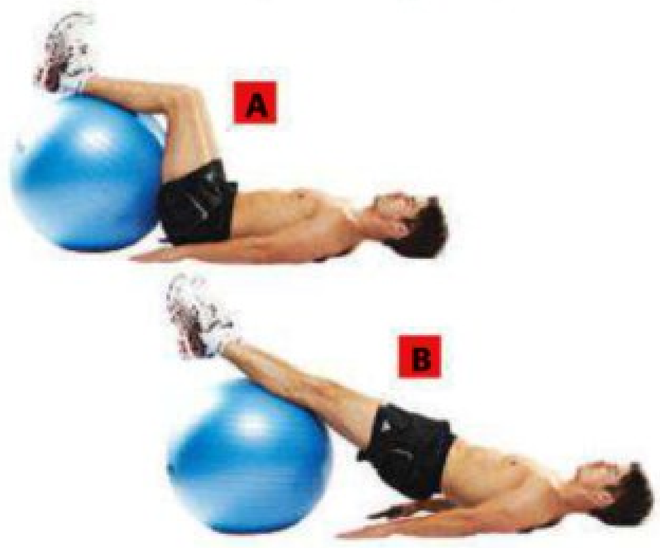


Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

A2 SWISS BALL HAMSTRING CURLS

Hamstrings, abs

Hamstrings are the most-often injured body part, so look after them. Lie on the floor with your calves on a Swiss ball and your arms out. Squeeze your glutes to raise your hips off the floor until your body's rigid (**A**). Bend your legs to roll the ball towards you (**B**). Take 5 seconds to roll the ball away from you, then lower yourself to the floor – thus preventing an injury cliché.



Weeks	Rest	Sets	Reps
1	75 secs	3	8-10
2	60 secs	3	8-10
3	45 secs	4	8-10
4	45 secs	4	8-10

B2 FLAT BENCH DUMB-BELL PRESS

Chest, triceps, shoulders

This chest carpenter will give you more frontage than Harrods. Lie on a flat bench, holding a dumb-bell in each hand above you at arm's length (**A**). Bend your elbows and take 4 seconds to lower the dumb-bells to either side of your chest (**B**). Pause, then take 1 second to press the weights up – but don't lock your elbows at the top. This move uses less of your shoulders than the barbell version and helps to isolate your chest more.



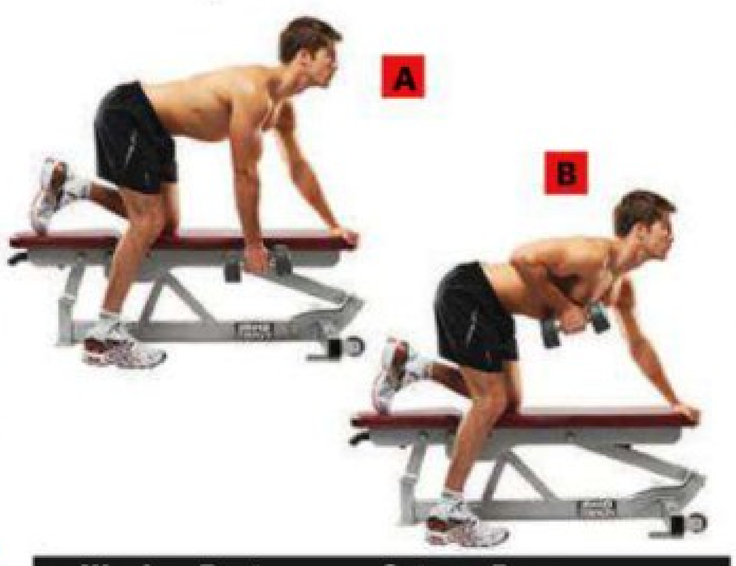
Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

ALTERNATING SET 2

B1 SINGLE ARM DUMB-BELL ROW

Lats, biceps

For more pulling power in and out of the gym, position yourself with your left knee on a bench while you balance using your left hand. Place your right leg on the floor so your body forms a 'tripod'. Grab a dumb-bell with your free hand (**A**). Draw your elbow up past your torso by pinching your shoulder blade in towards your spine (**B**). Take 3 seconds to lower the weight to the start position. Now alternate.

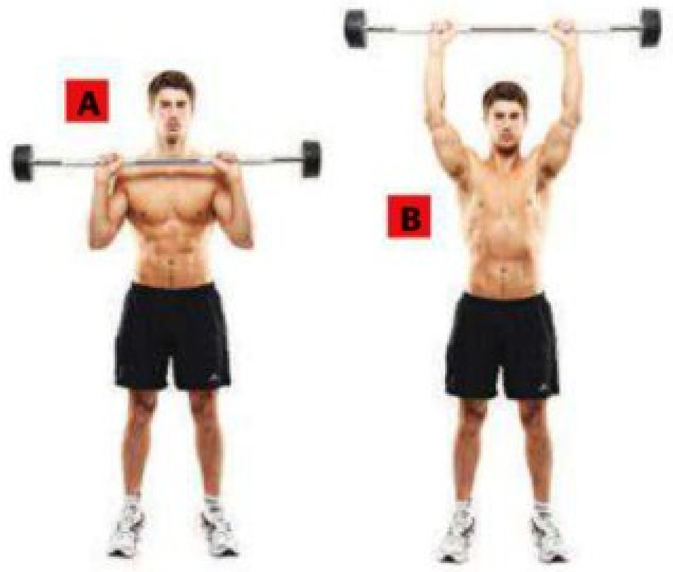


Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

B2 STANDING BARBELL PRESS

Shoulders

Eyes front to give a narrow silhouette the cold shoulder. Stand with your feet shoulder-width apart and knees slightly bent. Rest the barbell on the front of your shoulders (**A**). Press the weight up until your arms are straight but not locked (**B**). Take 3 seconds to lower the weight to your shoulders. Handy for barging to the bar after any sporting activity. ▶



Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

D2 SEATED EZ BAR FRENCH PRESS

Triceps

Easy by name but not by nature. Sit on a bench and plant your feet flat on the floor. Hold an EZ bar above you with elbows locked (**A**). Keep your upper arms perpendicular to the floor and take 3 seconds to lower the bar behind your head by bending your elbows (**B**). Straighten your arms to return to the start position. Workout 1 is done – celebrate by necking a protein shake and taking a day off.



Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

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Workout 2 continued

ALTERNATING SET 3

C1 ROMANIAN DEADLIFT
Quads, glutes, lower back, abs

We're halfway, so stay focused on the bespoke muscle at a bulk price this move will bring you. Stand behind a barbell with your feet shoulder-width apart. Bend at your knees and hips and grab the bar with a wide overhand grip. Use your thighs to raise the bar so your legs become straight. Take 4 seconds to lower the weight down to just in front of your knees (**A**). Now lift to straighten up keeping your back straight (**B**) for more size with no discount.



Weeks	Rest	Sets	Reps
1	75 secs	3	8-10
2	60 secs	3	8-10
3	45 secs	4	8-10
4	45 secs	4	8-10

C2 INCLINE DUMB-BELL CURLS
Biceps, forearms

Sit-down – but don't get comfortable. Lie on a 45-degree incline bench holding a dumb-bell in each hand, palms facing inwards (**A**). Curl both dumb-bells, exploding up (**B**) and taking 3 seconds to lower them. The incline increases the range of movement to provide longer-looking muscle that'll complement your shirts rather than looking like you've stuffed tennis balls in them.

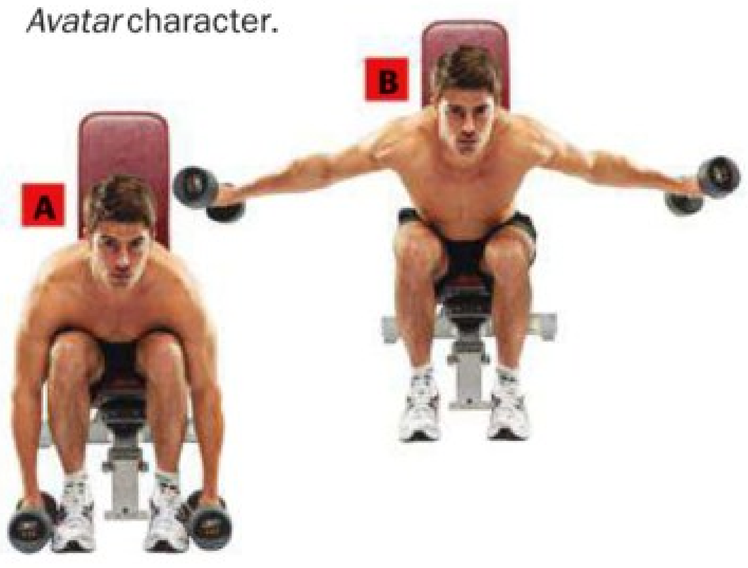


Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

ALTERNATING SET 4

D1 BENT-OVER LATERAL RAISES
Shoulders

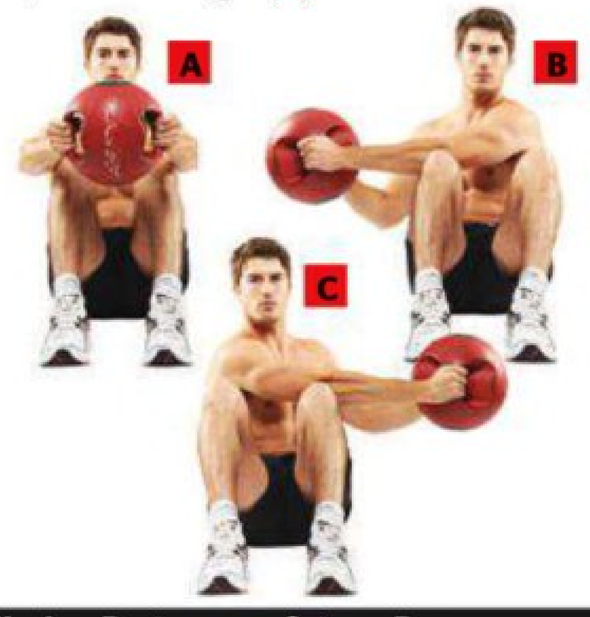
The penultimate move of the day works your shoulders. Sit with your knees together. Lean forward pushing your abs on your thighs, with your hands by your ankles (**A**). Keeping a straight back, raise the dumb-bells level with your shoulders (**B**). Then take 3 seconds to lower them to the starting position. By the end of the 4 weeks, you'll look more 3D than an *Avatar* character.



Weeks	Rest	Sets	Reps
1	75 secs	3	10-12
2	60 secs	3	10-12
3	45 secs	4	10-12
4	45 secs	4	10-12

D2 LOWER-BODY RUSSIAN TWISTS
Abs, obliques

Have a lie down with arms out to the side. Hold a medicine ball between your knees and raise your knees above your hips. Prop up your head and shoulders into a half-crunch (**A**). Take 2 seconds to lower knees to your left, but don't let them touch the ground (**B**). Pause, then take 2 seconds to return legs to the centre and repeat to the right (**C**). You're done.



Weeks	Rest	Sets	Reps
1	75 secs	3	20-24
2	60 secs	3	20-24
3	45 secs	4	20-24
4	45 secs	4	20-24



THE MH TEN COMMANDMENTS OF BEATING INJURY

Our resident gym prophet lays down the law on injury-free training techniques

I Thou shalt warm-up. Run, skip or mimic the training you plan to do with lighter weights for 5-10 minutes beforehand.

II Thou shalt not attempt to progress too quickly. Increase the amount you train by no more than 5% each session.

III Thou must wear appropriate clothing. Baggy tracksuit bottoms can easily get caught in machines or trip you up while badly fitting shoes can cause hip problems.

IV Thou shalt resistance train at least twice a week, regardless of your goals. Stronger muscles support weaker joints.

V Thou shalt observe the command of consistency. Don't attempt a big performance if you've been skipping training.

VI Ignore false scripture: phrases such as "pain is your body releasing weakness," are wrong. Pain is a sign to stop.

VII Thou shalt honour diversity. Exercise variety and the stacked look will be yours.

VIII Thou shalt vary thy training intensity. If you go at 100% one day, reduce the intensity by 50% the next.

IX Thou shalt warm-down. Stretching before won't reduce post-exercise soreness, but stretching after will.

X Overtraining is thy enemy. Take an entire week off every 3 months. MH

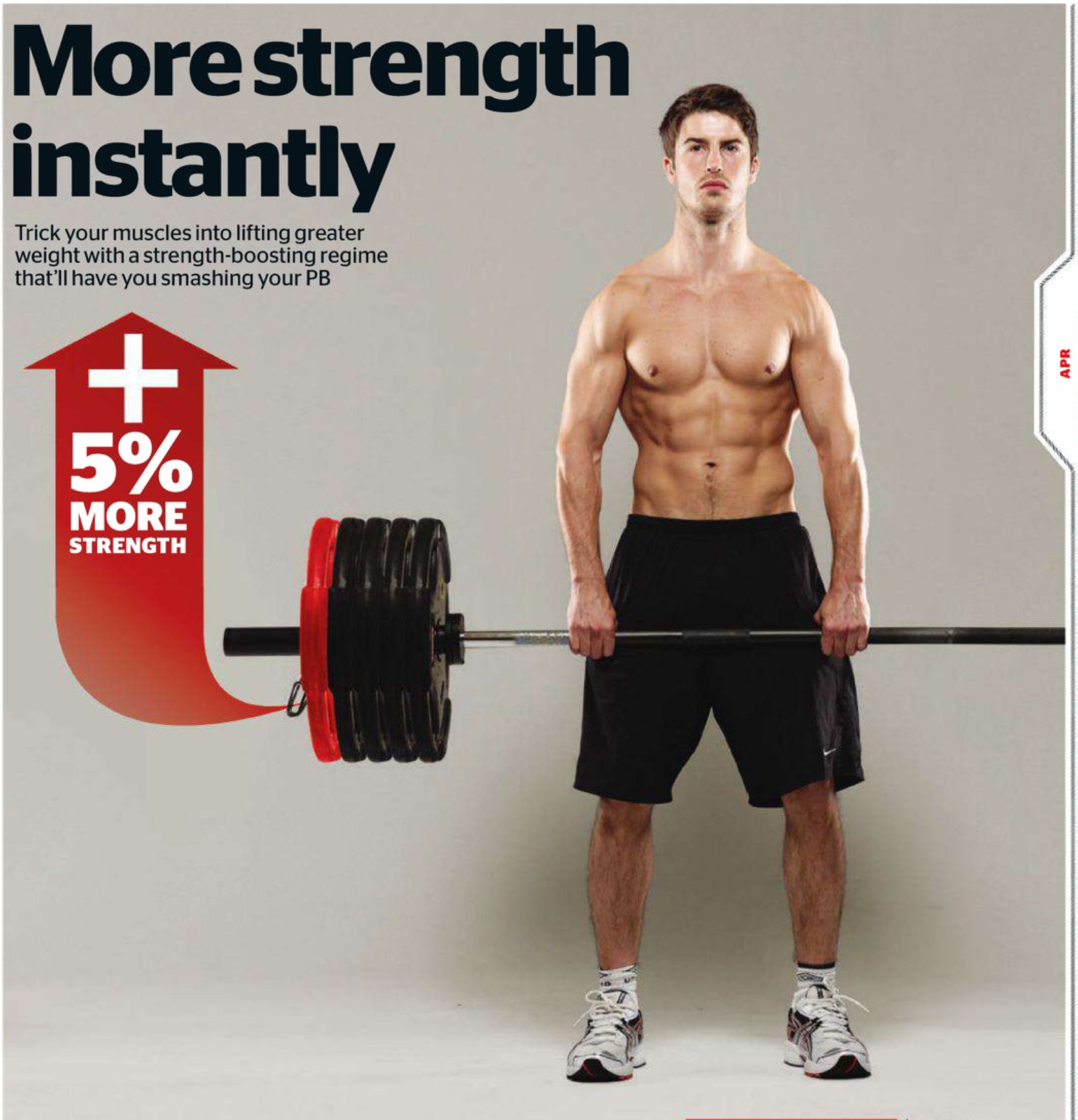
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More strength instantly

Trick your muscles into lifting greater weight with a strength-boosting regime that'll have you smashing your PB



Everyone likes something for nothing. So how about an extra 5% on your lifts without having to work any harder? Sounds too good to be true? Then you've obviously not heard about 'complex training', a system which has you alternating between sets of traditional strength moves and explosive plyometric-style exercises.

According to *The Journal of Strength and Conditioning Research* this approach will help you lift up to 5% more weight. "It's the only technique proven to cough-up on-the-spot increases in strength," says bodybuilder and former Mr Universe Peter Chown (naturalphysique.co.uk), who designed this workout. If you want to push through a workout plateau, this is the ideal way to add extra brawn.

HOW IT WORKS

"Performing the explosive move first tricks your body into recruiting the maximum number of fibres for the following lift," says Chown. "Your brain thinks there's a huge workload coming next, which supercharges your system, so when you do the strength move you are able to lift more weight."

WHAT YOU DO...

Workouts are broken down into alternating sets where you do exercise A1, rest 90 seconds then do exercise A2, rest 90 seconds and return to A1. Keep repeating until you've done 3 sets of each. Do 4 sessions a week: workout 1 on Monday and Thursday; workout 2 on Tuesday and Friday. Rest on the other days.

Make your stupid muscles even thicker

JAN/FEB MAR APR MORE PAIN MORE GAIN MAY JUN JUL AUG SEP OCT NOV DEC

Turn the page for the workouts

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Workout 1: Upper body

ALTERNATING SET 1

A1 SMITH MACHINE BENCH PRESS THROWS

Muscles: chest, triceps, shoulders, abs

Stick a flat bench beneath a Smith machine. Lie on the bench and grab the bar with a wide grip **(A)**. Lift and turn the barbell off the supports. Lower it towards your upper chest. Pause before it touches your chest **(B)** then straighten your arms to press the bar up. At the top of the move release the weight so it leaves your hands briefly **(C)**. It's just the start. You shouldn't be puffed out yet.



A2 BARBELL FLAT BENCH PRESSES

Muscles: chest, triceps, shoulders, abs

Earn your spot on the Best Chest List by lying on a bench with your feet flat on the floor. Grab the barbell with your hands slightly wider than shoulder-width apart **(A)**. Position the bar above your chest with your arms straight. Lower the bar to your chest, just below your nipples **(B)**. Press the weight back up until your arms are straight but not locked for the strength to stuff that final piece of luggage into the boot of your overfilled car.



ALTERNATING SET 2

B1 SMITH MACHINE SINGLE-ARM ROWS

Muscles: back, biceps, abs

You won't need a tight, religion-revealing suit for this routine. Stand side-on to the barbell on a Smith machine. Stick your right hand on your thigh and keep your torso at 45 degrees. Grab the bar with your left hand at shin level **(A)**. Quickly pull your left elbow back and up **(B)**, releasing the bar for a second when your upper arm is parallel to the floor, then catch the bar. Repeat on the other side. Feeling the burn?

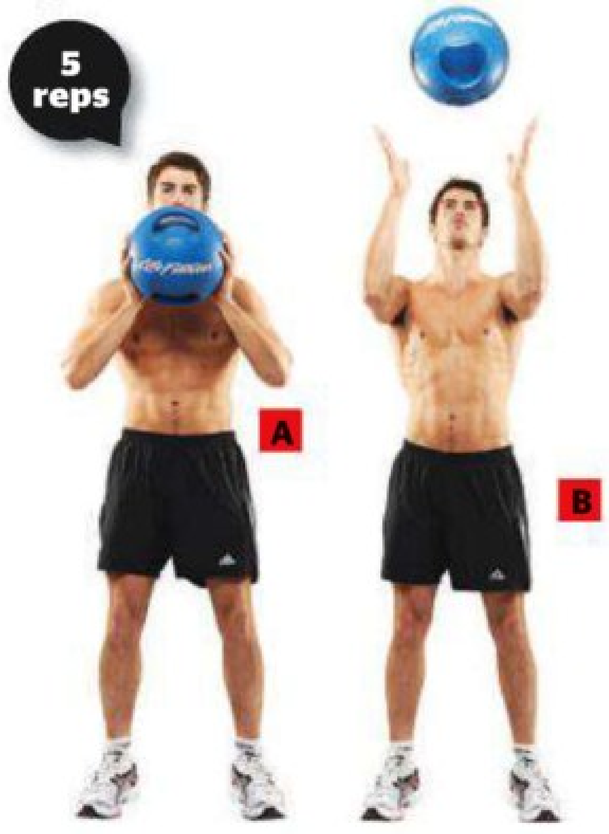


ALTERNATING SET 3

C1 MEDICINE BALL OVERHEAD THROWS

Muscles: shoulders, abs, traps

Pretend you're about to dunk a basketball by holding a medicine ball at your chest with your elbows high and knees and hips slightly bent **(A)**. Feel free to commentate on yourself with an American accent while you do it. Lower yourself **(B)**, then straighten your knees and hips and drive the ball straight up as fast as you can **(C)** – take stock of the gym's ceiling height first or do it outside – then catch it.



C2 DUMB-BELL SHOULDER PRESSES

Muscles: shoulders, abs, traps

Broad shoulders are the coathangers of a powerful physique so to shape up yours stand holding a pair of dumb-bells. Raise the weights so they are in line with your shoulders **(A)**. Press the weights above your head until your arms are straight but not locked **(B)**. Now lower the weights. If you're not sweating then get moving – you should be drenched.



ALTERNATING SET 4

D1 LYING MEDICINE BALL THROWS

Muscles: triceps, chest, shoulders, abs

Time to get horizontal. Lie back on a flat bench holding a medicine ball above you with your arms fully extended. Bend your arms to lower the ball to your chest **(A)** then quickly straighten your arms to push the ball into the air **(B)**. This is no time to show the gym staff your hugely entertaining David James impersonation. Be sure to catch the medicine ball, especially if it's heading for your face.



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B2 SINGLE ARM DUMB-BELL ROWS

Muscles: back, biceps, abs

Place your left knee on a bench while you balance yourself with your left hand, palm down **(A)**. Imagine you're kneeling on a log to saw it in half, if that helps. Place your right leg on the floor behind you. Keep your back straight and pull a dumb-bell up to your chest while keeping your elbow tucked in **(B)**. Pause and lower it to the start position. Repeat on the other side. You should feel a trickle of sweat now. If not pick up the pace.



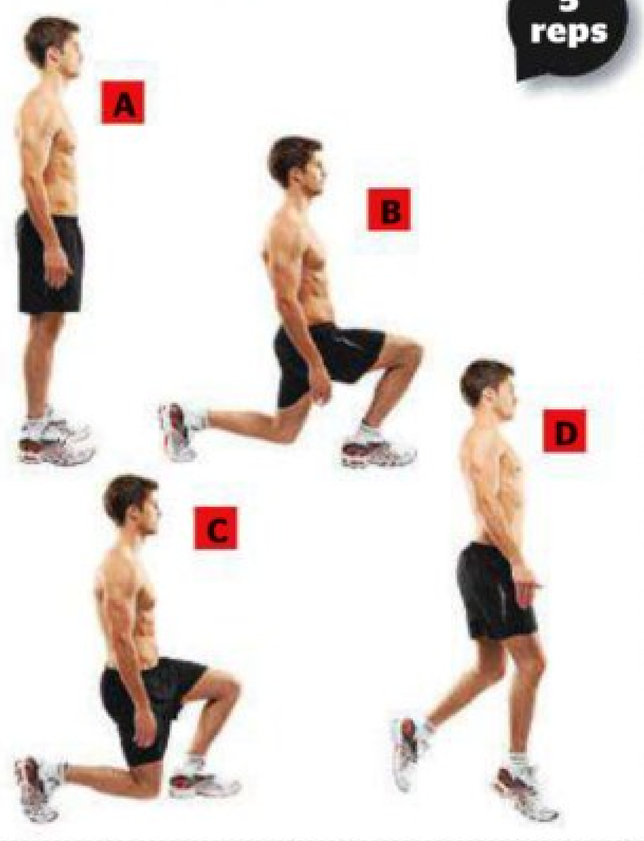
Workout 2: Lower body

ALTERNATING SET 1

A1 JUMPING LUNGES

Muscles: glutes, hamstrings, quads, calves, abs

It might look like one of David Brent's dance moves but the improvement in pace it will give you is no joke. Stick one foot about 1m in front of the other **(A)**. Lower your body into a lunge **(B)**, jump up **(C)**, switch legs in mid-air and land with the opposite leg forward. Drop down into a lunge again **(D)** and repeat to slowly get **your heart rate going.**



A2 BARBELL LUNGES

Muscles: glutes, hamstrings, quads, calves, abs

Rest a barbell across your shoulders **(A)** and stand with your feet hip-width apart. Take a giant step forward with your left foot and bend your left knee until your thigh is parallel to the floor **(B)**. Your back should remain straight. Reverse the motion. Repeat with your right limb for the strength to carry a rucksack to Nepal and back.



D2 CLOSE-GRIP BENCH PRESSES

Muscles: triceps, chest, shoulders, abs

Lie back on the bench (by now you'll need the break but you're nearly finished so don't start taking it easy yet). Grab a barbell with an overhand grip, your hands a fist-width apart. Slowly lower the bar until it reaches your chest **(A)**. Pause, then press the weight back overhead until your arms are extended **(B)**. Now relax because you're done and dusted… until tomorrow that is.



ALTERNATING SET 2

B1 DEPTH JUMPS

Muscles: glutes, hamstrings, quads, calves, abs

Set up a stack of step-up benches a little higher than your knees. Stand on top of the platform **(A)**. Let yourself drop to the ground. Land with both feet hip-width apart **(B)** and drop into a squat then jump up as high as you can **(C)**. Land, then quickly return to the start position. This should leave you more puffed than a pack-a-day smoker.



B2: BARBELL SQUATS

Muscles: glutes, hamstrings, quads, calves, abs

Stand with your feet shoulder-width apart and rest a barbell on your shoulders **(A)**. Bend your hips and knees to lower yourself towards the ground. Stop when your thighs are parallel to the floor **(B)**. Keep your knees in line with your feet. Rise to the start position. Expect to feel supremely knackered at this point but don't give in, you're nearly done.►



JAN/FEB MAR APR MORE PAIN MORE GAIN MAY JUN JUL AUG SEP OCT NOV DEC

Workout 2 continued

ALTERNATING SET 3

C1 JUMP SQUATS

Muscles: glutes, hamstrings, quads, calves, abs

On the squat rack, place a light barbell across your shoulders. With your feet shoulder-width apart and back straight, squat until your thighs are just below parallel to the floor **(A)**. Quickly straighten your knees and press upwards so your feet leave the ground **(B)**. Land with your knees slightly bent to absorb the impact. This will give you the power to jump up and see if that missing pullover is on the top shelf.



C2 ROMANIAN DEADLIFTS

Muscles: glutes, hamstrings, quads, calves, abs

From the people who bought us Vlad The Impaler comes another method of torture. Stick a barbell on the ground. Stand with feet shoulder-width apart and grab the bar. Use your thighs to raise the bar so your legs fully extend **(A)**. Slowly lower to the start position keeping your back straight **(B)**. You're on the home stretch so don't take an extra rest between sets – you're better than that.

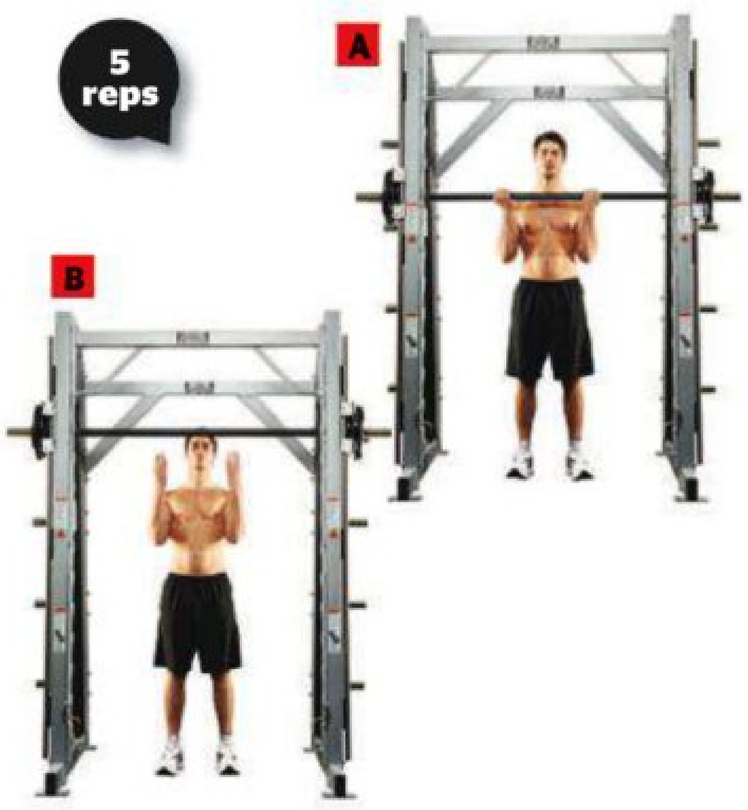


ALTERNATING SET 4

D1 SMITH-MACHINE BICEP-CURL THROWS

Muscles: biceps

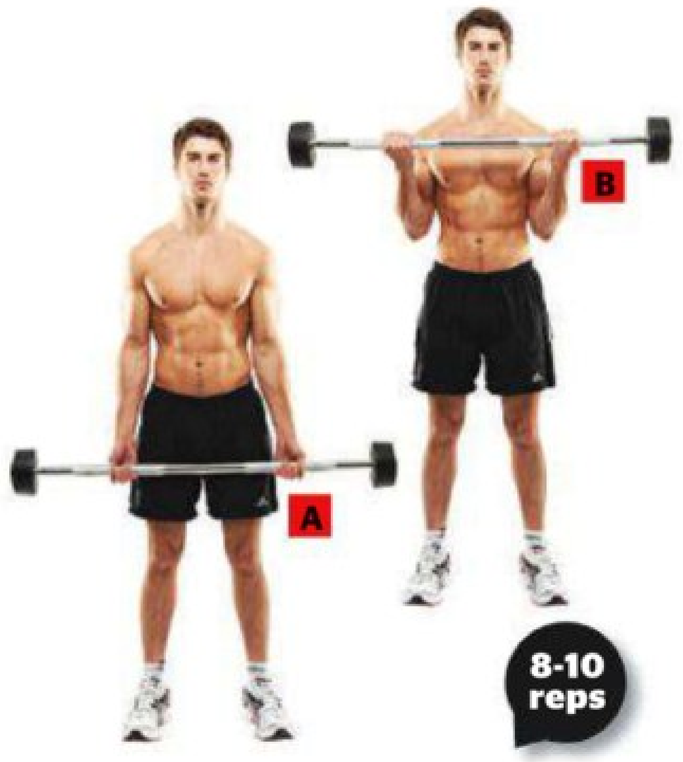
After a tough leg session you get to leave the gym with an arm pump. Setting the barbell to hip-height on the racks, stand at arm's length in front of it. Grab the bar with an underhand grip **(A)**. Your elbows should be bent to 90 degrees, then explosively curl the weight up and let go of it at the top of the move **(B)**. Catch it, then lower it to the start to drill speed into your arms. Don't relax just yet – one move to go.



D2 BARBELL BICEP CURLS

Muscles: biceps

This biceps builder has been inflating arms since Charles Atlas' sand-kicking days, so get ready for some old-skool brawn. Stand behind a curl bench holding an EZ bar with an underhand grip. Keeping your shoulder blades pulled together, curl the weight up until it reaches your shoulders **(A)**. Contract your biceps, then reverse the motion and return to the start position **(B)**. Off you go. Your strength quota is now fulfilled. MH





THE MH TEN COMMANDMENTS OF SUPPLEMENTS

Our biblical behemoth breaks out the tablets and carves the rules of supplementing in stone

I Thou shalt drink a protein shake 40 minutes before training and directly afterwards.

II Thou shalt use fitness supplements only for convenience, not dependence.

III Beware false prophets. If a claim is backed by only one study it's likely the brand paid 30 pieces of silver for it.

IV Thou shalt avoid sugary supplements. The devil has many guises: dextrose, maltodextrin, fructose and sucrose being but four.

V Greed is a sin. Taking double doses will not double your gains, just halve your earnings.

VI Thou shalt take supplements on the day of rest. This is when your body repairs itself – the extra nutrients will accelerate recovery.

VII Thou shalt stop supplementing if thou feeleth sick.

VIII Thou shalt remain drug-free. Some legal supplements are banned from sport so check the scripture at wada-ama.org

IX Thou shalt cycle thy supplementation. With the exception of protein, you should use for eight weeks then have an eight-week break.

X Beware extra ingredients. If you're using creatine, then take plain old creatine, not a product with other additives. MH

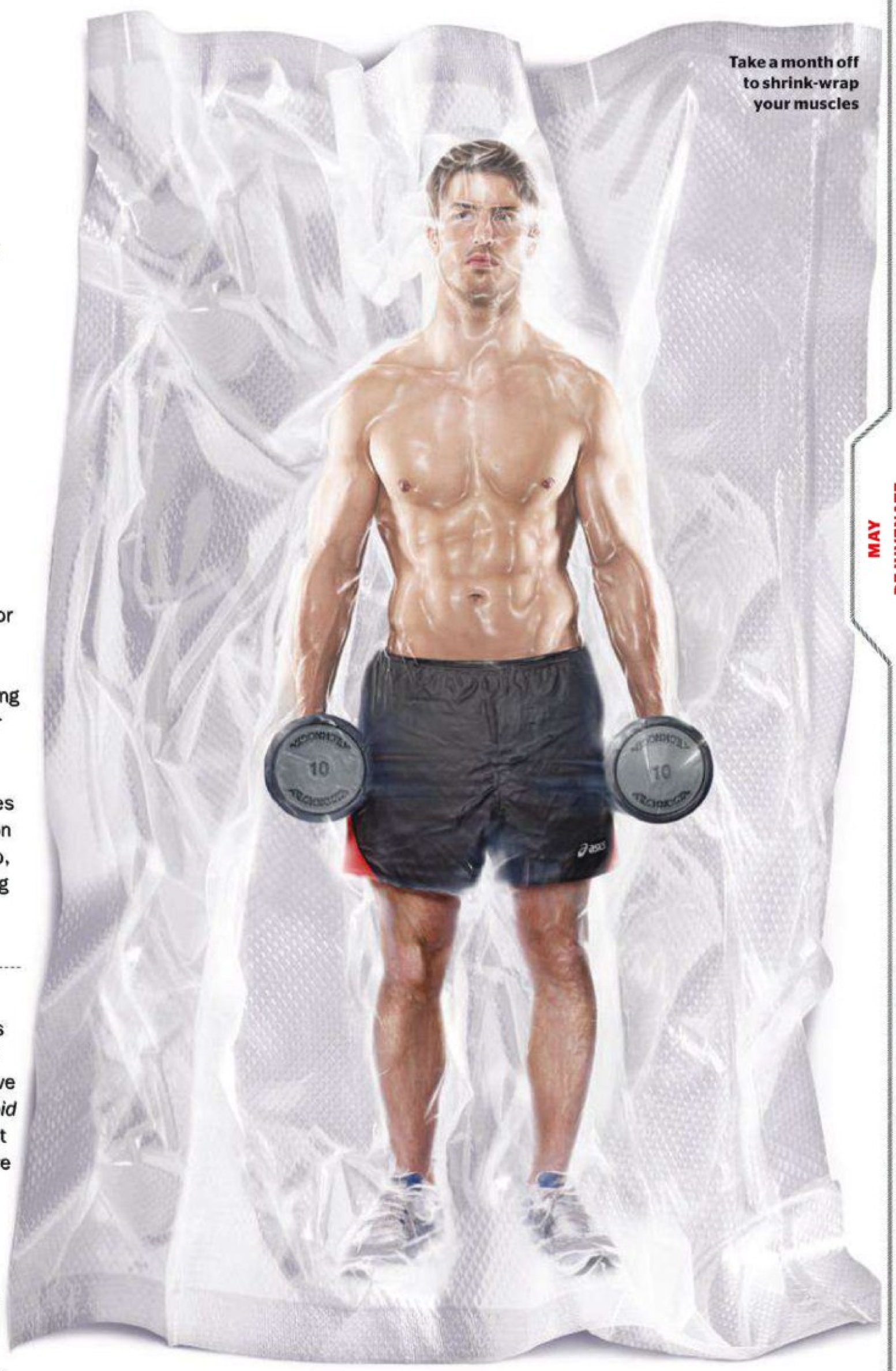
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A lean month

Ease the burden on your body to rejuvenate your muscles and vastly improve physical performance



Most of the time you take them for granted, but even your muscles need a holiday now and then. But rather than send them on a metaphorical Club 18-30 with all-you-can-eat buffets and 2-for-1 drinks deals, take the mature option and send them on an activity break. "No matter what your regime, your body will always benefit from reducing its work load for a short period," says sports psychologist and trainer Mark Bellamy, inventor of the Powerbag (powerbag.com), who designed this programme.

"Cutting your training load in half and sticking with simple exercises will force blood into your muscles, enabling them to recharge and be at full strength when you return to your usual regime." Don't worry about losing size – it takes 6-8 weeks before a drop in pace takes its toll on your muscles. Plus you'll be upping your cardio, which means you'll be shifting body fat, making you leaner and better placed to show off the muscle you've already got.

CARDIO PLAN

Free yourself from the air-conditioned confines of the gym and take in some scenery for these cardio workouts below. Not only will you improve your mood but research in the *Journal of Steroid Biochemistry and Molecular Biology* found that you're 47% less likely to be overweight if you've trained outdoors.

Week 1 Jog for 30 minutes at a slow pace.
Week 2 Jog outdoors for 30 minutes at a slow pace. If you can, try running barefoot on grass or sand to give your feet a break from asphalt. Plus, cycle outdoors for 40 minutes. This doesn't have to be all at once. Have a little ride, take a break, and then go again.
Week 3 Jog outdoors for 35 minutes but choose a different route from the one you ran in weeks 1 and 2. Plus, swim for 25 minutes at a slow pace. Finally, cycle outdoors for 50 minutes but keep away from any hills.
Week 4 Jog a new route for 40 minutes. Swim for 25 minutes at a slow pace. It doesn't matter which strokes you use, just keep moving. Finally, cycle outdoors for 60 minutes, keeping away from inclines.

WHAT TO DO?	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sessions per week	2	2	2	3
Sets per exercise	1	1	2	3
Reps	15	15	15	15
Rest between sets	90 sec	60 sec	45 sec	30 sec
Cardio sessions a week	1	1	2-3	2-3
Size of the weights	40% of max	50%	60%	80%

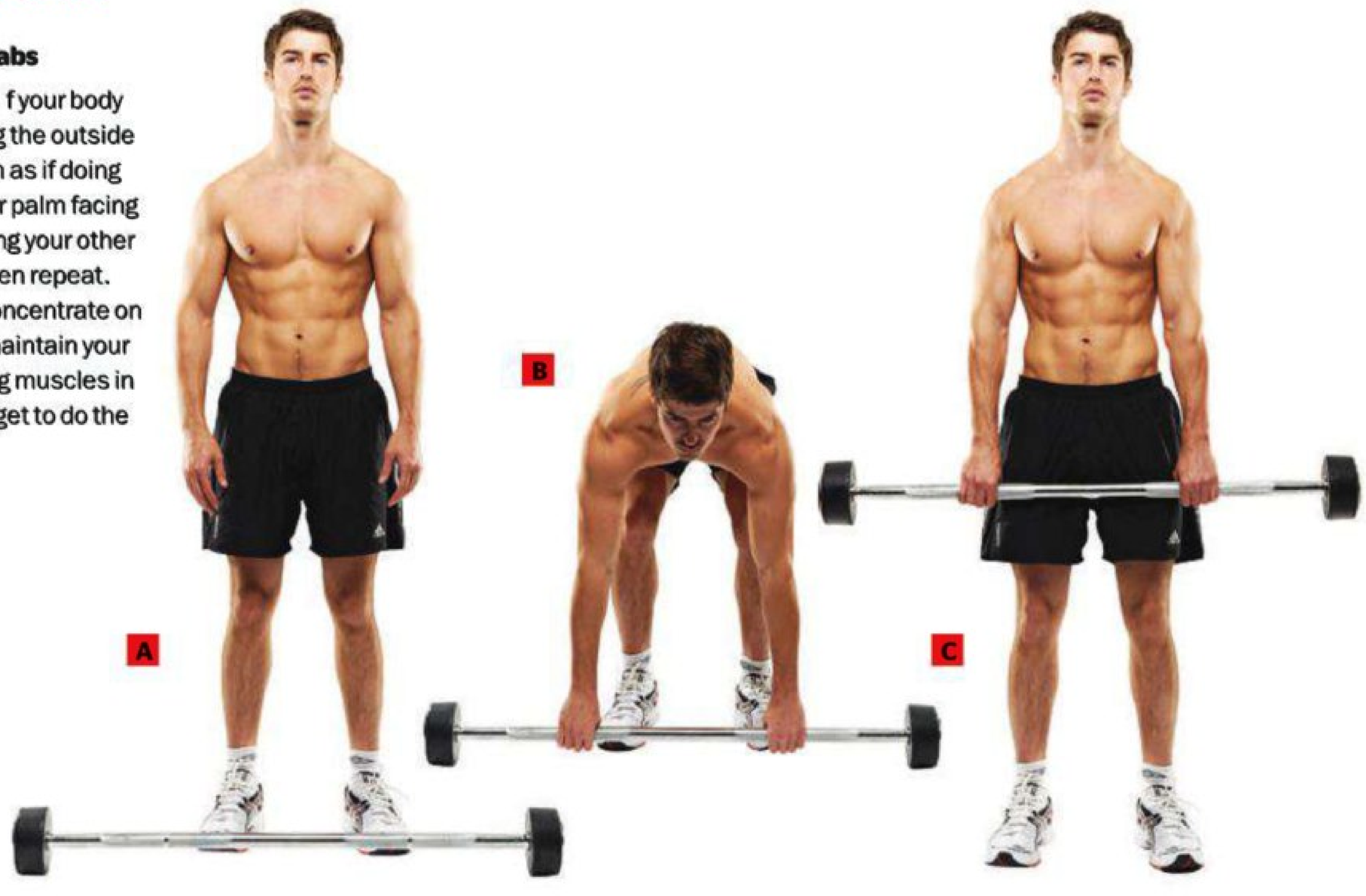
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The workout: Easy come, easy grow

1 UNILATERAL DUMB-BELL DEADLIFT

Works: lower back, hamstrings, abs

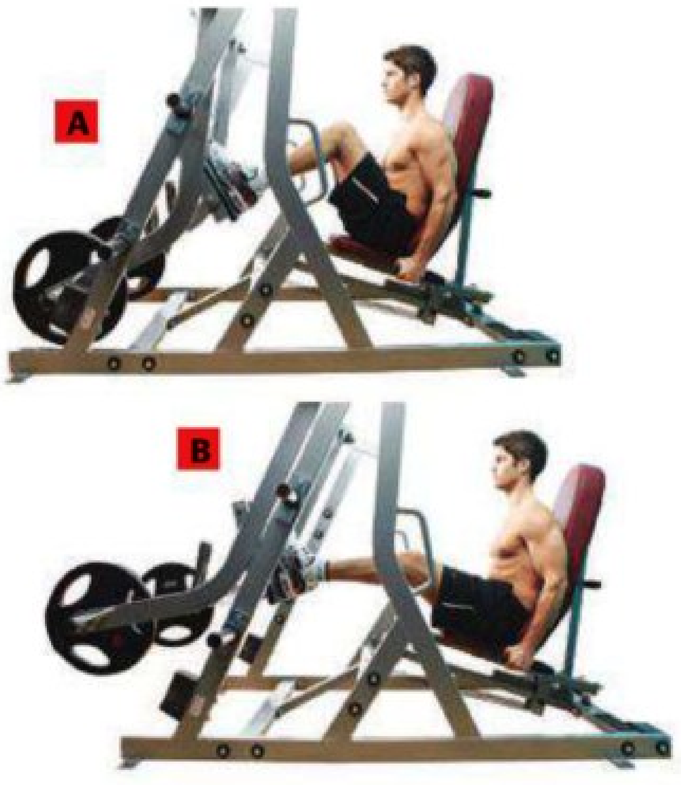
Play evens by working both sides o f your body separately. Place a dumb-bell along the outside of your right foot **(A)** and bend down as if doing a deadlift. Grab the weight with your palm facing in **(B)**, then stand up and lift it, letting your other arm hang at your side **(C)**. Lower then repeat. Lifting with only one arm lets you concentrate on one side at a time, while trying to maintain your balance works additional stabilizing muscles in your legs and lower back. Don't forget to do the exercise on the other side.



5 LEG PRESS

Works: quads, hamstrings, glutes

It's Man Vs Machine time. Slot yourself in a leg-press machine. Your back and glutes should be flat against the back pad, with your feet hip-width apart on the platform above you. Press the weight up until your legs are straight, but keep your knees unlocked **(A)**. Release the support bar and slowly lower the weight until your legs are bent at 90° **(B)**. Push the weight back up until your legs are straight, knees unlocked. Although this is a recovery workout, a few beads of sweat are now acceptable.



6 DUMB-BELL UPRIGHT ROW

Works: traps, shoulders, upper back

Strong shoulders and a defined back are the key to a good V-shape. Stand with your feet shoulder-width apart, holding a dumb-bell in each hand in front of you **(A)**. Raise the weight straight up, keeping your palms facing your body, until they're in line with the base of your chest and just below your chin **(B)**. Pause and slowly lower the weight down. You'll be feeling energised now, but hold back that keenness and think recovery.



7 SEATED DUMB-BELL SHOULDER PRESS

Works: shoulders

This move will give you a frame of Ancient Greek proportions. Sit on a bench holding a dumb-bell in each hand. Raise the weights so they are in line with your shoulders **(A)**. Straighten your elbows to press the weights above your head until your arms are straight but not locked **(B)**. Pay attention to the ease and smoothness of your shoulders moving up and down so you keep an even tension on your muscles. You don't want to be a jerk.



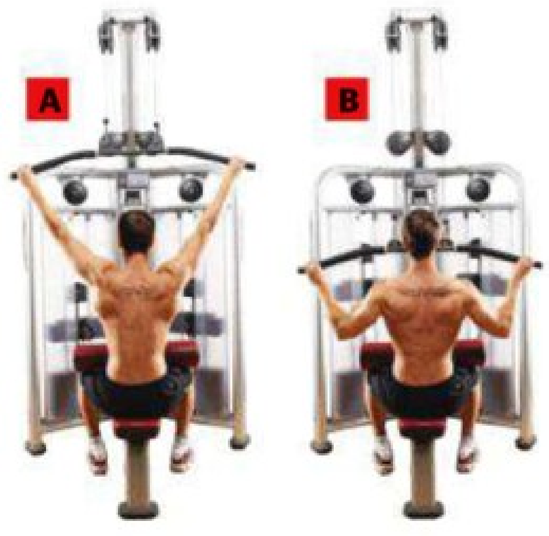
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2 LAT PULL-DOWNS

Works: upper back, lats, biceps

Start off with your knees beneath the pads of the lat pull-down machine with a long curved bar attached. Grab the bar with an overhand grip that's slightly wider than shoulder-width **(A)**. Lean back slightly and pull the bar down to your upper chest. Your elbows should be slightly behind your torso when you do this **(B)**. Pause then slowly release the bar to the start position for a wider back that'll miniaturise your waist.



3 OVERHEAD DEEP SQUATS

Works: quads, hamstrings, glutes, calves, shoulders

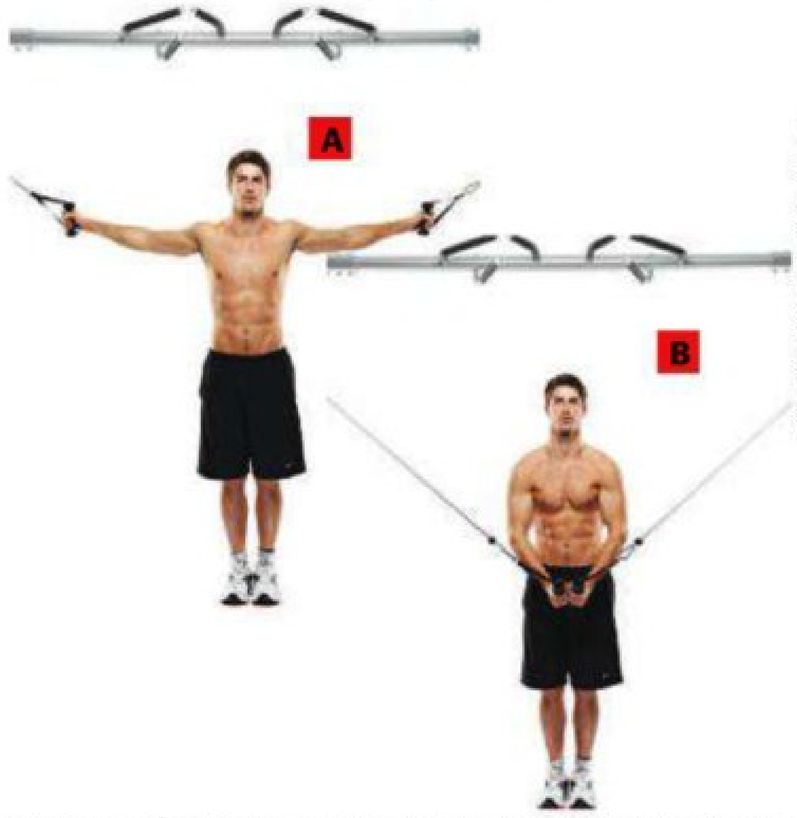
Before start your He-Man impression, remember to use small weights; form is paramount, injury is not. Hold a weight plate or medicine ball above your head with your elbows locked. Bend your hips and knees to lower your glutes as close to the floor as you can **(A)**. Keep your back straight, abs tensed and look forwards. Rise along the same path but keep your knees bent at the top **(B).** Teela will be impressed.



4 STANDING CABLE CROSSOVERS

Works: chest, shoulders, triceps, abs

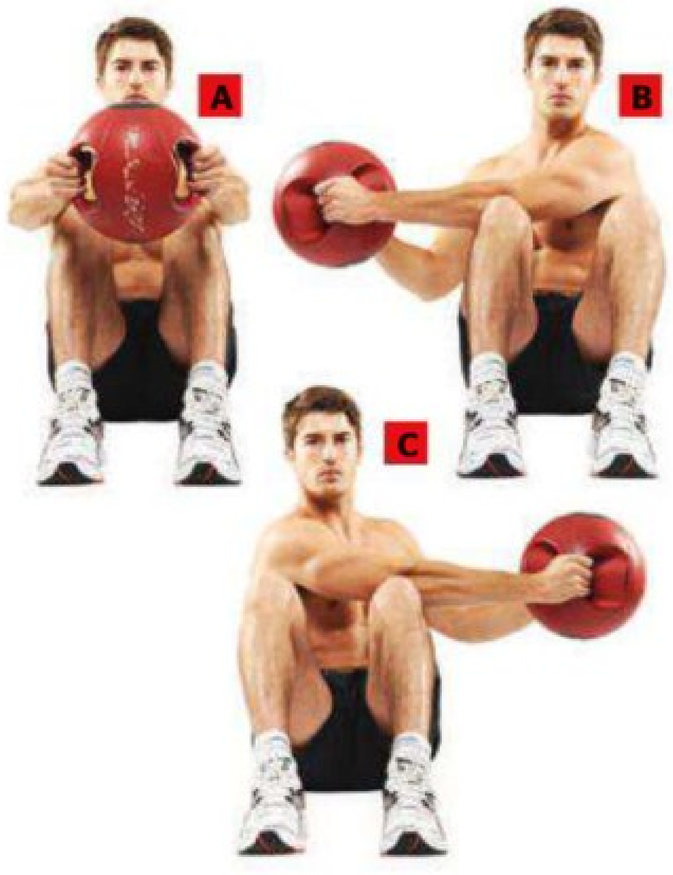
Stand between the weight towers of a cable-crossover station and grab a high-cable handle in each hand. Extend your arms out from your sides, with your elbows unlocked and palms down **(A)**. Your body should resemble a letter T. Slowly pull the handles down in a wide arc, bringing your palms together just below your waist **(B)**. Contract your chest for 2 seconds and slowly return to the start, resisting the weights. Only your arms should move. Feel free to say your Hail Marys if you're so inclined.



8 RUSSIAN TWIST

Works: core

Sit with your back at 45° to the floor with your legs bent. You can hook them beneath two dumb-bells for added stabilisation. Clasp your arms together and extend them directly in front of you while holding a light medicine ball **(A)**. Rotate your arms and trunk from the left side **(B)** to right side **(C),** keeping your legs still. Your head and spine should stay in the same position while your core rotates around them.



9 INCLINE HAMMER CURLS

Works: biceps, forearms

Small changes to this classic move can reap big dividends. Kick back on a bench set to 45° and hold a dumb-bell in each hand. Keep your palms facing your body with your arms down **(A)**. Curl the dumb-bells to your shoulders and rotate your forearms until the weights are vertical with your palms facing your shoulders **(B)**. Lower to the original position for arms that will impress with or without a T-shirt.



10 PUSH-DOWNS

Works: triceps

Attach a straight bar to the high pulley of a cable crossover machine so it rests just below your chest. Hold the bar with a shoulder-width overhand grip **(A)**. Tuck your elbows in to your sides and push the bar towards the floor until your arms are straight **(B)**. Tense your triceps then slowly release the bar back to the start. That's your workout over. You should be able to wear the same T-shirt for the next one. MH



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Size matters

This month, gain 4kg of muscle and increase your strength by 5% in time for the summer heatwave



Want notably tighter T-shirts in a month? This size-building regime will make your kit look like you left it too long in the tumble dryer. Dr Ross Sherman, associate professor of movement science at Grand Valley State University, Michigan, US, will help you hit huge size gains using a system called Wave Loading. "It convinces your nervous system to shift more weight for more reps – which means more muscle. You'll divide your sets into mini workouts where you do gradually fewer reps, making you go further and push more weight." The routine will cost you a few new shirts but it's a small price for sleeve-splitting arms.

WHAT TO DO?

First, the terminology: a 'wave' is a group of 3 sets on a single exercise. After each set you'll increase the weight and decrease the reps. After wave 1, you'll do a second wave on the same move. But as the first wave will have primed you for heavy lifting, you'll be able to pile on the weights. Take 1-2 mins rest between each set and do a 15-rep warm-up set on each exercise. Stick to it for a month and you'll gain muscle worthy of any beach.

YOUR WEEK OF WORKOUTS

Monday	Workout 1: Upper body
Tuesday	Workout 2: Lower body
Wednesday	Cardio workout 1: Running
Thursday	Workout 3: Upper body
Friday	Workout 4: Lower body
Saturday	Cardio workout 2: Cycling
Sunday	Rest

Your cardio plan

Unlike the run-for-40-minutes workouts you'll see most people trudging through in the gym's cardio area, these fat-burning sessions cut to the chase. They serve up the twin benefits of burning the fat that covers your muscles – especially important when it comes to your abs – and increases fitness to meet the physical demands of the Wave Loading workout. By alternating between hard work and recovery, they teach your body that each passing minute of exercise will demand more from your muscles. If your body thinks things are going to get tougher, it will react, supplying you with more energy to fast-track you to new muscle.

CARDIO WORKOUT 1: RUNNING

Run 8 sets of 200m at a pace that's an 8 out of 10 in effort. Jog slowly for 2 minutes to recover.

Run 6 sets of 400m at a pace that's an 8 out of 10 in effort. Jog slowly for 2 minutes to recover.

Run 2 sets of 800m at a pace that's an 8 out of 10 in effort. Jog slowly for 4 minutes to recover.

CARDIO WORKOUT 2: CYCLING

Cycle for 8 sets of 400m at a pace that's an 8 out of 10 in effort. Cycle slowly for 2 minutes to recover.

Cycle for 6 sets of 600m at a pace that's an 8 out of 10 in effort. Cycle slowly for 2 minutes to recover.

Cycle for 2 sets of 800m at a pace that's an 8 out of 10 in effort. Cycle slowly for 4 minutes to recover.

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WEIGHTS YOU SHOULD USE

Follow this guide for all the exercises, except the seated and standing calf raises. Do your calculations before you head down to the gym, as you don't want to be struggling with figures when you should be fully concentrating on your training. Calves need more reps in order to develop and grow stronger. As you work your calves all through the day just by walking around, they are used to a big workload.

	SETS	REPS	SIZE OF WEIGHTS
Wave1	1	6	80% of your 1RM
	1	3	91% of your 1RM
	1	2	94% of your 1RM
Wave2	1	6	89% of your 1RM
	1	3	94% of your 1RM
	1	2	97% of your 1RM

	SETS	REPS	SIZE OF WEIGHTS
Wave1	1	15	60% of your 1RM
	1	10	72% of your 1RM
	1	8	77% of your 1RM
Wave2	1	15	67% of your 1RM
	1	10	77% of your 1RM
	1	8	83% of your 1RM

NOW TO PUMP UP YOUR MUSCLE MASS...

Workout 1: Upper body

A1 BARBELL BENT-OVER ROW

Muscles lats, abs, biceps

Stand holding a barbell with your feet shoulder-width apart. Keeping your back flat, bend forward until your back is at a 45° angle to the floor **(A)**. Slowly bend your elbows to bring the bar to a point below your chest **(B)**. Pause, then lower the weight to the start position. Although you'll do this move while you're bent over, it'll give you the upper back strength to hold the perfect posture that would make even the army proud.



A2 BARBELL INCLINE BENCH PRESS

Muscles upper chest, shoulders

Lie on an incline bench set to 30-45°. Place your feet flat on the floor and hands slightly wider than shoulder-width on the barbell. Lift the barbell then lower it towards your upper chest **(A)**. Keep your head, torso and hips pressed to the bench. Pause, then press the weights up so they finish above your chin **(B)**. When you wear an open-neck shirt, this move gives you the upper chest muscles that invite closer inspection.



A3 BARBELL BICEP CURLS

Muscles biceps, forearms

Curls aren't just for mirror muscles, they'll help you sprint faster and pull harder on the sports pitch. Stand holding a barbell with an underhand grip **(A)**. Keeping your shoulder blades pulled together, curl the weight up to your shoulders **(B)**. Contract your biceps, then reverse the motion to the starting position. These tactics will help you hold your balance during the bumpiest bus ride – even in the Andes.

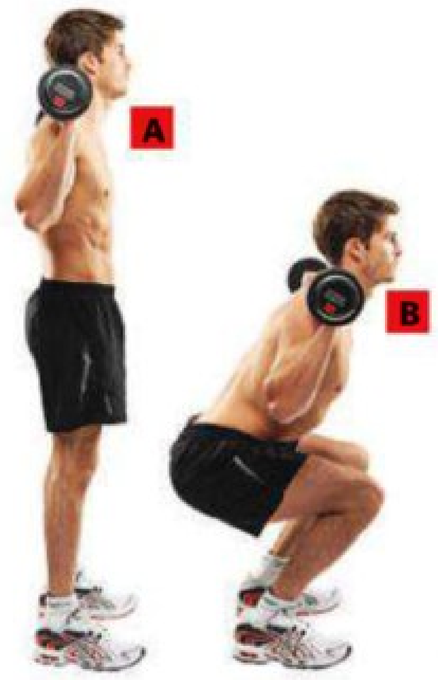


Workout 2: Lower body

B1 BARBELL SQUATS

Muscles hamstrings, glutes, abs, calves, lower back

You'll start this workout using the muscles that determine how high you jump, how fast you run and how good you look below the waist. Stand with feet shoulder-width apart and rest a barbell on the back of your shoulders **(A)**. Lower yourself; stop when thighs are parallel to the floor. **(B)**. Rise to the start position. Squats not only build lower-body strength but are also a top fat-burner.



B2 BARBELL DEADLIFTS

Muscles lower back, abs

You never think about your lower back until it hurts. To injury-proof this area stick a barbell on the ground. Stand with feet shoulder-width apart. Bend at your knees and hips to bring your upper body towards the bar **(A)**. Use your thighs to raise the bar so your legs become fully extended **(B)** and pull shoulder blades together. Lower to the start position and you'll get the strength to stand up straighter, helping you suck in your abs so your gut looks smaller.



B3 SEATED CALF RAISES

Muscles calves

Want to move faster and be more agile, even if it's just to catch last orders? Sit on the edge of the seated calf raise machine with the pads above your knees. Place the balls of your feet on the edge of the foot platform. Rise onto your toes so your heels lift off the platform as you lift the weight. Pause then lower the weight as far as you can and repeat. You may be done but don't leap up yet – your legs may need time to recover.



Turn the page for more workouts

JAN/FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SERIOUS MUSCLE GAIN

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Workout 3: Upper body

C1 WEIGHTED OVERHAND PULL-UPS

Muscles biceps, abs, forearms

Chin up, the workout's only just begun, so you should be feeling strong. Grab the pull-up bar with an overhand grip. Hang at arm's length so your elbows are completely extended **(A)**. Bend your elbows to pull yourself up until your chin crosses the plane of the bar **(B)**. Pause then lower yourself to the starting position. This move will give you that extra snap of power whenever you punch or throw.



C2 BARBELL FLAT BENCH PRESS

Muscles chest, shoulders

To get your chest to the top of the pecking order, grab a barbell, with your hands shoulder-width apart. Position the bar above your chest with your arms straight **(A)**. Slowly lower the bar to your chest **(B)**. Press the weight back up until your arms are straight but not locked. Still the benchmark of strength, this will give you enough front to fill your baggiest T-shirt.



C3 SEATED BARBELL SHOULDER PRESS

Muscles shoulders

Think of this move as a Mexican wave with weights. Sit on a bench with your feet shoulder-width apart. Rest the barbell on the front of your shoulders **(A)**. Press the weight up until your arms are straight but not locked **(B)**. Lower the weight back to your shoulders along the same path. Don't arch your head forward. Having big shoulders gives the illusion of the elusive V-shape, even if your middle still needs a bit of work.



C4 CLOSE GRIP BENCH PRESS

Muscles triceps, shoulders

Taking up 70% of your upper arm muscles, triceps are a far more convincing sleeve-filler than biceps. Grab the bar and extend your arms **(A)**. Lower the bar by bending your elbows until your shoulders are above your elbows **(B)**. Push up by straightening your elbows until they are nearly straight. Your arms will give you the strength to push to the stage of every summer music festival.



Workout 4: Lower body

D1 LEG PRESS

Muscles quads, hamstrings, glutes and calves

Position yourself in a leg-press machine so your back and glutes are flat against the pad, with feet on the platform above you. Press the weight up until your legs are straight, but keep knees unlocked **(A)**. Release the support bar and lower the weight until your legs are at 90° **(B)**. Push the weight back until your legs are straight, knees unlocked. Need the power to push-start a car? Within weeks, you'll be a one-man recovery service.



D2 HAMSTRING CURLS

Muscles hamstrings

Sit on a leg curl machine. Keep your back as straight as possible. Keep your knees slightly bent with your Achilles tendons resting on the front of pads. Bend your knees to curl your feet towards the machine, tensing your hamstrings in the process **(A)**. Hold for 1 second at the bottom of the move **(B)** and slowly release to the start. Need to come to a sudden halt? Strong hammies will help you pull off a stop that'll make defenders run past you.



D3 STANDING CALF RAISES

Muscles calves

The final leg is the easiest. Stand on the balls of your feet on the edge of a step with a barbell across your shoulders. Two-thirds of both feet should be suspended in mid-air **(A)**. Take 2 seconds to rise onto your toes of both feet **(B)**, then take 1 second to lower yourself **(C)**. Your entire body has been worked from top to toe and by the end of the month you'll be shopping for a new wardrobe. MH

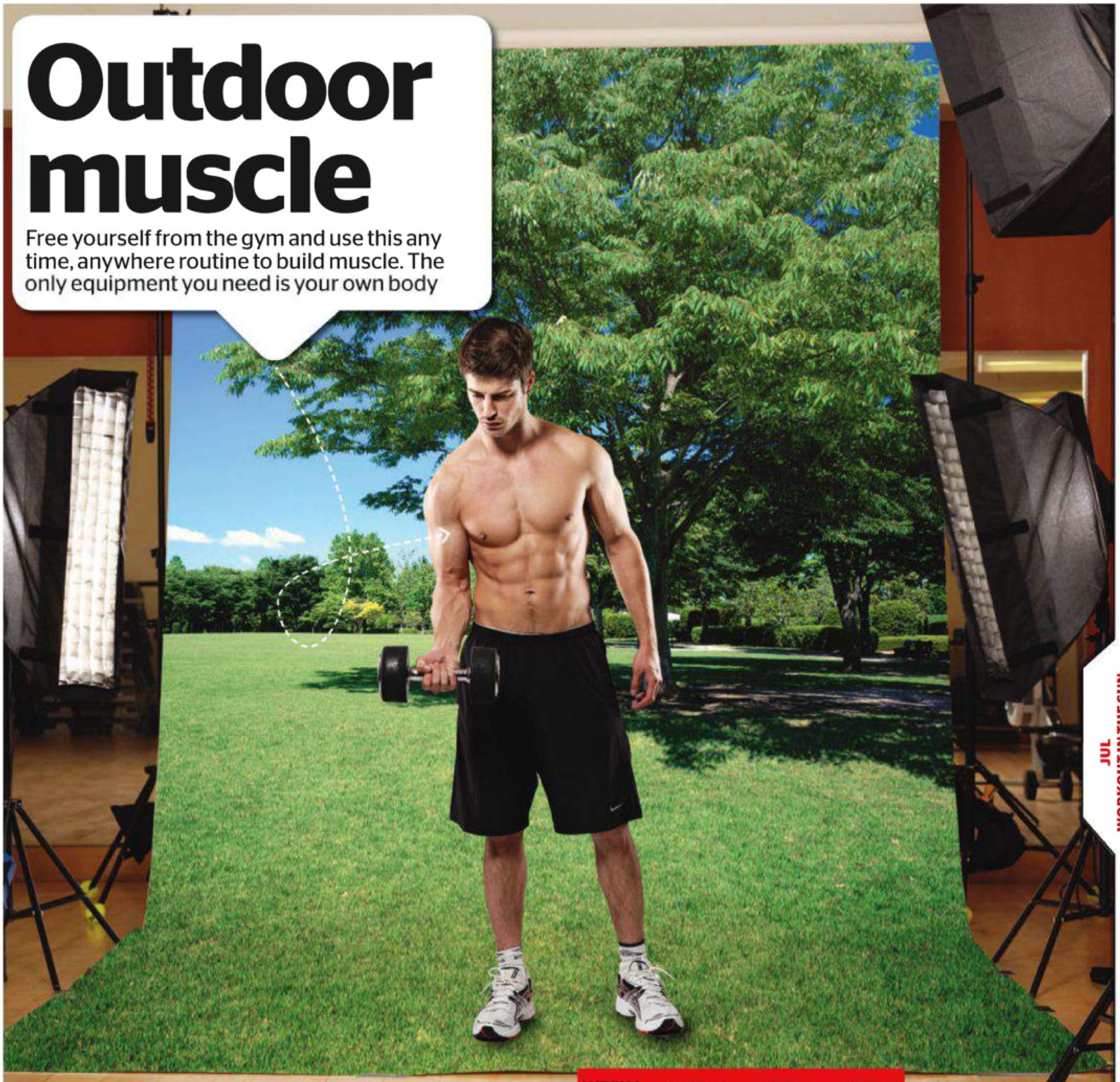


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Outdoor muscle

Free yourself from the gym and use this any time, anywhere routine to build muscle. The only equipment you need is your own body



Now's the time to get outside if you've paid your winter dues in the weights room. Plus there's a big bonus to working out *al fresco*: University of Minnesota, research suggests that vitamin D (produced when you get sun on your skin) is responsible for fewer muscle aches. We've enrolled PT Paul Collins, who provides belly-busting tips at his website thebodycoach.com, to design this month-long bodyweight instalment for your 2011 plan to a perfect body.

WHAT TO DO? Do each workout at least once a week. To grow your upper body more, repeat the upper body workout twice a week. The same goes for the lower body and full-body. Follow the guide (right) and rest every two to three days.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sessions per week	4	4	4	4
Sets per exercise	3	3	4	5
Reps per exercise	10	12	15	15
Rest between sets	90 sec	60 sec	45 sec	30 sec
Cardio sessions a week	2	2	2-3	2-3

YOUR CARDIO PLAN

Before each session, warm up with a 3-4 minute slow canter and leave a day's rest (you can still do your bodyweight workout) between cardio sessions.

Session 1 Sprint 60m as fast as you can, then walk back - that's 1 rep. Do 3 sets of 5 reps.

Session 2 Set up two markers 40m apart. Sprint 40m, then very slowly jog backwards to the start - that's 1 rep. Do 3 sets of 6 reps.

Session 3 Find a 35-40m hill. Run on a flat surface for about 10m before the hill. Run up the hill 4 times. Take a slow canter down each time. Repeat 3 times.

Turn the page for the workouts

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Workout A: Full body

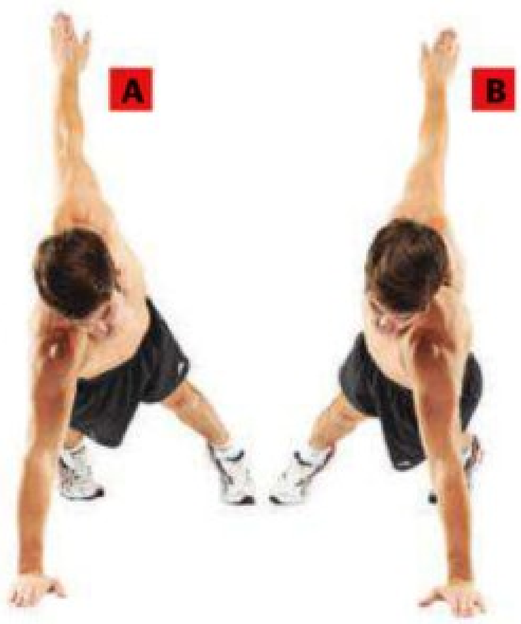
A1 BULGARIAN SPLIT SQUAT
Muscles: Glutes, quads, abs, hamstrings, calves

This move is muscle by name – muscle by nature. Stand about 3ft in front of a park bench. Place your left foot behind you and rest it on the bench (**A**). With your right foot forward, go into a lunge (**B**). Bend your right knee as low as you can then straighten your knee, rising to the start position. Do all reps on one leg. Repeat on other leg.



A2 ROTATING PRESS-UP
Muscles: Chest, shoulders, triceps, abs

A new take on an old favourite. **Lie** face down in press-up position. With a straight back, bend elbo**ws** and lower (**A**). Just before your chest touches the floor, straigh**ten** elbows to push back up. Rotate right hand up (**B**). Your arm shou**ld** be in line with your shoulder, bo**dy** weight on left arm. Pause then lower. Repeat opposite side.



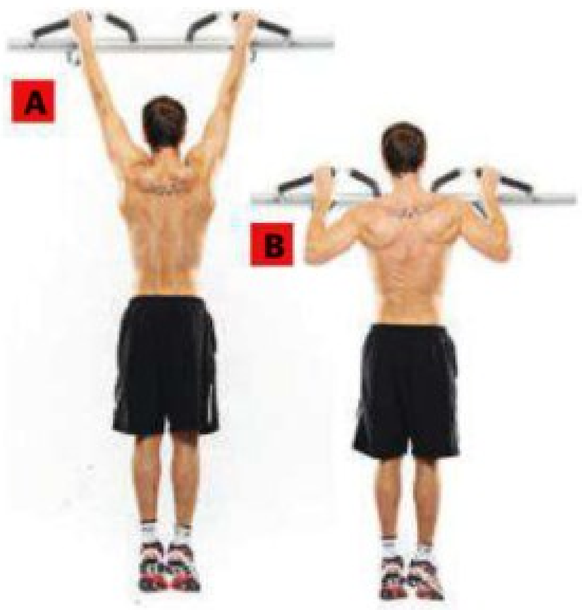
A3 PRISONER SQUAT
Muscles: Quads, hamstrings, calves, abs, glutes

Time to sentence your legs to a lifetime of strength. Stand with your feet shoulder-width apart. Interlock your fingers behind your head (**A**). Bend your hips and knees to lower yourself towards the ground (**B**). Stop when the bottoms of your thighs are parallel to the floor. Rise to start position, keeping your knees slightly bent.



A4 OVERHAND PULL-UP
Muscles: Lats, biceps, abs, shoulders

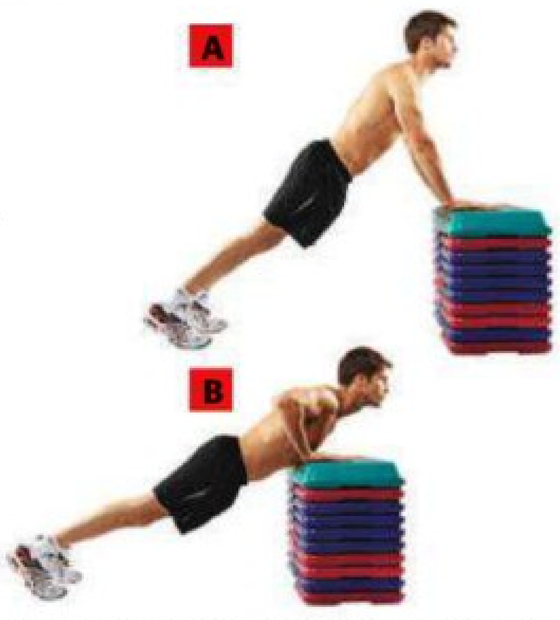
The daddy of upper-body strength. Grab a tree branch or horizontal bar with a shoulder-width overhand grip (**A**). Hang at arm's length, elbows extended. Bend your elbows to pull yourself up until your chin crosses the plane of the bar (**B**). Pause then slowly lower yourself to start position. Rest if you need it – no need to rush when hanging around.



Workout B: Upper Body

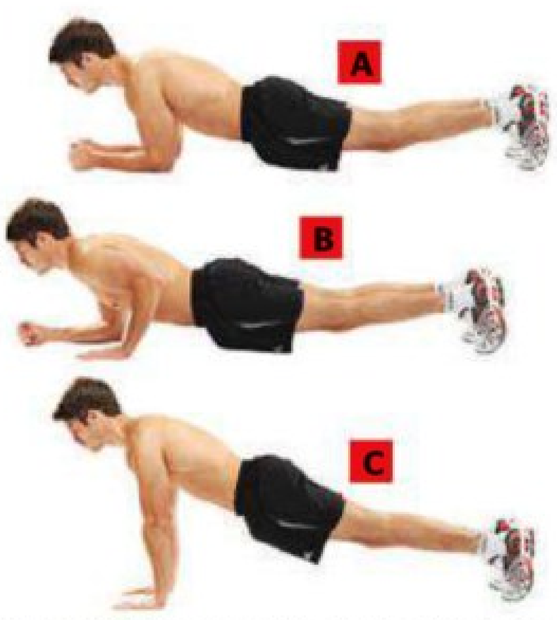
B1 INCLINE PRESS-UPS
Muscles: Upper chest, shoulders, triceps

Place a hand on the edges of a park bench and support your body with the balls of your feet. Keep your arms straight but not locked (**A**). With a straight back, bend your arms to lower yourself as far as possible (**B**). Pause then straighten your elbows to push back up to start. This will get your your body ready for fun in the sun.



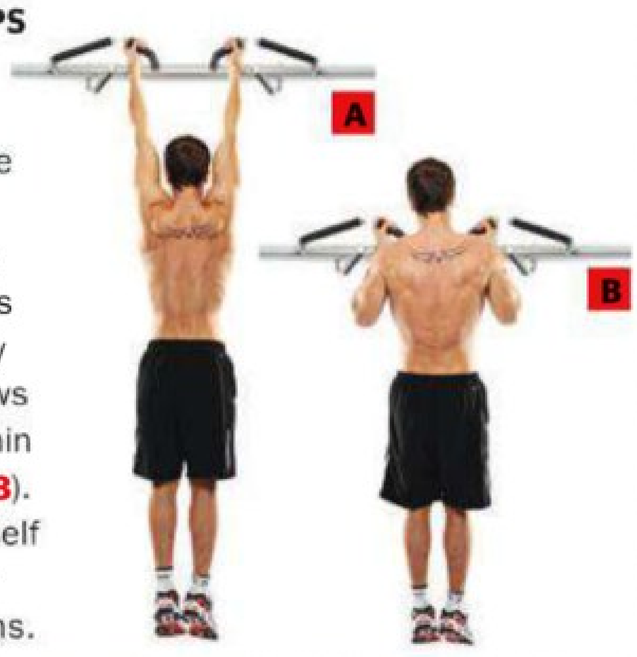
B3 PRESS-UP PLANKS
Muscles: Chest, triceps, abs, shoulders

The toughest of the day. Lie face down, legs straight with forearms parallel (**A**). Rest on your forearms and raise glutes. Tense abs and place right hand where your right elbow was, then straighten elbow (**B**). Raise left hand to a position mirroring right hand so you are in press-up position (**C**). Repeat opposite side. Alternate all reps.



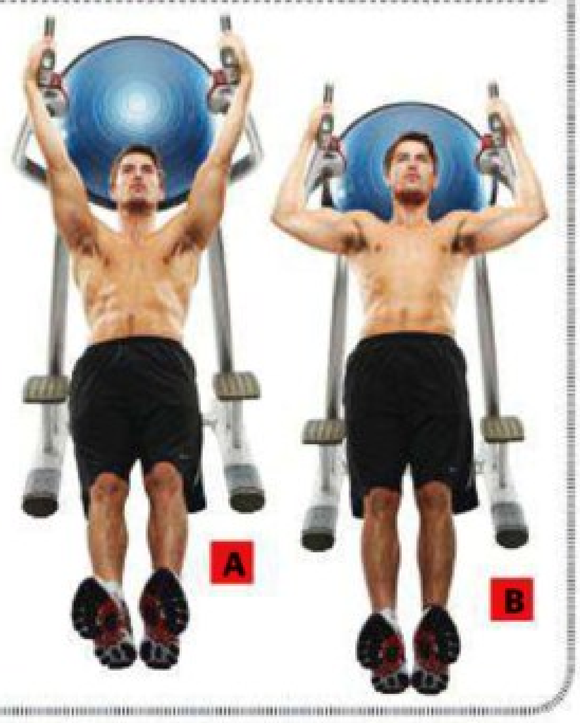
B2 UNDERHAND PULL-UPS
Muscles: Biceps, lats, abs, forearms

Make like Bear Grylls and utilise your environment. Grab a horizontal tree branch with an underhand grip. Hang at arm's length with elbows completely extended (**A**). Bend your elbows to pull yourself up until your chin crosses the plane of the bar (**B**). Pause then slowly lower yourself to start position. Admire your biceps then dust off your palms.



B4 INVERTED ROW
Muscles: Lats, biceps, abs, forearms

Keep that chest up! Sit on the floor under a low-hanging horizontal tree branch or the bars of a jungle gym. Reach up to grab one in each hand. Walk your legs out in front. Allow upper body to hang from arms (**A**). Bend elbows, pulling chest towards parallel bars (**B**). Pause. Straighten arms to lower yourself towards a back that dominates a room even when you walk out of it.



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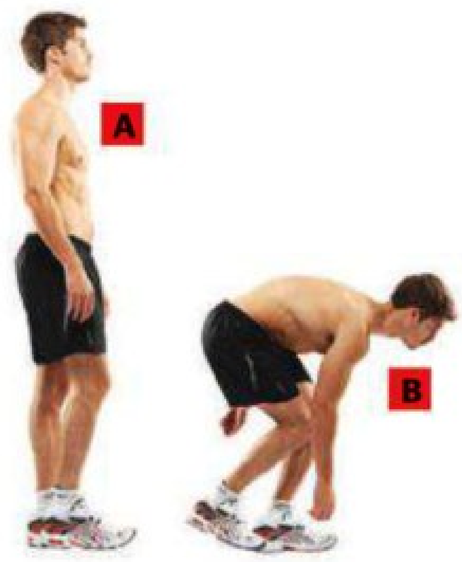
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A5 SINGLE-LEG DEADLIFT

Muscles: Hamstrings, glutes, calves, lower back

A strong back half is as simple as picking something off the floor. Start with your feet shoulder-width apart, knees slightly bent and abs tucked in (**A**). Lift one foot an inch or two off the floor. Bending at the hips, lower your torso bringing raised leg up behind you (**B**). Rise back to start. Repeat on other leg to look instantly better in shorts.



A6 PIKE PRESS-UP

Muscles: Shoulders, upper chest, triceps

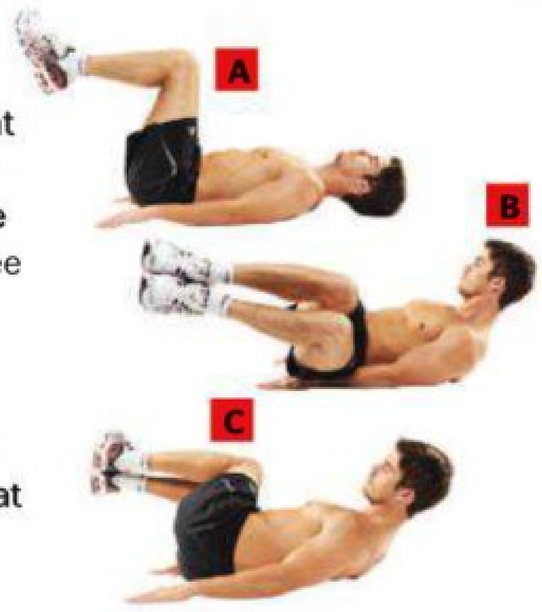
Press-ups aren't just for your chest, they can build boulder-like shoulders, too. Get into a press-up position. Walk your feet forward until 2-3ft behind your hands and your hips stick up (**A**). Keep your legs straight then bend your elbows to perform a press-up (**B**). Don't give in yet; you've still the crowd-pleasing abs to work.



A7 PENDULUM

Muscles: Core

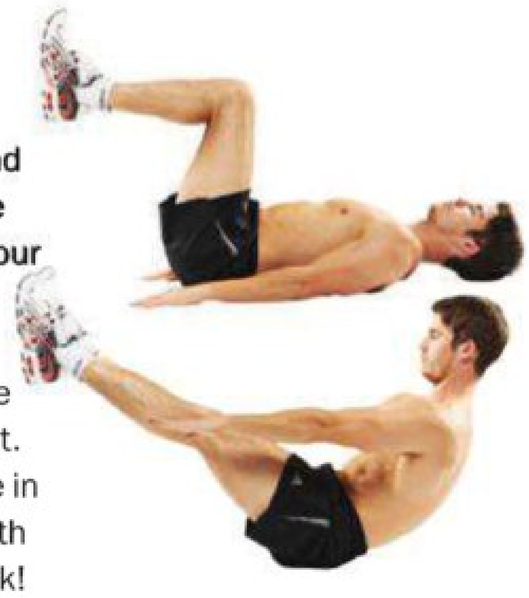
Get abs in time for the sun. Lie flat on back, arms out at sides, legs together. Raise your knees above your hips so they form a 90-degree angle to each other (**A**). Prop up head and shoulders into half a crunch. Lower knees to left, but don't let knees touch ground (**B**). Pause, return to centre and repeat to the right (**C**) for a midsection so defined it could be in HD.



A8 V-KNEE TUCK

Muscles: Core

It's time to really let your abs have it. Lie face-up (**A**) then bend at your hips until your thighs are perpendicular to the floor (**B**). Your arms should be at your sides. Extend your legs to 45 degrees from floor. Simultaneously raise upper body (**C**). Extend arms out. Holding position, draw left knee in to chest. Extend out. Repeat with right and alternate. Take a break!

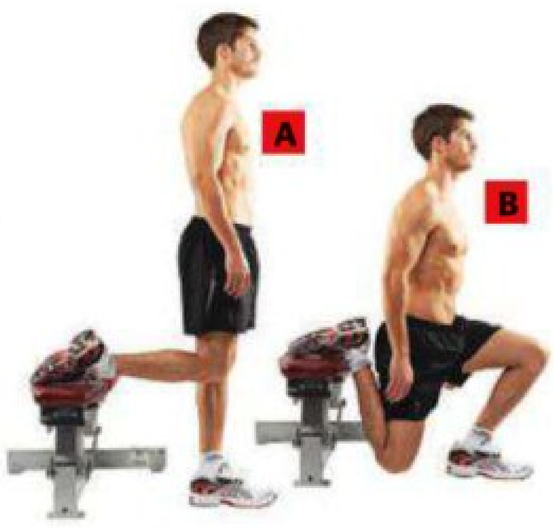


Workout C: Lower body

C1 SINGLE-LEG SQUAT

Muscles: Glutes, hamstrings, quads, abs

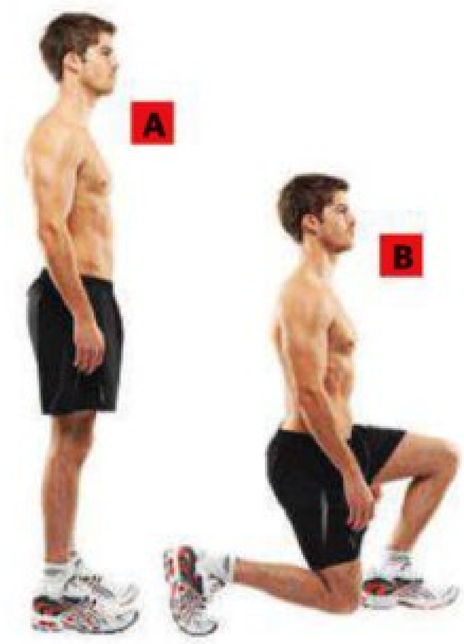
This will test your strength. With feet shoulder-width apart next to a railing or bench, raise your left leg off the ground so its knee is straight and in line with the base of your abs (**A**). Bend right knee to lower yourself. Keep right knee over toes (**B**). Pause then straighten back to standing position. Repeat with other leg. Try not to grimace.



C2 LUNGE

Muscles: Glutes, hamstrings, quads

More work for your legs. Interlock your hands behind your head and stand with feet hip-width apart. Take a giant step forward with your left foot (**A**). Bend knee until your left thigh is parallel to the floor and your knee is bent to 90° (**B**). Your back should remain straight. Reverse the motion, stepping back into start position. Repeat with right leg for extra balance and agility.



C3 SINGLE LEG CALF RAISE

Muscles: Calves, abs

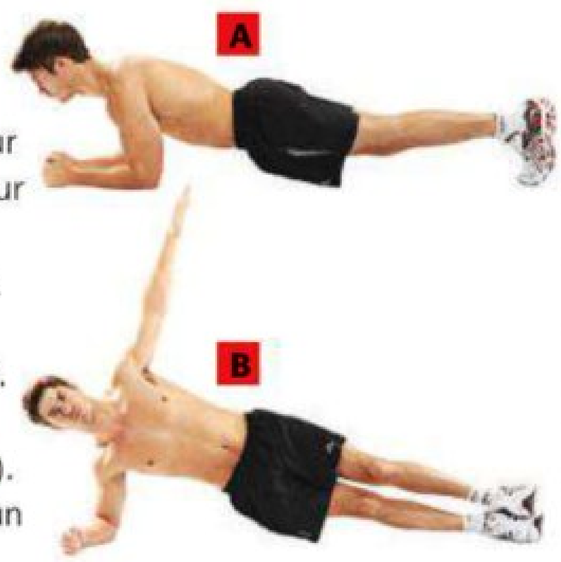
Your calves will be on show all summer – make sure they don't let you down. Stand with the ball of your right foot on the edge of a step (**A**). Two thirds of it should be suspended in mid-air. Rise up onto your toes in a calve raise. Lower your heel as far as it will go (**B**). Rise to the start again. Repeat on other side for legs that make even the loudest shorts look stylish.



C4 SIDE PLANK

Muscles: Core

One last punishment for your abs. Lie face down, legs straight and together. Set hands beneath your chest, body weight resting on your forearms. Raise your body onto your elbows and knees (**A**). Shift onto your right arm as you roll onto the outside of your right foot. Lift your body off the ground and balance on your right forearm (**B**). Enjoy the rest of the day in the sun – shirts optional. MH





Lift your way to your best holiday ever

Beach-ready

This summer plan has you tearing through circuits without ever needing to change weights

If you want to shine this summer, the quickest way to peak condition is through barbell complex training. "You do this by keeping a barbell in your hands until you've completed all the exercises in each circuit," says fat-loss coach Neil McTeggart. "Gripping the same weight for the entire set creates a fluid form of resistance that forces muscle growth and destroys calories."

WHAT TO DO

For the fastest possible results do each workout twice a week, resting a day between each one. "Remember to keep the weight in your hands at all times," says McTeggart. Once you've completed each circuit, rest for 2 minutes. Repeat each circuit 5 times. After each workout complete as many circuits of our Fat Blaster (overleaf) as you can in 8 minutes. Then gorge on protein.

Days	1	2	3	4	5	6	7
Workout 1 10 reps, 5 sets, 2 mins rest between sets	✓				✓		
Workout 2 10 reps, 5 sets, 2 mins rest between sets			✓				✓
Fat-Burning Workout 10 reps, as many sets as you can do in 8mins	✓		✓		✓		✓

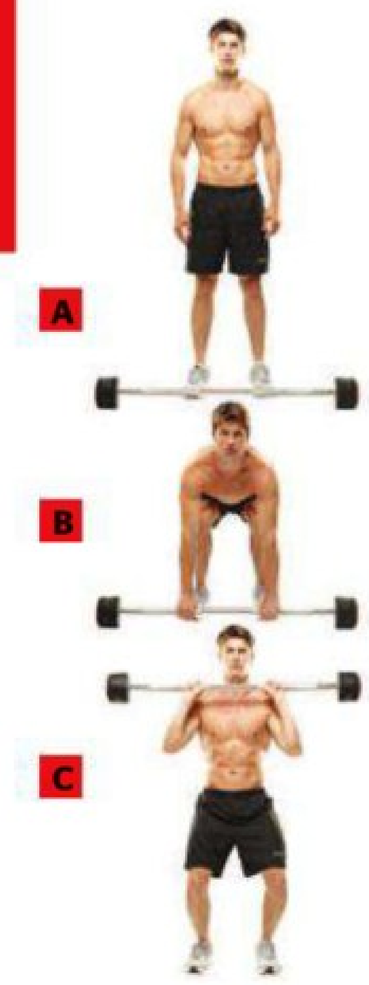
1 THE FULL BODY BUILDER

THE MOVE POWER CLEAN
THE MUSCLES LOWER BACK, SHOULDERS, TRAPS, HAMSTRINGS, BICEPS

A Stand with your feet shoulder-width apart and your toes beneath a barbell.

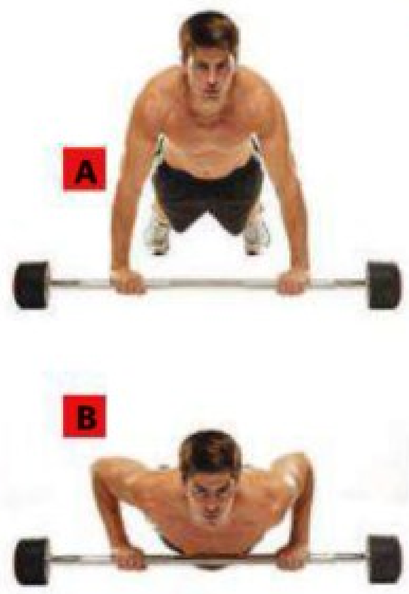
B Grab the bar with an overhand grip by bending your hips and knees. Stand up and pull the bar towards your shoulders.

C Pull with your arms and keep the bar close to your body. When the bar is just below your chin, dip underneath it and rotate your elbows around the bar so your palms are facing away from you. Pause, then reverse the move.



6 THE CHEST INFLATOR

THE MOVE BARBELL PRESS-UP
THE MUSCLES CHEST, ABS, TRICEPS



A Support your body with the balls of your feet and position your hands slightly wider than shoulder-width apart on the bar with an overhand grip. Keep your arms straight but not locked.

B With a straight back, bend your elbows to lower yourself to the floor. Just before your chest touches the bar straighten your elbows to push back up to the start position. Holding a bar instead of resting your hands on the floor is kinder to your wrists so you'll be able to do more reps than without. That's it, you're done for today.

PHOTOGRAPHY (OPENING SHOT) STUDIO 33. STYLING ABENA OFEI. MODEL: ALEXANDER AT ANDIPETERSMODELS.COM. SHORTS JACAMO.CO.UK. SUNGLASSES ADIDAS.COM/EYEWEAR. ON SURFBOARD (RIP CURL): HAWAIIAN SHIRT DEBENHAMS.COM. ALL DUNCANSTOYCHEST.CO.UK. HAVAIANAS FLIP FLOPS HOUSEOFFRASER.CO.UK. FLIPPERS, SNORKEL AND GOGGLES SPEEDO.CO.UK. GREEN FRAME SUNGLASSES FOOTASYLUM.COM. ORANGE WATCH YUKKA.CO.UK. GREEN VISOR ALPINESTARS.COM CO.UK. HOWICK BOARD SHORTS HOUSEOFFRASER.CO.UK. EXERCISE PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT. SHORTS ASICS.COM

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2 THE V-SHAPER

THE MOVE PUSH PRESS
THE MUSCLES SHOULDERS, TRICEPS, QUADS, HAMSTRING, GLUTES



A Stand with your feet hip-width apart and hold the barbell across the front of your shoulders.

B Bend at the hips and knees to descend about 6 inches, then quickly rise back up and explosively push the weight over your head.

C From the overhead position, lower the weight to the start for powerful looking legs and shoulders that will impress from top to toe.

3 THE ABS REVEALER

THE MOVE FRONT SQUAT
THE MUSCLES QUADS, HAMSTRINGS, ABS, GLUTES



A Put your fat-loss on the front burner by resting a barbell on the front part of your shoulders.

B Keeping your back straight and eyes forward, slowly bend at the knees and hips to squat down until your thighs are parallel to the floor. Straighten your legs to rise back up to the start position but don't completely lock your knees. By now your lungs should be burning but at least your forearms have had a decent break. That's all about to change.

Workout 1: The barbell blitz

Perform 10 reps of each of these exercises to drop 4kg of fat in a month





5 THE CALORIE BLITZER

THE MOVE DEADLIFT
THE MUSCLE LOWER BACK, ABS GLUTES, HAMSTRINGS, QUADS

A Resist the temptation to set the weight down, instead set your feet shoulder-width apart and maintain the overhand grip you had for the rows. Bend your back and knees to lower the bar to the ground. Look forwards, not down.

B Keep your back flat then use your thighs to raise it so your legs become fully extended. Keep your back straight throughout the movement. As you feel your legs burn, visualise the calories you're shifting – it'll help you deal with the pain.



4 THE POSTURE IMPROVER

THE MOVE BENT OVER ROW
THE MUSCLES UPPER BACK, BICEPS, ABS

A There'll be no gently-down-the-stream with this row. Hold the barbell with an overhand grip. Keeping your back flat, bend forward at the hips until your back is 45 degrees to the floor. You should have a slight bend in your knees with your straight arms beneath your shoulders.

B Bend your elbows to bring the bar to a point that's just below your chest. Hold it there for a second then lower it to the start for an injury-proof back.

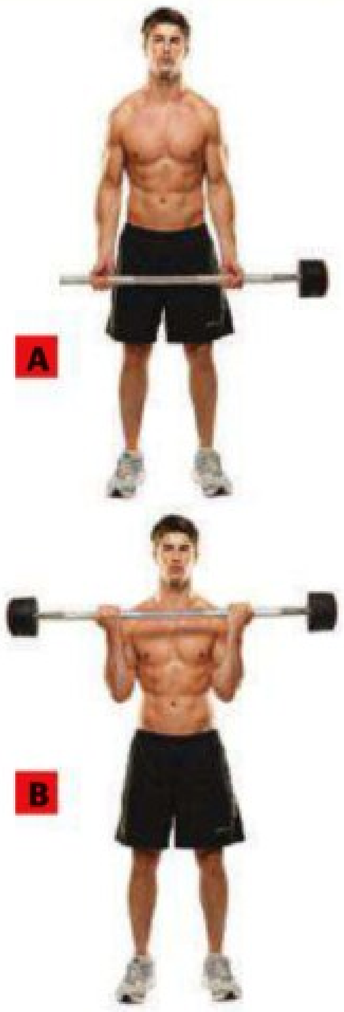
Turn the page for more moves

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1 THE GUN LOADER

THE MOVE BARBELL CURLS
THE MUSCLES BICEPS, FOREARMS



A Pick a weight for this circuit that you can comfortably manage 12 curls with – it may start off easy but that all changes by the end. Stand with your feet shoulder-width apart holding a barbell with an underhand grip.

B Keeping your upper arms tucked against your sides, and your shoulder blades pulled together, curl the weight up until the weight reaches your shoulders. Flex your biceps, then reverse the motion and slowly return to the start. No bicep kissing – you need to keep your hands on the bar.

2 THE T-SHIRT FILLER

THE MOVE TRICEP EXTENSIONS
THE MUSCLES TRICEPS, SHOULDERS



A Adjust your grip to an overhand shoulder-width set-up as shown.

B Extend your arms directly above you then lower your forearms behind your head by bending your elbows. Keep your elbows tucked close to your ears.

C Raise your arms up along the same path you lowered them. Want a long throw-in that would impress Rory Delap? This is the move to give you that power.

Workout 2: The shore thing

More pain, more gain, but a beach-ready body is 4 weeks away

6 THE BODY SHREDDER

THE MOVE CLEAN AND JERK
THE MUSCLES LOWER BACK, GLUTES, QUADS, HAMSTRINGS, SHOULDERS, ARMS



A Now for the *pièce de résistance* of fat burning. Stand with your feet hip-width apart over the barbell.

B Bend your knees and hips to squat down and grip the bar with an overhand grip. Pull the bar up off the floor to your chest, then rotate your elbows and hands to catch the bar on your shoulders.

C Now lower your body into a front squat. Explosively straighten your knees and drive the barbell above your head. Reverse the path to the start. Another four circuits and you're ready for the beach.

5 THE LEG STRENGTHENER

THE MOVE BARBELL SQUATS
THE MUSCLES QUADS, BACK, GLUTES, ABS



A Now's not the time to lose your concentration or your thinking cap might suffer. Stand with your feet shoulder-width apart and hold the barbell above your head.

B Bend your hips and knees to lower your glutes as close to the floor as you can. Keep your back straight, abs tensed and look forward. Rise to the start position along the same path but keep your knees slightly bent at the top. A muscular set of legs and abdominals will now be yours.

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3 THE STOMACH OBLITERATOR

THE MOVE BARBELL LUNGES
THE MUSCLES QUADS, HAMSTRINGS, ABS, GLUTES, CALVES

A Give your hands a welcome break by setting the barbell across the back of your shoulders, as you would for a squat.

B Take a giant step forward with your left foot and bend your left knee until your left thigh is parallel to the floor. Your back should remain straight throughout the exercise. Reverse the motion, stepping back into the starting position. Repeat the lunge with your right leg. We'll say it again: leg exercises equal fat loss.

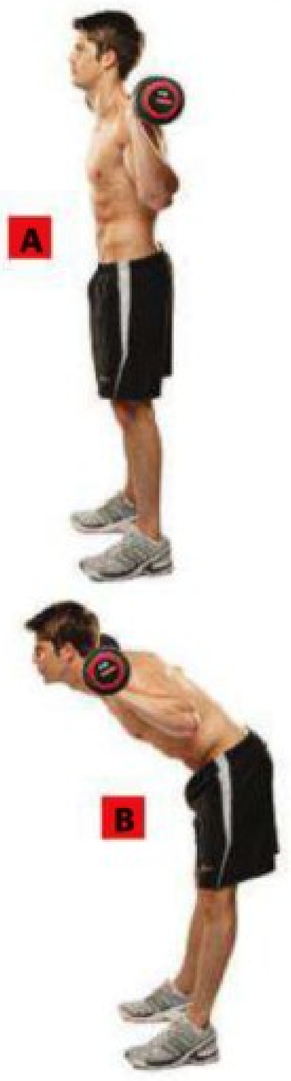


4 THE GUT DEFLATOR

THE MOVE GOOD MORNINGS
THE MUSCLES LOWER BACK, HAMSTRINGS, ABS, GLUTES

A Take three deep breaths then plough straight ahead. With the same barbell across the back of your shoulders bend your knees slightly and with control.

B Start to bend forward, maintaining the curve in your lower back. Keep looking straight ahead. This will help keep your back in its proper position. Lower your torso until it is parallel to the floor and then reverse the direction to raise your torso to the starting position. A strong lower back will help you stand up straight, which will lengthen your abs and instantly deflate your gut.



Finishing fat blaster

Repeat this circuit as many times as you can in 8 minutes with a kettlebell, power bag or medicine ball

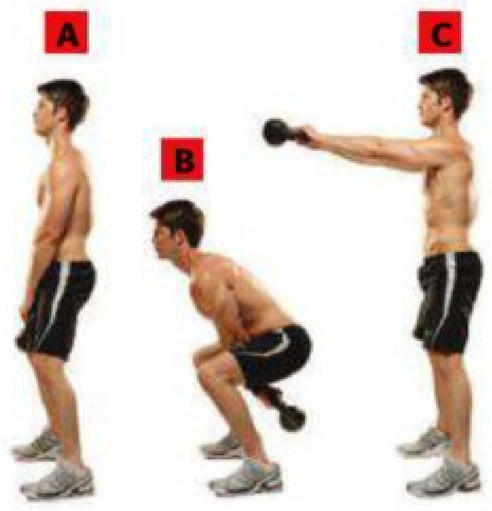
1 THE MOVE SWING

THE MUSCLES LOWER BACK, TRAPS, ADDUCTORS, HAMSTRINGS, GLUTES, ABS

A Stand with a 3ft-wide stance while holding a weight. Use your hips to swing the weight away from your body.

B When they start to fall back between your legs let your hips absorb the weight.

C Drive your hips forward and up to raise the weight in front of you. Keep the speed up and focus on driving from your hips.

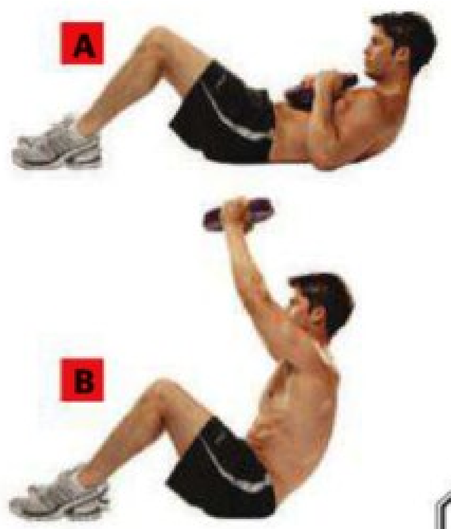


2 THE MOVE SIT-UP PRESSES

THE MUSCLES ABS, SHOULDERS

A Sit with your back at 45° to the floor. Bend your knees in front of you and keep your feet on the floor. Hold a weight to your chest.

B Lower your torso to the floor then rise to the start and press the weight overhead. Lower the weight to your chest and repeat. Keep up the pace – quick reps use 8% more muscle fibres in your abs, found a study in the *Journal of Physiology*.



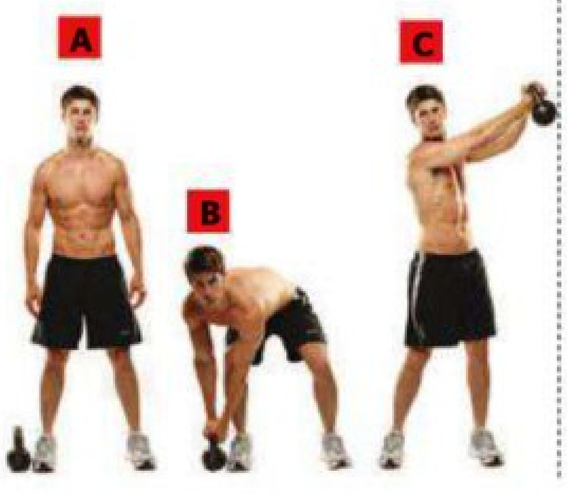
3 THE MOVE WOOD CHOPS

THE MUSCLES CORE

A You're on the final stretch. Stand with your feet shoulder-width apart. Place a weight on the outside of your right foot.

B Grasp it with two hands and pull it up and across your body in an arc towards your left shoulder. It should end up just above shoulder height. And still in your hands.

C Repeat to the other side. Make the movement explosive as you rotate upwards and control the weight as you return to the start. You're nearly done, just one more exercise to go.



4 THE MOVE JUMP SQUATS

THE MUSCLES QUADS, GLUTES, CORE

A The final move – think how good you'll look and feel when this is over. With your feet shoulder-width apart and your back straight, squat until your thighs touch your calves.

B Quickly straighten your knees and explode upwards so your feet leave the ground. Land with bent knees to absorb the impact. If you're too tired to talk, you've trained at the right intensity. MH



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Weatherproof your workout

Turn the season's unpredictable elements to your advantage and build lean muscle, come rain or shine, with our dual-purpose plan



Guaranteed to see you through winter

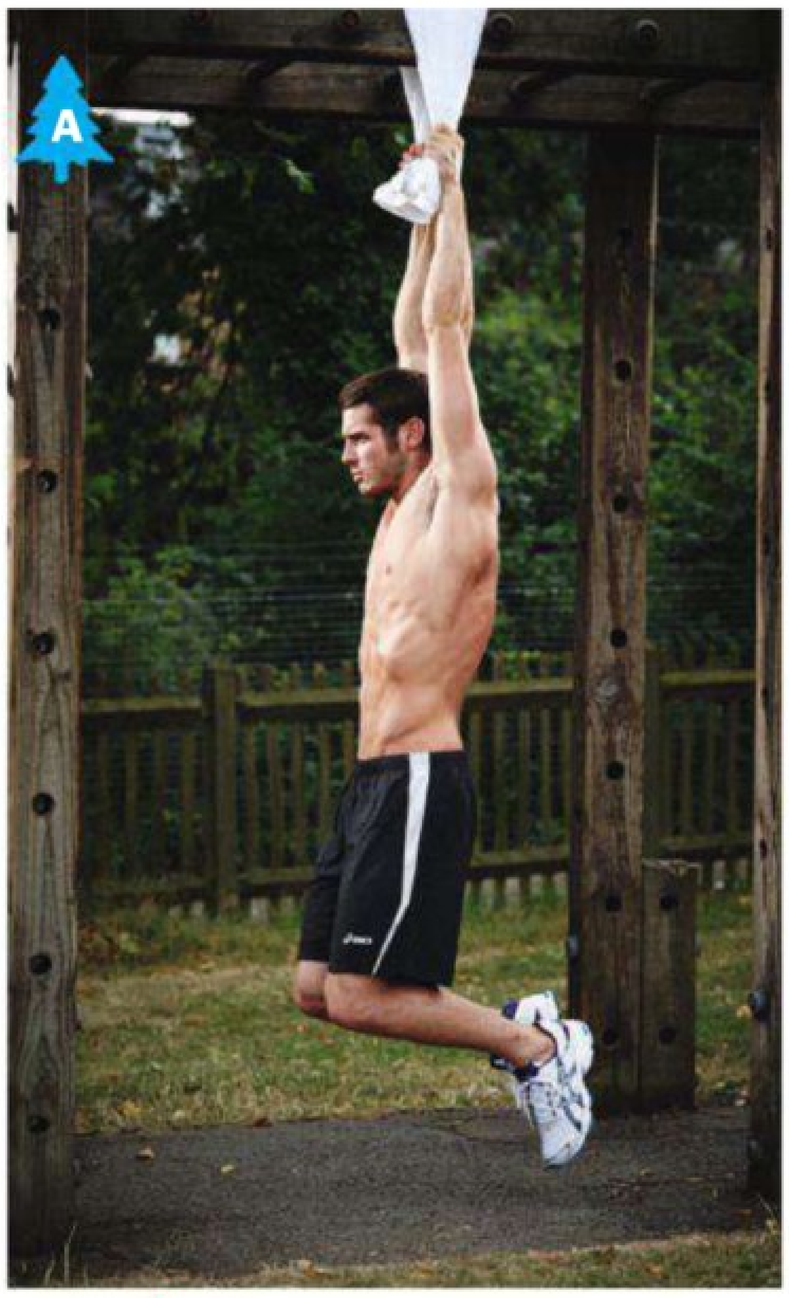
Don't let the five-day forecast dictate your training schedule. The exercises in this workout can be done outside or easily adapted to the gym environment, if you're prone to running for shelter at the first sign of rain. Plus we've added an extra twist to the indoor version so you don't slack off in the nice, friendly, air-conditioned environment. There's a price to pay for comfort and as far as this workout is concerned, that price is extra effort. "The focus is on the muscles that everyone else sees – your arms, chest and calves. You'll train them intelligently by working on the surrounding muscles rather than spending entire sessions bench pressing or doing barbell curls," says Andrew Stemler, the head trainer at Crossfit London. And when you do the outdoor section of this workout you'll probably find you'll be in higher spirits. Just five-minutes of open-air exercise drastically improves your mood and self esteem, according to recent research at the University of Essex. So if the sun's shining, work on your endurance *al fresco*, and when it clouds overput that extra power into action under the strip-lit ceiling of the gym. You'll build strength and muscle while getting lean – and you'll never be able to use the weather as an excuse to skip a workout.

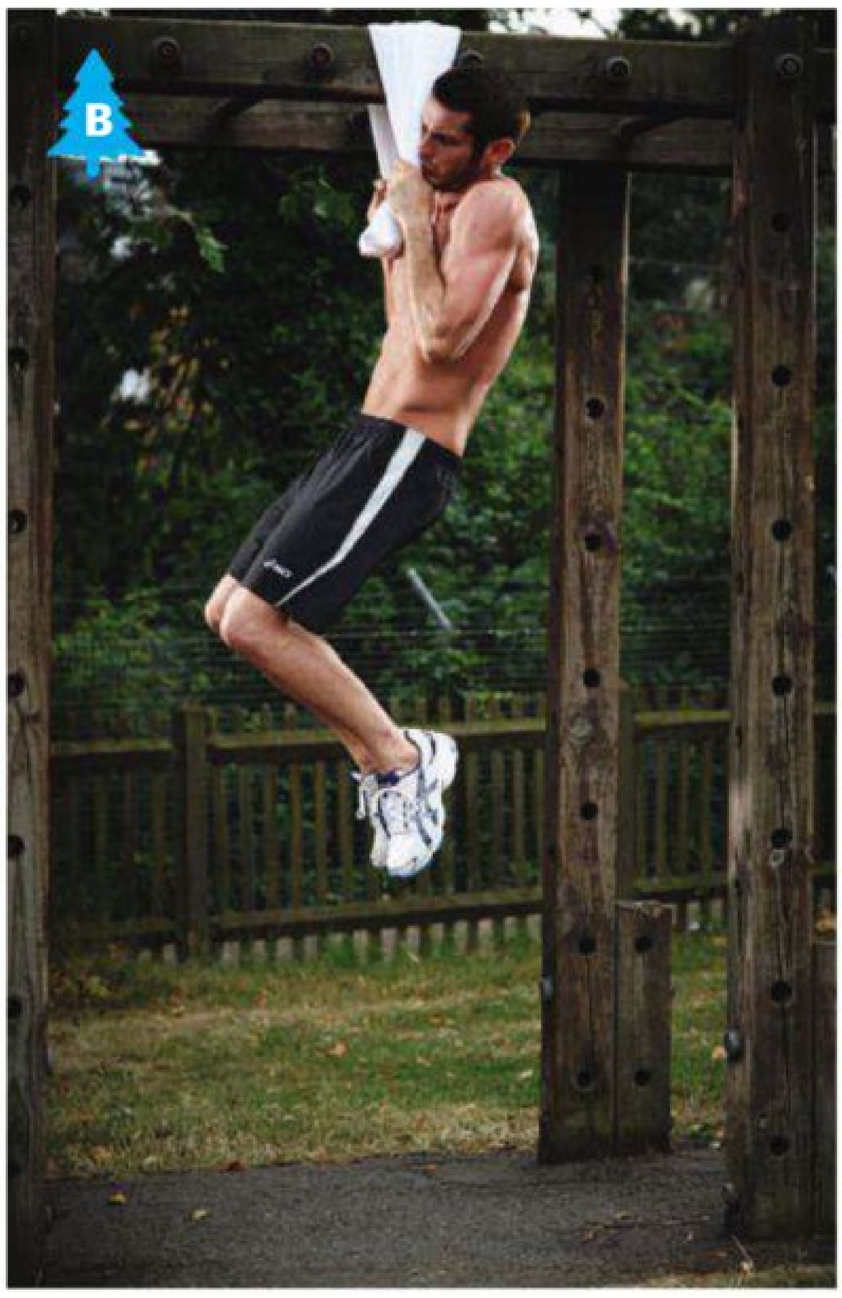
WHAT TO DO

By changing the sets, reps and rest periods you can tailor this workout to two different but complementary goals. Do 2-3 sessions a week alternating between a high-rep outdoor session and a low-rep gym session. "The open-air session builds cardio fitness to increase muscle endurance – and shifts a few calories to boot – while adding weights to the gym session gives you muscle and strength," explains Stemler. By the end of it you'll add up to 3kgs of lean muscle and shed 2% of body fat so you'll look good both inside and out.

	SETS	REPS	REST BETWEEN SETS	LIFTING SPEED
Outdoor session	3	20	45 seconds	1 second up, 1 second down
Gym session	4	10	60 seconds	2 second up, 3 seconds down

PHOTOGRAPHY STUDIO 33. DIGITAL IMAGING PRE MEDIA





1

TOWEL PULL-UPS

Muscles **Biceps, back, forearms, abs, shoulders**

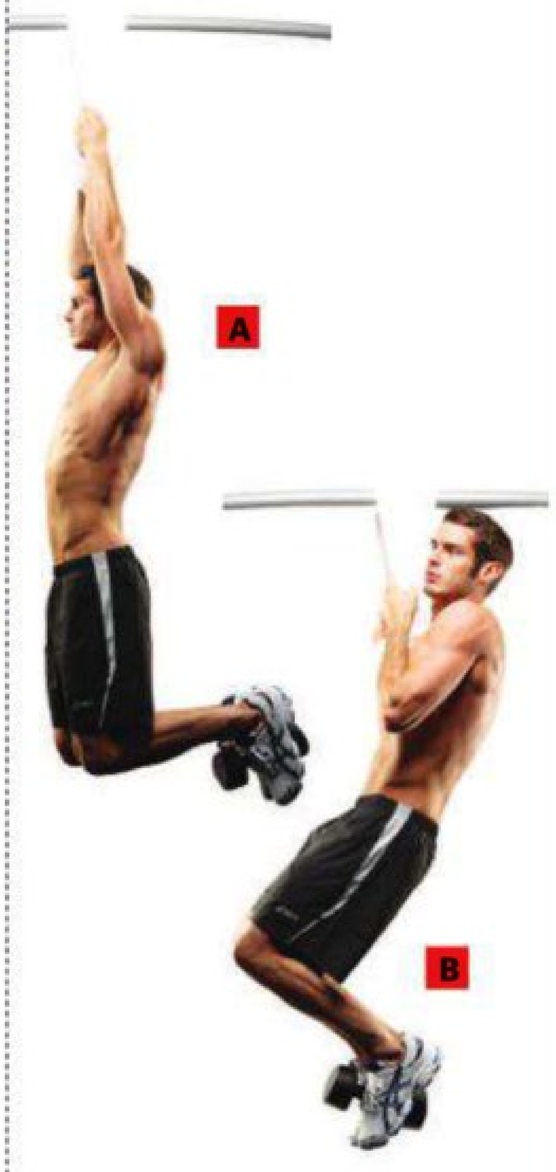
If bigger biceps and a perfectly toned upper body is your goal, this is the exercise for you.

To load your biceps with the tension they need to grow, you're going to have to hang tough. Do this by looping a short towel over a horizontal tree branch or jungle gym bar. Then grab one end of the towel in each hand, with your palms facing each other (**A**). Bend at your elbows and pull yourself up as high as you can (**B**). Then slowly lower yourself down to the start. Tie a knot at either end of the towel if your hands are starting to slip. "Your abs, shoulders and forearms have to work double time to stop you from swaying and losing your grip," says personal trainer Mark Raynsford. This means you'll work your entire upper body, in just one exercise. It's no easy feat but it will get easier with practice and will produce big results. Come on now – stop hanging about and move onto the next exercise, you've only just started.

1

GYM VERSION

Follow the previous instructions (A-B)but this time loop your towel over a pull-up bar and hold a weight between your knees or feet. The added weight makes your biceps, abs and forearms work harder. Just make sure you don't use that old frayed beach towel or you'll be hitting the floor sooner than you'd anticipated.







2

TRICEP EXTENSIONS

Muscles **Triceps, abs, shoulders**

For gorilla-like arms you need to unleash your inner ape by finding a jungle gym with a bar or a tree branch at waist height. Grab the bar with a shoulder-width grip and keep your elbows locked out. Extend your legs behind you so that your body is at a 45-degree angle to the ground (**A**). Bend your elbows to lower your body until your head is beneath the bar (**B**) then straighten to return to the start.

"As well as targeting your triceps – your abs, glutes and shoulders also have to tense to keep your body in a straight line, giving you full-body power," says Stemler. You'll now have the grip and tricep strength to hang onto your handlebars down the steepest dirt track.

2

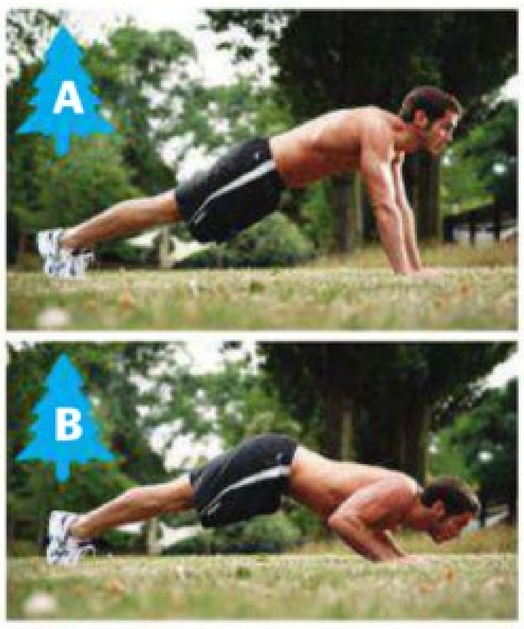
GYM VERSION

Do the same exercise on a Smith machine (A-B) with the bar set at waist height. The angle you'll have to keep your body at will force your triceps and abs to work harder. Your stomach may be under wraps for most of the winter but it's never to soon to start working on that summer six-pack. ▶



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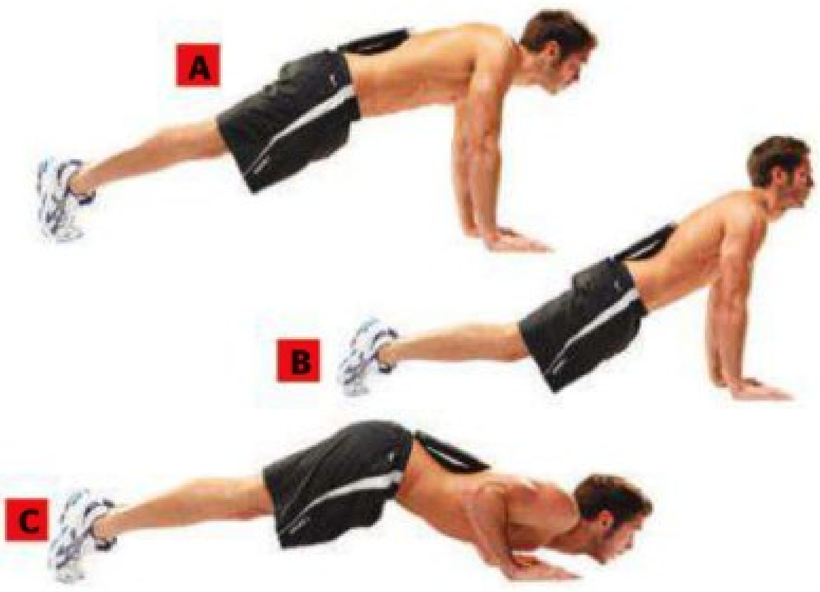
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3 HINDU PRESS-UPS

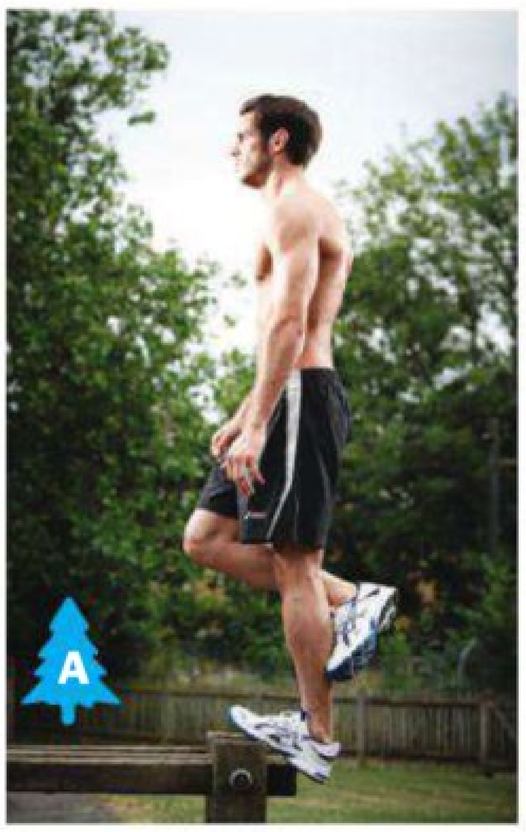
Muscles Chest, abs, triceps, shoulders, lats

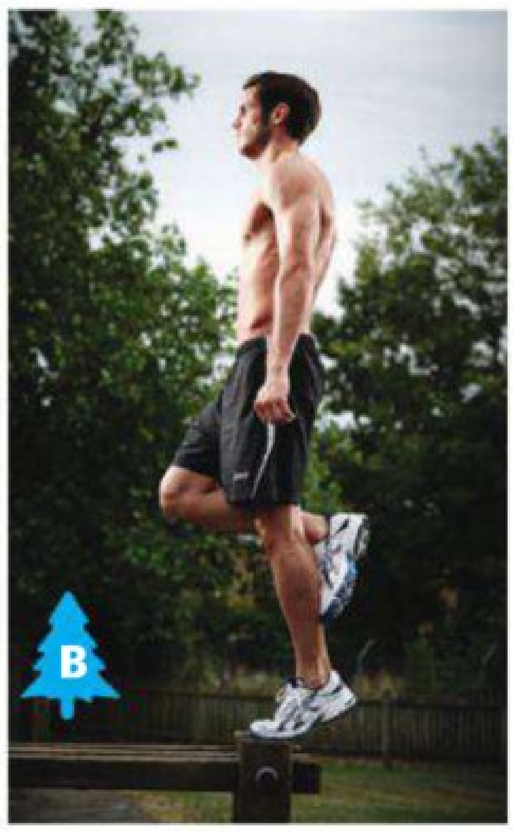
Add some spice to your press-ups. Drop into a press-up position (**A**), with your hands wider than your shoulders, but raise your glutes. Bend your arms to lower your body in a circular arc into the lowest point of a normal press-up (**B**). Then lower your hips so they're almost touching the ground and straighten your arms, lifting your chest and head (**C**). Push back to the start. "This exercise focuses on your chest but also boosts whole body strength, endurance and flexibility due to the range of motion involved," says Collins. No wonder it was one of Bruce Lee's favourites. The bedroom benefits are obvious. Wipe that sweat from your brow, you're not even halfway through the workout yet.



GYM VERSION

Do the same exercise (A-C) but this time have a training partner rest a weight plate on your back. "This will force the target muscles – your chest and arms – to work harder as well as strengthening your lower back," says Stemler.





4 SINGLE LEG BOUNCE

Muscles Calves, abs

You may be keen to cover them up in the cold weather but that's no reason to let your calf muscles off. Find a ledge and place the ball of your left foot on it. Rest your right foot behind your left calf and lower your left heel (**A**), then rise onto your toes in a bouncing motion (**B**). "The unstable motion switches on your abs as they have to tense to maintain your balance," says Raynsford. Complete your reps then switch legs. This will boost your off-the-mark pace – on foot or on two wheels.

GYM VERSION

Hold a dumb-bell in the opposite hand to the calf you're working (A-B). You'll force your abs and calves to work harder as the weight will shift you off balance and more of your supporting muscles will be called into play. This will strengthen your core and calves keeping you steady when the pavements start to ice up.







5 ONE-LEG PRESS-UP

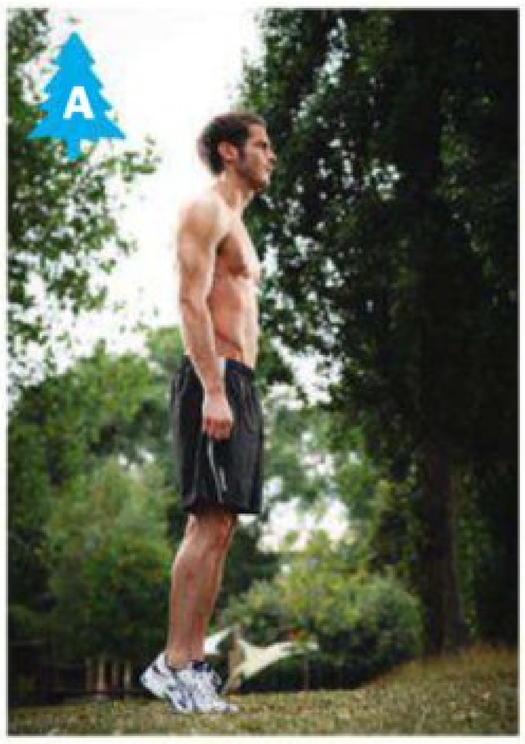
Muscles Chest, abs, triceps, shoulders

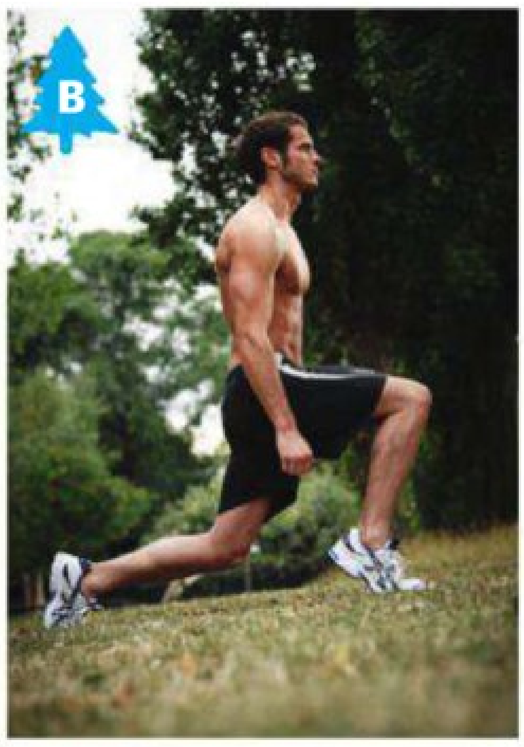
Give your chest and abs a leg up outdoors. Drop into a press-up position, then lift your left leg off the ground (**A**). Keeping your elbows tucked in, lower your body until your chest nearly touches the floor (**B**). Now push back up and switch legs. "Lifting a leg off the ground forces your abs to flex harder to keep your body straight and balanced," says strength coach Paul Collins. The result is a chest, abs and arms that will impress her and be put to good use shovelling all that snow that's bound to come our way.

GYM VERSION

As above (A-B) but hold a dumb-bell in each hand. Then lie on your back with the dumb-bells above you and do another 6 reps of a partial rep chest press (C-D). This will work your chest from yet another angle to fill those gaps in your T-shirt.







6 TIP TOE LUNGES

Muscles **Calves, abs, quads, glutes, hamstrings**

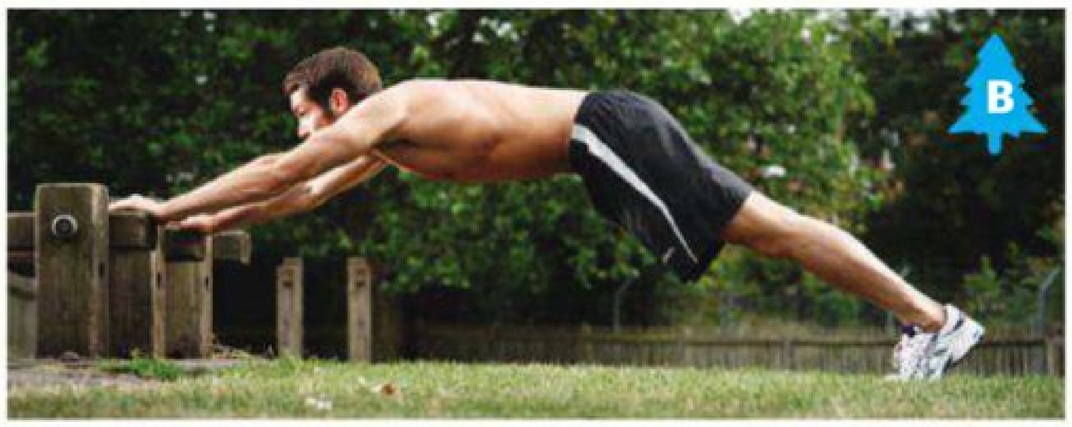
Sculpted calves will help you look athletic and are more likely to catch her eye when you're next in shorts. Stand with your feet shoulder-width apart. Rise up onto your toes (**A**) then lunge forward with your right foot. Land on the toes of your right foot (**B**) then push yourself back to the start. Repeat on the other leg. "Rising onto your toes activates more muscle fibres in your lower legs and abs because they have to flex extra hard to prevent you from toppling over," says Stemler. Making yourself unstable during training whether in the gym or outdoors, will make you more stable when you're off duty.

6 GYM VERSION

Do exactly the same exercise as above, but this time hold a dumb-bell in each hand (A-B). The added weight means your muscles will have to work extra hard, giving you better balance and stronger calves and abs. So you're less likely to lose your balance on your way home from those impromptu work drinks.







7 PRESS-UP GRABS

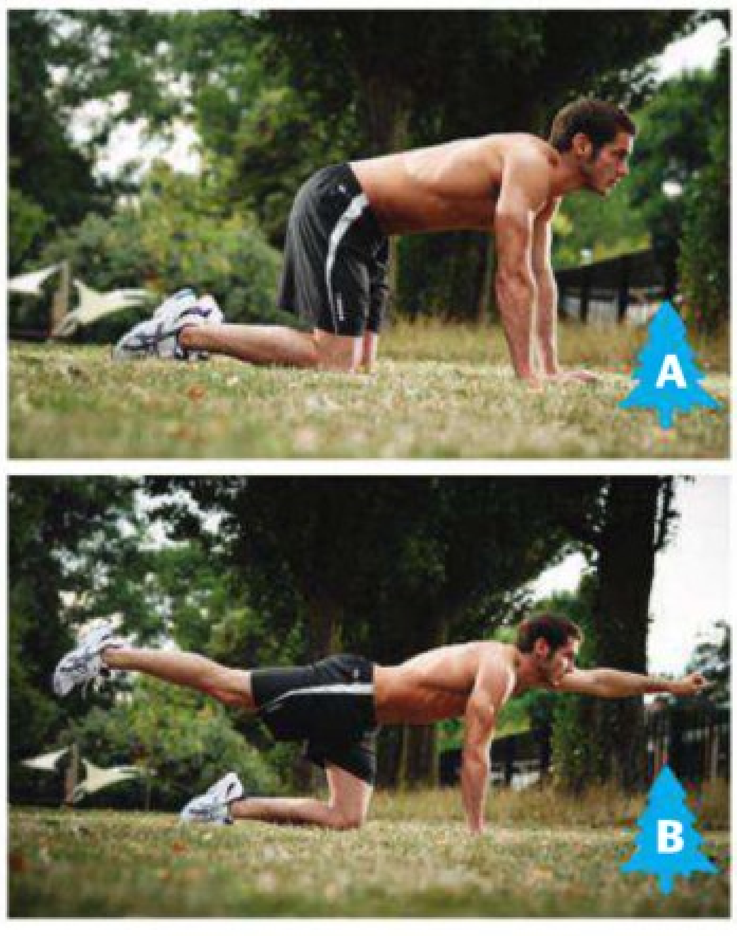
Muscles **Chest, shoulders, triceps, abs**

Drop into a press-up position, in front of a park bench or step, with your arms straight, hands wider than shoulders. Your body should form a straight line from your head to your ankles. Lower your body until your chest nearly touches the floor (**A**). Explosively press yourself up so that you momentarily place your hands on the edge of the bench (**B**). Then drop back into the start position and go again. "The 'explosive' nature of this move means it works up to 5% more muscle fibres in your chest than a normal press-up," says Collins. Pushing yourself up and out of bed for that 6am start will soon be a breeze.

7 GYM VERSION

Do this in front of a flat bench (A-B) and, if you want more of a challenge, wrap ankle weights around your wrists. Don't worry, you'll be doing less reps overall. "The added weight will force you to do the reps slower, making your chest and abs work harder, and your entire frontage appear more muscled," says Stemler.





8 SUPER DOG

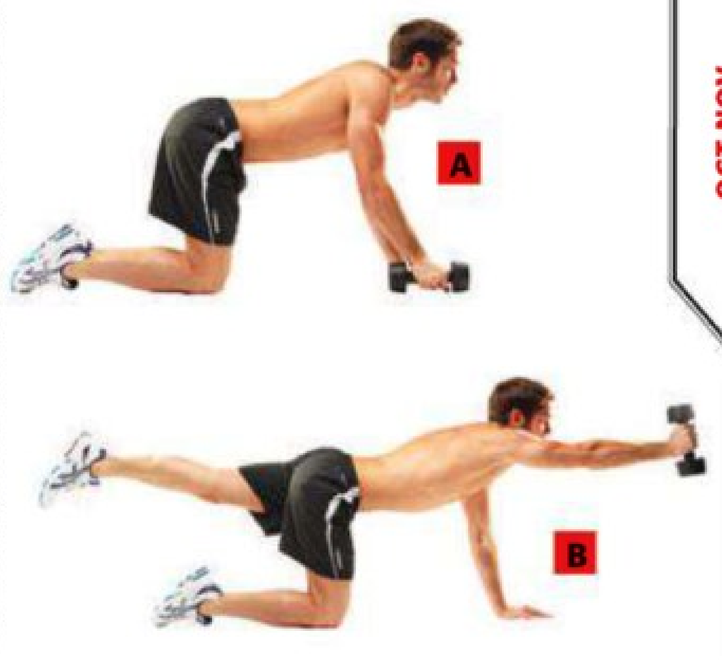
Muscles **Shoulders, abs**

Every dog has its day and today is definitely yours. Find a grassy patch and get onto all fours (**A**), straighten your right leg and raise it off the ground, then straighten your left arm in front of you (**B**). Hold it for 3 seconds then switch sides.

"You'll force your core to become strong, not through the up and down motion of sit-ups, but from a diagonal angle," says Collins. This will help you comfortably absorb multi-directional knocks from tackles in football and rugby – even if they're late… or from commuters on your journey into work. Your sweat-drenched pursuit of a perfect physique is now over. Hit the showers and enjoy the changeable weather with your new six-pack.

8 GYM VERSION

Do the same exercise (A-B) but hold a dumb-bell in the hand you're raising to place more tension on your abs, improving your posture and giving you the appearance of greater height. MH



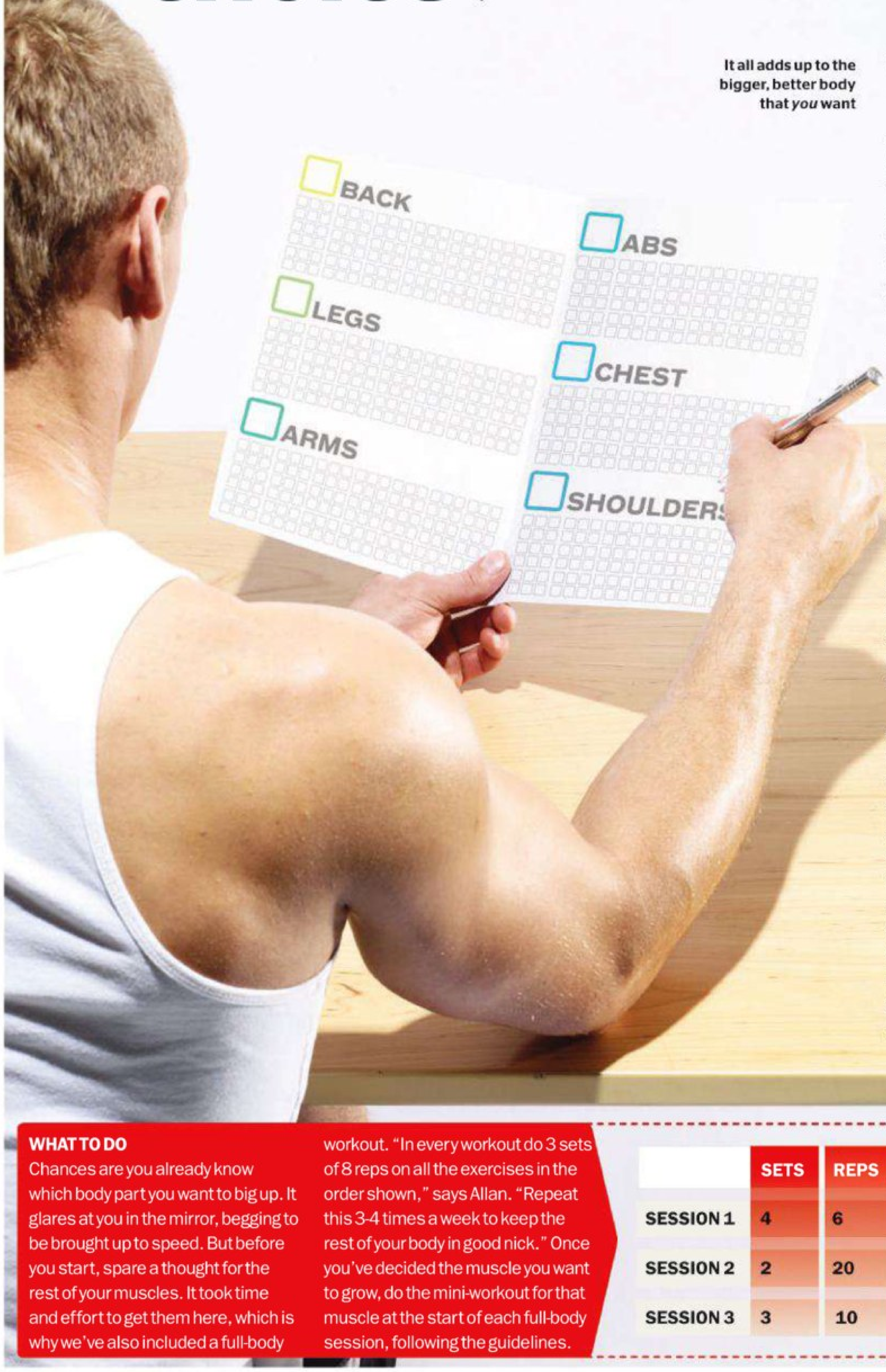
JAN/FEB · MAR · APR · MAY · JUN · JUL · AUG · SEP · OCT-NOV · DEC · ALL-WEATHER REGIME

PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL ROB MEAD AT M&P MODELS. SHORTS AND TRAINERS ASICS.CO.UK. THANKS TO VIRGINACTIVE.CO.UK AND CITYOFLONDON.GOV.UK. EQUIPMENT BY TECHNOGYM.COM

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Muscle multiple choice

This plan will add inches of muscle to a body part of your choosing. By the end you'll have renovated your former weaknesses into serious assets



It all adds up to the bigger, better body that *you* want

Training all your muscles can be like *The Apprentice*, each contender battling to be the next big thing. It's no mean feat, splitting your time equally between muscles. A bout of flu here, an all-weekend music festival there can easily derail your balancing act. And if you haven't shown a muscle group quite enough sugar, it may be lagging behind the pack.

In this final part of your 12-month plan, we've a series of mini-workouts that'll iron out any kinks in what should now be a very fine physique. We got Colin Allan, owner of Zero2xs Training (zero2xs.com), to break your body down into its component parts – arms, legs, shoulders, chest, back and abs – and give you the blueprints for extra size and at least 5% more strength to each muscle.

"The plans incorporate exercises that you've not used before to stimulate the muscle fibres the previous 12 months of training have overlooked," says Allan. It will also save you nuggets at the physio because blokes with good muscle symmetry were 4.1% less likely to get injured, found a study in the *Journal of Sports Medicine and Physical Fitness*. So by the time the festive party season is in full swing, you'll look good from every angle.

WHAT TO DO

Chances are you already know which body part you want to big up. It glares at you in the mirror, begging to be brought up to speed. But before you start, spare a thought for the rest of your muscles. It took time and effort to get them here, which is why we've also included a full-body workout. "In every workout do 3 sets of 8 reps on all the exercises in the order shown," says Allan. "Repeat this 3-4 times a week to keep the rest of your body in good nick." Once you've decided the muscle you want to grow, do the mini-workout for that muscle at the start of each full-body session, following the guidelines.

	SETS	REPS	REST BETWEEN SETS
SESSION 1	4	6	2 minutes
SESSION 2	2	20	45 seconds
SESSION 3	3	10	1 minute

PHOTOGRAPHY (THIS PAGE) STUDIO 33. MODEL AREK WASZAK AT ANDIPETERSMODELS.COM. GROOMING MIRANDA RIGG AT JOY GOODMAN. DIGITAL IMAGING PRES MEDIA. PROP STYLING NICOLA SEWELL

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A The leg-up for legs

1 FRONT LOADED WALL SQUAT

The muscles Quads, hamstrings, glutes, calves, abs

A This move carves out the upper leg mass that'll challenge the thread count of your cycling shorts. Stand about 30cm in front of a wall. Grab a large dumb-bell and hold it in front of your chest. Lean your upper back against the wall. "The wall limits assistance of your back in the lift – isolating your quads," says Nick Grantham (nickgrantham.com) ,strength coach and advisor to the British Olympic Association.

B Lower yourself into a quarter squat – hold for 3 seconds then lower into half squat – hold for 3 seconds then reverse the process. "The stop and start motion kills momentum, forcing your quads to work harder," says Grantham. You'll now have legs huge enough to stay strong in a crouched position, be it in a Buddhist temple or on an Austrian ski slope.

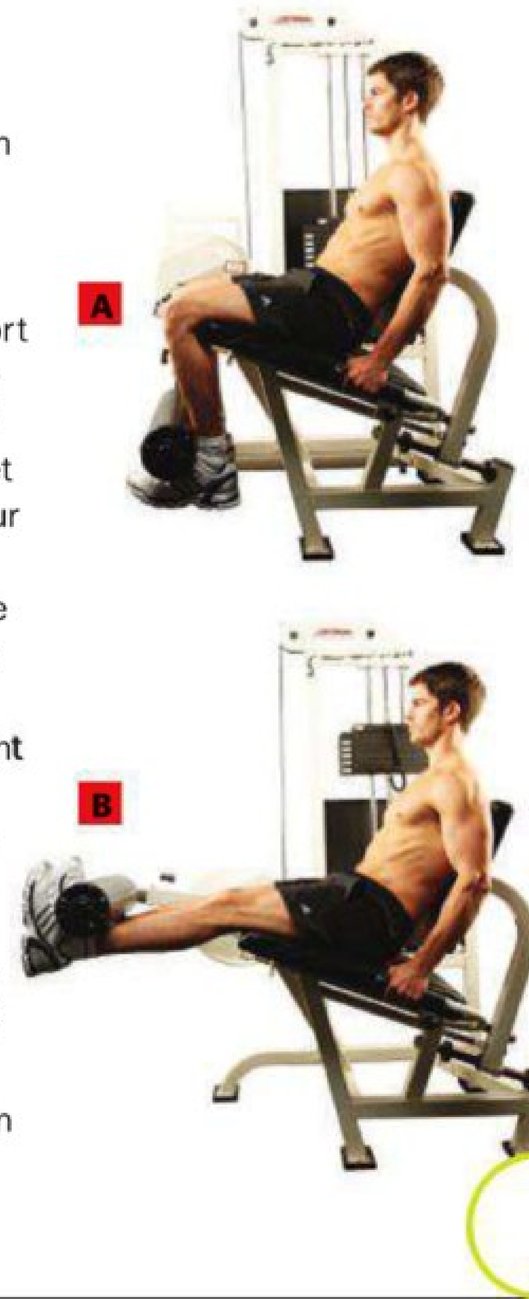


2 LEG EXTENSIONS

The muscles Quads

A This move pinpoints the tension into your thighs so you can build tear-drop shaped wedges of muscle. Sit in the leg extension machine, back against the support and tops of your ankles under the pads. "This locks the rest of your body into a fixed position that'll let you target all the tension onto your thighs," says Allan.

B Straighten your legs to raise the weights up and hold that position for 2 seconds then lower to the start. Do 8 reps, reduce the weight by 15% and raise the weight and hold it in position for 12 seconds to create a muscle burn that'll feel like you've mainlined a heat rub. This move works a whopping 86% of the muscles in your upper thighs, found a study in the book *Serious Strength Training* (Human Kinetics). So if you want more power behind your kicks, here's where you'll earn it.



B Back of stack

1 WIDE-GRIP LAT PULLDOWNS

The muscles Lats, biceps, forearms

A Lats are your widest muscles, so targeting them adds serious numbers to the scale. On the lat pull-down machine grab the bar with double shoulder-width grip – this hand position works the most muscle fibres, according to research in the *Journal of Strength and Conditioning Research*.

B Bend your elbows to pull the bar down to your chest. Hold it there for 2 seconds then slowly release the bar to the start position. Make sure that you never let your backside lift off the seat to get the most from this move. You'll now have a back wide enough to firmly block off your section of the bar.

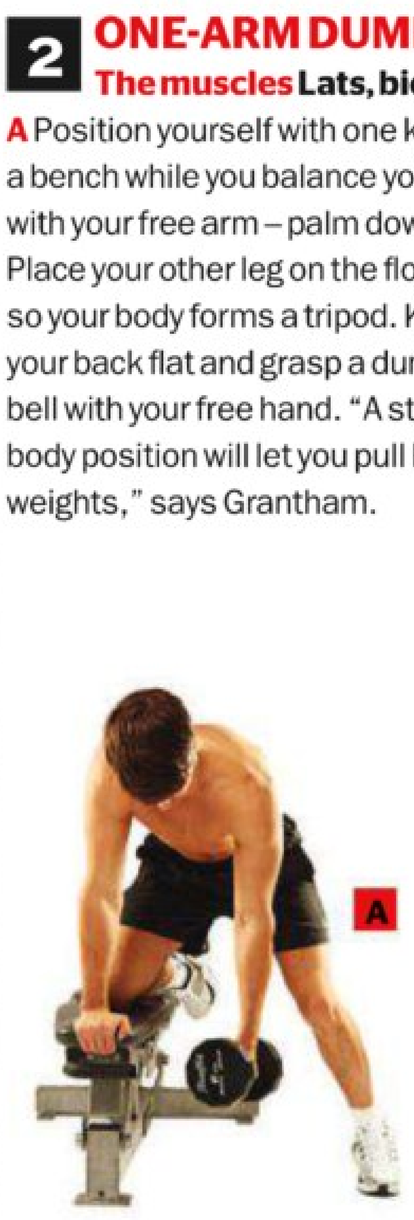


2 ONE-ARM DUMB-BELL ROWS

The muscles Lats, biceps, forearms, abs

A Position yourself with one knee on a bench while you balance yourself with your free arm – palm down. Place your other leg on the floor so your body forms a tripod. Keep your back flat and grasp a dumb-bell with your free hand. "A sturdy body position will let you pull large weights," says Grantham.

B Draw your elbow up past your torso by pinching your shoulder blade in towards your spine. Avoid twisting your body at any point as this could lead to injury. This move has been found to work 91% of the muscles in your lats so be careful when you pull your front door – the handle may come off. ▶



JAN/FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC MULTIPLE GAINS

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C Build the best chest

1 INCLINE DUMB-BELL FLY

The muscles Chest, triceps, shoulders

A To get your chest to take off you need to flap some weights in front of yourself. Lie on a bench set to a 30 degree incline, and hold a dumb-bell in each hand, arms above your chest. "The incline works your upper and inner pecs more so your entire chest will appear bigger," says Grantham.

B Bend your elbows slightly – this prevents your shoulders from helping out. Lower the weights out to your sides and raise them along the same path. A study in the *Journal of Strength and Conditioning Research* found this move is just as effective at working your chest as the bench press.

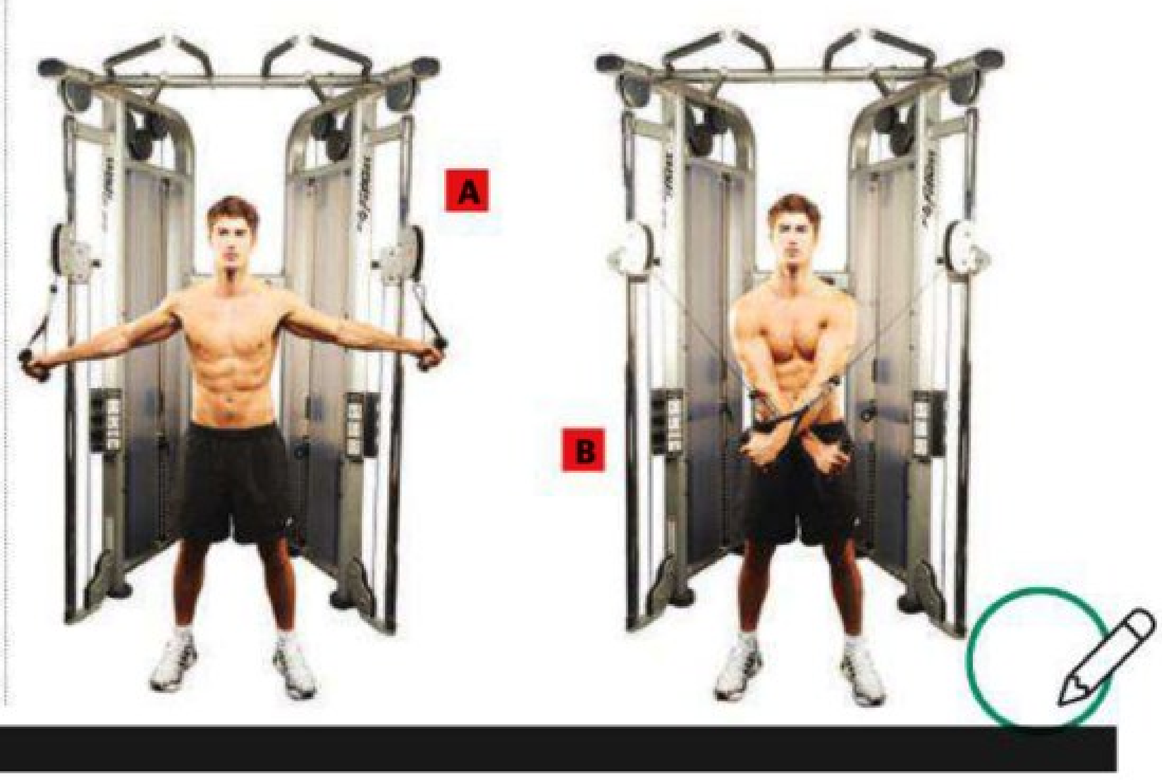


2 CABLE CROSSOVERS

The muscles Chest, triceps, shoulders

A This will carve out deep slabs of pectoral muscle. Stand between the weight towers of the cable crossover machine and attach a D handle, on either side, at shoulder height. Grab a handle in each hand and step forward slightly so there's tension on the cables. "This also creates a deeper range of motion so you can work more muscle fibres," says Grantham.

B Bring your hands together in front of your chest and cross each hand over one another. Hold for 3 seconds. "This is what isolates your pecs without eliciting help from your shoulders," says Grantham. Release to the start.



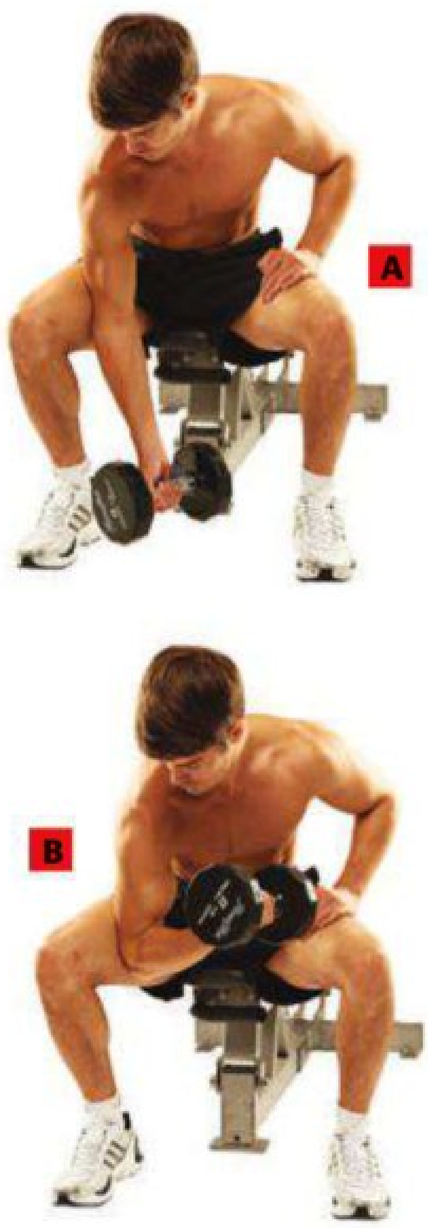
D The sleeve fillers

1 CONCENTRATION CURLS

The muscles Biceps and forearms

A For attention-worthy guns, concentrate on what you're doing. "Watching the muscle you're working lets you tweak your form to shift more tension onto your biceps," says Allan. Sit on the edge of a bench leaning slightly forward – the less strain on your lower back the better your form will be. Keep your abs tight with your chest up. Put your right elbow on your right knee letting the weight hang.

B Use your knee as the pivot point to curl the weight to your shoulder. "This stops you using the rest of your body to lift the weight, making your bicep the only muscle active," says Allan. Pause and concentrate on tensing your bicep, then slowly lower it back to the starting position. Snug sleeves that can easily open any pickle jar are now yours for the taking.

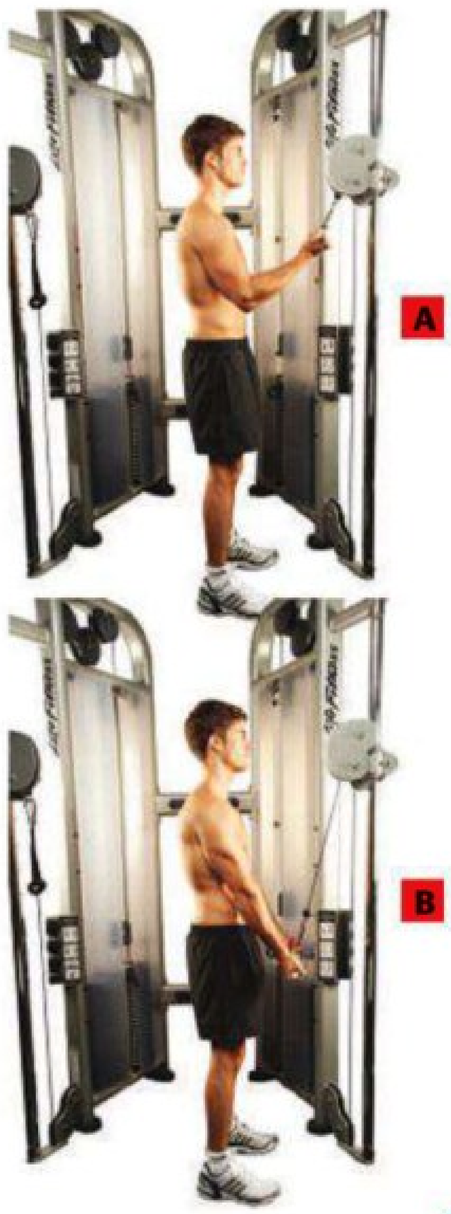


2 UNDERHAND PUSHDOWNS

The muscles Triceps

A To isolate your triceps you need to get sneaky and few are as underhand as this exercise. Attach a straight bar to the high pulley of a cable crossover machine so it rests just below your chest. Hold the bar with a shoulder-width underhand grip. "This kind of grip stops you from recruiting your shoulders, which helps to isolate your triceps," says Grantham.

B Tuck your elbows in to your sides and push the bar towards the floor until your arms are straight. Tense your triceps then slowly release the bar back to the start – you may have to use up to 10% less weight than the overhand version but your triceps will do 10% more work. That means arms backed by a horseshoe-shape mass of muscle will effortlessly be powering your get-ups off the couch.



PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT. THANKS TO FITNESSFIRST.CO.UK. SHORTS AND TRAINERS ADIDAS.COM

E Shoulders of fortune

1 ARNOLD PRESS

The muscles Deltoids, triceps, upper trapezius

A These were created by the 'Governator' – hence the name – who sported some of the widest shoulders known to man. To get your slice of that action, stand holding a pair of dumb-bells in front of you at chest height with an underhand grip. "You'll use a bigger range of motion than in any other shoulder press," says Grantham.

B As you push the weights overhead, rotate your arms so that your palms face forward at the top of the move. Pause, then take 4 seconds to lower the weights back down, rotating your wrists as you go, so that your palms face you again. The slow lowering can work up to 40% more muscle fibres in your shoulders, found research in *Medicine & Science in Sports & Exercise*. Don't blame us if your broader frame forces you to Savile Row for a new suit jacket.

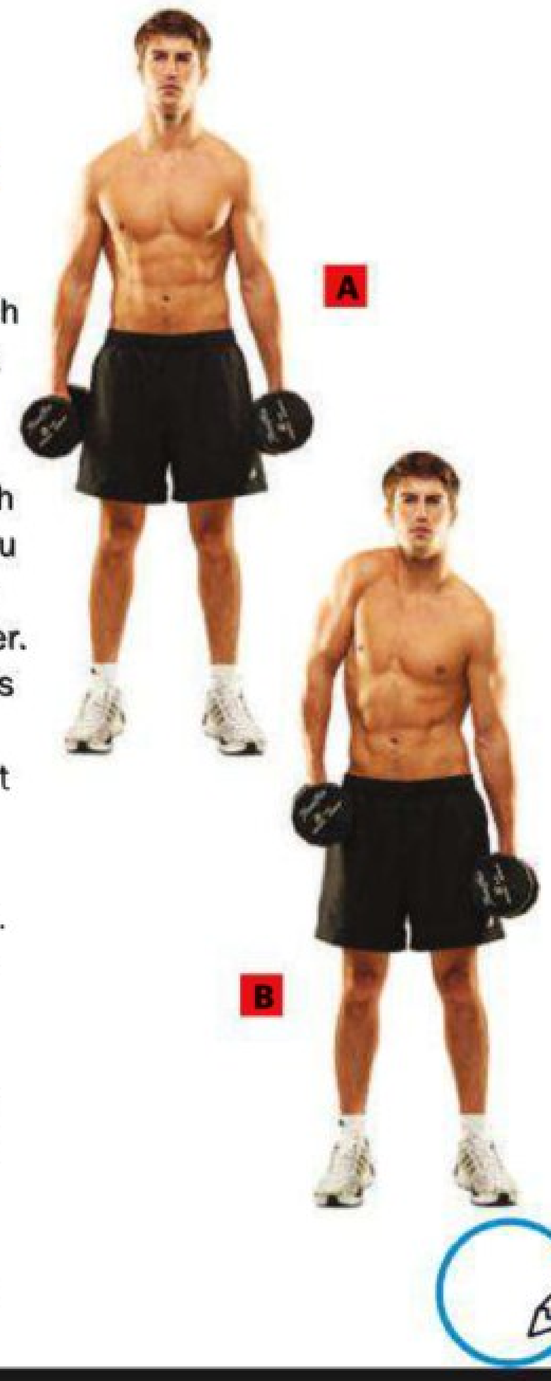


2 UNILATERAL SHOULDER SHRUG

The muscles Trapezius, shoulders

A Unaccompanied by traps, which start at your ears, even the most solid shoulders will look limp. To buff up your frontage, stand holding a heavy dumb-bell in each hand. As a bonus this will give you the grip strength to open pecans even if you've lost your nutcracker. Raise your right shoulder towards your ear. Hold that position for 2 seconds then lower and repeat on the other side.

B Keep alternating until you've performed 10 reps on each side. Out of all the trap exercises, this move works the most muscle fibres in your upper traps, found research in the *Journal of Orthopaedic and Sport Physical Therapy*. You'll ward off stiff necks and have shoulders that look like they could scrum down against Phil Vickery.



F The abs solution

1 OVERHEAD WEIGHTED SIT-UP

The muscles Abs

A Lie on the ground with your knees bent and hold a single dumb-bell in your hands. Stretch your arms behind your head, keeping a slight bend in your elbows.

B Raise your torso off the floor, keeping your arms above your head. Go up as far as you can then lower yourself to the floor. "By increasing the distance between the point of force (abs) and the end of the object you're trying to lift (the weight), you decrease your mechanical advantage and turn an easy move into a very difficult one," says Allan. That means it makes the exercise bloody hard, which also means it builds a bloody solid stack of abs.



2 REVERSE CURL

The muscles Abs

A For abs that look amazing when you stand up, you need to lie down. Bend your knees, place your feet flat on the floor, your arms at your sides. Hold a light dumb-bell between your feet. "This adds a little instability to the movement forcing your abs to work harder to stabilise you," explains Allan.

B Pull your knees to your chest, raising your hips off the floor. Slowly return to start. This is the best move for working your hard-to-target lower abdominals, found research in *The Journal of Strength and Conditioning Research*. You've built your best body ever, just in time to enjoy party season. MH



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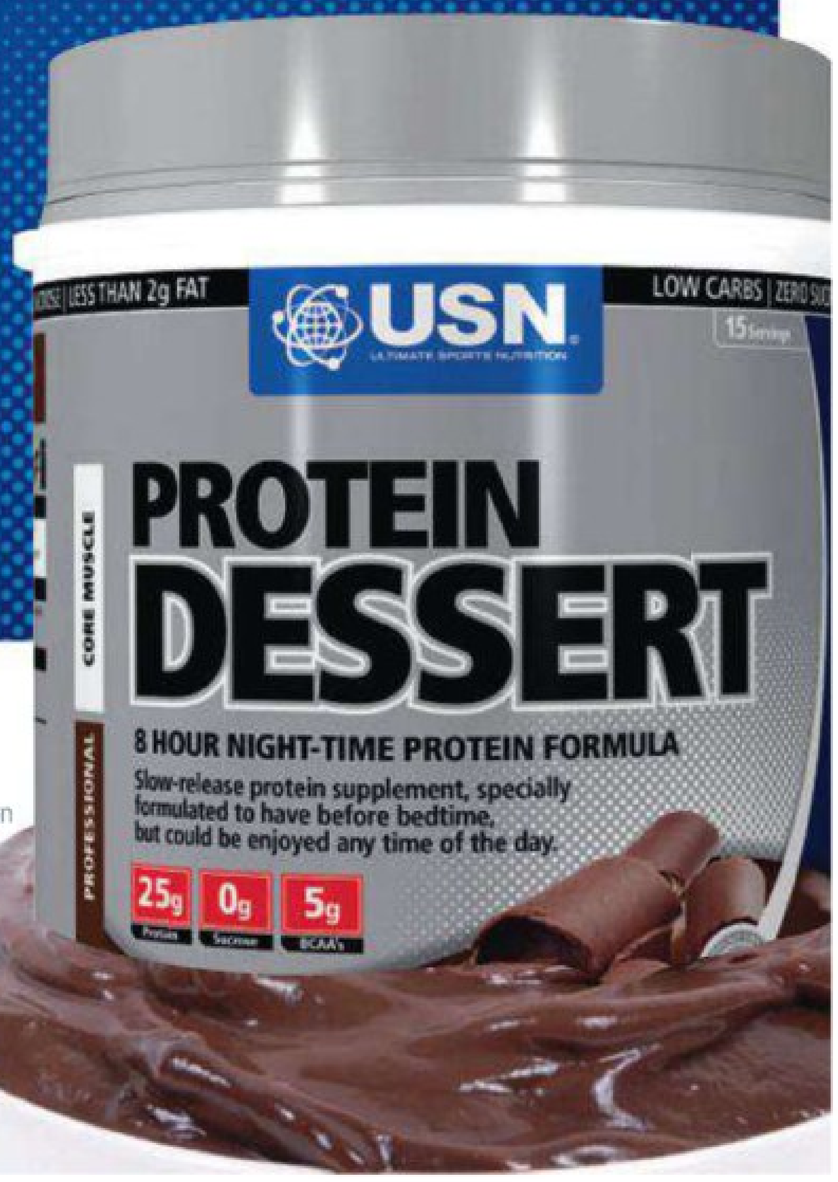
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Burn off the fat to reveal *your* six-pack

PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT

BURN FAT FAST

Variety is the spice of life and that's certainly the case when it comes to shedding fat

In order for your body to burn off those unwanted inches you need to keep it guessing. This section contains a dozen different ways to get your fat stores powering your labours, burning extra calories and trimming you down in the process. Whether you enjoy team sports or a solo treadmill dash, there's a different belly-blasting workout for every month of the year.

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Lose weight fast

There's more than one way to skin a cat, but under the Animal Welfare Act (2006) this could result in a £20,000 fine and/or six months behind bars. Instead, revel in the fact *MH* has 10 suggestions to drop your waist size

KEEP YOUR MUSCLES GUESSING

Change is not only as good as rest, it has weight-loss benefits, too. "For the fastest fat-burning results alternate between a week of high reps (12-20) and a week of low reps (6-10)," says Dave Porter, trainer at Ultimate Performance (upfitness.co.uk). Sticking to high reps robs your body of a constant challenge. "Muscles can grow content and plateau, and doing low reps burns more calories after the gym." The new challenge will keep you shifting more calories with each workout.

eat

a little of what you fancy

To lose weight eat what you want – just not all the time. Dropping a few kilos can make you reward yourself with food. That's because a decrease in body fat results in a greater desire to eat. Research in the journal *Appetite* found this desire increases in line with your weight loss. The solution: when you fancy food, eat it, just exercise portion control. A little goes a long way when it's something you really want.

KEEP YOURSELF interested

Like your weight-loss menu? If you're sick of the same food you'll probably rebel and gorge on something fatty. "Switch eating plans when you get bored," says Dr Michael Dansinger, assistant professor at Tufts University School of Medicine in Boston, US. "You're more likely to be successful if you enjoy the food you're eating." Eating healthily doesn't have to be a chore – our food section gives you plenty to chew on.

You need to ref

KEEP chewing

People who chewed gum for an hour a day ate fewer calories at lunch, felt less hungry throughout the day and used 5% more calories because they felt more energetic, found a study at the University of Rhode Island, US. Minty breath just got another upside. Break out the Wrigley's to quell your hunger pangs.

ILLUSTRATION ANDREW SUMNER

EAT PROTEIN BEFORE TRAINING

You want to show lean muscle, not bones, for all your hard work. "To preserve your muscle, take 6-8g of branched chain amino acids (BCAA) (£20 for 400g from myprotein.co.uk) before a hard cardio session, especially when working out early in the morning on an empty stomach," says Porter. They won't bounce in your stomach like an early morning protein shake so you'll feel comfortable enough to go longer and will save your muscle mass.

Thinking about the steps you need to take to improve your performance will lead **to an increase in exercise**. Bringing to mind the reasons why you should workout, **like fitting** into your old T-shirt, will not, says the *Journal of Applied Biobehavioral Research*. Write down what you need to do to run faster and you'll do it.

TURN DOWN the thermostat to melt fat

"Sleeping in a room that's over 25°C means your body doesn't have to burn as many calories to keep you warm," says Porter. Turn the heater down, or off, to force your body to heat itself up, then maybe you won't have as much blubber to keep you warm. Come on – get to sleep. You've got weight to lose.

DON'T AVOID DAIRY

Men who add calcium to their diet can lose up to 70% more weight and 64% more fat than blokes who cut calories alone. Aim for 1,000mg of bone builder a day by scoffing cheese and sardines. Or just grab a supplement for the easiest way to keep your bones and abs as hard as Wolverine's.

You're stuck in a rut

You're stuck in a rut
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You're stuck in a rut

Familiarity breeds contempt and that's definitely true with regards to training. "If you've stopped shedding pounds, change your workout," says Porter. "Your body is adaptable and the number of calories you burn in each workout will peter out as you become fitter." Change your programme every 6 to 8 weeks, or sooner if you find yourself nodding off on the rower.

GET OFF the games console

You think playing Wii Sports is exercise? A study in the *British Medical Journal* found active games burn about 60 calories per hour, which is only 2% more than inactive games you toggle on consoles like the Xbox360. Stop being an Avatar, get out the house and enjoy the real world. MH

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Burn fat the heart way

Do our tailored interval routines with a heart monitor, and you'll shed the pounds in double-quick time



YOUR ACTION PLAN

What? Three workouts that force your body to burn fat for energy long after you've stopped exercising.

Why? The "fat-burning zone" on most cardio machines means a long, slow slog to nowhere. Yes, you'll burn fat, but as a study by the American College of Sports Medicine shows, if you push your effort level beyond this zone and combine sprints with rests, you'll burn more calories overall and shift just as much fat in less time.

How? Strap on your heart-rate monitor and pick a new plan each day depending on your goals and schedule. It's as easy as choosing a shirt in the morning.

Who? Anyone who has a heart-rate monitor who wants to get rid of those unwanted calories.

When? Do a new workout 3 times a week or focus on a particular goal such as boosting your match fitness for an entire week. Match the programme to suit your needs but make sure you leave a day's rest between each bout to fully recover.

The myth 220 minus your age is your max heart rate.

The truth A 2007 study in the journal *Medicine and Science in Sports and Exercise* found that 207 minus (your age x 0.7) is the most accurate measure of your maximum heart rate. So, if you're 30 your max heart rate is 207 - (30 x 0.7) = 186 beats per minute (bpm). Next, calculate 35%, 50%, 65% and 90% of that figure as you'll need to know these to follow these routines.

A Best for a tight schedule

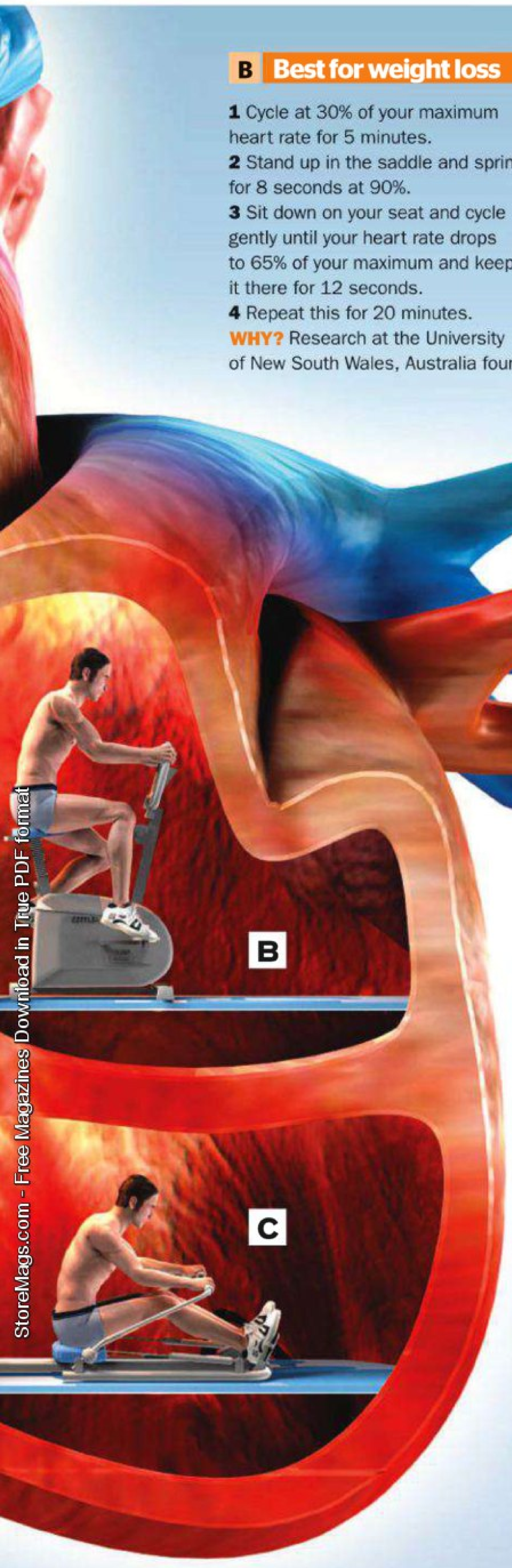
1 Run at an easy pace – normally about 35% of your maximum heart rate – for 3 minutes.

2 Sprint so your heart rate reaches 90% of your maximum. Do this for 6 seconds.

3 Slowly jog or walk until your heart rate drops to 60-65% of your max and keep it there for 12 seconds.

4 Repeat this for a period of 16 minutes then walk for 2 minutes until your heart rate drops to 35% of your maximum.

WHY? A study in the *European Journal of Applied Physiology* asked men to do long or short intervals for 16 minutes. The first group sprinted at approximately 90% of their maximum for 6 seconds and had 9 seconds rest at 60-65% of their maximum. The second group did intervals 4 times as long. The short intervals were found to burn almost 3 times more fat than the longer intervals. "These intervals are generally impractical on gym machines as it takes too long to alternate speeds, so try a 15-second sprint followed by 30 seconds of recovery instead," says Christian Finn, author of website thefactsaboutfitness.com.



B Best for weight loss

1 Cycle at 30% of your maximum heart rate for 5 minutes.
2 Stand up in the saddle and sprint for 8 seconds at 90%.
3 Sit down on your seat and cycle gently until your heart rate drops to 65% of your maximum and keep it there for 12 seconds.
4 Repeat this for 20 minutes.
WHY? Research at the University of New South Wales, Australia found that sprinting on a bike for 8 seconds followed by 12 seconds of recovery burnt 5 times more fat than riding at one speed for 40 minutes. "Other types of interval training using longer work and rest periods were not found to be as effective," says the study's co-author Professor Steve Boutcher. This regime can be applied to any cardio exercise, so there's no excuse for any cyclophobes out there.

C Best for getting fitter

1 Warm up by running at 50% of your max heart rate for 5 minutes.
2 Row for 2 minutes on resistance level 8 at 90% of your max heart rate.
3 Recover by rowing for 3 minutes on resistance level 10 at 30% of your max.
4 Repeat this for 30 minutes.
WHY? A study in the journal *Medicine and Science in Sports and Exercise* found that when people alternated between 2 minutes of exercise at 90% of their max heart rate then recovered for 3 minutes at 30% of their max heart rate they increased their cardiovascular fitness by 13% over those who exercised at the same pace. Both groups trained until 300 calories were burnt but the interval group's metabolism was 5.4% higher 24 hours after exercise. Proof that fitness equals belly flatness.



ILLUSTRATION OLIVER BURSTON, LYNDON HAYES

THE *MH* TEN COMMANDMENTS OF WARMING DOWN

Thy workout is not over once the last weight has been downed. Thus spake Personal Trainer...

I Thou shalt take the time to stretch thy body muscles for 4-5 minutes after each and every training session.

II **To avoid the wrath of a thousand lashes hold each stretch for 15-30 seconds.**

III Thou shalt do 5 minutes of very light activity after thou training, such as walking, to fully cooleth down.

IV **Whilst thou cooleth down thou shalt maketh a mental log of thy activities so thou canst improve next time.**

V Thou shalt warm down until thy heartbeat hath slowed to at least 120bpm. Whilst not making yourself an idol, check thy heart rate on a nearby treadmill.

VI **Thou shalt change thy devil worshipping training music to more relaxing hymns whilst warming down.**

VII Thou shalt continue to drink thy holy water whilst warming down.

VIII **Thou shalt keep thy muscles clothed whilst warming down to keep them supple even if thou still burneth like Egypt's sands.**

IX To maximise thyself, thou shalt drink a blessed protein shake whilst doing a stretching warm down.

X **Thou shalt never commit the sin of removing thy shoes for a post-workout stretch. For thy Fellow gym-goers will smite thee.** MH

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Kick fat into touch

Use a football to defend your waistline against the attack of the bulge, while improving your all-round fitness and match-day skills





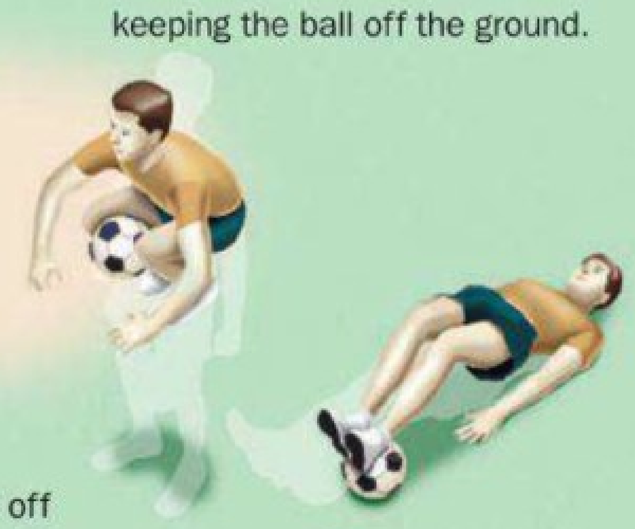
1 WALL KICKS TO RAISES

GOOD FOR balance.

Stand 3m from a wall and kick the ball against it with ytour right foot so it rebounds to your left. Then kick from left to right, and take a step back as the ball's in transit. Keep doing this routine until you miss – then go back to the start. Repeat for 3 minutes. Then do ball leg raises: reverse crunches with a ball between your ankles. Do 12 reps, always keeping the ball off the ground.







2 KNEE RAISES

GOOD FOR holding off markers, and sudden stops.

Stand with the ball between your calves. Jump up and raise your knees while still holding the ball. Do 12 reps, then lie on your back with your arms at your sides, the backs of your ankles on the ball. Lift your pelvis off the ground and roll the ball towards your glutes. Pause when it's as far as you can go, then roll it back to the start. Perform 15 reps.





3 BALL HOPS TO LUNGES

GOOD FOR improving your off-the-mark burst of pace.

Stand at 6 o'clock as shown above. Bunny hop over the ball to 12, turn and jump back to 6. Do this twice more, then do 9 to 3 and back three times. All that's one rep – do 12. Now lunges: put the ball 1m in front of you, step carefully onto it, push back to the start. Do 10 reps.

YOUR ACTION PLAN

What? A football-based workout for lovers of the outdoors.

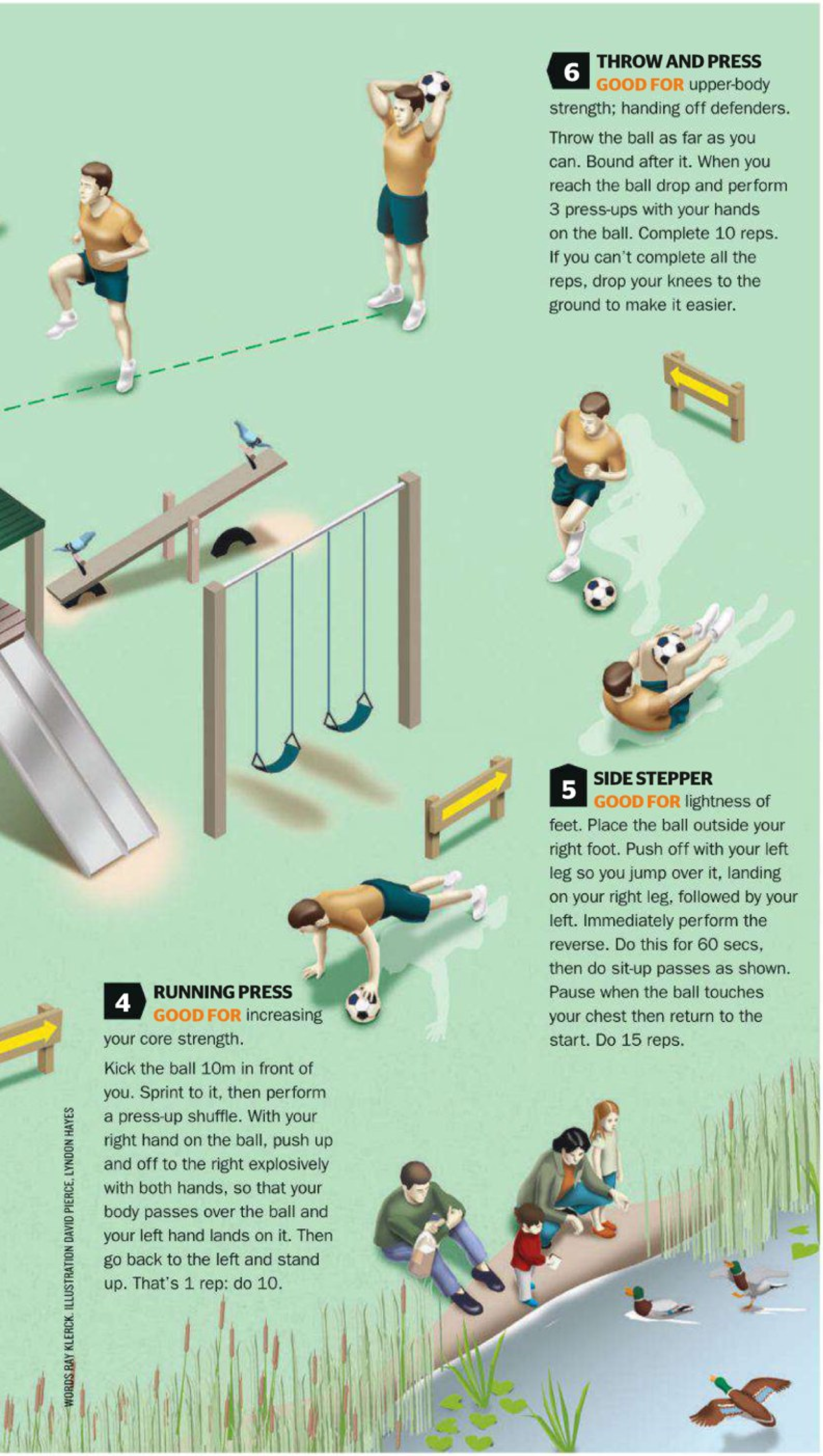
Why? Using your ball as a prop for resistance exercises, you'll test your entire body.

Who? Matt Brown, a personal training and nutrition lecturer at Premier Training International (premierglobal.co.uk), devised this programme especially for *MH*.

How? It combines cardio moves with resistance exercises, so that you burn fat while adding muscle.

When? Do this workout 2-3 times a week, resting a day in between. Complete this circuit twice resting for 2 minutes between each circuit. Perform the exercises one after the other without rest.

FAT-BURNING.com



6 THROW AND PRESS
GOOD FOR upper-body strength; handing off defenders.

Throw the ball as far as you can. Bound after it. When you reach the ball drop and perform 3 press-ups with your hands on the ball. Complete 10 reps. If you can't complete all the reps, drop your knees to the ground to make it easier.

5 SIDE STEPPER
GOOD FOR lightness of feet. Place the ball outside your right foot. Push off with your left leg so you jump over it, landing on your right leg, followed by your left. Immediately perform the reverse. Do this for 60 secs, then do sit-up passes as shown. Pause when the ball touches your chest then return to the start. Do 15 reps.

4 RUNNING PRESS
GOOD FOR increasing your core strength.

Kick the ball 10m in front of you. Sprint to it, then perform a press-up shuffle. With your right hand on the ball, push up and off to the right explosively with both hands, so that your body passes over the ball and your left hand lands on it. Then go back to the left and stand up. That's 1 rep: do 10.

WORDS: RAY KLERICK. ILLUSTRATION DAVID PIERCE, LYNDON HAYES



THE MH TEN COMMANDMENTS OF ROUTINES

Our resident Moses tells you how to make like Samson and break out of a training rut

I Thou shalt keep a training diary. Make a note of when you start your current programme so you know when to change it.

II Thou shalt revamp your routine every 4-6 weeks, it keeps thy muscles guessing.

III Thou shalt train thy weaknesses as often as possible.

IV Thou shalt add drop sets, negative reps, supersets, the rest-pause method, and static holds to increase intensity.

V Honour thy body. If you're tired then lower the intensity or take a break. You won't shrink.

VI Thou shalt eat healthy meals. Only a balance of nutrients will support thy training and subsequent gains.

VII Thou shalt be inventive. Try out new moves or create your own. If you're lifting in a different way you'll get bigger, faster gains.

VIII Honour thy rest days. To avoid over-training take a break – a full week after every 6-8 weeks of training. A rested disciple is a stronger and fitter disciple.

IX Thou shalt supplement with whey, glutamine, creatine, caffeine, ZMA and multi-vitamins. Visit menshealth.co.uk for more chapter and verse on specific supplements.

X Thou shalt keep learning. The more you know, the better equipped you'll be to maximise your results. MH

Crunch-free abs

This cutting-edge workout uses a combination of weight-lifting moves and interval training to reveal the six-pack within

SIX-PACK SECRETS REVEALED!



Six great reasons why you should follow this workout

There are some things in life (like England's performance in the World Cup) that should never be repeated. And now you can throw crunches into the bin, too, thanks to strength coach Craig Rasmussen's new abs workout. "Doing 2-4 sets per exercise and 8-15 reps generates a huge increase in testosterone and growth hormones," says Rasmussen. Research in the *Journal of Clinical Endocrinology & Metabolism* found this means you'll not only build more muscle but also carry less fat. "To achieve maximum intensity you'll only ever rest for 60 seconds, keeping these hormones at their highest levels for the entire workout."

WHAT TO DO

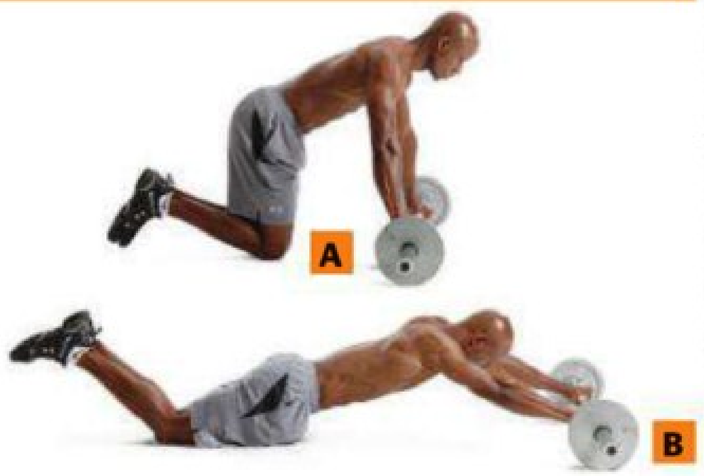
Alternate workout A and B with a day's rest in between. For exercise 1 in each workout, do 2-3 sets of 10 reps, resting 60 secs after each. Then do 12 reps of exercise 2a, rest 60 seconds and do 12 reps of exercise 2b. Rest for 60 seconds again, and repeat until you've completed 3 sets. "This will help you lose more weight, burn more calories and build extra muscle," says Rasmussen. Follow the same procedure with exercises 3a and 3b. This should take only 30 minutes. After 4 weeks you'll lose up to 4kg of body fat and your abs will give new meaning to having a lot of front.

WORKOUT A

1 **WORKS: ABS, SHOULDERS, LOWER BACK**

Barbell rollout

Kneel in front of a loaded barbell and grab it as shown [A]. Slowly roll the bar forward, extending as far as you can [B]. Pause and return to the start. "Your abs tense to stop your torso falling onto the ground," says Dr Ross Sherman, movement science professor at Grand Valley State University, Michigan. Keep moving – this is only the beginning.

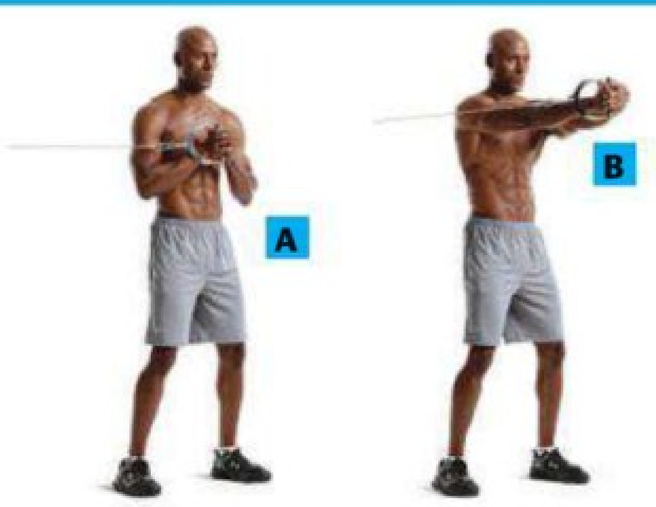


WORKOUT B

1 **WORKS: ABS, SHOULDERS**

Cable core press

Attach a D-handle to the middle pulley of a cable station. Hold the handle and stand with your right side facing the stack [A]. Slowly press your arms forward [B]. Pause and reverse the motion. Repeat on the other side. "Pressing the weight in front drives your abs into flexing to counterbalance the cable," says Sherman.



WORDS ADAM CAMPBELL. PHOTOGRAPHY CORBIS.STICKMEN PHOTOGRAPHY BETH BISCHOFF. GROOMING VASSILIS KOKKONIDIS/FORD ARTISTS NYC FOR KERASTASE

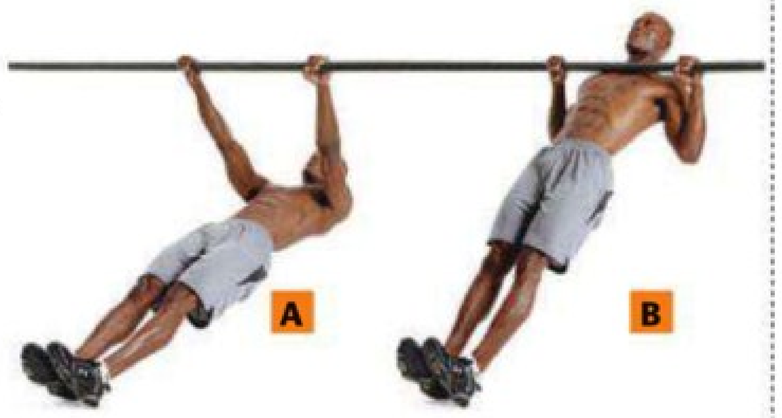
2a **WORKS: ABS, GLUTES, QUADS, CALVES**
Crossover dumb-bell step-up

Grab a pair of dumb-bells and stand with a bench to your left. Place your right foot on the bench [A]. Push your body up until your right leg is straight but your left foot is still off the bench [B]. Lower to the start position. Repeat with your left leg. "Here your abs flex to stop your upper body from falling forwards," says Sherman. This will also improve your overall balance. Remember to keep those rest periods short to burn more calories.



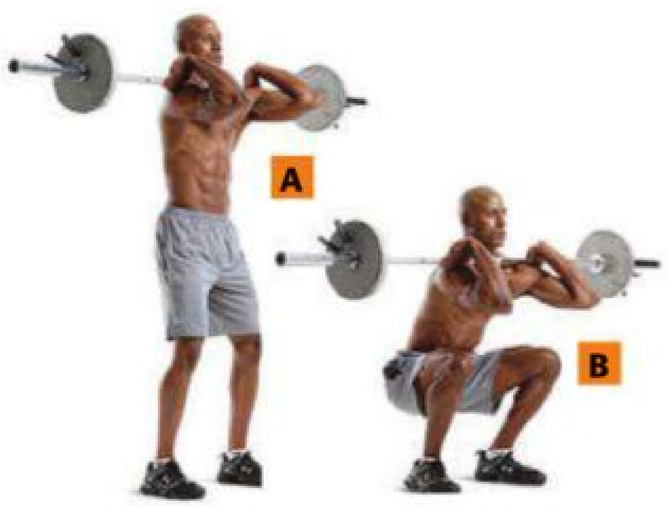
2b **WORKS: ABS, LATS, BICEPS, CHEST**
Inverted row

"Here you'll keep your body in a straight line, which forces your abs to tense," says Sherman. Secure a bar in a power rack at waist height and hang beneath it using a shoulder-width grip, as shown [A]. Pull your chest to the bar [B]. Pause, and slowly lower yourself back to the start. Resist the urge to use this newfound power to pull yourself towards other, less healthy, bars – you're not finished training yet.



3a **WORKS: ABS, GLUTES, HAMSTRINGS**
Barbell front squat

For a washboard stomach stop putting the weight behind you and start being up front. Hold a barbell next to your chest, upper arms parallel to the floor, resting the bar on your shoulders [A]. Lower yourself until the tops of your thighs are parallel to the floor [B]. Pause and return to the start. This move works your abs up to 5% harder than back squats, found research in the *Journal of Physics*. Keep going, you've still got one more move to do.



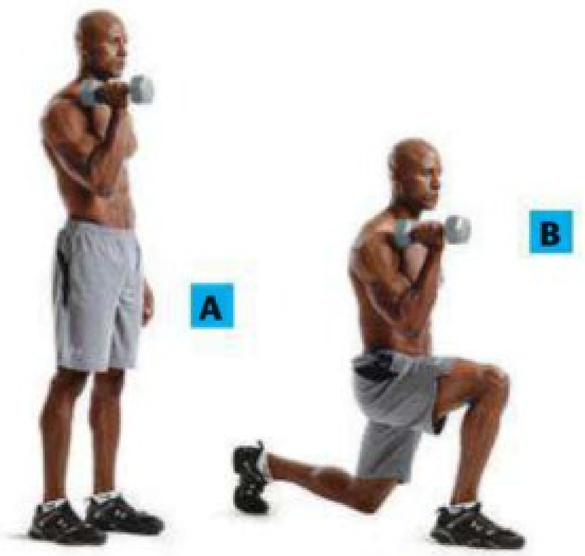
3b **WORKS: ABS, CHEST, SHOULDERS, ARMS**
Press-up

This old favourite has been carving out warrior-worthy abs since the days of the Spartans, but form is all-important. Keep your hands slightly beyond shoulder width and body straight [A]. Bend your elbows until your chest nearly touches the floor [B]. Pause, push back to the start. "Your abs have to tense to support your hips and torso," says Sherman. Phew! You've just completed an abs-focused, fat-burning workout.



2a **WORKS: ABS, CALVES, SHOULDERS**
Offset dumb-bell reverse lunge

Don your thinking cap because you're about to challenge how you usually move. Hold a dumb-bell as shown [A]. Step back with your left foot into a reverse lunge [B]. Push back to the start position. "This works oft overlooked muscles in your legs and core," says Sherman. Do all your reps, then switch sides to step back in time and reverse the affects of ageing on your abs.



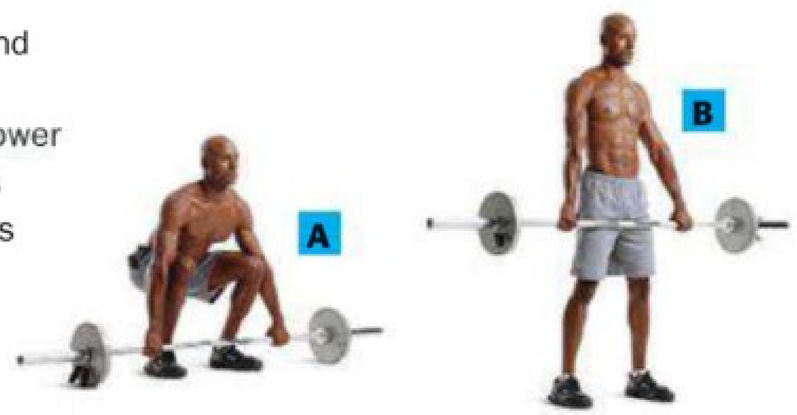
2b **WORKS: LATS, BICEPS, FOREARMS, ABS**
Pull-up

"This move ropes in your one of your biggest muscles, the lats, to cull calories and uncover your abs," says Sherman. Grab a pull-up bar as shown [A]. Now squeeze your shoulder blades down and back, and pull the top of your chest to the bar [B]. Pause, slowly lower. "Stopping your body from swaying switches on your abs, so try your best to keep yourself still," says Sherman.



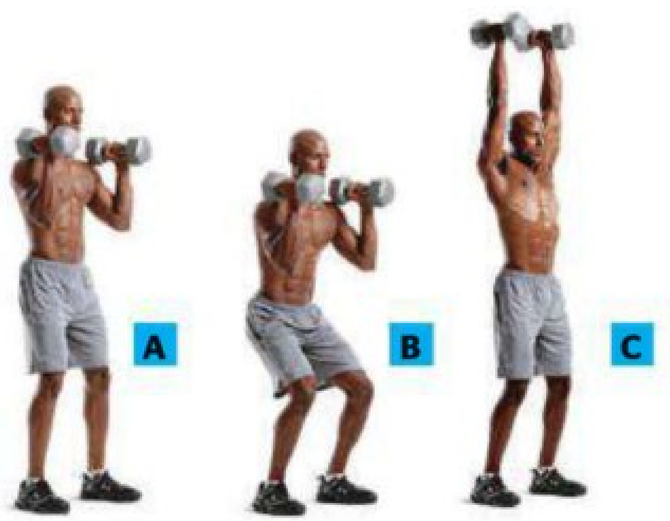
3a **WORKS: ABS, LEGS, LOWER BACK**
Barbell deadlift

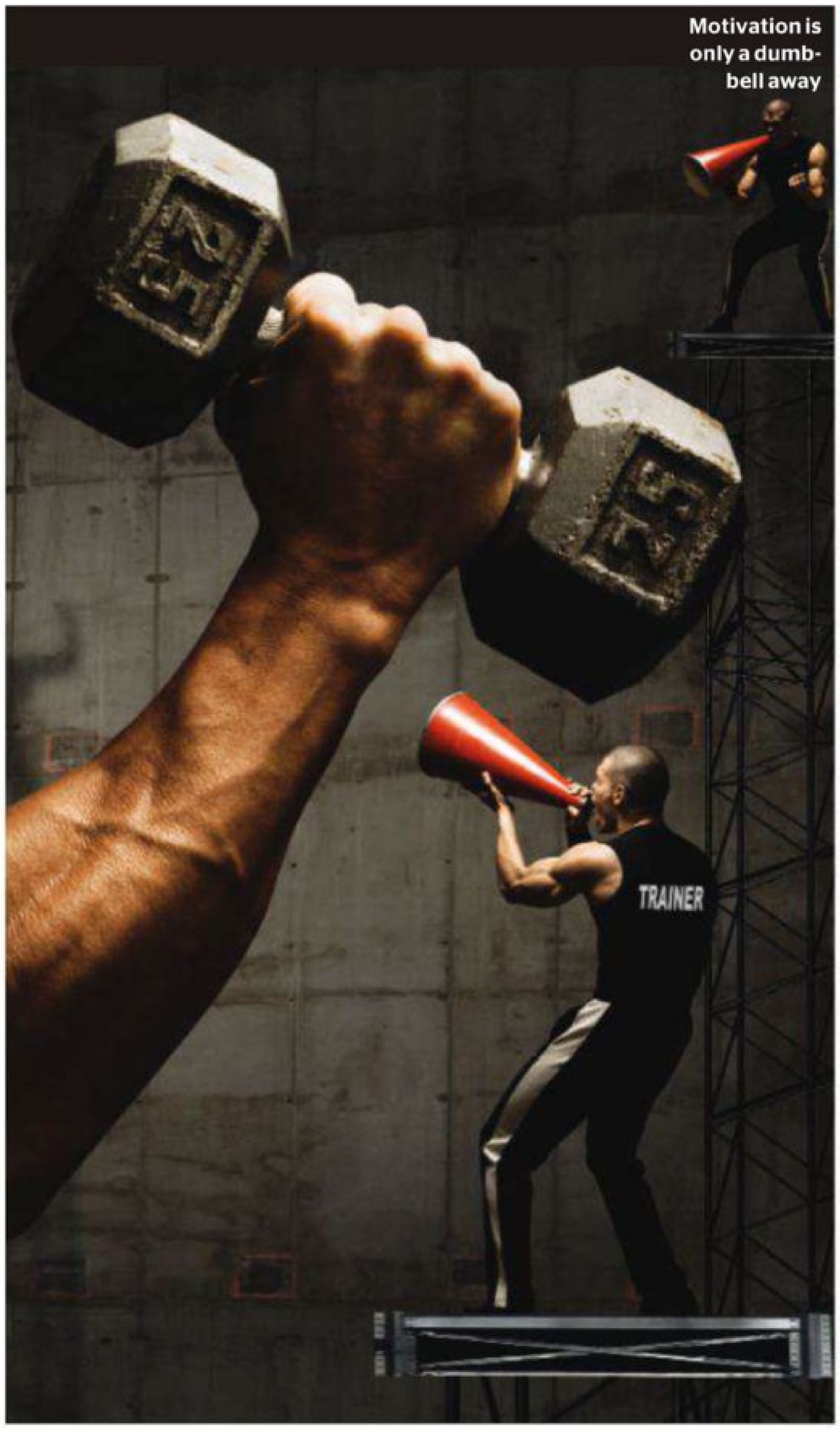
Load a barbell and roll it against your shins. Crouch down and grab the bar with an overhand grip [A]. Keeping your back naturally arched, thrust your hips forwards and stand up [B]. Lower the bar to the floor and repeat. This move was as good at working your core as traditional abs exercises such as the side bridge, found a study in *The Journal of Strength and Conditioning Research*.



3b **WORKS: GLUTES, LEGS, ABS, SHOULDERS** **Dumb-bell push press**

You're on the home stretch so give this last move your all. Stand with dumb-bells as shown [A]. Dip your knees [B] and then explosively push up with your legs and press the weights up above your head [C]. Lower the dumb-bells and repeat. "Your abs have to flex hard to protect your spine during this exercise," says Sherman. You can now enjoy your weekend safe in the knowledge that your abs are rock solid. MH





The X-Factor

Crossfit is a potent combination of high-rep strength moves and cardio exercise that'll torch your fat

Save yourself time by combining your weight training and cardio into one lung-busting session. By taking on the principles of Crossfit – a style of extreme training that has swept the States– you'll build muscle and burn fat in tandem, picking up looks of awe from your fellow gym-goers. It's used by everyone from Olympians and soldiers to police officers and even housewives, and they all use the same programme. The thing is everyone's needs differ by degree, not by kind. We're all the same – we all have to stand up, sit down, lift stuff off of the floor and push things overhead, be they weights or babies. All that changes is the size of the weights. If a workout calls for 8 reps of your heaviest weight then the powerlifter might crank out reps using a 250kg weight, while your missus uses her shopping bags. The workouts – by Andrew Stemler, head trainer of Crossfit London (stemlerfit.com) – have been designed for everyone to burn fat, regardless of how fit you are. Do the workouts 2-3 times a week, alternating between them to ensure your body doesn't slack off. You'll be trimming your workout time as well as your waist.

The exercises

1 ROMAN CHAIR BACK EXTENSIONS

Muscles worked Lower back, hamstrings, abs

The Roman chair looks like a piece of medieval torture equipment and the way Crossfit uses it you'll be giving up your darkest secrets in no time. Rest your thighs across the front and hook your ankles under the pads. Fold your arms and bend forward at the waist **(i)**. Slowly raise yourself up until your upper body is straight **(ii)**. You'll isolate your hamstrings while strengthening your lower back and abs. Check for any dropped change then return to the start.



2 PULL-UPS

Muscles worked Lats, biceps, traps

The mighty pull-up is *the* best upper-body exercise. Grab the bar with a shoulder-width, overhand grip and hang at arm's length **(i)** – it's not a full rep if you go from half way. Bend your elbows to pull yourself up until your chin crosses the plane of the bar **(ii)**. Pause, then slowly lower yourself to the starting position without swinging around like the star turn at Monkey World. Don't stress if you can't do all your reps at once – take a break when you need to or use the assisted pull-up machine. But you must do them all – it's the law for this system.



3 ROMAN CHAIR SIT-UPS

Muscles worked Abs

Make like a pancake and flip over on the Roman chair, tucking your ankles under the pads. Cross your arms and lower your upper body until it's almost parallel to the floor **(i)**. Then rise up to the starting position while keeping your back dead straight, Dracula-style **(ii)**. Keeping your back off the ground keeps the tension on your core for the entire rep – something that normal sit-ups don't do. The exercise itself will give your core a sound thrashing, and then there are all those reps to get through. ▶



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4 PRESS-UPS

Muscles worked Chest, triceps, shoulders, abs

Lie face-down and support your body on the balls of your feet with your hands positioned slightly wider than shoulder-width apart **(i)**. Bend your elbows to lower yourself, and just before your chest touches the floor **(ii)**, explode back up to the start. Again, rest as and when you need to, but remember the aim is to crank out your reps in double-quick time. This will give you the power to win tussles on the pitch or in the queue for the bar afterwards.



5 BODYWEIGHT SQUATS

Muscles worked Glutes, hamstrings, quads, abs

Your glutes are your biggest muscles, so the more you work them, the more calories you'll burn. Stand with your feet shoulder-width apart **(i)**. Lower yourself towards the ground. Stop when your thighs touch your calves **(ii)**. Going this low ropes in your glutes so your rear looks worthy of the tanga briefs your missus bought you last Christmas. Maintain a straight back and keep your knees in-line with your feet. Rise to the start but imagine you're pulling the ground apart with your feet to use more of your fat-burning glutes.

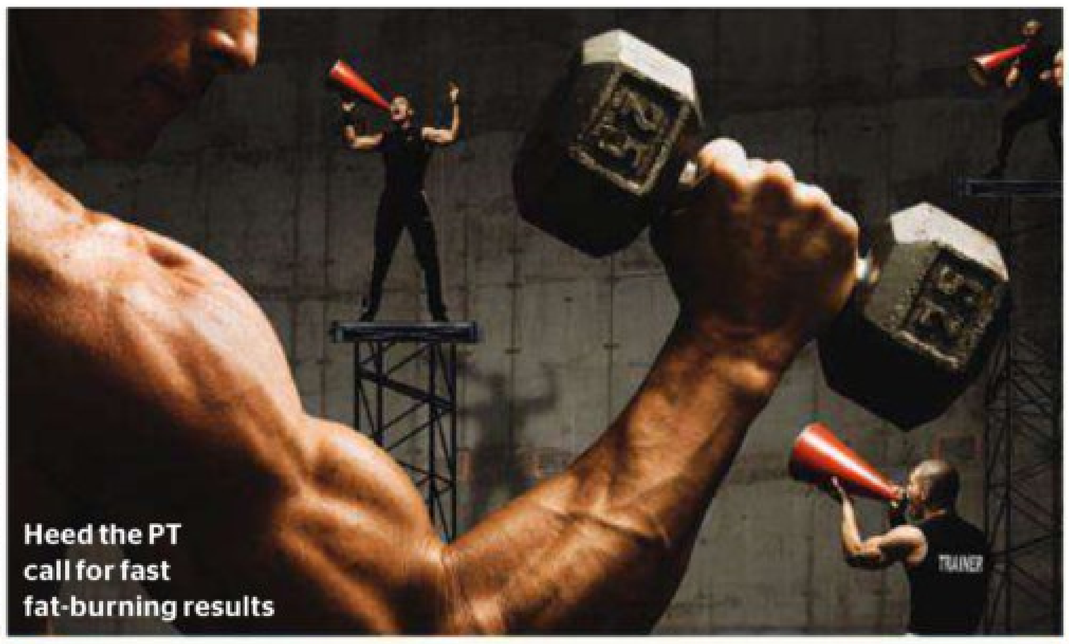


6 THE THRUSTER

Muscles worked Glutes, quads, abs

It sounds like a dodgy Marvel character, but this move will make a hero out of you. Stand with your feet shoulder-width apart and grab a bar-bell, sandbag or small child (ask first). Hold it at shoulder height **(i)**, bend your knees and hips to squat down as low as you can **(ii)** then rise up and press the weight overhead **(iii)**. Return to the start and repeat. At the top of the move, imagine that the weight, your arms and shoulders make a frame. Poke your head through it to slap some tension onto your abs. So while your glutes are stripping fat, your six-pack is being chiselled out, too.





Heed the PT call for fast fat-burning results

The workouts

The key is intensity. Crossfit won't just annihilate your fat stores – it's the fast-track to being an athletic all-rounder, equal parts weightlifter, gymnast and sprinter. Crossfit's speciality is not specialising. The sessions here have been designed for the gym but if you get the Crossfit bug, head over to stemlerfit.com and find yourself a local class.

CORE BURNER

"Perform 3 rounds as quickly as you can without rest and record how long it takes – then try to beat your time next week," says Stemler. The run warms up your core and performing the back extension first and sit-ups afterwards will cement your midsection with 360-degree strength.

1. Run 800m
2. 50 Roman chair back extensions
3. 50 Roman chair sit-ups

CALORIES BURNT 254

POWER BLASTER

"Perform the circuit just once," says Stemler. "Take a minimal rest whenever you need it because it doesn't matter how long this circuit takes you, the goal is simply to finish." If you can't do pull-ups then use the assisted pull-up machine. Alternating between running and weights moves will rope in all the muscle fibres in your legs, helping you to burn more fat.

1. 50 pull-ups
2. Run 400m
3. 21 Thrusters
4. Run 800m
5. 21 Thrusters
6. Run 400m
7. 50 pull-ups

CALORIES BURNT 478

SPORT STRIPPER

"Do this circuit as fast as you can," says Stemler. The 2km run fatigues your lower half so that when you do the squats you'll burn more calories than if you'd done them on their own. This will improve your sports performance by giving you gymnastic strength.

1. Run 2km
2. 20 pull-ups
3. 100 press-ups
4. 200 bodyweight squats
5. Run 2km

CALORIES BURNT 563

EXPRESS BURNER

"Do as many rounds of this circuit as you can in 20 minutes," says Stemler. The order of the exercises lets your upper-body rest while you're working your lower body. This will burn a titanic amount of calories for the amount of time spent exercising.

1. 5 pull-ups
2. 10 press-ups
3. 15 bodyweight squats

CALORIES BURNT 398 MH

PHOTOGRAPHY GETTY, ADRIAN WEINBRECHT. MODEL DAVID SHEATH AT FLAIR TALENT. SHORTS NIKE. TRAINERS ASICS. SHOT ON LOCATION AT VIRGIN ACTIVE.CO.UK. EQUIPMENT TECHNOGYM.COM

Burn fat by breathing

Take a deep breath then use the calorie-burning power of your lungs to exhale your unwanted flab

ENOUGH TO MAKE YOU HYPERVENTILATE

By increasing the oxygen your body uses during exercise, you'll continue to burn calories after training. After exercise your body consumes more oxygen than normal in order to return it to its pre-exercise state. This Post-Exercise Oxygen Consumption (EPOC) causes a spike in your metabolism and can elevate calorie burn for up to 48 hours. For every litre of oxygen consumed 5 calories are burnt.

These workouts offer 3 ways to elevate your EPOC. Do 1-2 of them every week leaving one day's rest. Studies in *Sports Medicine* show EPOC lasts from 15 minutes to 48 hours, depending on the individual. Our calculations erred on the lower end of the spectrum so the total calories burnt are conservative estimates based on 15 minutes, but it's likely you're shifting more.

A IF YOU'RE AFTER MUSCLE

TOTAL CALORIES BURNT 1,035

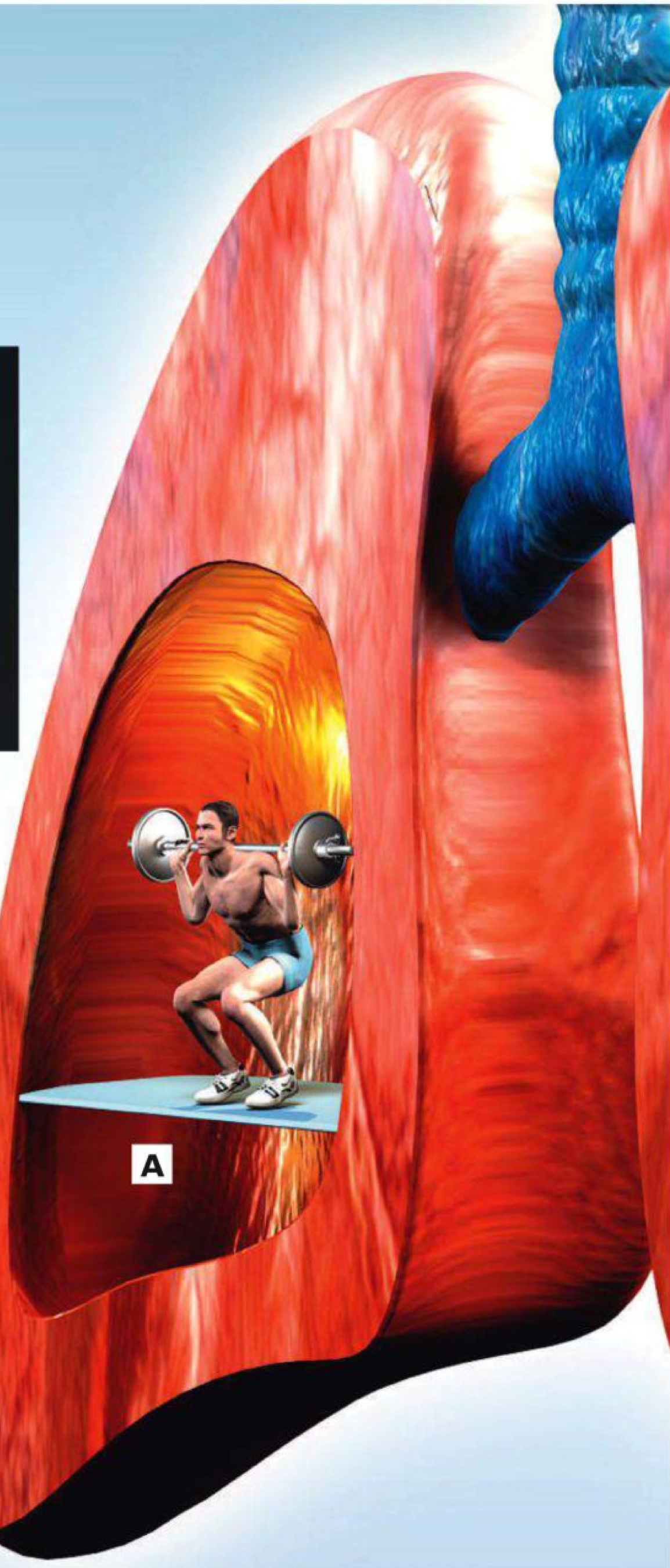
What to do? Do this full-body strength workout to bulk up while getting lean. Rest for 1-2 minutes between sets and do the reps at 80-90% of the maximum you can lift. Take 1 second to raise the weight and 2 seconds to lower it. For full descriptions visit menshealth.co.uk.

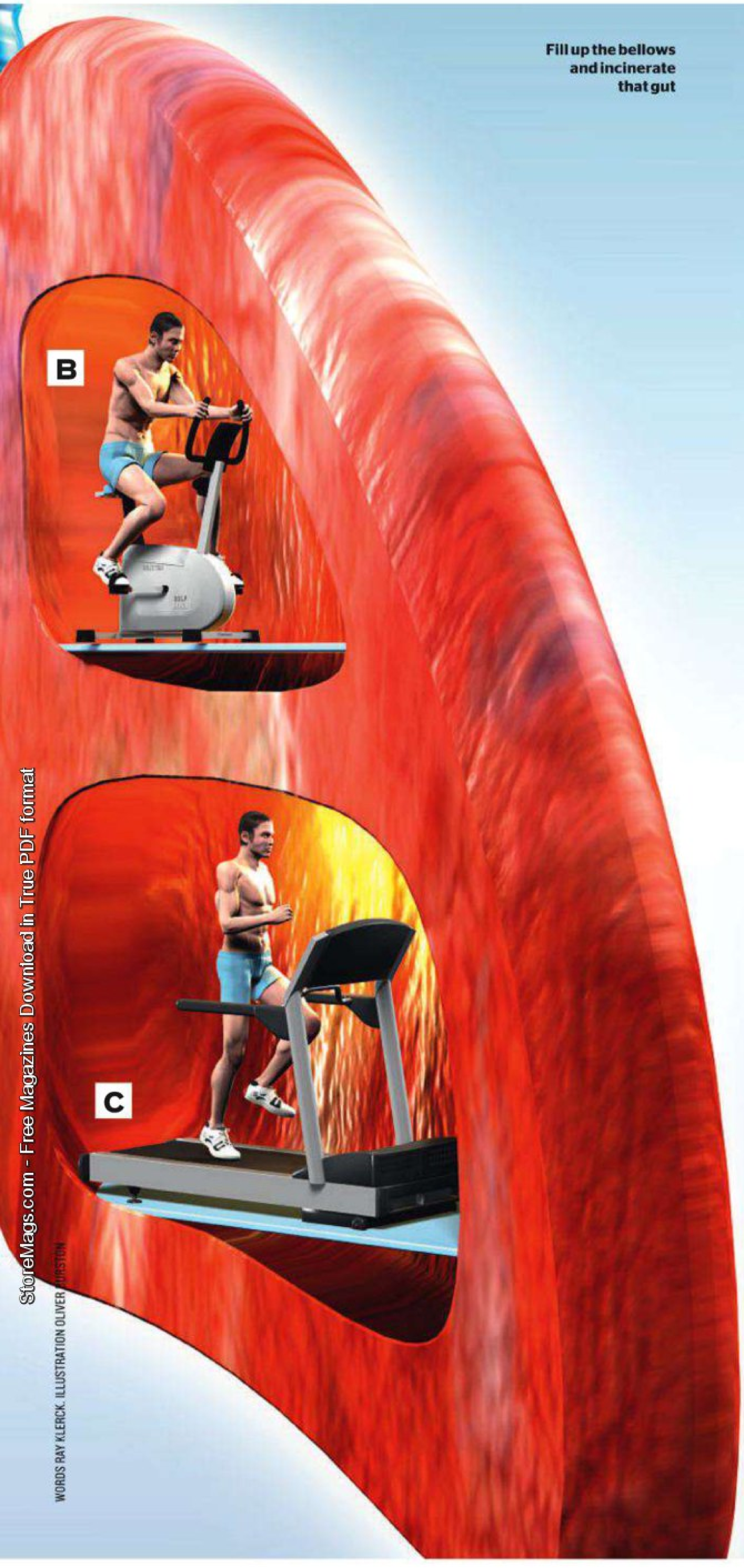
EXERCISES	SETS	REPS
Bar-bell squats	3	8,6,4
Pull-ups	3	8,6,4
Deadlifts	3	8,6,4
Bar-bell bench press	3	8,6,4
Seated rows	3	8,6,4
Dips	3	8,6,4
Bar-bell curls	3	8,6,4
Weighted sit-ups	3	8,6,4

Calories burnt during exercise 240

Why it works? A study in the *Journal of Applied Sport Science Research* showed heavy resistance training produced the greatest EPOC (10.6 litres, 53 calories per minute) compared with circuit training (10.2 litres, 51 calories per minute) and cycling (6.7 litres, 33.5 calories per minute). Heavy lifting inflicts more damage to your muscles fibres so they require more oxygen and energy to repair. This makes you burn more calories *after* training than during.

Calories burnt 15 mins after training 795





Fill up the bellows and incinerate that gut

B IF YOU HAVE LOTS OF TIME

TOTAL CALORIES BURNT 913

What to do? If you are able to manage to train in the morning and again later in the day then this workout will yield phenomenal fat-burning results. So before work run, cycle or row for 25 minutes at 75% of your maximum effort, then after work repeat the same workout.

Calories burnt during exercise 680

Why it works? Breaking up your training session drastically elevates your EPOC. A study in the *British Journal of Sports Medicine* had participants run two 25-minute sessions at 75% of their maximum effort. They then got the same group to run for 50 minutes continuously at 75% of their max. The EPOC values for the split sessions were combined and averaged 3.1 litres (15.5 calories per minute) versus 1.4 litres (7 calories per minute) for the continuous exercise bout.

Calories burnt 15 mins after training 233

CAN'T MANAGE THE FULL 25 MINUTES? Shorten your workouts by 10 minutes so that you only run for 15 minutes at 70% of your maximum effort, twice a day. This will make you burn an extra 10 calories per minute after exercise compared to if you'd run continuously for 30 minutes at 70% of your maximum effort according to research in the *Canadian Journal of Applied Physiology*.

Total calories burnt 558

C IF YOU'RE TIME POOR

TOTAL CALORIES BURNT 961

What to do? Run as fast as you can for 1 minute then rest for 30 seconds. Repeat this 20 times. You can do this on the treadmill or out on the road during your normal run.

Calories burnt during exercise 436

Why it works? You probably know that intervals shift more fat but short running bursts at 100% effort will also carry this on long after training. Research in the *Journal of Sports Sciences* had a study group run for 30 minutes at 70% of their maximum effort. They then got a different group to run 20 intervals of 1 minute each at 100% of their maximum effort, resting 30 seconds between each bout. The participants who ran the intervals inhaled approximately 8 litres more oxygen and as a result burnt an extra 35 calories per minute after exercise than those who exercised at a steady rate for 30 minutes.

Calories burnt 15 mins after training 525 MH

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WORDS RAY KLERCK. ILLUSTRATION OLIVER BURSTON

Release: StoreMags & FantaMag

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Power lunch

No weights or rep counts are required for this gym-free workout, which builds endurance and reduces fat in your midday break

Your action plan

What?

A hard and fast high-intensity workout to burn calories long after you've caught your breath.

Why?

This workout will up your heart rate and give you the energy to get through the rest of the day.

How?

Designed by Paul Collins, author of *Belly Busters for Men* (The Body Coach), the routine is just 20 mins and doesn't require equipment.

When?

Perform these moves in order, spending 1 min on each. Rest 2 mins between each set. Repeat as often as you can in the allotted time.

Who?

Those who struggle to fit a workout into their day.



SET 1

A 00:01 Calf jump with arms overhead

Stand on your toes with your legs shoulder-width apart. Stretch your arms over your head and jump as if you were skipping with a rope. Repeat.

B 00:02 Switch split jump

From a lunge position, hands behind your head, jump and switch legs in mid-air. Fall into the next lunge and repeat immediately.

C 00:03 Speed side-shuffle press-up

From a press-up position, extend your left arm and leg. Bring your right arm and leg to the left so you're back at the start. Shuffle back and forth.

D 00:04 Soft jump squat

Place a marker outside your left foot. Assume a squat position, bending your legs until your quads are parallel to the ground. Jump back and forth over the cone sideways, landing gently.

E 00:05 Burpees

Do a press-up. Jump into a squat position. Raise your hands and jump up, bringing your knees into your chest. Land on your toes and drop back into a squat. Kick your feet back into a press-up position. Repeat.

2-MINUTE BREAK: 00:05 - 00:07

SET 2

A 00:08 Bear crawl

From a crawling position, bend your elbows and knees, your hips in the air. Crawl quickly towards a point. Then move backwards to the start.

B 00:09 Pulsing sumo squat with jump

Do 2 consecutive squats, holding each one for 1 second. Explode up out of the last squat, maintaining your form at all times. Repeat.

C 00:10 High knees in place

Sprint on the spot by driving your knees to your chest. If your legs are lagging, hold your hand out and try connect your knees with your elbows.

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D 00:11 Jump squats and star jumps
Stand with your hands behind your head. Bend your knees to lower your body until your thighs become parallel to the floor, then push up so that your feet leave the floor. Land with bent knees then do 5 star jumps and repeat.

E 00:12 Press-up with side plank
Complete 1 press-up and then immediately push yourself into a side plank. Align your head, neck, shoulders, core and legs. Hold for 10 seconds. Repeat on alternate sides.

2-MINUTE BREAK: 00:12 – 00:14

SET 3

A 00:16 Forward distance hop
With your feet hip-width apart, jump as far forward as you can, using your arms to propel you. Land in a low squat position and immediately jump forward again.

B 00:17 Kangaroo hops
Stand with your legs apart and your arms out. Jump and drive your knees to your chest, using your arms to balance. Aim for 10-15 jumps.

C 00:15 Bicycle crunches
Lie on your back with your hands behind your head. Lift both legs slightly off the ground. Touch your elbow to the opposite knee, then alternate, as if you're pedalling a bike.

D 00:18 Heels high
Sprint on the spot, bringing your heels right up behind you. Imagine you are kicking your own glutes.

E 00:19 Side shuffles
Stand with you feet shoulder-width apart. Bend your knees into a low squat. Shuffle left for 10 seconds, then right for 10 seconds.

YOU CAN EAT YOUR LUNCH NOW MH

WORDS RAY KLERCK. ILLUSTRATION DAVID PIERCE

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The rear guard

To burn more fat, make your gluteus more maximus

The number of calories you burn is directly related to how much muscle is used during training. Simply put, the more muscles you use, the more calories you burn. Which is why any fat-burning circuit worth its salt includes compound exercises, working your body as a single muscular system. But if a muscle in that chain is ignored, the rest won't work as well, dramatically reducing your fat-burning potential. "When I evaluate clients I find one key of weakness over and over again: their gluteal muscles," says strength coach Bill Hartman, who designed this workout. For those who don't know, he's talking about your backside, or glutes. Consider this: your backside houses perhaps the most powerful collection of muscles in your body and if they're weak it will negatively impact all your muscles. This plan from Hartman will switch on your glutes and maximise your fat-burning potential. In as little as six weeks you can drop at least 10% of your body fat.



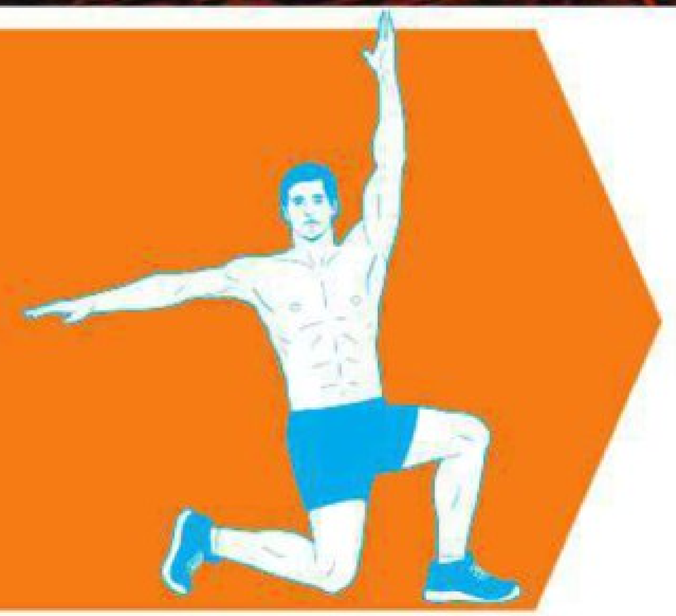
Hit the ground running and you'll soon feel the burn

THE WARM UP

Before you start performing this workout, you need to address any areas of limited flexibility. "If you're sat down all day, the front of your hips may be extremely stiff," says Hartman. Begin each workout with the kneeling hip flexor stretch to help loosen your hips and maximise your lower-body performance.

HOW TO DO IT: KNEELING HIP FLEXOR STRETCH

Kneel on your left knee, tighten your left *gluteus maximus* and brace your abs while keeping your back straight. You should feel a slight stretch in the font of your left hip – if you don't then step back further. Then reach up with your left hand as high as you can and bend slightly to the right. Reach out and back with your right hand and twist towards the right. Hold this stretch for at least 30 seconds. Do 4 repetitions, then switch sides and repeat to stretch your right hip. Like all pre-training stretches this will prepare your body for the work ahead and ensure you get the most out of your workout.



THE PROGRAMME

Add these 3 phases to your regular workout to build your glutes and burn more fat. "Some exercises may seem easy at first but doing them is essential to properly turning on the muscles that have been ignored. As you make progress, you'll move onto more challenging moves and improve the functions of your backside muscles." Spend 2-4 weeks on each phase before increasing the difficulty and you'll soon be shopping for new jeans.

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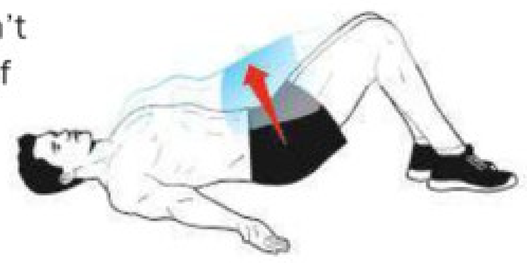
WORDS WESLEY DOYLE AND RAY KLERCK. PHOTOGRAPHY GETTY. ILLUSTRATION KAGAN McLEOD

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PHASE ONE

i HIP RAISE

Find some space on the gym floor and lie on your back with your knees bent and your feet flat. Lift your hips until they're straight. Hold for 5 seconds and return to the starting position. Perform 2-3 sets of 10-12 reps resting for 30-60 seconds between sets. Don't be fooled by the relative ease of this exercise; it's priming your behind for what's coming.



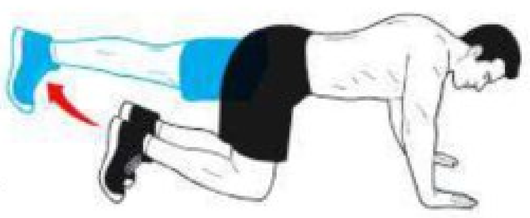
ii CLAMSHELL

Don't go anywhere, just roll over on to your side with your knees bent at 90°, your heels together and in line with your glutes. Open you knees as far as you can, without rotating your pelvis or back. Pause, return to the starting position. Do 2-3 sets of 10-12 reps resting for 30-60 seconds between sets. Don't worry about any odd looks you may get – your squat PB will soon be reaping the benefits.



iii BIRD DOG

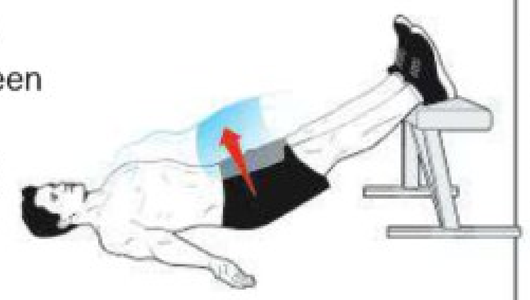
Now move onto your hands and knees. With your back straight, fully extend one leg behind you until you feel your glutes tighten; avoid any lower back movement. Hold the position for 5 seconds and return to the starting position. Do 2-3 sets of 10-15 reps resting for 30-60 seconds between each set. You're now on your way to a better looking rear aspect.



PHASE TWO

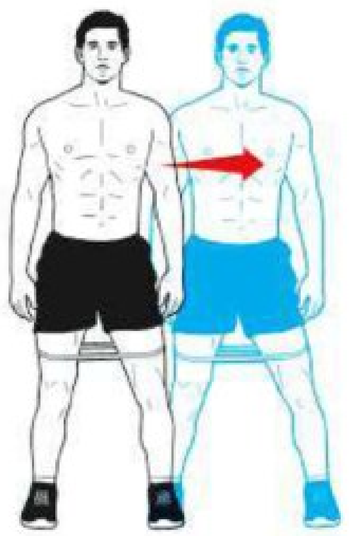
i HIP RAISE WITH FEET ON BENCH

Starting off on the floor again, lie on your back with your feet on a bench and your legs straight. Do a hip raise, as in phase one. Hold for 5 seconds and return to the start. Do 2-3 sets of 10-12 reps resting for 30-60 seconds between sets. The added power in your glutes will increase the intensity of all your lower body exercises, meaning more fat burned.



ii LATERAL WALK

If you've always wanted to be in a band this is the exercise for you. Place an exercise band around your thighs. Step to the side, toes pointing slightly outward. Sidestep to the left 20 feet and then repeat to the right. That's 1 round. Do 2-3 rounds, resting 60-90 seconds between sets. You're now ready to squeeze into those Kings of Leon regulation drainpipe jeans.



iii CABLE PULL-THROUGH

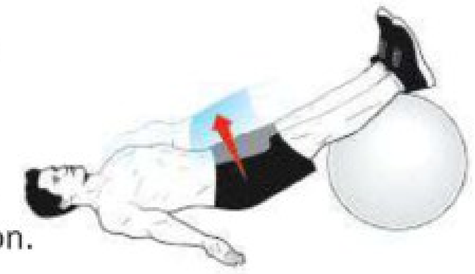
This one you'll really feel. Face away from a cable machine holding a low cable handle between your legs. Bend and reach back between your legs, with your knees bent and back straight. Now stand up, keep your glutes tight and pause. Do 2-3 sets of 12-15 reps, resting 60-90 seconds between sets. This can also be done with a kettlebell if your gym has them.



PHASE THREE

i HIP RAISE WITH FEET ON SWISS BALL

Not nearly as easy as it looks, this exercise will really get your glutes firing. Perform this move the same as phase two's hip raise but place your feet on a Swiss ball – in case you didn't read the header. Do 2 or 3 sets of 10-12 reps, resting for 60-90 seconds between sets. Walk back to the changing rooms in an odd fashion.



ii SINGLE LEG SQUAT TO BENCH

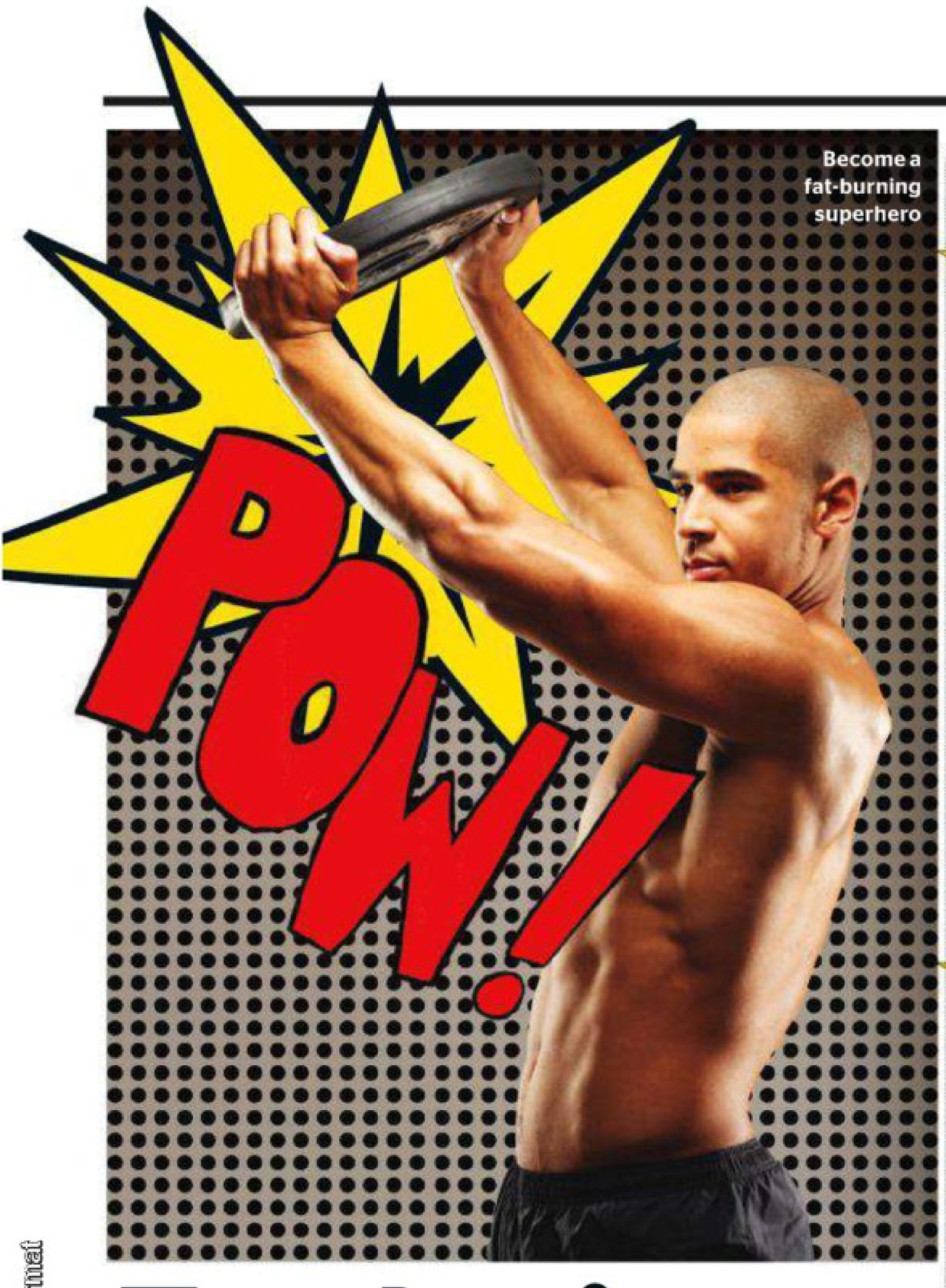
Time for a bit of a sit down. Stand on your right foot and extend your left leg. Lower yourself to a bench by bending your hips and right knee but don't rest when you reach it. Instead stand up without your left foot touching the ground. Do 8-10 reps and switch legs. That's 1 set. Do 2-3 sets, resting for 60-90 seconds between sets. Once you mastered this move, remove the bench.



iii STEP-UP

The last exercise and this one's a real killer. Step up with your right leg onto a bench. Raise your left knee to hip level without your foot touching the bench. Return your left foot to the floor. Complete 10-12 reps on one side and then repeat on the other side. That's 1 set. Do 2-3 sets, resting for 60-90 seconds in between each one. Now have a sit down – your glutes deserve it. MH





Become a fat-burning superhero

Explosive fat loss

It's the Holy Grail of fitness: lose your gut faster than you ever thought possible. Enter our new fat-burning regime

The 100m world record, broadband speed and the career of your average *X Factor* winner are all signs the pace of life is hastening. Your fat burning should follow suit, so we've come up with a workout that uses speed to accelerate your gut shrinking. Quick reps use your fast-twitch muscle fibres – the ones that burn more calories. They'll shift 11% more during exercise and 5% more after, according to a study in the journal *Medicine & Science in Sports & Exercise*. An average workout sheds 400 calories, so that's an extra 150-200 if you train three times a week – or 16% extra free, in terms of fat-burning.

WHAT TO DO

This workout was designed by sports scientist Christian Finn, founder of thefactsaboutfitness.com. Three times a week, do 4 sets of 8 reps of each exercise and rest 30 seconds between. Use weights that are 50% of your 1 rep maximum (the most weight you can lift once) so you can maintain a fast pace. Keep the lifting phase of the rep as explosive as possible, then take 2-3 seconds to lower the weight. The speed gives you extra fat-burning power, so if you start to lag, just focus on the 50% extra free 'workout' you can enjoy from the comfort of your sofa.

The workout

1 AB SLAMS

Kick off proceedings by standing still and holding a medicine ball at arm's length above your head – as if you're hoisting the FA Cup. Imagine the crowd cheering around you as you position your feet hip-width apart (**A**). Quickly bend your torso over to slam the ball down (**B**). Catch it as it bounces back up – mind your face – (**C**) then lift it up to the starting position. The fast pace of the exercise will help strip the fat off your belly and work your abs, the stabilising muscles of your core and improve your hand-eye coordination. What do you mean you're tired already?



2 SUPERFLY PRESS-UP

Use this classic chest builder to create definition between your pecs. Get into the press-up position with your hands slightly wider than your shoulders (**A**). Hold a slight bend in your knees. Keep your back flat and lower your body until your upper arms are lower than your elbows. Quickly straighten your arms and knees to push both your upper and lower body off the ground. Clap your hands together in mid-air (**B**) and land with your bodyweight on your arms, then let your legs touch the ground to hit the 'power-up' button on your punches. Extra points if you can clap in time to the gym's 'motivational' Europop.



3 JUMPING SPLIT SQUATS

Beware – these are aptly named for their ability to destroy ill-fitting training shorts. Stand in the lunge position with your right leg forward, left behind you and your knees slightly bent (**A**). Hold a light weight-plate or dumb-bell in each hand against your sides. Bend your knees and jump up (**B**). While in the air cross your legs to land with your left foot forward and your right foot behind you (**C**). This will improve your balance and help you hold your running line when taking a knock. Bend your knees when landing to absorb the impact. Check crotch of shorts. If intact, repeat to burn calories while building leg strength.



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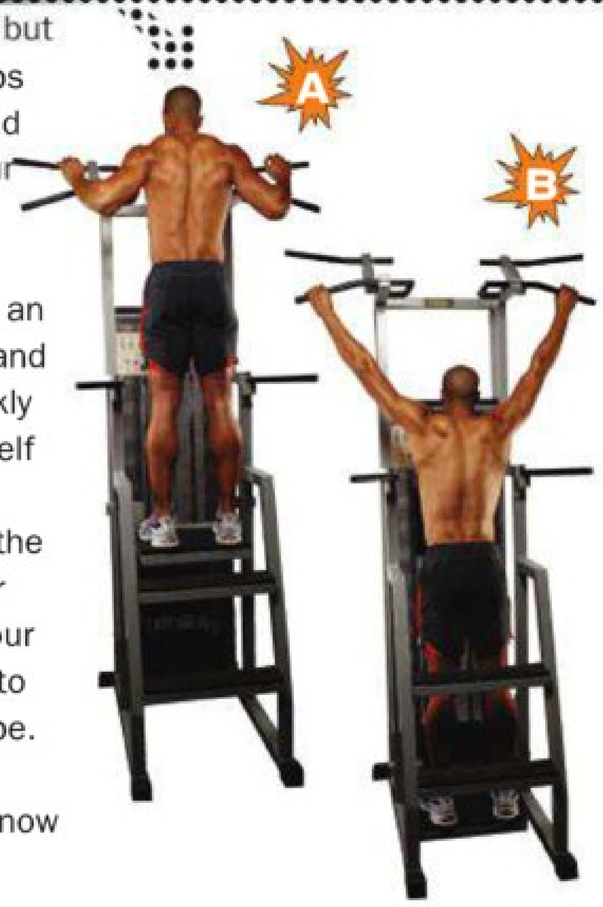
4 WEIGHTED BOX JUMPS

Bit of an attention grabber, this next one. Stand in front of a box or bench. Hold a light weight-plate in each hand (**A**). Bend your knees to squat down letting your hands, along with the weight plates, swing behind you. Jump up onto the box (**B**) with both feet at the same time, while swinging the plates upwards. Land with your knees bent in the starting position (**C**). This develops the power to hurdle over sliding tackles and garden hedges. Jump back down so that both legs land on the ground at the same time. Take all accusations of looking like a cymbal-playing frog with a pinch of (low sodium) salt.



5 ASSISTED PULL-UPS

We know what you're thinking, but even machine-assisted pull-ups aren't for the faint-hearted, and these involve a twist. Stick your knees (or feet, depending on the design) on the pads of the machine (**A**). Grab the bar with an overhand shoulder-width grip and hang at arm's length (**B**). Quickly bend your elbows to pull yourself up until your chin crosses the plane of the bar, then let go of the bar for a second. Catch the bar on your way down and tense your muscles to slow your descent to give you a more defined V-shape. See, not as easy as it looks. Flagging? Keep going – you're now over the halfway mark.



6 SMITH MACHINE CURL THROW

The Smith Machine gives you greater control of the bar, which is essential for the next couple of exercises as you'll be actually letting go of it (and hospitalisation is widely considered a set-back when it comes to a fitness regime). Set the bar-bell to hip height on the racks and stand at arm's length in front of it. Grab the bar with a shoulder-width underhand grip (**A**). Bend your elbows to 90 degrees, then explosively curl the weight up and let go of it at the top of the move (**B**). Catch it then lower it slowly to ensure you use your triceps as well as your biceps and create leaner, longer muscle.



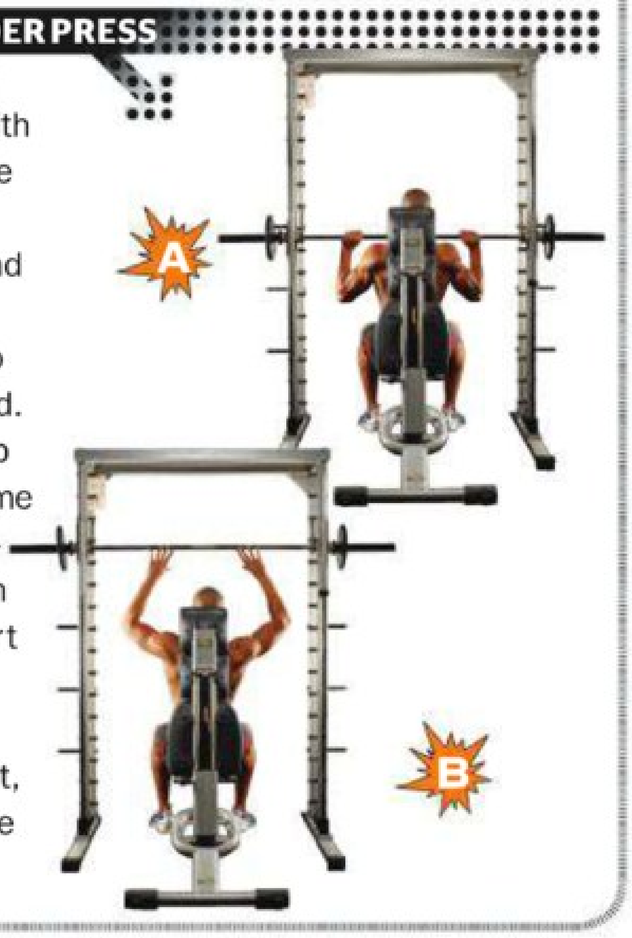
7 SMITH MACHINE INCLINE PRESS THROWS

Okay, it's time for your second shot at the Smith. Stick an incline bench, set to between 30 and 45 degrees, beneath a Smith Machine. Lie on the bench and place your hands slightly wider than shoulder-width apart on the bar (**A**). Lift and turn the bar-bell, then lower it towards your upper chest. Keep your head, torso and hips pressed firmly onto the bench. Pause before the bar-bell touches your chest, then quickly straighten your arms to press the weights up. At the top of the move release the weight so it leaves your hands briefly (**B**). Catch it and go again. Full marks go to a bigger chest.



8 SMITH MACHINE SHOULDER PRESS

The final exercise. Stick a bench set to 90 degrees beneath a Smith Machine so it's positioned for the bar to come down to the front of your shoulders. Unclip the bar and bend your elbows to lower it (**A**). Straighten your elbows quickly to press the weight above your head. Let the weight go briefly at the top of the move (**B**). This is not the time to try to catch the eye of the Lycra-clad lovely across the gym. Catch the weight and lower it to the start position (think of the extra yards on your golf swing). Bask in the glory of finishing a tough workout, the benefits of which you'll still be enjoying at the weekend.



PHOTOGRAPHY ADRIAN WEINBRECHT. OPENER MODEL NOCHOLAS GAYLE. GROOMING MIRANDA RIGG AT JOY GOODMAN. STYLING CREDITS BLACK SHORTS BY ASICS.CO.UK GEL CUMULUS TRAINERS BY ASICS.CO.UK. THANKS TO VIRGINACTIVE.CO.UK

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The gym decathlon

This multi-discipline, Olympic Games-inspired circuit will rip you up like a Greek god, fast

Your action plan

What?

This all-encompassing workout is a mix of the 10 track and field events, serving up a fast-acting, total-body fat burner.

Why?

The title of World's Greatest Athlete is awarded to the winner of the decathlon for good reason: it's a test of speed, strength and endurance. Skills you'll gain as you lose inches off your waist.

How?

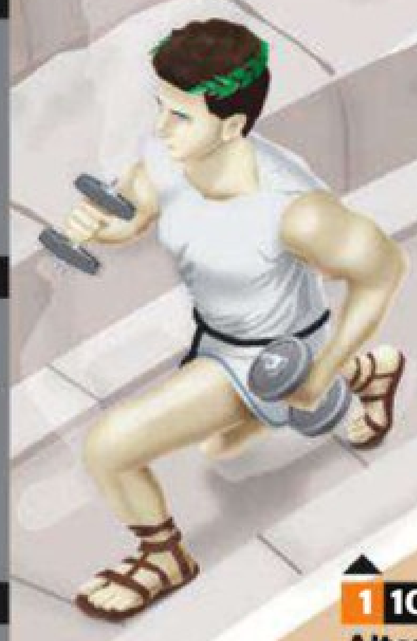
Richard Scrivener, a personal training lecturer at Premier Training International, has paired the decathlon events with the exercise that best resembles each discipline to give you a 10-step circuit. Don't rest between exercises.

Who?

Anyone who wants to improve their sports-ready fitness while shedding a few fatty kilos.

When?

Do this workout 2-3 times a week to accelerate your fitness and metabolism.



1 100 METRE DASH

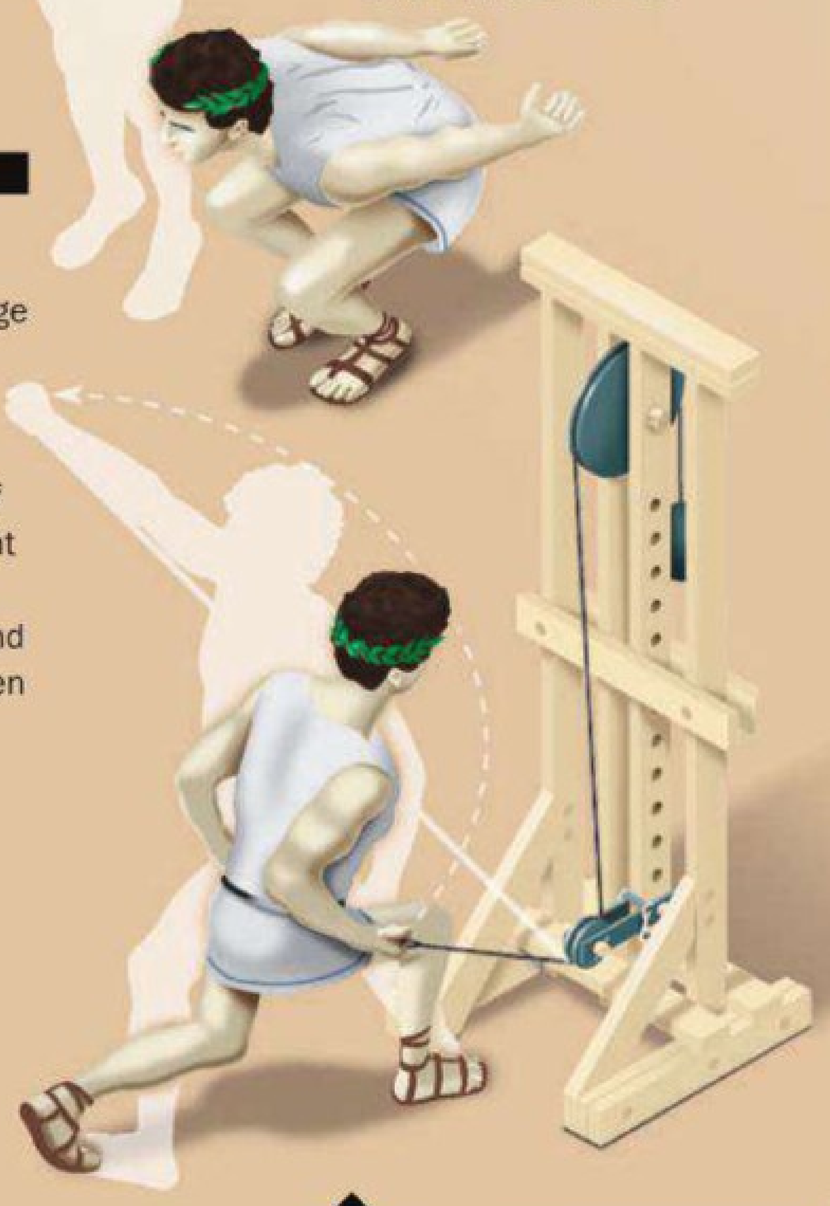
Alternating dumb-bell switch-steps

Stand with your feet in a lunge position – left foot forward and right foot back. Hold a dumb-bell in each hand. Quickly swap the position of your feet by moving your right foot forward and left foot back. Pump your arms up and down the way you would when you sprint. Do this as hard and fast as you can for 10-15 seconds.

2 LONG JUMP

2-footed long jumps

Stand with your feet together. Throw your arms down and behind you and bend at the hips and knees. Immediately explode up and try to jump as far forward as you can. Upon landing, quickly explode out of the first jump and repeat a further 4 jumps. If you don't have the space, turn around and jump to the start position. Ensure you always land with soft knees.



3 SHOT PUT

Cable row to pivot press

Stand in a lunge as shown. Hold a D attachment set at ankle level with your right hand. Pull it to a point just above your right hip. Rotate your torso clockwise to the left while you pivot on your right foot. Now press the D handle up at 45 degrees to the floor. Slowly release back to the start. Do 3 reps on each side. ▶

Your training schedule

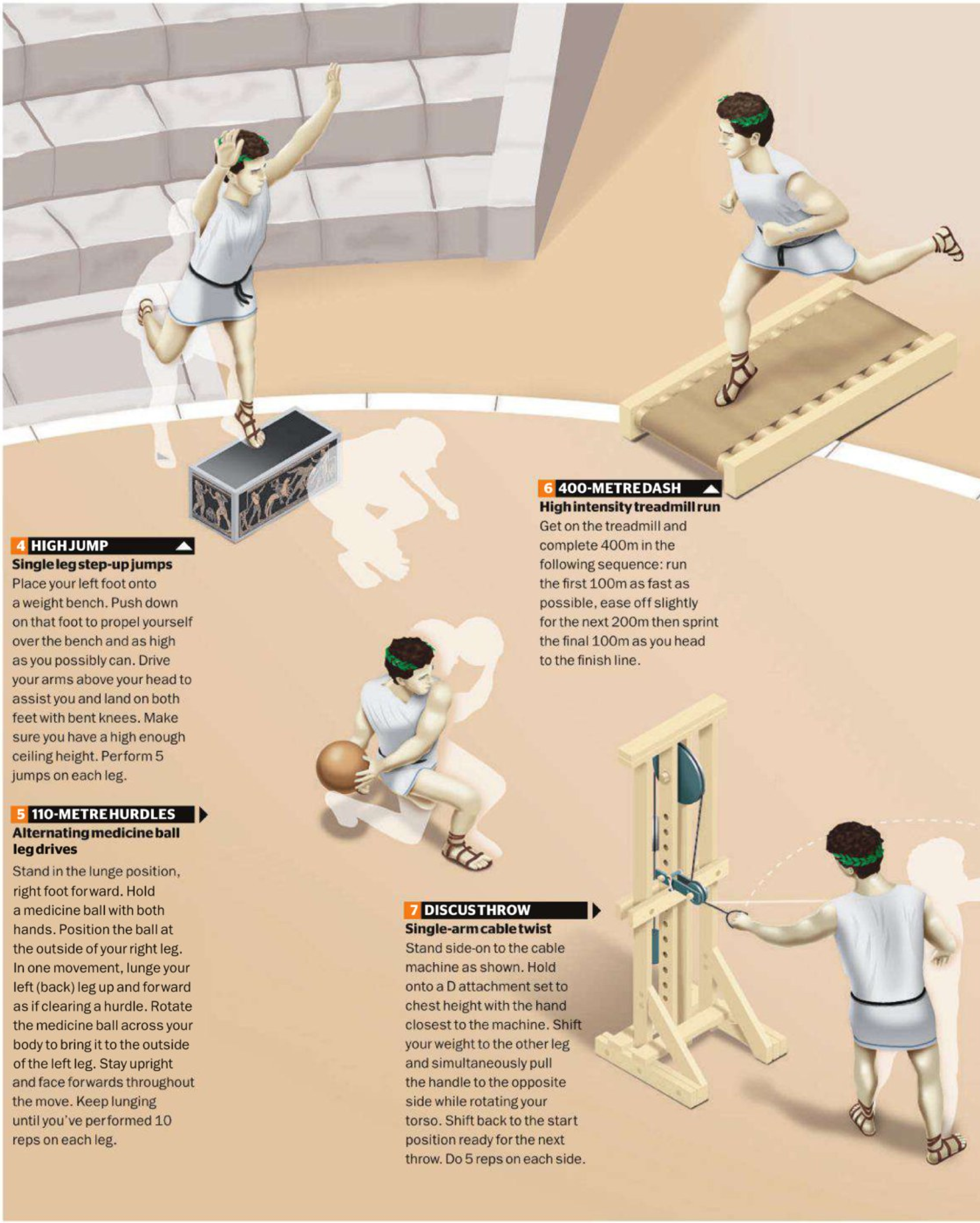
Follow this plan by performing it 2-3 times per week, limiting the amount of time you rest between sets to 30 seconds. Move straight on from one exercise to the next

	Exercise	Sets	Reps
Exercise 1	2-footed long jumps	1-2	5
Exercise 2	Alternating dumb-bell switch steps	1-2	10-15 sec
Exercise 3	Cable row to pivot press	1-2	3 on each arm
Exercise 4	Single leg step-up jumps	1-2	5 on each leg
Exercise 5	Treadmill run	1-2	400m
Exercise 6	Alternating medicine ball lunges	1-2	10 on each leg
Exercise 7	Single-arm cable Russian twist	1-2	5 on each side
Exercise 8	Single arm lunge with bar	1-2	6 on each side
Exercise 9	Medicine ball chest pass and run	1-2	8
Exercise 10	Treadmill or elliptical trainer	1-2	1500m

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4 HIGH JUMP

Single leg step-up jumps

Place your left foot onto a weight bench. Push down on that foot to propel yourself over the bench and as high as you possibly can. Drive your arms above your head to assist you and land on both feet with bent knees. Make sure you have a high enough ceiling height. Perform 5 jumps on each leg.

5 110-METRE HURDLES

Alternating medicine ball leg drives

Stand in the lunge position, right foot forward. Hold a medicine ball with both hands. Position the ball at the outside of your right leg. In one movement, lunge your left (back) leg up and forward as if clearing a hurdle. Rotate the medicine ball across your body to bring it to the outside of the left leg. Stay upright and face forwards throughout the move. Keep lunging until you've performed 10 reps on each leg.

6 400-METRE DASH

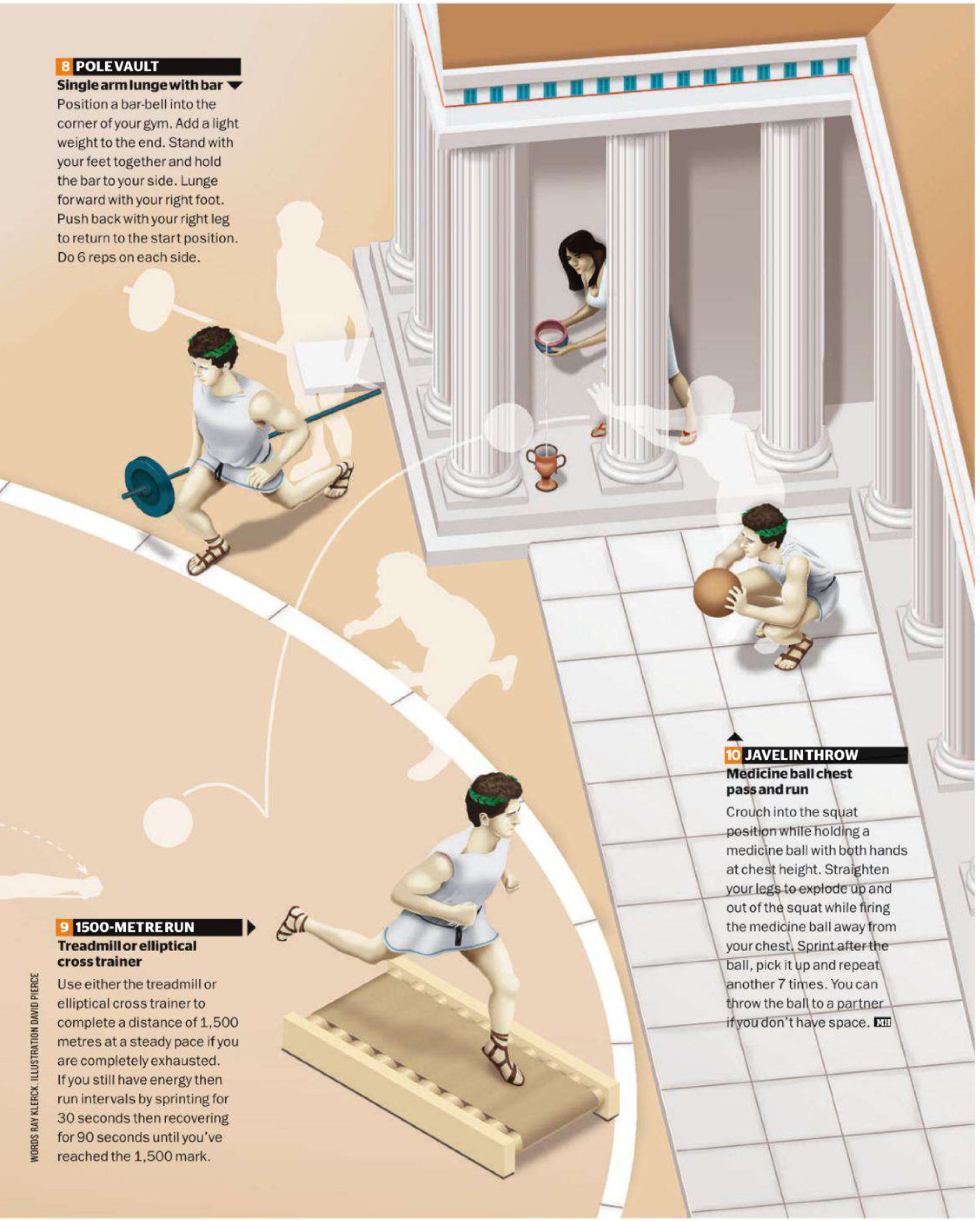
High intensity treadmill run

Get on the treadmill and complete 400m in the following sequence: run the first 100m as fast as possible, ease off slightly for the next 200m then sprint the final 100m as you head to the finish line.

7 DISCUS THROW

Single-arm cable twist

Stand side-on to the cable machine as shown. Hold onto a D attachment set to chest height with the hand closest to the machine. Shift your weight to the other leg and simultaneously pull the handle to the opposite side while rotating your torso. Shift back to the start position ready for the next throw. Do 5 reps on each side.



8 POLE VAULT

Single arm lunge with bar

Position a bar-bell into the corner of your gym. Add a light weight to the end. Stand with your feet together and hold the bar to your side. Lunge forward with your right foot. Push back with your right leg to return to the start position. Do 6 reps on each side.

9 1500-METRE RUN

Treadmill or elliptical cross trainer

Use either the treadmill or elliptical cross trainer to complete a distance of 1,500 metres at a steady pace if you are completely exhausted. If you still have energy then run intervals by sprinting for 30 seconds then recovering for 90 seconds until you've reached the 1,500 mark.

10 JAVELIN THROW

Medicine ball chest pass and run

Crouch into the squat position while holding a medicine ball with both hands at chest height. Straighten your legs to explode up and out of the squat while firing the medicine ball away from your chest. Sprint after the ball, pick it up and repeat another 7 times. You can throw the ball to a partner if you don't have space. MH

WORDS RAY KLERCK. ILLUSTRATION DAVID PIERCE

Cut the fat, keep the muscle

Reach your fighting weight with this high-intensity fat-crushing workout

Like most men you've probably got bragging rights on a personal best: that time 5 years ago when you weighed 5-10kg less. But trying to regain it with endless cardio can see you torching muscle reserves along with fat. Enter strength coach Todd Durkin (todddurkin.com) who designed this routine to get you looking your best in record time. "It uses exercises that rope in all your muscles, while fast-paced supersets shred fat," he says. "New variations make the routine both challenging and interesting." And you'll get dramatic results in just 4 weeks. You're already one step closer to achieving the best shape of your life.



Give your physique a lift by playing the weighting game

WHAT TO DO

Do this workout 3 times a week, with a day's rest between. Superset exercises of the same number (eg 2a and 2b) by doing a set of one then jump straight to the next with no rest. Rest 60 seconds after each superset and do each one 2-3 times. To speed fat loss, do one of the conditioning workouts (below) at the end of each session.

Conditioning workout A Put a weight plate on the floor. Place your hands on it; keeping your back flat and glutes low, drive with your legs to push the plate 10 metres and return. That's 1 set; do 5 for legs that'll rule the rugby field.

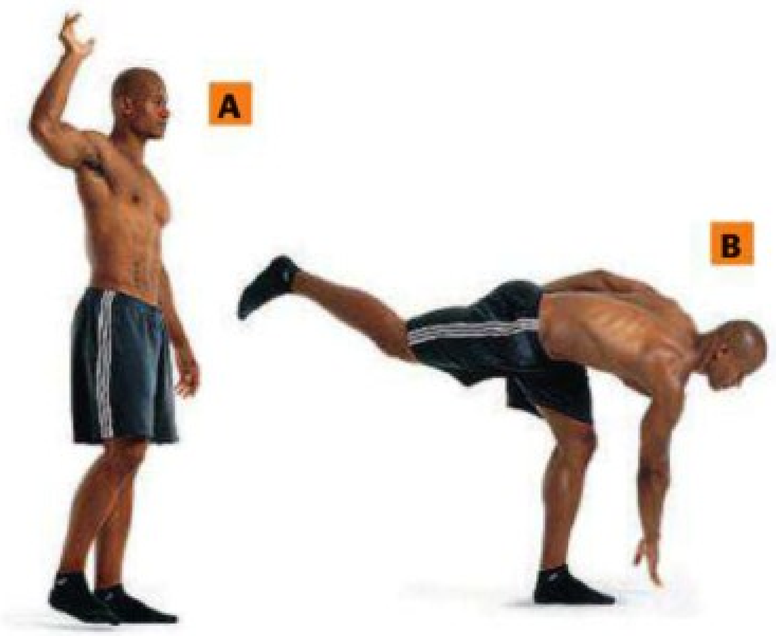
Conditioning workout B Set a treadmill to the fastest pace you can maintain for 30 seconds. Run for 30 seconds then step off for 30 seconds. That's 1 set. Complete 6 to build off-the-mark pace to help you catch that bus if you're late for work.

Conditioning workout C Set a treadmill at the fastest pace you can maintain for 60 seconds. Run for 60 seconds, stop and then – with as little rest as possible – complete as many press-ups as you can in 60 seconds. Do this 3 times for the power to run as well as hold your own on the football or rugby pitch.

1 SINGLE-LEG BALANCE TOUCH

Works: lower back, abs, hamstrings

To practise your very own skating-on-ice routine you need to remove your shoes and stand on your left leg (A). Now bend at the waist (while keeping your back flat and hips pushed back), and extend your right leg behind you. Reach down, moving your right hand across your body and toward your left foot (B). Then raise your upper body to the starting position, but without touching your right foot to the floor. That's 1 rep. Do all your reps on one leg then switch sides and repeat to ensure your back becomes strong enough to carry all the extra muscle this workout will give you.



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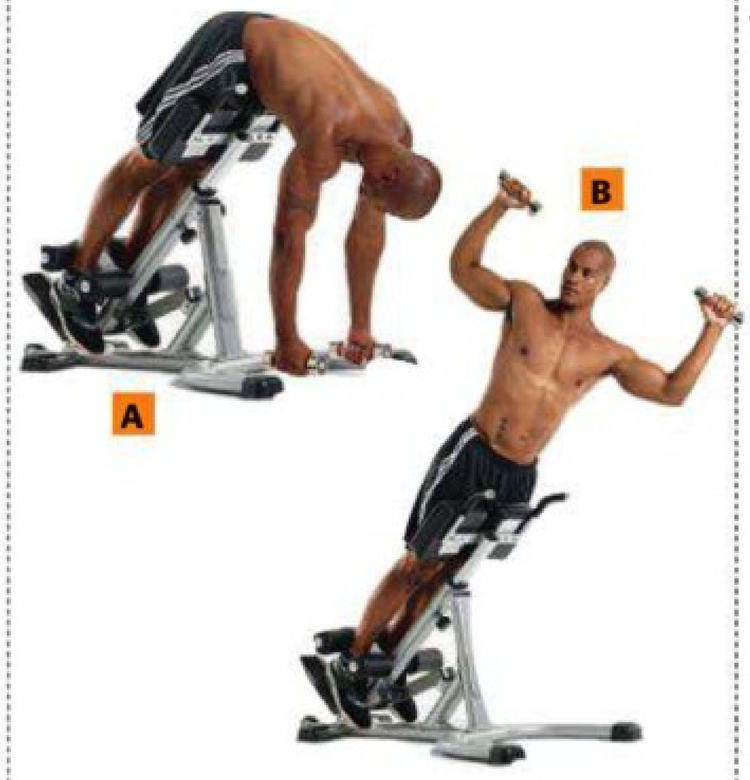
2a BAR-BELL OVERHEAD LUNGE
Works: glutes, legs, abs, shoulders

To muscle up from your knees to your rib cage, stand holding a bar-bell overhead with your arms straight (A). Hold that upper-body position as you take a large step forward until your front knee is bent 90 degrees and your back knee is 3-6cm off the floor (B). Return to the start position and repeat the same movement starting with the other leg. That's 1 rep, do 20. This will get your heart rate up and warm you up for the trashing to come – if you're puffed out now then you really do need to do this workout. Finding it quite easy? Then don't just look at those weight plates, get them on the bar.



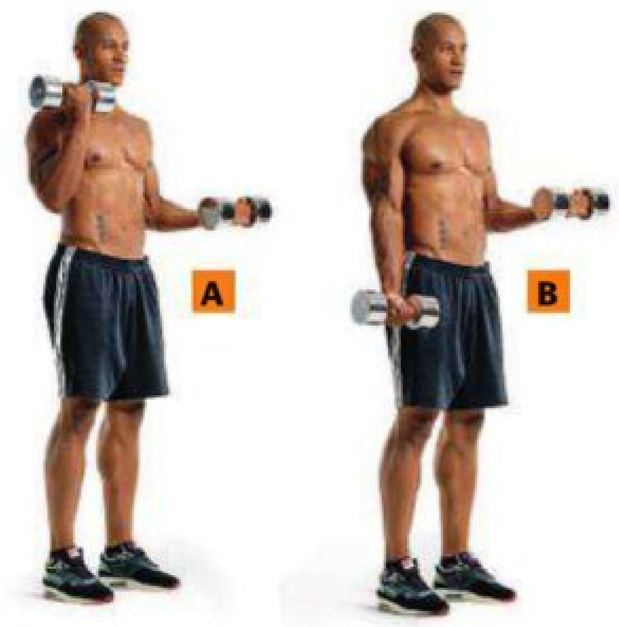
2b SCARECROW TWIST
Works: lower back, shoulders, abs

Hold a pair of dumb-bells as you bend over a back-extension machine with your hips fully supported and arms extended (A). Without rounding your back, bend your elbows to 90 degrees, raise your upper body and twist to the right (B). Your elbows should remain at 90 degrees with your shoulder blades flexed. Don't start panting yet – this is just the beginning. Return to the starting position and repeat the twist in the opposite direction. That's 1 rep, do 12-20 to get a back strong enough to do a day's work on any farm.



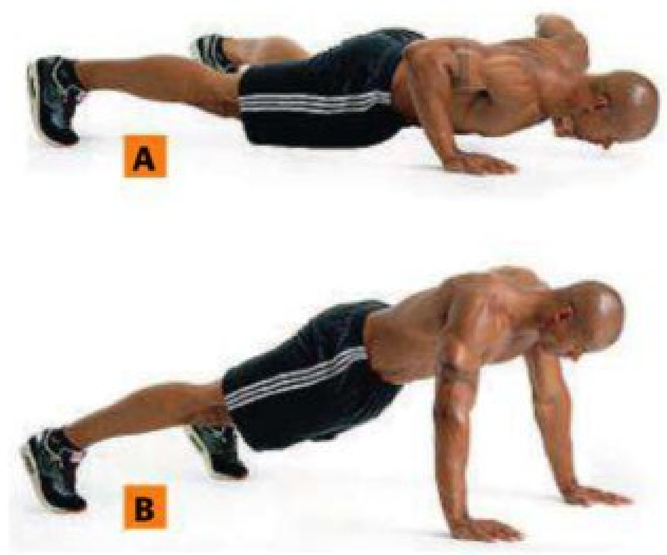
3a DUMB-BELL CURL WITH HOLD
Works: biceps

Tight sleeves won't turn up from the same humdrum bicep curls – try this reinvention. Hold a dumb-bell in each hand with your arms extended and palms facing forward. While keeping your left arm bent 90 degrees, curl the right dumb-bell as close to your chest as you can without moving your upper arms (A). Pause and lower the weight to the starting position (B). Do 10 reps but don't sigh with relief yet, it's only the start of the exercise. Keep your right arm bent and do 10 curls with your left arm. Finally, do 10 curls with both arms. That's 1 set that'll give you the power to hoik kids off the floor and into your arms – just make sure they're your kids first.



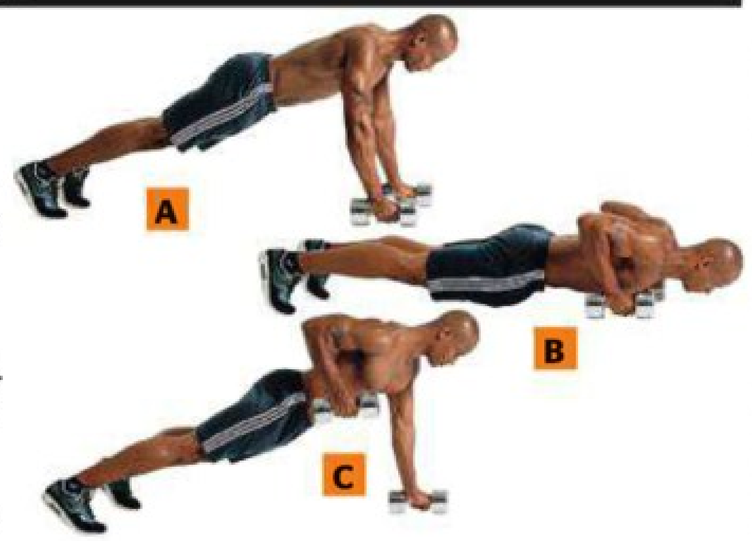
3b PRESS-UP
Works: chest, triceps, abs

Get into a press-up position. Your hands should be wider than shoulder-width apart and your feet slightly wider than hip-width apart. Keep your arms straight and back straight to rope in your abs. Lower your body until your chest nearly touches the floor (A). Push yourself back up to the start position (B). That's 1 rep. We need you to do 20, soldier. And there's no point in rushing. You'll get much more out of this classic body builder if you count 2 seconds down and 2 seconds up. Don't take a breather, the burn should be setting in now and it's time to embrace it because you're nearly done.



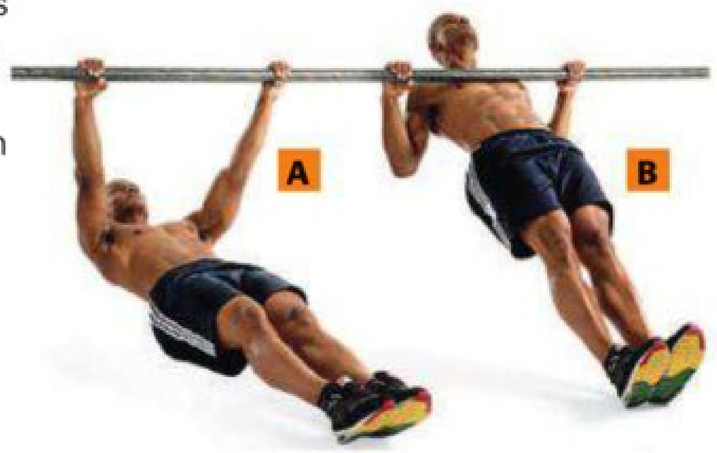
4a PRESS-UP AND ROW COMBINATION
Works: abs, chest, triceps, back, biceps

For a V-shape that looks good from the front and back, drop into the press-up position with your arms straight and your hands on light dumb-bells (A). Keep your feet hip-width apart. Lower your body to just above the floor (B) then push yourself back up. Now bring the right-hand dumb-bell towards your rib cage (C) and return it to the floor. You're not done yet, sonny. Come on, do another press-up and repeat with your other arm. That's 1 rep and you need 10-20. That'll give your T-shirts a new lease of life.



4b INVERTED ROW
Works: back, biceps, abs

Lie under a bar-bell secured slightly higher than arm's length above the floor. A Smith machine locked into place works well for this. Imagine you're hanging onto a windsurfing mast if it helps. Grab the bar with an overhand grip and hang from it with your body in a straight line from ankles to shoulders (A). Pull your chest to the bar (B), pause and lower yourself until your arms are straight. Just like the bench press, to count as a rep your chest must touch the bar. Do as many reps as you can in 3 minutes. And that's it, you'll be leaner, if not meaner, in 4 weeks.





Slim when you're swimming

Grab your trunks and dive in for a workout that'll put you lengths ahead in the weight-loss stakes, burning 4.5kg (10lb) of blubber in 6 weeks

Next time you fancy a full-body workout that's going to burn fat as well as build muscle, why not head to the pool? Just because you're not working up a sweat doesn't mean you're slacking: "An hour in the water can burn up to 800 calories," says Steven Shaw, author of *Master The Art Of Swimming* (Collins & Brown). "It works virtually every muscle in your body, while fully supporting your weight so injury and overtraining are extremely unlikely." The profile of the sport has been boosted by athletes such as Michael Phelps and Milorad Čavić but, as your missus will tell you, swimmers' physiques have always been popular with the ladies, not least for their narrow waists, flared backs and powerful, broad shoulders. "Research has shown regular swimming is one of the best ways to preserve lean muscle mass," explains Shaw. "Aesthetically, swimmers have well-proportioned bodies and low body fat due to the aerobic and anaerobic qualities of the exercise." What that means is while you're splashing about you're burning fat and building lean muscle. And the more lean muscle you're carrying around, the more fat you burn when you're not exercising – it's a swim-win situation.

The more proficient you get at swimming, the more effective it is. Or, in other words, practice makes for a perfect body

Burn fat Michael Phelps famously gets through 10,000kcal a day when he's training intensely. While we're not suggesting you consume anywhere near that amount, you can expect to burn off around 5kg in 6 weeks with our programme. And the better swimmer you are, the longer you'll be able to swim for and the more calories you'll burn. Use the drills opposite to improve your stroke and torpedo your beer gut.

Build muscle Swimming recruits more of your muscles than almost any other form of exercise. Not only do your limbs get a good workout but as your core is essential to good swimming form, you'll work your abs, too. Combine that with the fat-burning and you can say hello to your 6-pack.

Injury free You don't really hear of many swimmers who get crocked on the job – Phelps' only major injury came from slipping on some ice far from the pool. Because you're fully supported in the water it's comparatively easy on your joints compared to other sports and you'll only hurt yourself if you don't look where you're going. Or dive-bomb off the top board.

WORDS RAY KLERCK, WESLEY DOYLE. PHOTOGRAPHY GETTY, STUDIO 33. ILLUSTRATION JASON PICKERSGILL

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The perfect stroke

Not been to your local baths since you passed your bronze diving proficiency? Then use these tips to set the course for a sleeker, more streamlined body



BREASTSTROKE

Muscles worked · Shoulders · Back · Arms · Chest · Legs (in particular your inner and outer thigh muscles)

Breaststroke can feel easy but only when you're not doing it correctly. It can be a really fast stroke when perfected. "Don't rely on your arms, concentrate more on your legs as this burns more calories and works your core harder," says Shaw.

Skill drill Using only your legs, swim with your arms extended in front of you to increase the power of your kick (**A**). You'll have to work your legs hard or you'll sink. Fully whip the kick from your hips all the way down to your toes (**B**).

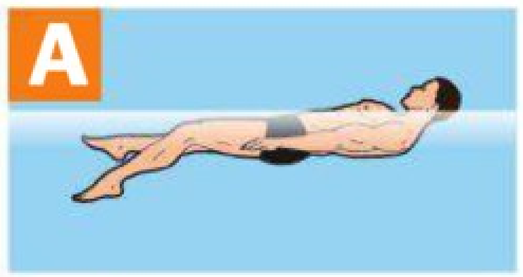


FRONT CRAWL

Muscles worked · Shoulders · Back · Arms · Core · Legs

The power comes from your upper body. "Rotate from your hips with every stroke, rotating to the left as your right arm enters the water, and vice versa, and you'll be more streamlined and stronger in the water," says Shaw.

Skill drill Cast your mind back to your earliest swimming experiences and, face-down, doggy paddle with your arms (**A**). Perform one arm-pull after every 4 crawl-style kicks (**B**). This range of motion will strengthen your shoulders, bolstering your crawl strokes and making you a more efficient fat-burning machine.



BACKSTROKE

Muscles worked · Shoulders · Back · Arms · Core · Legs

Don't stay flat on your back. "You'll move through the water easier if you rotate your body. Unlike crawl, where you rotate to the opposite side of your stroking arm, in backstroke, you rotate to the side you're stroking, so as your right arm enters the water, you rotate your body to the right, and vice versa," explains Shaw.

Skill drill With your hands at your sides, kick up and down (**A**), Rotate your body from side to side after every 6 kicks (**B**). This will teach you to rotate from your core, the source of your untapped power and soon-to-be-seen 6-pack.

Dive in to burn fat

Immerse yourself in this 45-minute routine. It's designed for the intermediate swimmer who can swim 400m of any stroke. That's 16 lengths of a standard 25m pool. Do this workout three times a week and you'll disolve excess fat in no time

WARM-UP (12 mins.)

Start out easy with 10 minutes back or breaststroke at a slow pace to warm up. Rest for 30 seconds after every 2 ½ minutes.

DRILLS (18 mins.)

Perform 2 minutes of backstroke drill. Perform 2 minutes of breaststroke drill. Perform 2 minutes of crawl drill. Rest for a moment, but try not to get distracted by all the fit girls in bikinis.

FAT BURNING (28 mins.)

Perform 90 seconds of breaststroke at a medium pace 5 times with 30 seconds rest between each set. By this point you'll almost be able to feel those three beers you had last night burning away.

MUSCLE BUILD PYRAMID (43 mins.)

Backstroke for 2 minutes slowly, rest for 30 seconds. Breaststroke for 2 minutes at a medium pace, rest for 30 seconds. Front crawl for 2 minutes at a fast pace, rest for 30 seconds. Reverse the pyramid and go again. Yes you'll have to work hard, but not as hard as the Ancient Egyptians worked on the real Pyramids.

COOL DOWN (45 mins.)

Just like any other form of exercise, your muscles need to stretch out after swimming so perform 2 minutes of slow breaststroke. Now reward yourself with a recovery shake... oh, and maybe just a peek at those girls in bikinis.

Visit *artofswimming.com* for more routines and tips and watch the fat float away.

Water music

Endless laps bore you? Then tune up your swim



NU DOLPHIN WATERPROOF 4GB MP3 PLAYER

This nifty little player attaches to your goggles and gives you 8 hours of uninterrupted music. The headphones are quite flimsy and offer a pretty poor bass response, but hey, you're underwater.

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Comfort
Sound
Design



H2O IS2 WATERPROOF HEADSET

This headset will keep your iPod shuffle dry while you churn up your local lido. The sound is good and as it's fixed to your head you can still tumble turn.

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Comfort
Sound
Design



FINIS SWIMP3 WATERPROOF MP3 PLAYER

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Comfort
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PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY

HALF AN HOUR TO FITNESS

Many a workout has been blown out by lack of time. Slot one of these super-fast sessions into your regular plan when time is tight

You don't need to live in the gym to see results. If fact long-winded workouts can be counterproductive, eating into muscle-mass when you should be taking time to recover and grow. We can guarantee the following 30 minute marvels will have you in, out and showered in a lunch hour because they only use one piece of kit. So say goodbye to queues for the bench, waiting to cut in or breaking your workout because equipment isn't available. Just get your spot, do your stuff and then get out. Job done.

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FULL BODY WORKOUT...1 PIECE OF KIT

Smith and lesson

The Smith machine isn't just for beginners, it can catapult your training to new heights. Get a total workout by following this nine-point muscle plan (or, include one or more moves in your regular routine)



1 Back, Arms

Set the bar to waist height, then lie under it with your heels on the floor. Reach up and grab the bar, hands shoulder-width apart. Pull up until your chest touches the bar. Hold for a second, then lower. **Perform** 4 sets of 15 reps.



2 Chest, Arms

Put an incline bench set to 35° under the bar. Lie flat on it, with hands slightly wider than shoulder-width apart on the bar. Lift and turn the bar off the supports. Lower it, pause, then press the weights above your chin – but don't lock your arms. **Perform** 5 sets of 8-10 reps.



3 Legs, Core

Set the bar to shoulder height and stand with feet shoulder-width beneath it. Bend your hips and knees to lower yourself. Stop when your thighs are parallel to the floor. Rise to the start along the same path. **Perform** 5 sets of 12 reps.



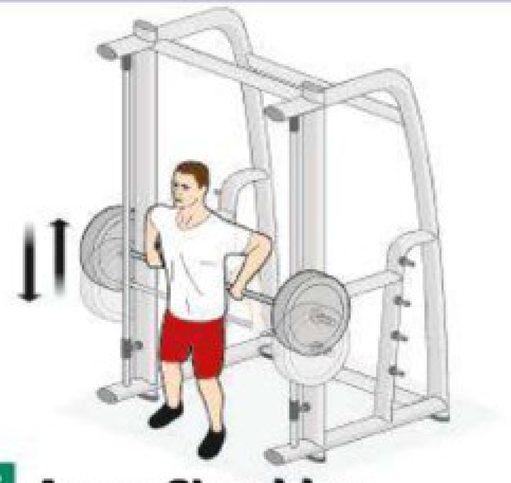
4 Legs

Set the bar to the lowest level and stand behind it, feet shoulder-width apart. Bend at the knees and hips and grab the bar with an underhand grip. Use your thighs to raise the bar, so your legs extend. Lower to the start, keeping your back straight. **Perform** 4 sets of 15 reps.



5 Back, Arms

Hold the bar at waist height from behind, with an overhand grip and feet apart. Bend at the hips until your back – keep it flat – is 45° to the floor. Bend your elbows to bring the bar up to your chest. Pause, then slowly lower to the start position. **Perform** 4 sets of 10 reps.



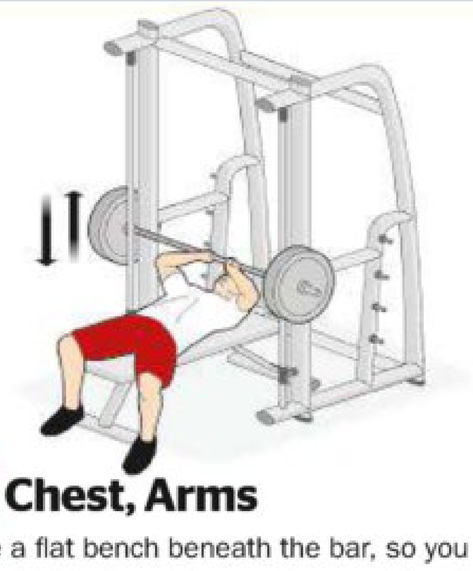
6 Arms, Shoulders

Stand with your back to the machine, with your feet shoulder-width apart and the bar at waist height. Lift the bar off the support and pull it up as far as you can: this is the same as an upright row, only behind you. Pause at the top of the movement, then lower. **Perform** 4 sets of 8 reps.



7 Shoulders

Set an incline bench at 90° and put it under the bar, set just above your shoulders. Grab it with a shoulder-width overhand grip, then lower so it rests on the front of your shoulders. Straighten your arms to press the bar up. Lower it back along the same path. **Perform** 3 sets of 12 reps.



8 Chest, Arms

Place a flat bench beneath the bar, so you can grab the bar with arms bent and hands fist-width apart in an overhand grip. Take the weight, turn the bar off the supports and lower the bar to your chest. Pause, then press the bar away from you. **Perform** 4 sets of 12 reps.



9 Arms

Set the bar to waist height and stand behind it, feet shoulder-width apart. Hold the bar with a shoulder-width underhand grip, then bend your elbows to curl it up to your abs. Squeeze your biceps for a count of 1, then release to the start position. **Perform** 4 sets of 12 reps.

WORDS RAY KLERCK. ILLUSTRATION JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

FULL BODY WORKOUT...1 PIECE OF KIT

Totally wired

Gym busy? Can't get a bench? Fear not – you can work all your major muscle groups with these 9 moves and the humble cable crossover machine. Perform 3 sets of 8 reps for each



1 Quads, abs

Stand facing a cable crossover machine (CCM) stack. Attach a straight bar on the lowest setting. Squat down and hold the bar with bent elbows and hands at shoulder height. Stand but keep the bar in the same position. Lower to the start.



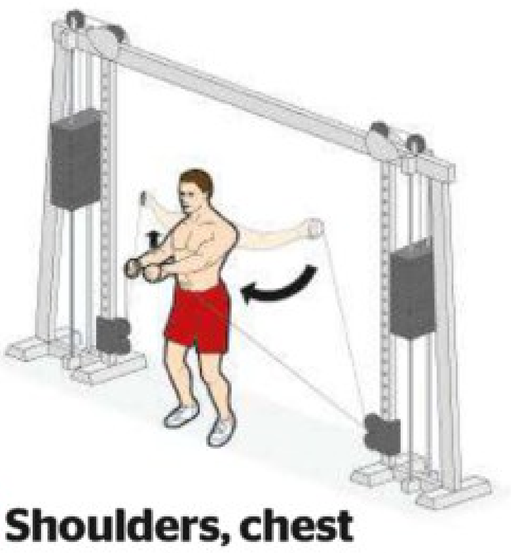
2 Middle chest, lats, arms

Position a cable at a highest setting without an attachment. Reach behind and grab the stopper ball with your left hand. Step forward with your left leg and bend slightly. Pull the cable forward and down, return. Repeat on the other side.



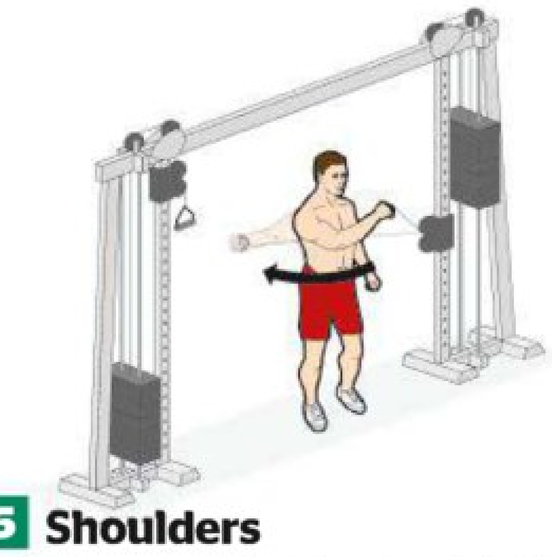
3 Back, hamstrings, abs

Stand on your right leg facing a CCM set to the low with a D handle attached. Grasp it with your right hand. Keep a slight bend in your right knee. Pull the handle until it's just below your armpit. Return to the start. Repeat on the other side.



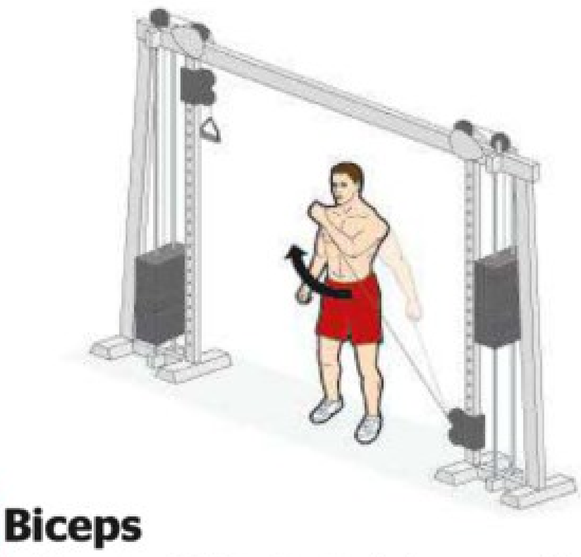
4 Shoulders, chest

Set the pulleys to the lowest level and attach D handles. Hold one in each hand and step forward. Pull the handles together in front of your lower abs then raise the handles up until your arms are parallel to the floor. Pause then lower to the start.



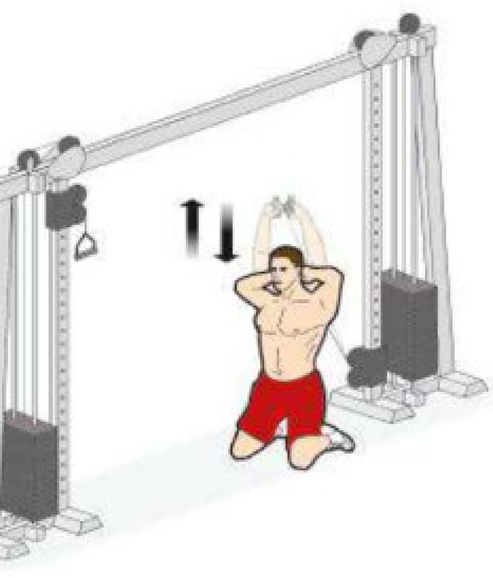
5 Shoulders

Stand side-on to a CCM stack set to waist height with a D handle attached. Reach across your body with your right hand and grab the handle. Pull it across your body then raise it out to your right and return. Repeat on the other side



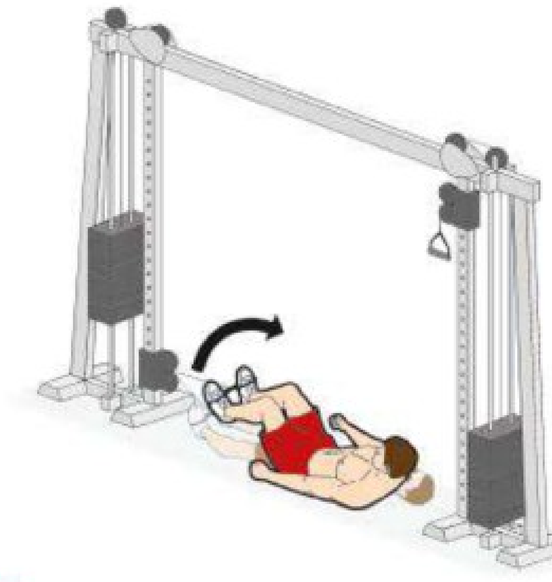
6 Biceps

Stand side on to a CCM stack set to its lowest position. Without any attachment, hold the cable's stopper ball. Bend your elbow and curl the cable in front of your body to a point just below your chin. Pause then repeat with the opposite arm.



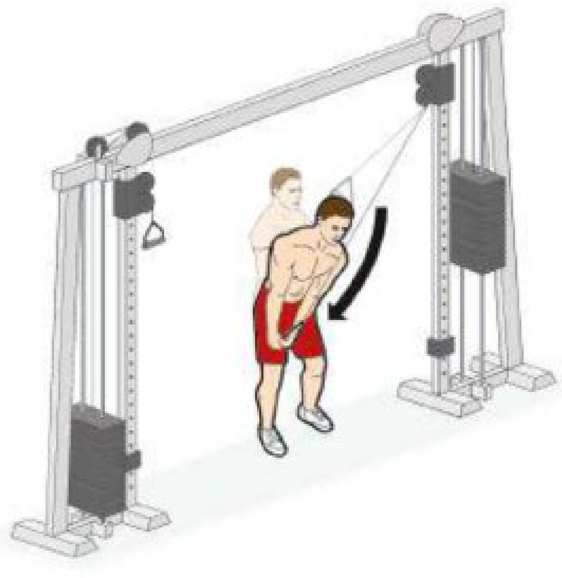
7 Triceps, abs

Attach a V bar to a low-pulley cable and kneel as shown. Grab both handles, then face forward and straighten your arms overhead. Bend your elbows and lower your hands then reverse the motion by straightening your arms above your head.



8 Abs

Lie as shown with a large D handle on the lowest setting. Wedge your feet in the handle. Place your hands to your sides. Perform a sit-up and simultaneously pull your knees to your chest. Pause then lower yourself to the start.



9 Obliques

Stand side-on to a CCM. Clip a rope onto the highest level. Grab the rope with both hands and pull it out in front and across your body. Finish with your hands at knee level, legs slightly bent and weight on your far leg. Repeat on the other side

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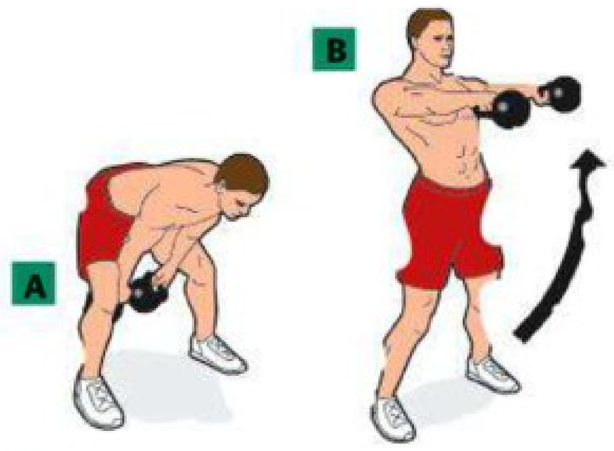
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FULL BODY WORKOUT...1 PIECE OF KIT

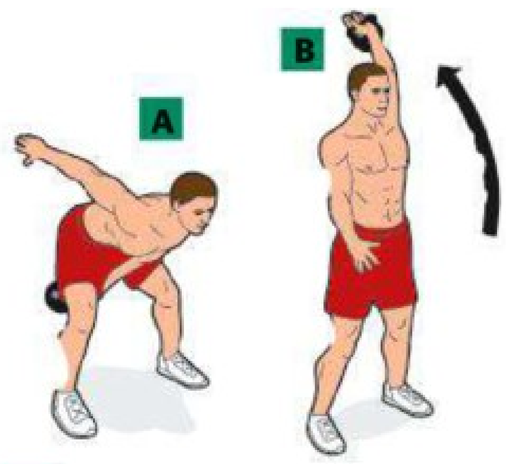
Test your kettle

Busy gym? Short on time? Then follow this full-body, kettle-bell circuit devised by strength and conditioning coach Tommy Matthews. Perform 3 sets of 10 reps



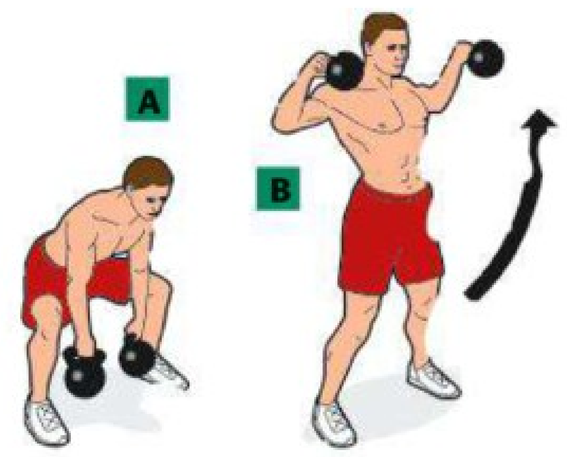
1 Back, arms, legs, abs

Swing Stand in a wide stance, bent at the waist, a kettle-bell in each hand. Use your hips to swing the bells away from you (**A**). As they fall back let your body absorb their weight. Drive your hips upwards to raise the weights to chest height (**B**). This move isn't a front raise; it should use the momentum from your hips.



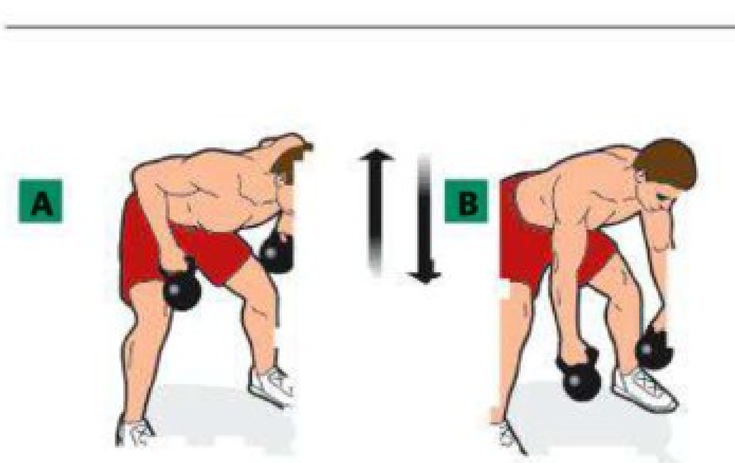
2 Shoulders, back, abs, legs

One-arm snatch Hold a kettle-bell in one hand. Swing the bell backwards between your legs (**A**). Bring your hips forward to swing the weight above your head (**B**). Finish with a locked arm then lower the bell the same way it came up without letting the bell touch your body.



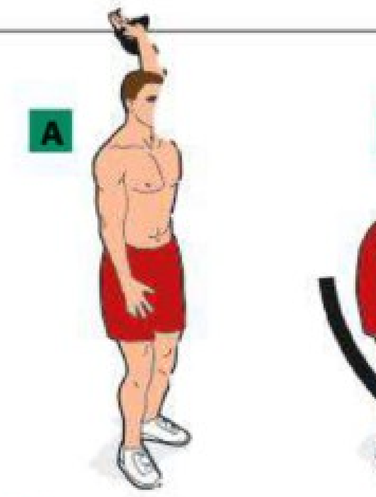
3 Back, shoulders, arms

Pull Hold a kettle bell in each hand a squat down (**A**). Bend at your hips then straighten and yank the bells up to your shoulders either side of your chin. Pull with your arms and keep the weights as close to your body as possible (**B**). Hold for a second, then return along the same path to the starting position.



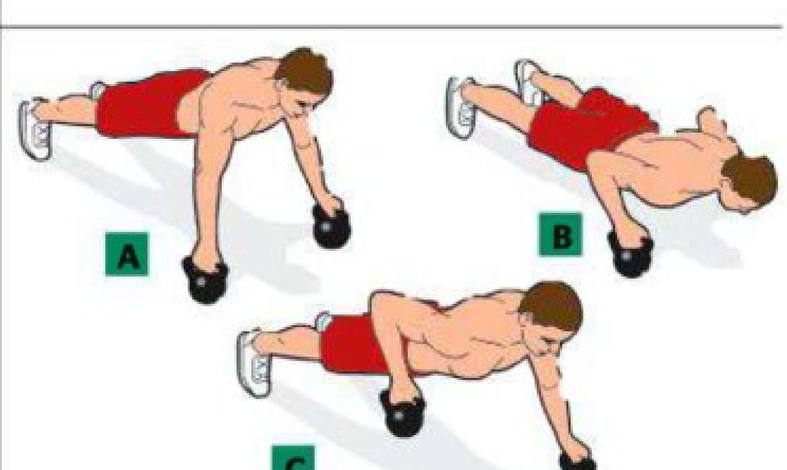
4 Shoulders, back, arms

Bent-over row Stand in a wide stance while holding a kettle-bell in each hand with your palms facing in, so your torso is at 45 degrees to the ground (**A**). Pull the weights to the outside of your chest the way you would in a bent-over row (**B**). Lower to the start and repeat.



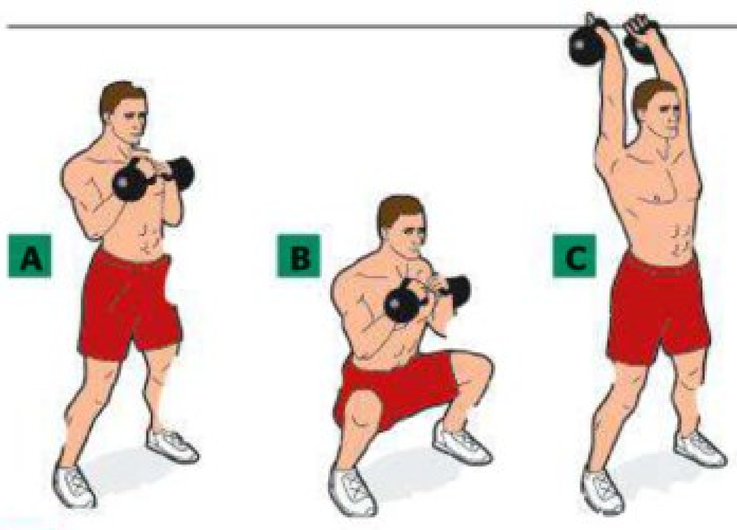
5 Abs, obliques, shoulders

Windmill Hold a bell overhead with your left arm (**A**). Push your hip out to your left, lower and rotate your torso until you can touch the floor between your feet (**B**). Keep your left arm locked and above you. Pause, then reverse the motion.



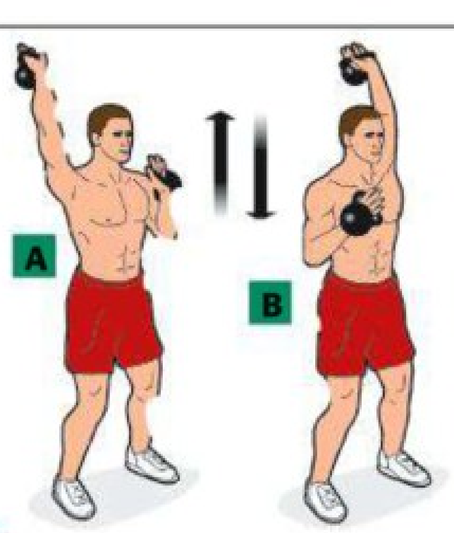
6 Chest, legs, abs, back, arms

Press-up to row Position two kettle-bells shoulder-width apart and hold the handles as in a press-up (**A**). Lower yourself to the floor (**B**). As you push back up, shift your weight onto your left arm. Pull the right kettle-bell to your chest (**C**). Keep alternating arms.



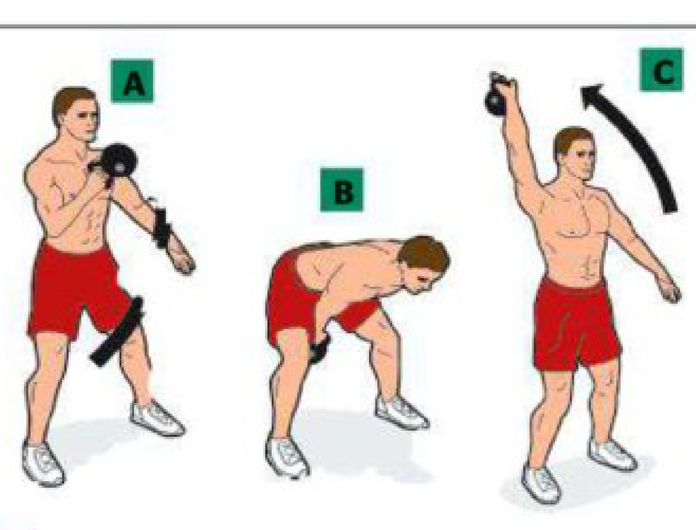
7 Shoulders, back, legs, arms

Front squat press Stand with a kettle-bell in each hand as shown (**A**). This is the rack position. Bend at the knees to go into a squat (**B**). Rise and straighten your elbows to press both bells above your head (**C**). Lower the weights to the rack position then perform another squat to finish.



8 Shoulders, backs, chest, arms

Alternating press Hold two kettle-bells close to your chest (the rack position). Press one of the bells up above your head in a fluid motion, while the other remains in the rack position (**A**). Repeat with the other arm (**B**).



9 Forearms, biceps, shoulders

Bottoms-up clean Stand with a kettle-bell in your right hand, elbow bent, with the bell above your hand (**A**). Swing the bell between your legs (**B**), then drive the bell up and just past your head with a straight arm (**C**). Reverse the motion. Alternate arms.

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FULL BODY WORKOUT...1 PIECE OF KIT

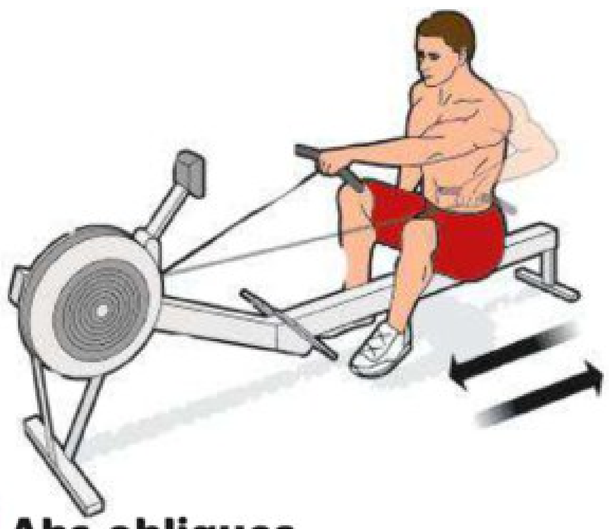
Best in row

Your rowing machine isn't just a one-dimensional piece of CV equipment. These simple variations will condition and build muscle on your entire body



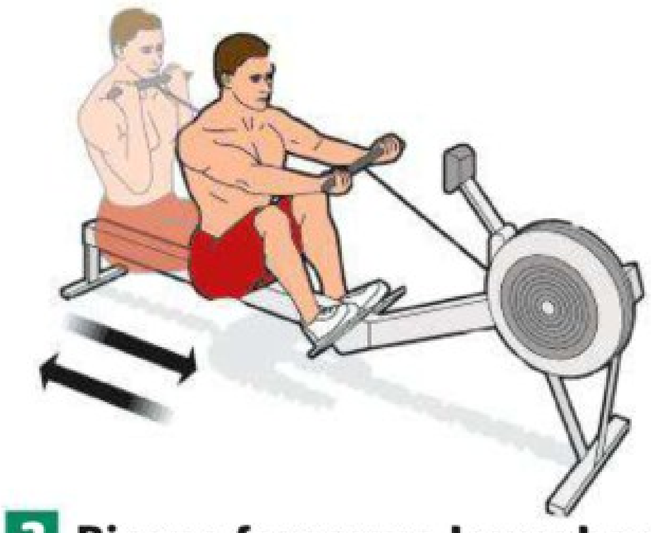
1 Back, quads, forearms

Traditional row Sit as shown grasping the bar with an overhand grip. Lock your elbows and press your core muscles against your upper thighs. Straighten your knees to push yourself backwards. Pull your arms towards lower abs keeping your back straight. Release to the start.



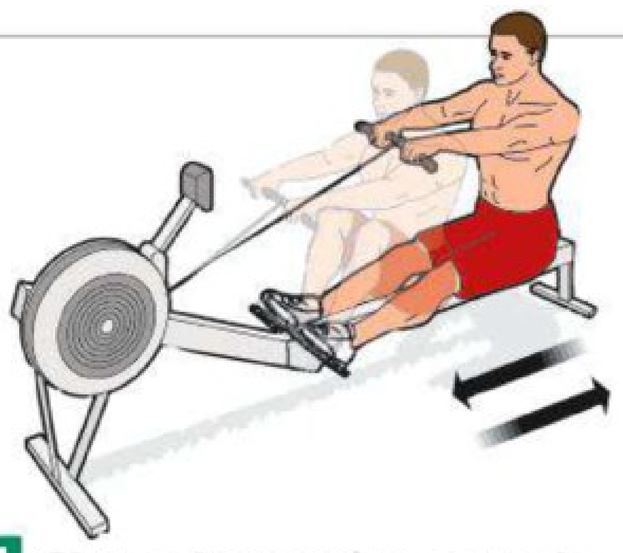
2 Abs, obliques

One-arm row Sit as shown grabbing the middle of the bar overhand with your left hand. Don't push with your feet. Instead, pull the handle to your left side and twist your torso anti-clockwise. Pause, rotate torso back, release handle. Repeat on the other side.



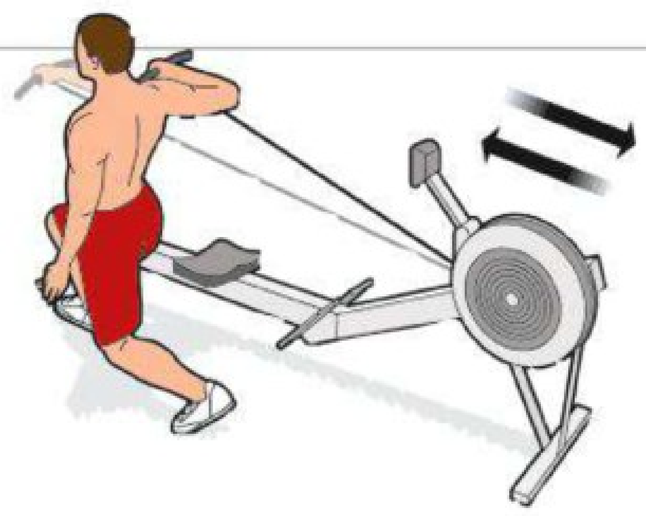
3 Biceps, forearms, lower back

Underhand row Sit in the seat and grasp the bar with an underhand grip. With your upper arms almost parallel to floor, bend your elbows to curl the bar towards your chest, just below your chin. Try not to push too much with your legs. Slowly return to start position.



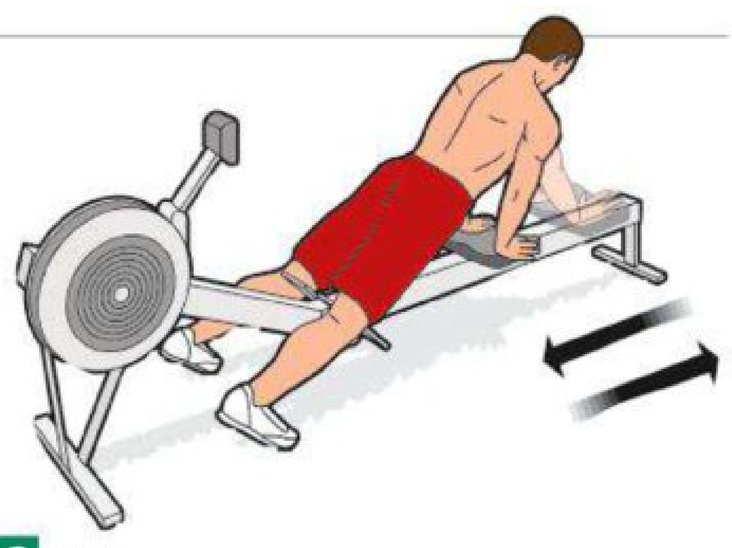
4 Glutes, hamstrings, quads

Locked-arm row Set the rower on the highest resistance possible. Hold bar with both hands in an overhand grip. Lock your elbows. Push back with your legs until your knees are locked. Pause, then return to the start position making sure you do not bend your elbows.



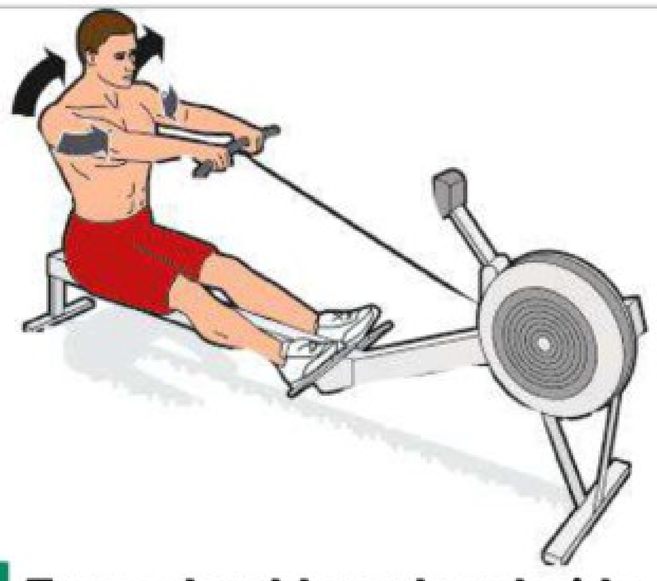
5 Chest, triceps

Single-arm press With your back to the rower, stand with your right foot forward next to the shaft. Grab the handle with your right hand and hold at chest height. Elbow high, back straight, hips fixed and abs tight. Straighten your arm to push the handle forward. Slowly return to the start.



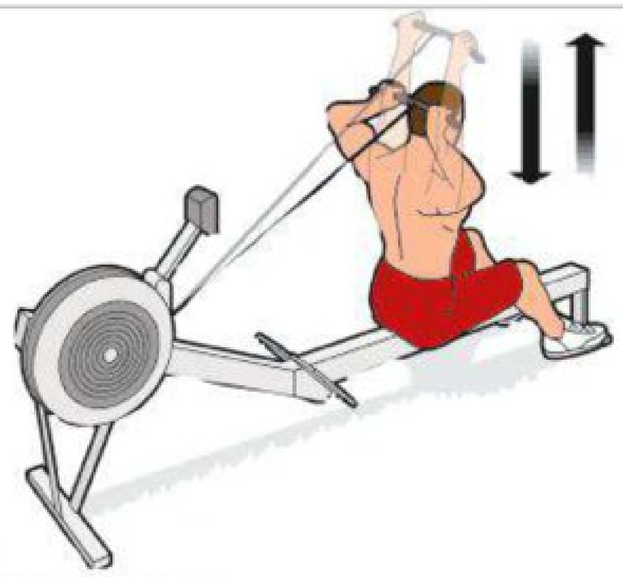
6 Abs

Rollout Stand with your back to the wheel, getting your legs as close to it as you can. Lean forward and put both hands together on the seat. Push the seat to the end position, then pull it back to the start. Keep your back flat and at the same time as tensing your abs.



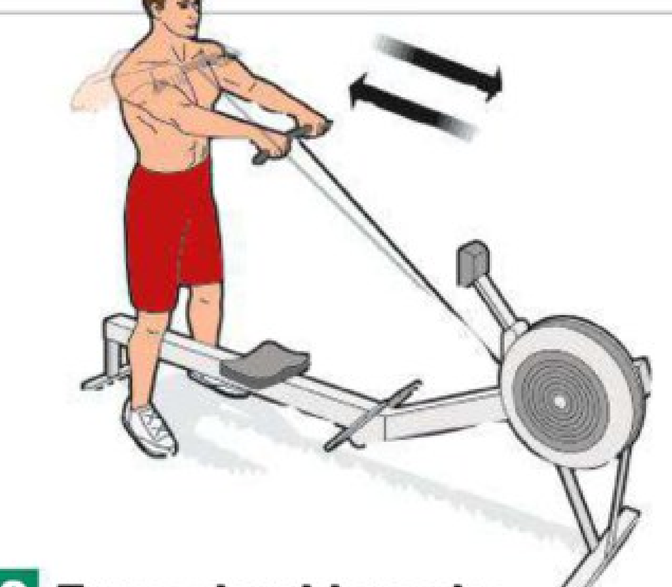
7 Traps, shoulders, rhomboids

Rolling shrug and pull back Sit as shown. Lock your knees and grasp the handle using both hands in an overhand grip. Roll your shoulders towards your ears then lower fully. Pull your shoulder blades back, hold for 1 second, then relax them forward. That's 1 rep.



8 Shoulders

Shoulder press Sit backwards on the machine as shown. Grab the handle with both hands using an overhand grip. Raise it to rest behind your shoulders, elbows bent. Push the handle above your head until your elbows are straight. Slowly lower it to your shoulders.



9 Traps, shoulders, abs

Upright row Stand as shown with your legs on either side of the machine. Hold the handle with an overhand grip. Try to keep your back straight and abs tight. Bend your elbows to pull the handle up to just below your chin in the form of an upright row. Pause, then lower to start.

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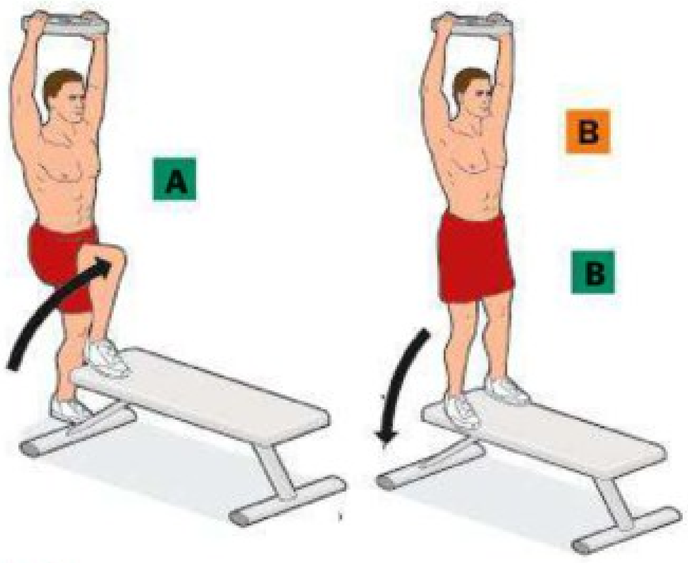
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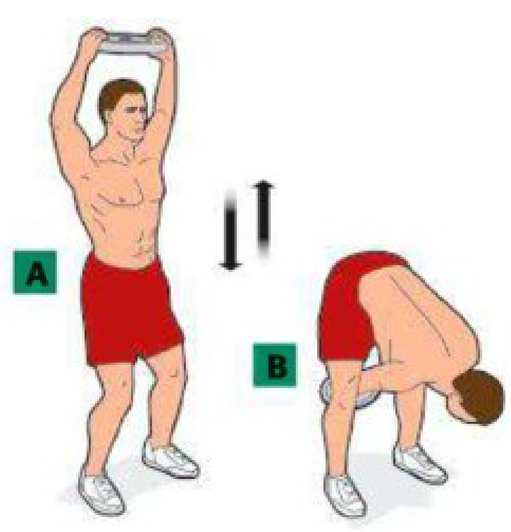
Twist of weight

Strip down the bar-bell: a weight plate is all you need to build muscle and burn fat. Follow these exercises for a full body workout or just add them to your normal workout



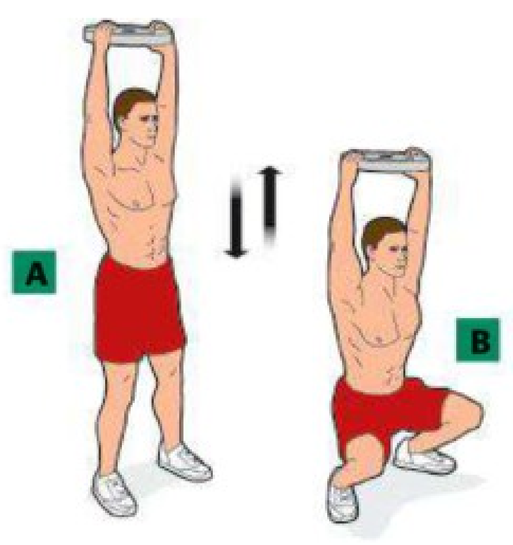
1 Quads, hamstrings, calves, abs

Overhead step-ups Position a flat bench in front of you. Stand with your feet together and hold a weight plate above your head. Place your right foot onto the bench (**A**) then press down to lift yourself onto the bench (**B**). Once you've placed your left foot next to your right step back to the start position and repeat.



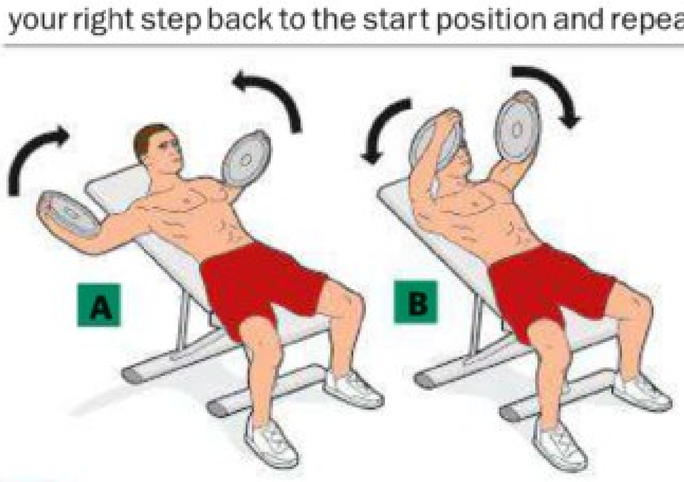
2 Lowerback, shoulders

Exaggerated deadlift Stand with your feet shoulder-width apart holding a weight plate overhead with both hands (**A**). Keep your knees slightly bent and maintain a 20-degree angle in your elbows. Bend at your hips and knees to bring your torso directly over your lower body (**B**). Repeat keeping your back flat.



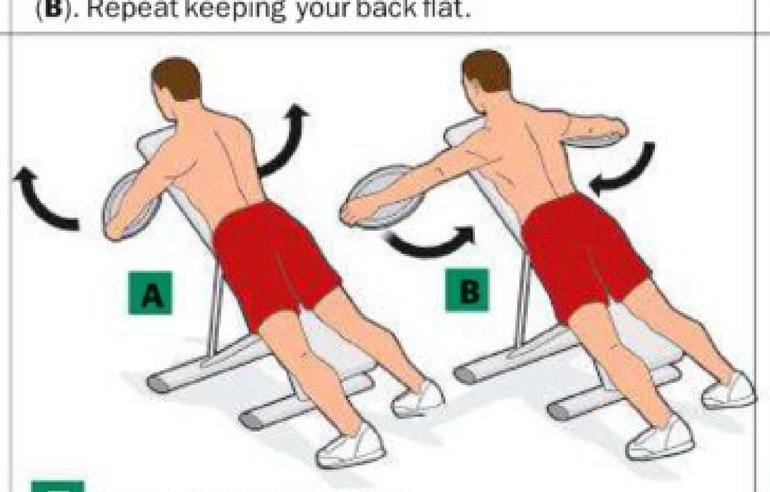
3 Quads, hamstrings, glutes, abs

Overhead squats Stand with your feet shoulder-width apart. Hold a weight plate above your head with both elbows locked (**A**). Bend your knees and hips as far as you can or until your glutes can almost touch your heels, but without resting on them. Straighten your legs to rise to the start position (**B**).



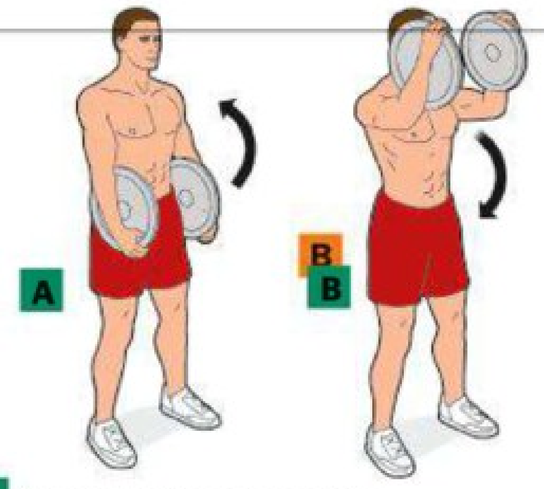
4 Chest, triceps

Incline flys Lie on a bench set to 45 degrees and hold a weight plate in each hand (**A**). Arc your elbows slightly for the entire movement. Lower weights as far as you can out to your sides then raise them above your chest (**B**). Mimic a bear hug movement and allow the plates to touch each other at the end.



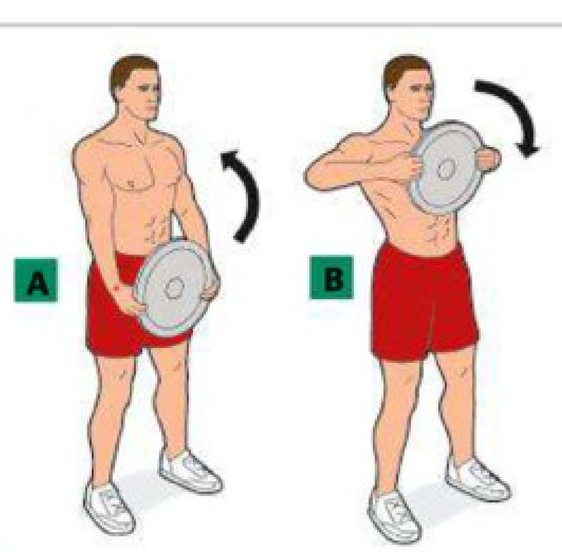
5 Back, shoulders

Lateral raises to rows Lie face down on a bench set to 45 degrees so that your chin is above the top edge of the bench. Hold a weight plate in each hand (**A**). Keeping your elbows slightly bent, raise the plates horizontally out to your sides until they are level with your shoulders (**B**). Pause, then lower them to start.



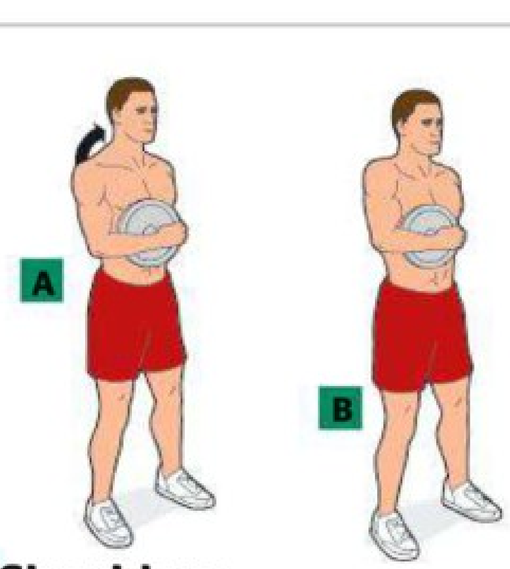
6 Forearms, biceps

Exaggerated curls Stand with your feet shoulder-width apart and hold the ends of a weight plate in each hand, palms facing your body (**A**). Bend your elbows and raise your shoulders slightly to curl the weight plates so that they end up slightly above your shoulders (**B**). Keep your wrists firm and locked.



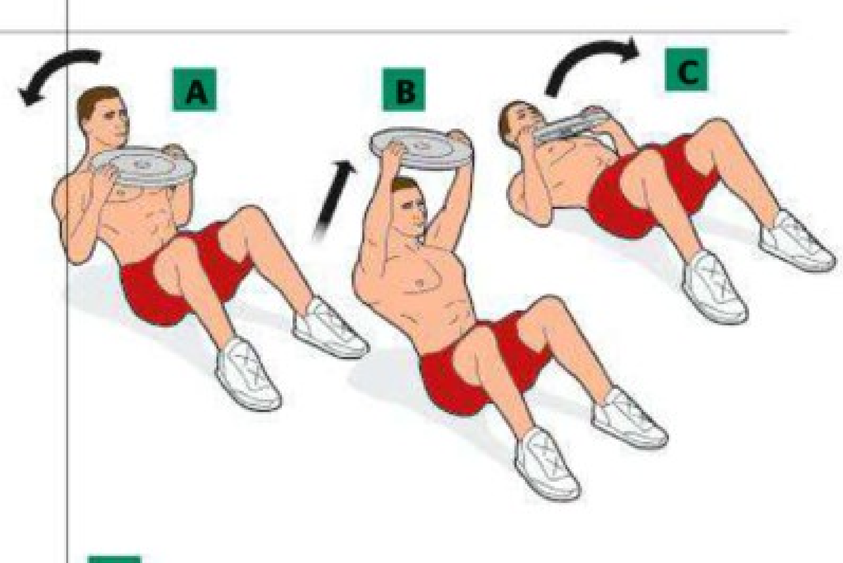
7 Traps, shoulders

Upright rows Stand with your feet shoulder-width apart. Hold a weight plate with both hands at arm's length in front of your thighs (**A**). Keep your back straight and pull the weight up to your chest so that your hands finish just below your chin (**B**). Pause, then slowly lower.



8 Shoulders

Rotations Stand holding a 5kg weight plate in your right hand. Bend your right elbow to 90 degrees; tuck your upper arm to your right side. Pull the weight in against your stomach (**A**). Keep your elbow tucked in, rotate your shoulder forward and reverse the movement (**B**).



9 Abs, shoulders

Sit-up presses Sit with your back at 45 degrees to the floor. Bend your knees, keep your feet on the floor and hold a weight plate to your chest (**A**). Lower your torso to the floor then rise to the start position with straight elbows to press the weight overhead (**B**). Lower the weight (**C**).

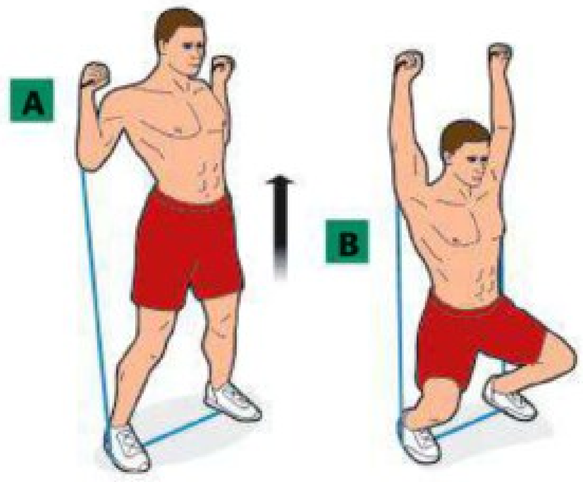
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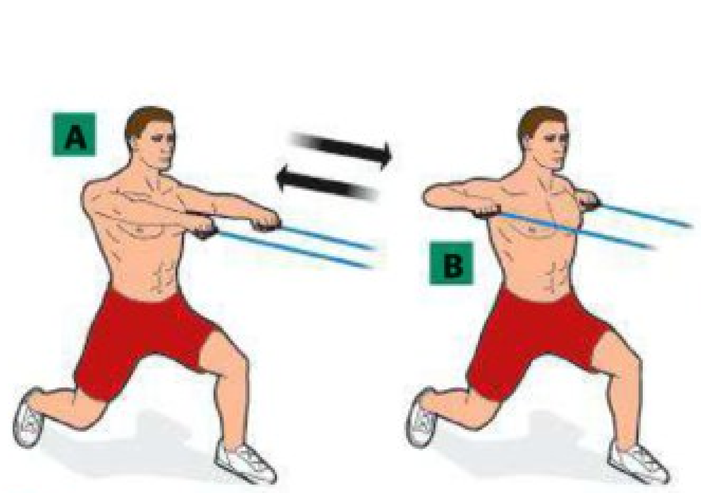
Elastic fantastic

Fitness bands might not have the grunt of dumb-bells, but they're portable, cheap and will deliver a punishing full-body workout while improving improving flexibility. What's not to like?



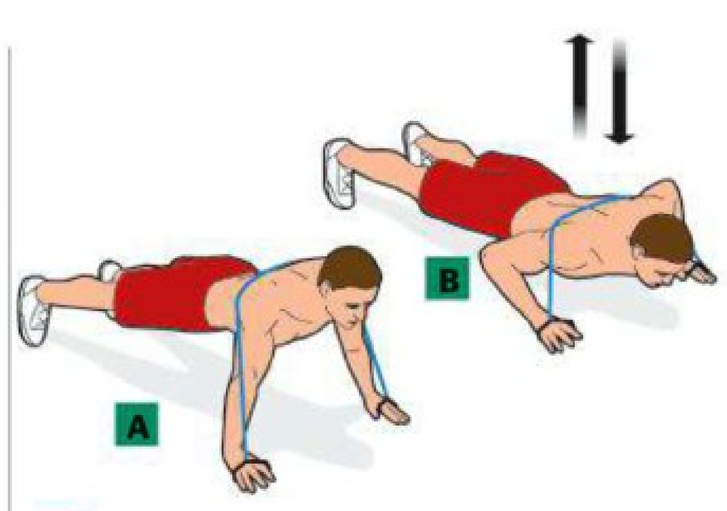
1 Quads, glutes, hamstrings, core

Band squats Stand on the band to anchor it, with your feet shoulder-width apart. Pull the band over the backs of your arms until your hands are next to your shoulders **(A)**. Bend your knees and hips to lower into a squat while pressing your hands upwards **(B)**. Reverse the move back to the start position.



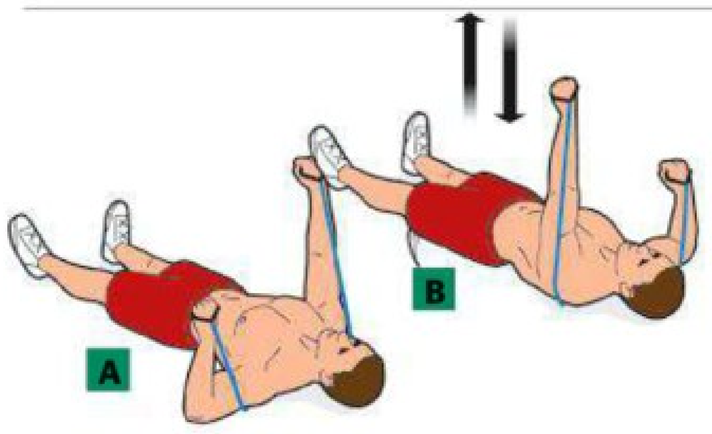
2 Back, biceps

Standing rows Loop the band around a pole, so that the handles are at chest height. Step back into a lunge position to eliminate slack on the band **(A)**. Keeping your elbows high, back straight and abs tensed, pull the handles to the sides of your chest **(B)**. Pause then slowly straighten your arms to the start position.



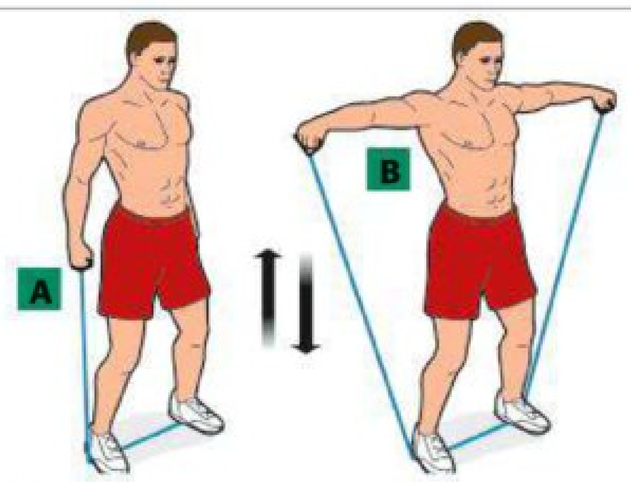
3 Chest, shoulders, triceps

Press-up Loop the band tightly around your back and lie face down. Support your body with the balls of your feet and position your hands shoulder-width apart. Keep your arms straight but not locked **(A)**. With a straight back, lower yourself **(B)**. Before your chest touches the floor straighten your elbows to push back up.



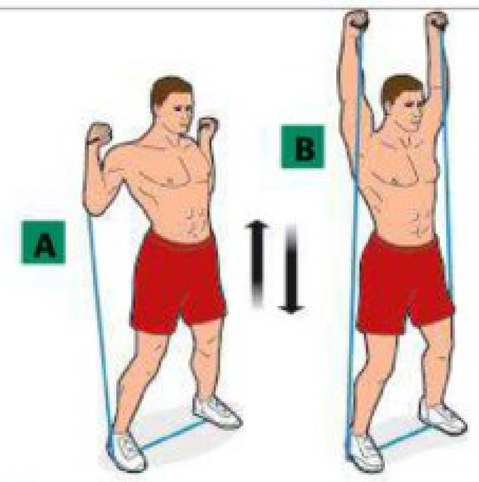
4 Chest, shoulders, triceps

Alternate lying chest presses Lie on your back, place the band under your upper back and hold a handle in each hand. Your elbows should be bent and your head pressed down. Straighten your right arm **(A)**. Pause then return to the start position. Repeat with your opposite arm **(B)** and keep alternating.



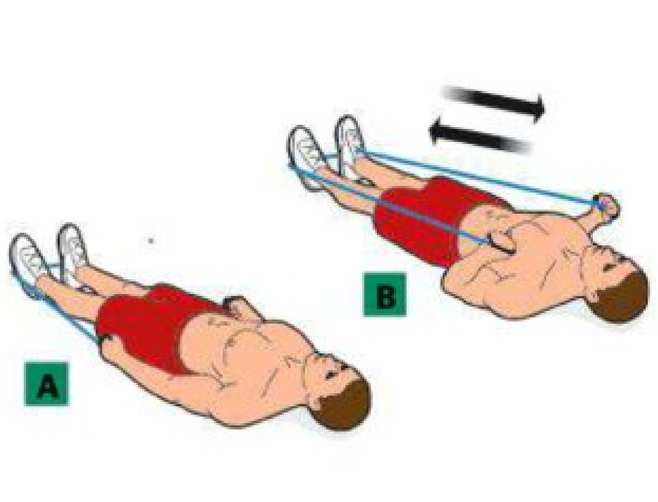
5 Shoulders

Lateral raises Stand on the band to anchor it, with your feet shoulder-width apart. Hold the handles, arms at your sides, with a slight arc in your elbows **(A)**. Raise your arms straight out in a movement similar to a bird. Stop when the handles are even with your shoulders **(B)**. Lower them along the same path without squawking.



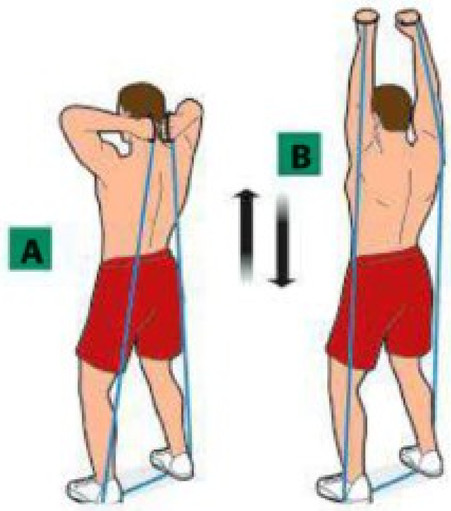
6 Shoulders, triceps

Shoulder press Stand on the band, feet shoulder-width apart and knees slightly bent. Hold a handle in either hand and raise them until in line with your shoulders **(A)**. Straighten your elbows to press the handles above your head until your arms are straight but not locked **(B)**. Slowly lower them along the same path.



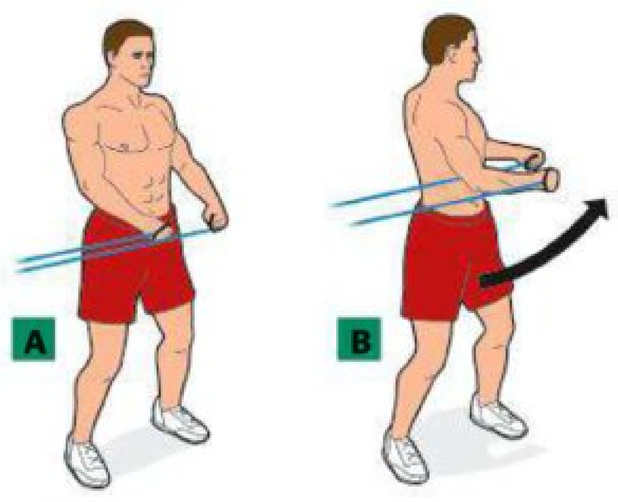
7 Biceps

Lying bicep curls Lie on the ground, the band around your feet, and a handle in each hand with an underhand grip **(A)**. Keep your upper arms on the ground and bend your elbows to curl the handles to your shoulders. Pause when your arms are fully bent **(B)**. Lower to the start.



8 Triceps

Triceps extensions Stand on the band with your feet shoulder-width apart. Hold the handles behind you with your elbows pointing upwards **(A)**. Straighten your arms to pull the handles above your head. Keep your arms close to your ears **(B)**. Pause then lower to the start position.



9 Core

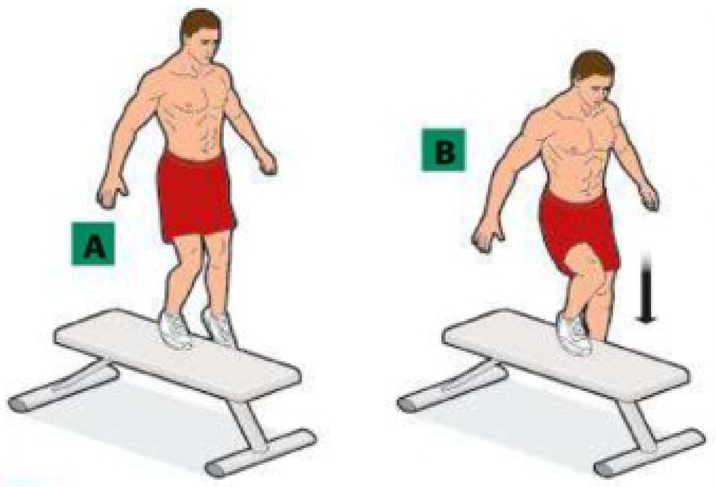
Rotations Loop the band round a pole and stand as shown. Grab the handles and extend your arms keeping a small arc in your elbows **(A)**. Rotate your torso but try to keep your head and spine still. Let your muscles move round the pivot points **(B)**. Slowly rotate back.

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FULL BODY WORKOUT...1 PIECE OF KIT

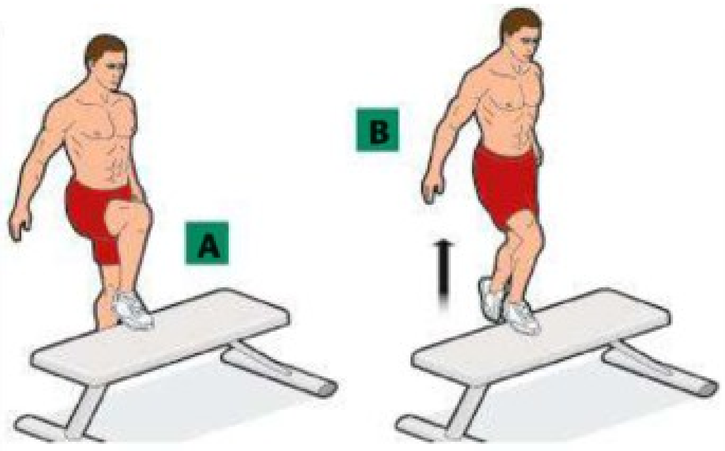
Benchmark of success

Don't just lie back on the weight bench; it is a valuable platform that can add a new challenge to bodyweight exercises and help you pack on muscle... no queuing for machines required



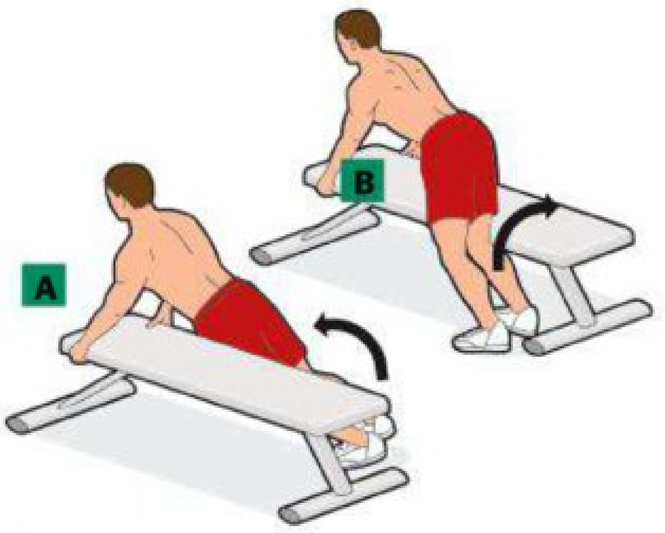
1 Quads, glutes, hamstrings, core

Bench single-leg squats Position the bench by a wall. Stand on the bench, balancing on your right leg (**A**). Bend your right knee until your thigh is parallel to the bench (**B**). Keep your knee over your toes and your heel on the bench. If your knee wobbles, hold the wall. Pause then press back up. Repeat on the other leg.



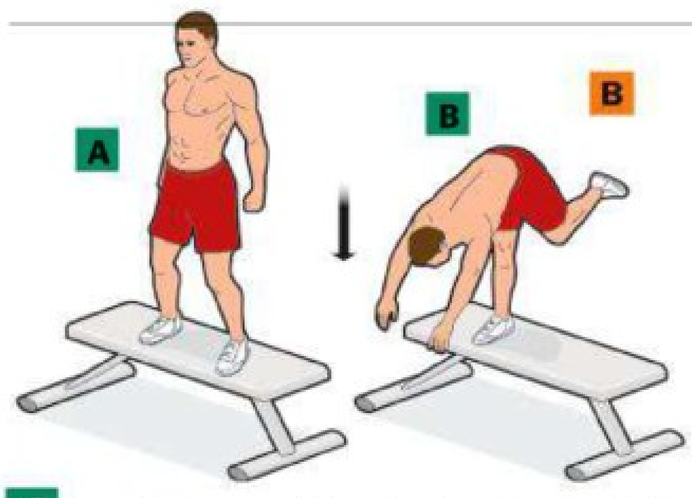
2 Quads, hamstrings, glutes

Step-ups Stand facing a bench with your feet shoulder-width apart. Lift your right knee to step up and place your foot on the bench (**A**). Push down with your right leg to straighten it and raise your entire body upward. Let your left leg hang in the air (**B**). Step back with your left leg to return and repeat with your left leg.



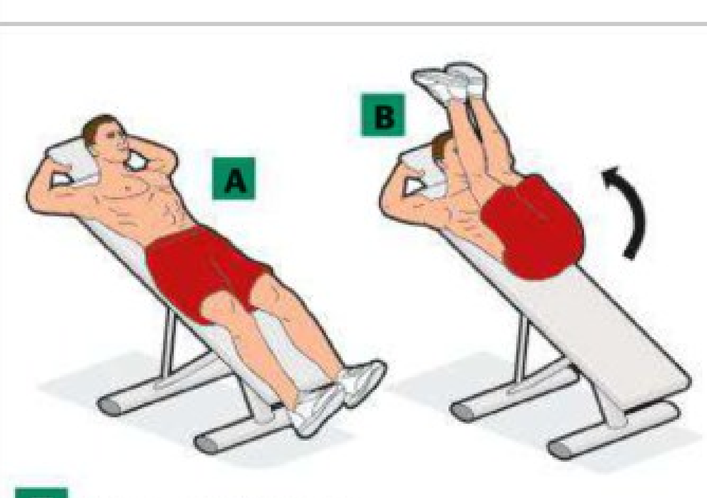
3 Quads, glutes, abs, arms

Bench hops Stand with your feet together on the left side of a bench. Place your hands near the top of the bench and grip an edge with each hand (**A**). Support your bodyweight on your hands and jump your feet over to the other side of the bench (**B**). Keep repeating for the desired number of reps.



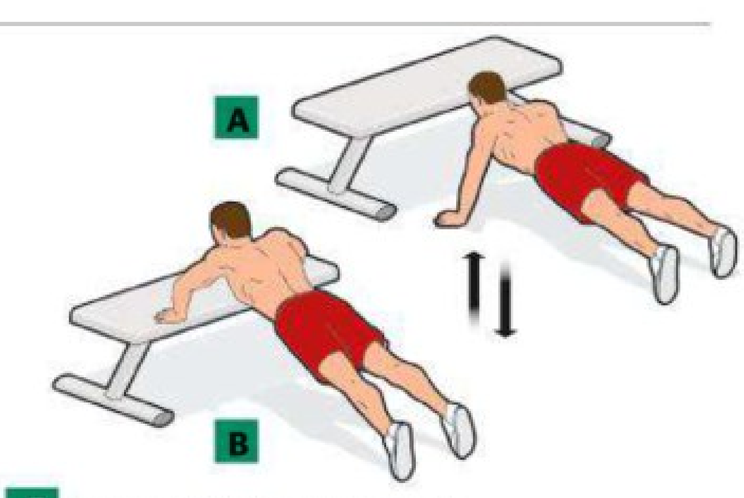
4 Lower back, core, hamstrings

Elevated single-leg deadlift Stand on a bench, feet shoulder-width apart (**A**). Lift your left foot by bending your knee back. Bend at your waist and reach past the bench towards the ground (**B**). Lower as far as you can, pause then raise back up keeping your left foot up. Do it with both legs on the bench if you find this difficult.



5 Abs, obliques

Incline leg-ups Lie on a bench set at a 60 degree incline. Reach behind you to hold onto the head rest (**A**). Keep your legs straight but don't lock your knees. Raise both feet just so that they are just above your head (**B**). Pause, then slowly lower them your feet without letting your heels touch.



6 Chest, triceps, core

Press-up steps Get into the press-up position in front of a flat bench, hands slightly wider than shoulder-width. Support your body with the balls of your feet. Keep your arms straight but not locked (**A**). Put your right hand flat on the bench, then your left (**B**). Return to the start position and repeat starting with your left hand.

7 Traps, shoulders

Bench upright rows Stand facing the bench, feet shoulder-width apart. Lean over and grab the far side of it. Stand up straight so it hangs at arm's length (**A**). Bend your elbows to lift the bench, until it's just below your chin (**B**). Pause, then lower until your arms are extended.

8 Triceps, abs

Bench dips Hold the edge of a bench and lock your elbows. Prop your legs up onto a second bench, the same height as the first. Keep your back straight (**A**). Bend your elbows until your upper arms are parallel to the floor (**B**). Pause then straighten your arms to return to the start position.

9 Shoulders, abs, triceps

Raised pike press-up Put your feet on a bench, keep your knees straight but not locked and get into a press-up position (**A**). Walk your hands back to form a 40 degree angle. Your torso should be straight and your hips in the air. Do a press-up and feel the tension in your shoulders (**B**).

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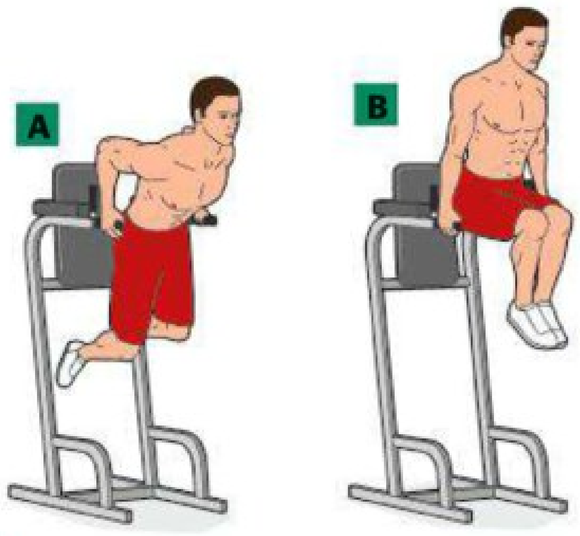
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FULL BODY WORKOUT...1 PIECE OF KIT

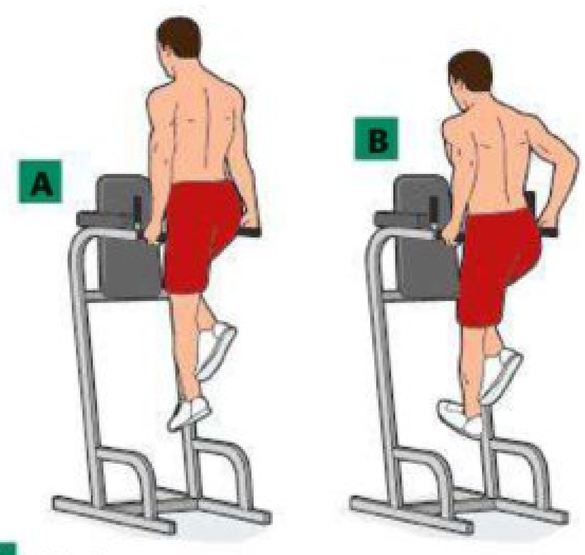
Captain marvel

Gym busy? You can still get a full-body workout with a single piece of kit – the captain's chair – which means less waiting around and more working out



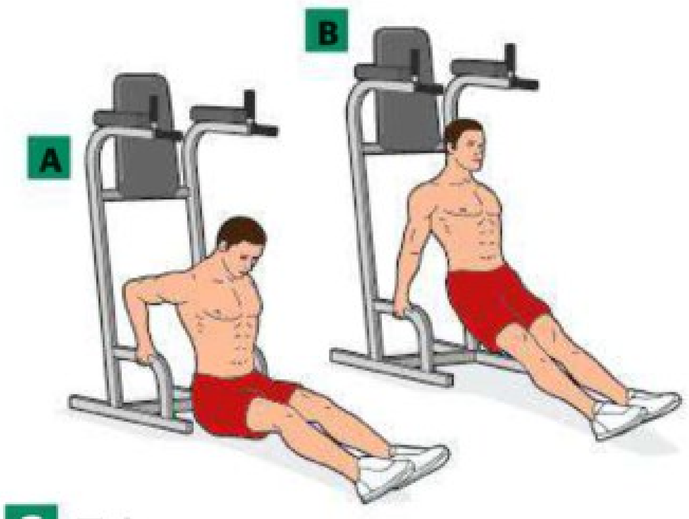
1 Chest, triceps, abs

Knee raising dips Grab the parallel bars and lift yourself so your body weight rests on your hands. Lower yourself for a count of 2 seconds until your upper arms are parallel to the floor (**A**). Press yourself back up and raise your knees (**B**). Perform 4 sets of 8 reps, resting for a minute between each set.



2 Calves

Single leg calf raises Stand on the foot rests of the captain's chair on the balls of your feet so your heels are suspended. Hold onto the bars for support then lift your right leg and tuck it behind your left ankle (**A**). Lower your left ankle then rise up onto tiptoes (**B**). Perform 25-30 reps on each leg.



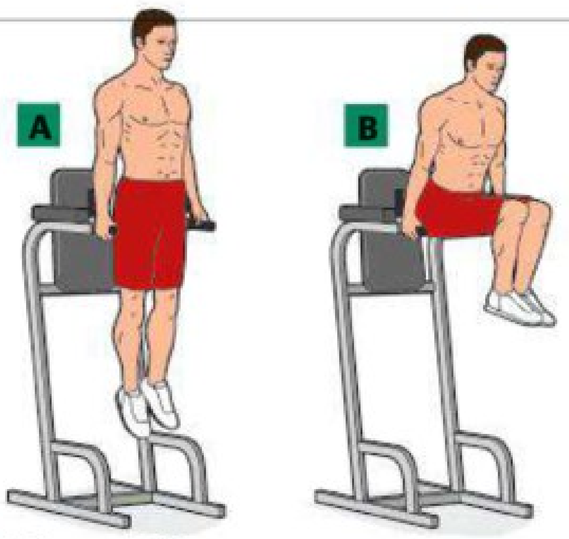
3 Triceps

Triceps reverse dips Sit on the floor with your legs out in front of you and back facing the captain's chair. Place a hand on each footrest. Push down with your hands to straighten your elbows and raise your body off the ground (**A**). Pause then lower yourself to the start (**B**). Do 4 sets of 12 reps.



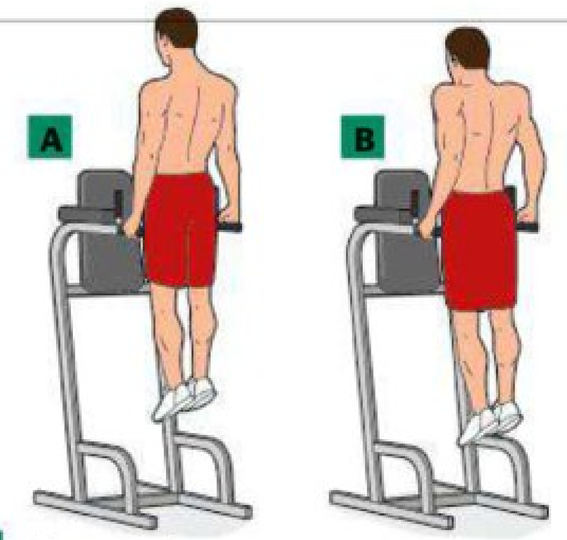
4 Chest, triceps, abs

Incline press-up Place a hand on each of the footrests in a press-up position (**A**). Bend your arms to lower yourself as far as possible, getting a deep stretch in your chest (**B**). Pause at the bottom then straighten your elbows to push back up to the start position. Perform 5 sets of 12-15 reps.



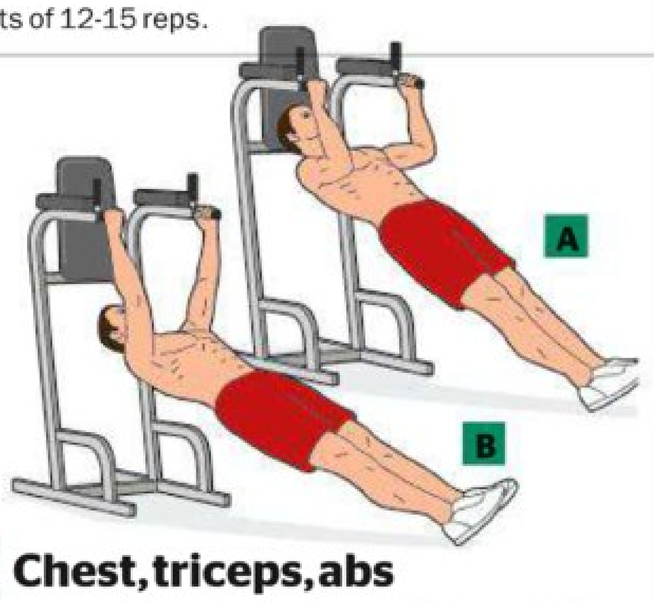
5 Abs, obliques

Leg raises with rotation Position yourself in the captain's chair and raise yourself up as shown (**A**). Press your back against the pad. Raise your feet and bend your knees upwards. Rotate your knees left and right (**B**). Return to the centre and lower to the start. Perform 4 sets of 6 reps.



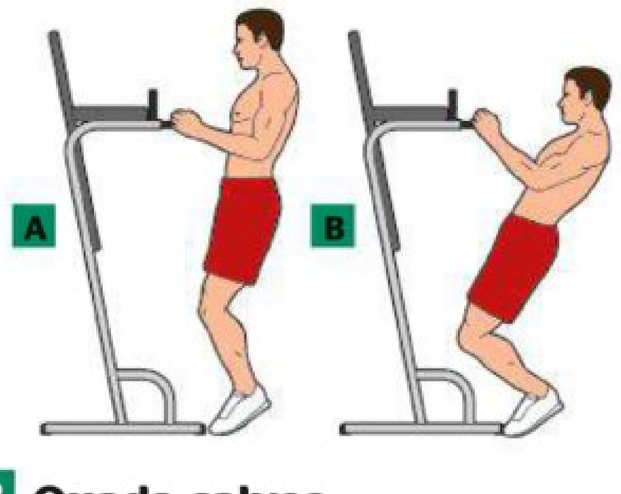
6 Shoulders, traps

Reverse shrugs Hold the parallel bars and let your legs hang beneath you (**A**). Allow your shoulders to rise to your ears in a shrugging motion (**B**), which will force your body downwards, then push yourself back to the starting position. Perform 4 sets of 10-12 reps and rest for 1 minute between sets.



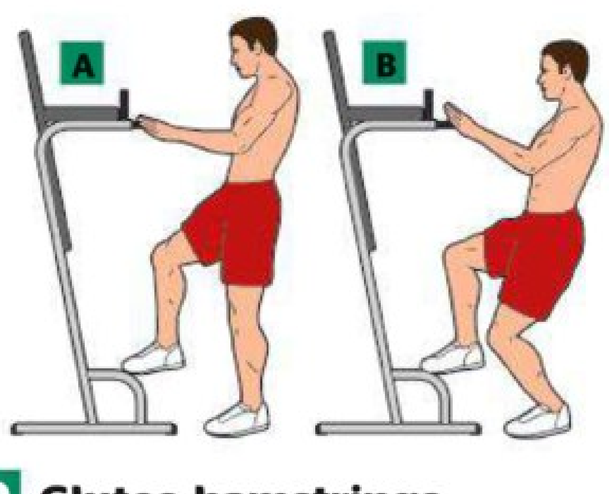
7 Chest, triceps, abs

Reverse rows Sit on the floor beneath the parallel bars then reach up and grab one in each hand. Walk your legs out in front of you (**A**). Bend your elbows to pull your chest up (**B**). Pause at the top of the move then lower yourself. Do 4 sets of 10 reps.



8 Quads, calves

Sissy squats Stand as shown and grab the bars with your hands. Go up on your toes and lean back slightly (**A**). Your knees should be slightly bent. Lower your body as you bend your knees (**B**) then push back to the start. Perform 3 sets of 12 reps.



9 Glutes, hamstrings

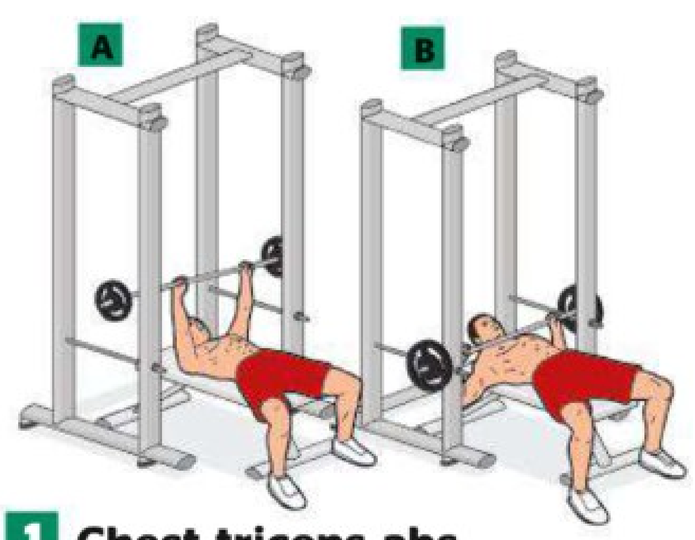
Single leg squats Stand in front of the captain's chair with your right leg raised (**A**). Hold onto one of the parallel bars and squat until the bottom of your thigh is parallel to the ground (**B**). Pause then press back up. Do 3 sets of 8 reps on each leg.

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FULL BODY WORKOUT...1 PIECE OF KIT

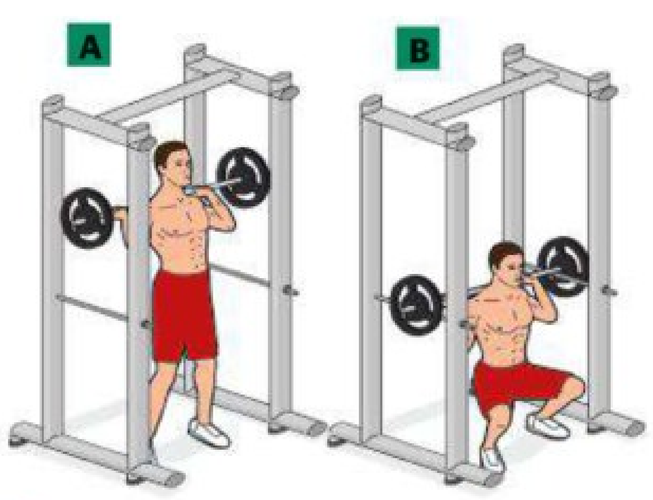
Work out faster

Gym packed at lunchtime? You can get a full-body workout with a single piece of kit, which means you'll be in and out without having to queue for a bench. It's time to head to the power rack



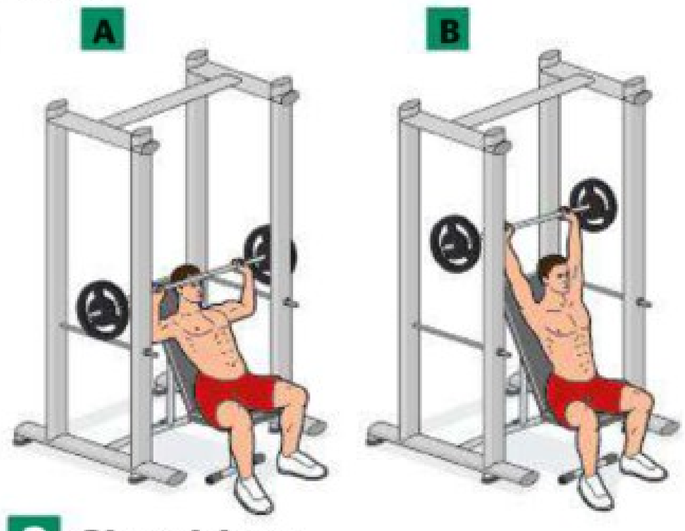
1 Chest, triceps, abs

Power rack bench-presses Set the safety bars at chest level and adjust the weight-holder hooks to a height 2-3 notches up. Grasp the bar-bell with a shoulder-width grip (**A**) and lower it to your chest (**B**). Press it back up to the start position. Perform 4 sets of 6-8 reps and rest for 2 mins between sets.



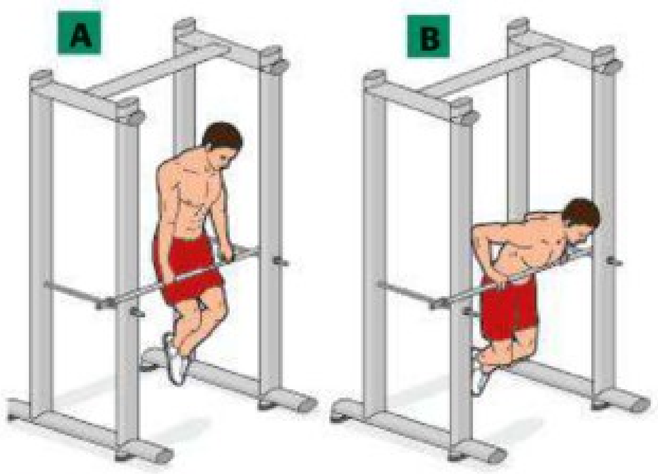
2 Quads, hamstrings, glutes

Power rack squats Place the bar-holder hooks just below shoulder height. Set the safety bars in line with your abs. Stand, feet shoulder-width apart, bar-bell on your shoulders (**A**). Bend your knees and hips to lower into a squat (**B**). Straighten to return. Do 5 sets of 4-6 reps, rest for 2-3 mins between sets.



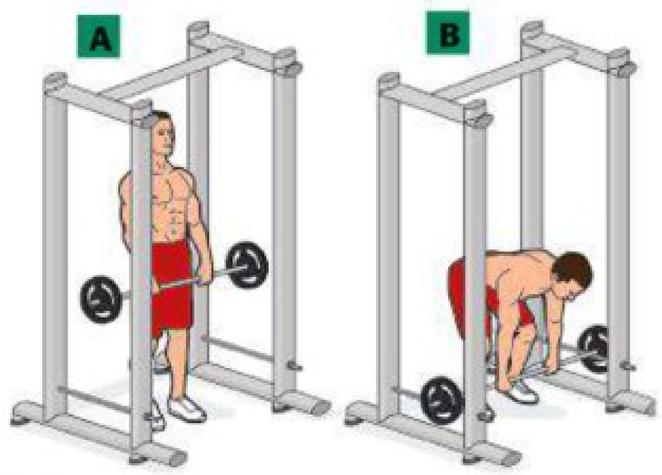
3 Shoulders

Partial shoulder-presses Set the safety bars to eye level. Sit upright and grab the bar-bell with a shoulder-width grip. Push it up until it's just above shoulder height (**A**), then straighten your arms to return it back to the start position (**B**). Do 4 sets of 10 reps, rest 1 min between each set.



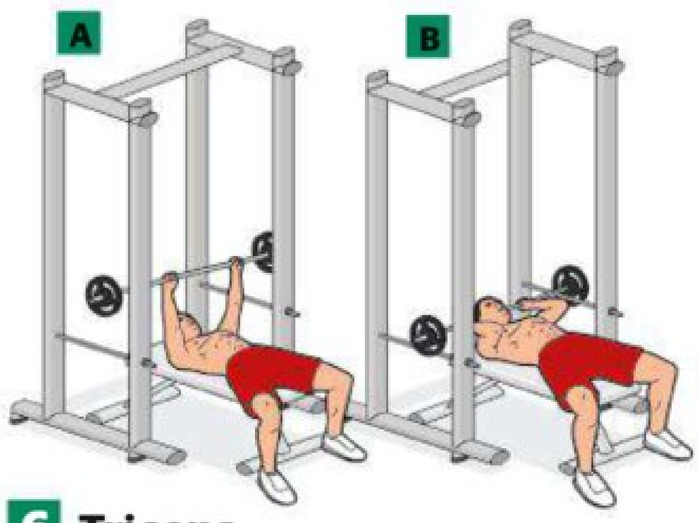
4 Triceps, chest

Power rack single-bar dips Set a safety bar to waist height and place an Olympic bar on top. Grip the bar with both hands and lift yourself up, bending your knees with your legs crossed (**A**). Bend your arms to lower your chest down (**B**) before exploding back up. Do 5 sets of 12 reps, rest 1 min between sets.



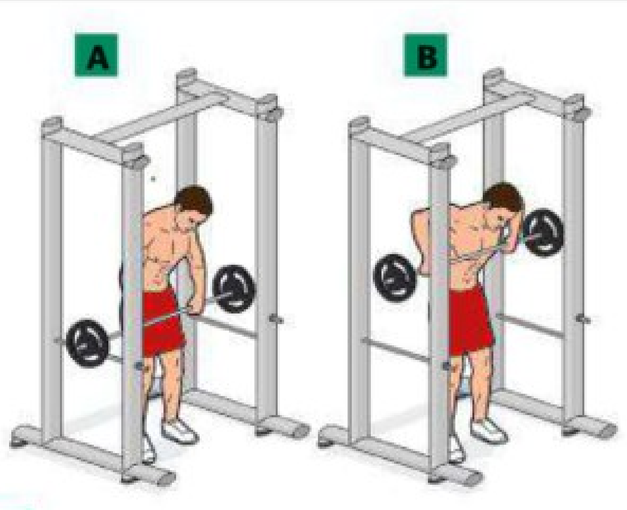
5 Lower back, hamstrings

Power rack partial deadlifts Set the safety rails to knee height and rest a loaded bar-bell across. Stand, feet shoulder-width apart, and grab it with an overhand grip while straightening your legs and torso to raise the bar and stand upright (**A**). Return to start (**B**). Do 4 sets of 8 reps, rest 2 mins between lifts.



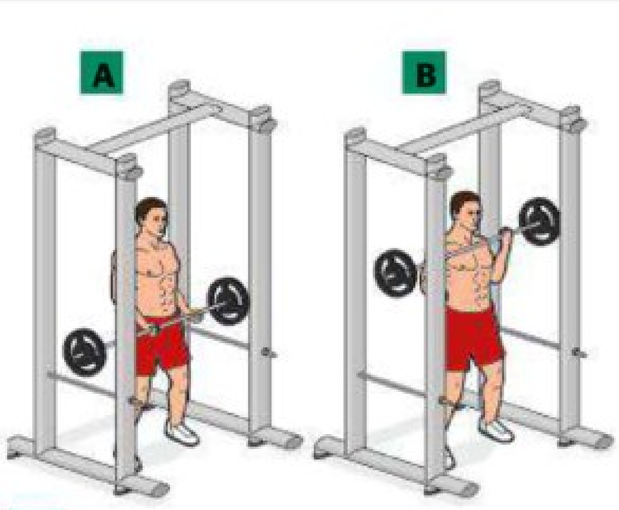
6 Triceps

Power rack skull-crushers Place a flat bench under the power rack and set the safety rails 5cm above your chest. Hold the bar-bell with a shoulder-width grip (**A**). Bend your elbows to lower it. Let it rest on the safety rails a second (**B**). Straighten your arms to return. Do 4 sets of 12 reps, rest 45 secs between sets.



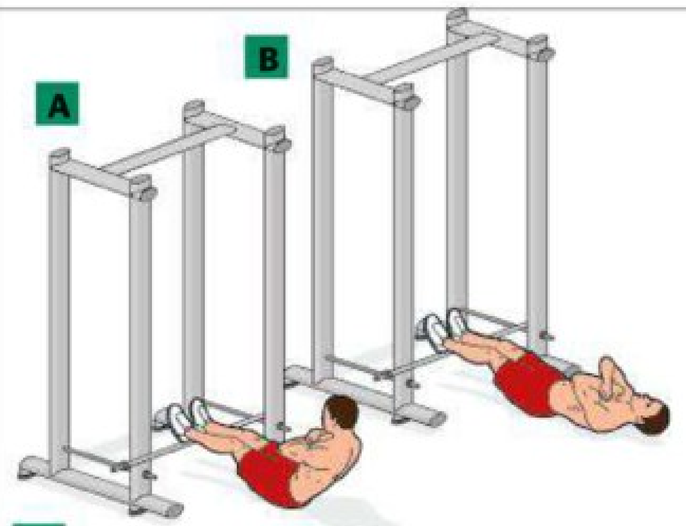
7 Back, biceps

Power rack bent-over rows Set the safety rails to waist height and rest a loaded bar-bell across. With an overhand grip, bend over, back flat and at 45 degrees to the floor (**A**). Bend your elbows to pull the bar to your chest (**B**), then lower to start. Do 4 sets of 12 reps and rest for 1 min between sets.



8 Biceps

Power rack partial curls Set the safety rails in line with your abs. Rest a bar-bell across and stand, feet shoulder-width apart. With an underhand grip and elbows in (**A**), bend them to curl the weight upwards (**B**). Lower it until it touches the safety rails. Do 5 sets of 12 reps and rest for 1 minute between sets.



9 Abs

Power rack sit-ups Set the safety rails to knee height. Lie face-up with your feet on the rail and hands across your chest (**A**). Do a sit-up by raising your torso off the floor. Pause at the top (**B**), then lower yourself to the start. Perform 4 sets of 6-8 reps and rest for 30 seconds between each set.

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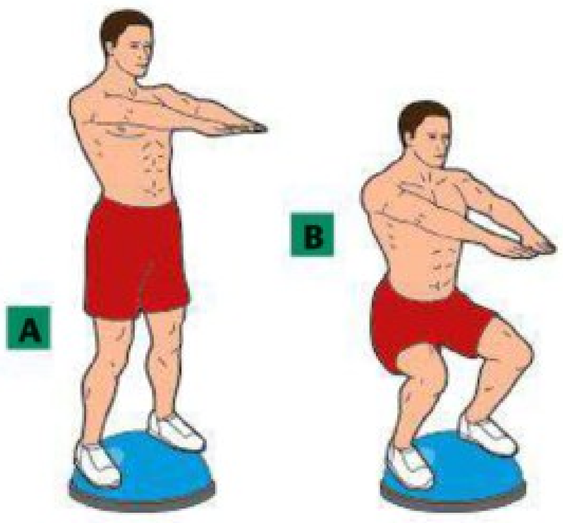
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FULL BODY WORKOUT...1 PIECE OF KIT

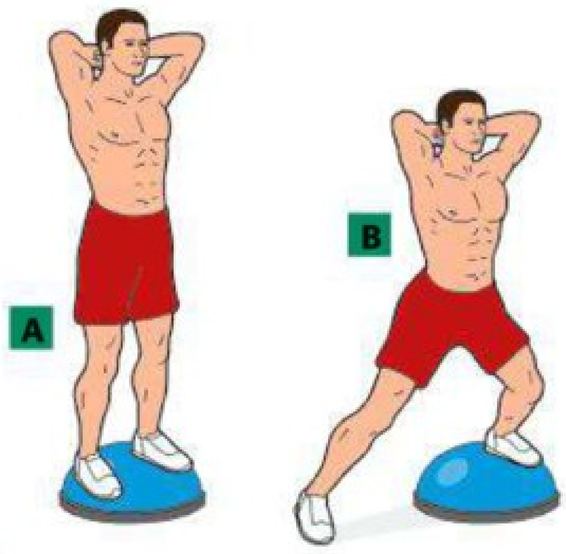
Build muscle faster

Gym always busy? You can still get a full-body workout with a single piece of kit, which means you can be in and out of the gym without ever standing still. This month: the bosu ball



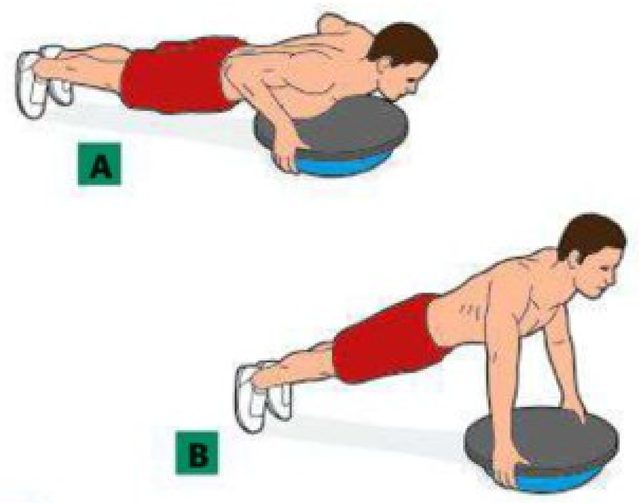
1 Glutes, hamstrings, quads, core

Bosu squats Place both feet on the ball and hold your arms out in front of you (**A**). Bend your knees until your thighs are parallel to the ground (**B**). Straighten your legs to push back to the start. Perform 3-4 sets of 10 reps. If it's too easy turn the ball over and hold a light dumb-bell in each hand. Bit more difficult now, isn't it?



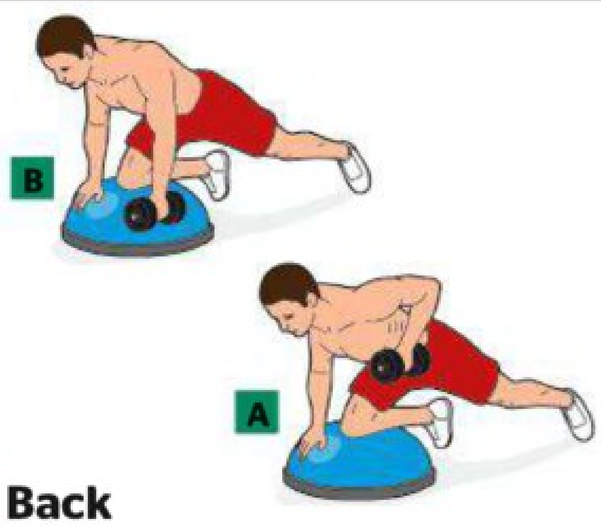
2 Glutes, abductors, quads

Side lunges Stand on the bosu ball, bubble side up, and interlock your hands behind your head (**A**). Step out to your left so your left foot lands on the ground while your right foot stays on the ball (**B**). Step back to the start and repeat on the right. Do 3 sets of 12 reps on each side and rest 30 seconds between each.



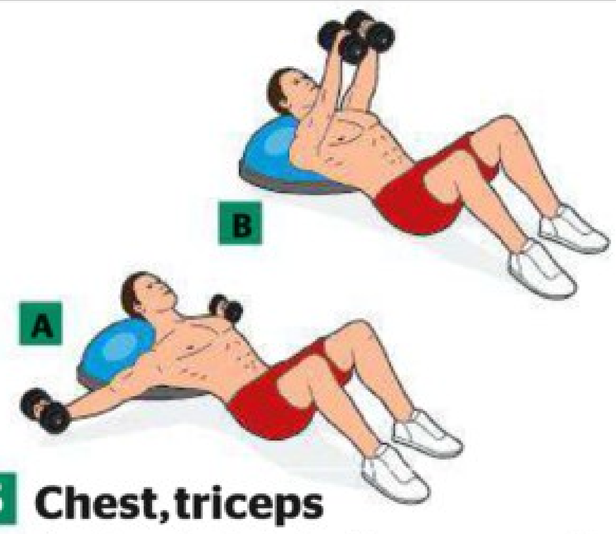
3 Chest, triceps, shoulders, abs

Bosu press-ups Place the bubble side of the bosu down. Grip the edges and place your feet behind you so your bodyweight is suspended. Rest your chest on the ball, back flat and abs tensed (**A**). Straighten your elbows to press up (**B**). Pause then return. Do 3 sets of as many reps as you can. Rest a minute between bouts.



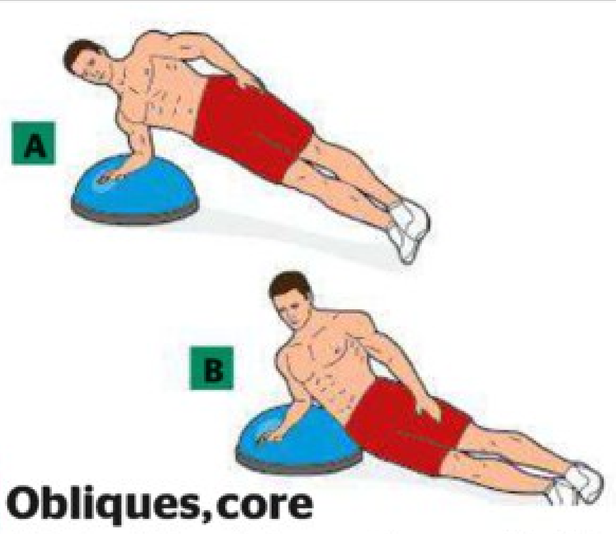
4 Back

Bosu dumb-bell row Place your right knee on the ball, bubble side up. Extend your left leg back. Hold a dumb-bell in your left hand and put your right hand on the ball, back straight (**A**). Bend your elbow to pull the dumb-bell to your chest (**B**). Pause then lower. Do 10 reps on each arm. Do 3 sets and rest 60 seconds between each.



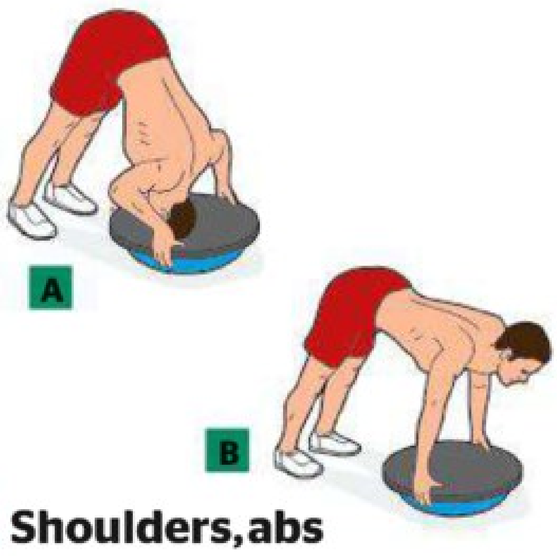
5 Chest, triceps

Bosu flys Lie on the the ball making sure your neck is supported and your back arched. Your torso should be at 45 degrees to the floor, feet shoulder-width apart, knees bent. Hold dumb-bells above your chest (**A**). Slowly lower them to your sides (**B**). Do 4 sets of 10-12 reps. Rest 60 seconds between each set.



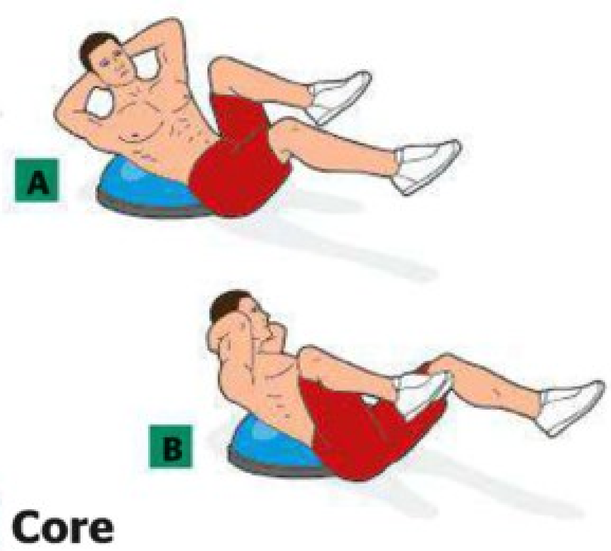
6 Obliques, core

Bosu side plank Place the bosu on the ground, bubble side up. Lie on your side and place your left forearm on the bosu. Stretch out your body, feet either stacked or next to each other (**A**). Lift your hips until your spine is in line with the rest of your body (**B**). Hold for 3 seconds then lower. Do 4 sets of 15 reps on each side.



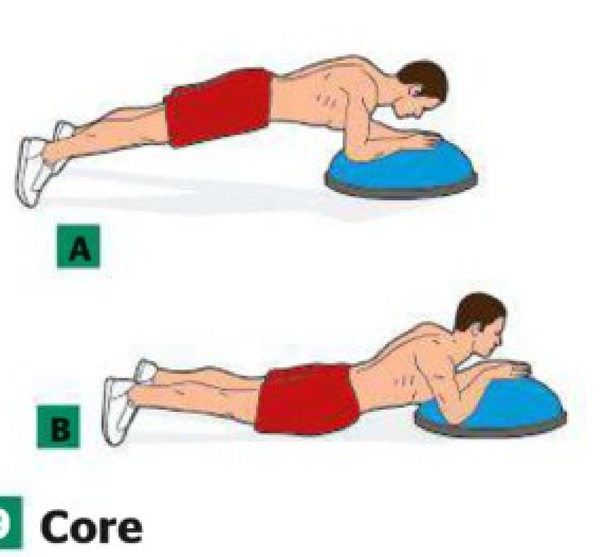
7 Shoulders, abs

Bosu pike press-up Place the bosu bubble side down. In a press-up position, walk your feet forward until they're 2ft behind your hands so your hips and glutes stick up (**A**). Keep your legs straight and bend your elbows to lower as far as you can (**B**). Straighten your arms to return. Do 3 sets of 14 reps. Rest 45 seconds between each.



8 Core

Bosu bicycles Lie on the bubble side of the ball. Lock your fingers behind your head so that your elbows point outward. Straighten your right leg so it is at 45 degrees to the floor while turning your upper body to the left, right elbow to left knee (**A**). Alternate in a cycling motion (**B**). Do 3 sets of 10 reps. Rest 45 seconds between sets.



9 Core

Bosu bridge Place the ball bubble side up. Set your hands on the ball, beneath your chest so your bodyweight rests on your forearms, legs straight and together (**A**). Raise your hips so that your bodyweight is suspended (**B**). Tense your abs and hold for 30 seconds then lower. Do 4 sets and rest 30 seconds between each.

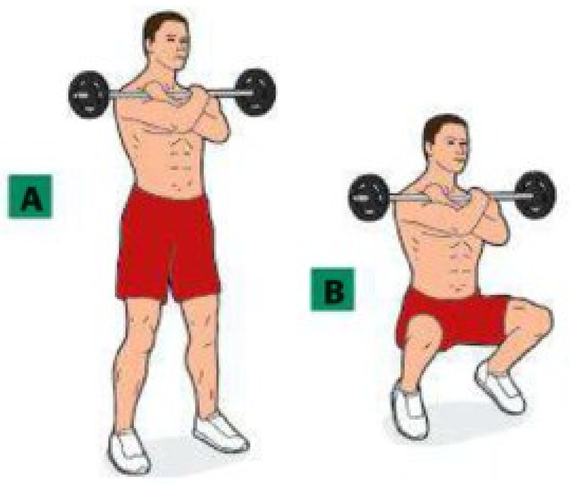
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FULL BODY WORKOUT...1 PIECE OF KIT

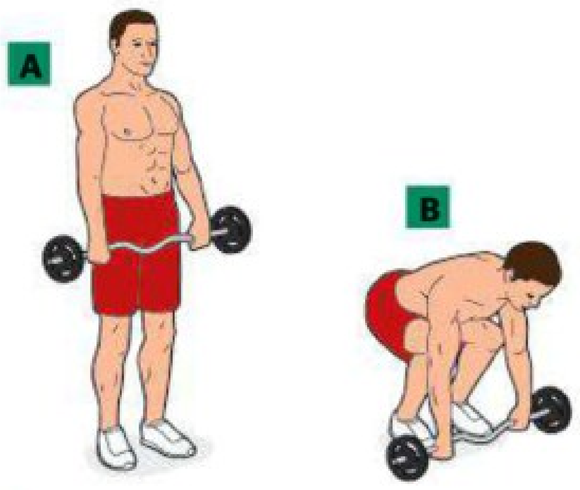
The EZ time saver

On limited time in a busy gym? You can still get a full-body workout with a single piece of kit, which means you'll be in and out with time to spare. So try the EZ bar for size



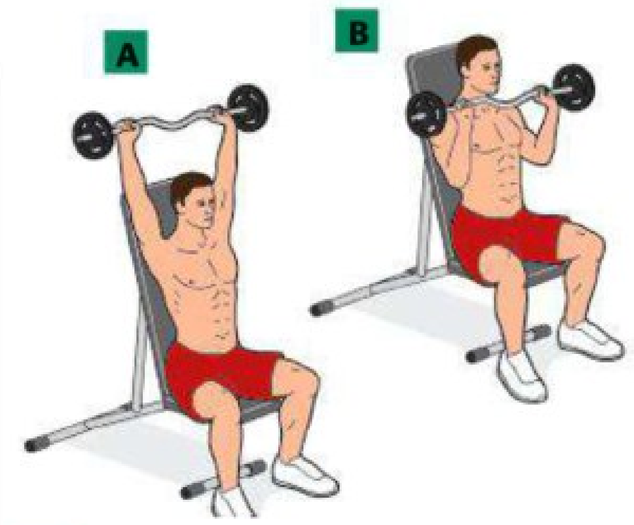
1 Quads, hamstrings, glutes

Front EZ bar squats Stand in front of an EZ bar, feet shoulder-width apart. Grab the sloped edges with an underhand grip, arms crossed. Curl it up so it rests on your shoulders (**A**). Bend your knees to lower your glutes as close to the ground as you can (**B**). Rise to the start keeping your torso upright. Do 5 sets of 10-12 reps.



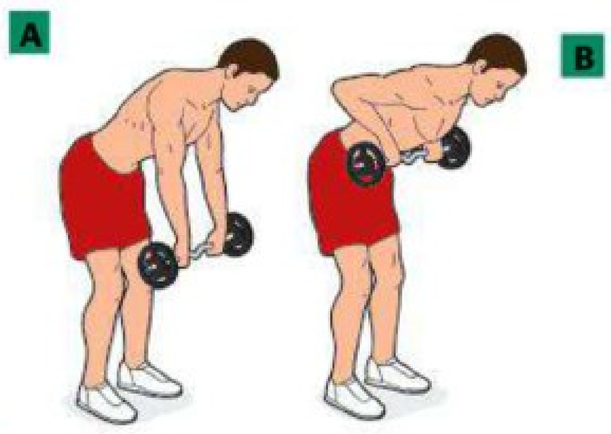
2 Hamstrings, lower back

EZ bar deadlift Place an EZ bar on the ground. Stand, feet shoulder-width apart, and bend at your knees and hips. Grab the bar's outside kinks with an alternate grip (**A**). Straighten your legs and torso to raise the bar and stand upright. Pull with your hips (**B**). Lower to the start keeping your back straight. Do 5 sets of 6-8 reps.



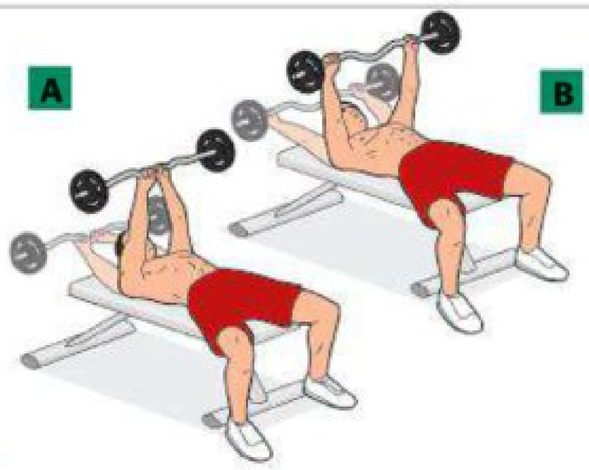
3 Upper chest, triceps

EZ bar chest press Set an incline bench to 75 degrees. Grab the outside edges of a loaded EZ bar. Pull it towards your chin then sit back on the bench so that the bar rests on your upper chest (**A**). Straighten your elbows to press it above your upper chest (**B**). Pause then lower to your chest again. Do 4 sets of 6-8 reps.



4 Lats, biceps, lower back

EZ bar reverse-grip bent-over row With your feet shoulder-width apart, squat down and grip an EZ bar with an overhand grip on its outer slopes. Stand up then bend your knees slightly and let the bar drop to knee level (**A**). Pull it up to just below your chest. Squeeze your shoulder blades together (**B**). Return. Do 4 sets of 10-12 reps.



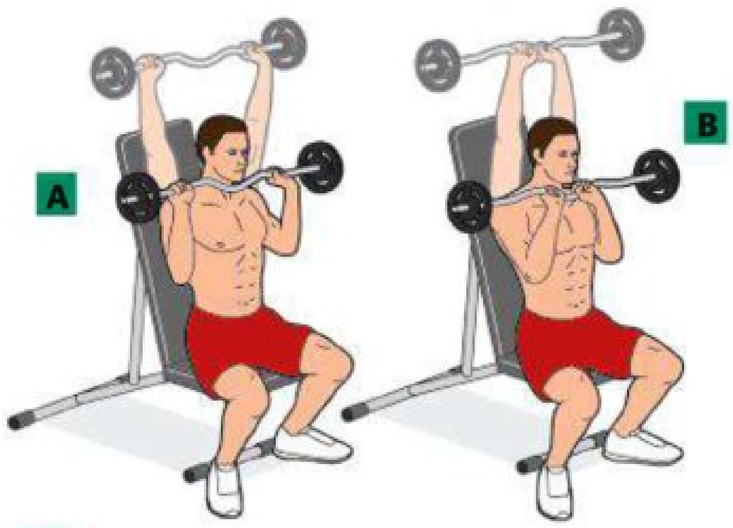
5 Chest, lats, abs, intercostals

Alternating grip pullovers Lie on a bench holding an EZ bar above your chest as shown (**A**). Lower it behind your head until your arms are parallel to the floor (**B**). Raise it to the start then move your hands together (**C**). Repeat the exercise (**D**). Alternate after each rep. Do 4-5 sets of 8-10 reps.



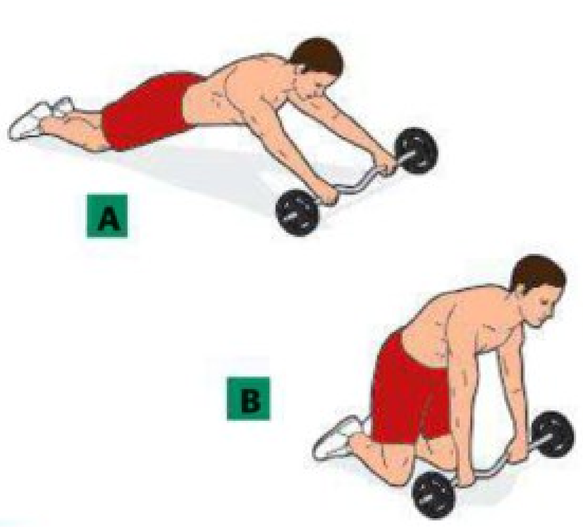
6 Biceps, forearms

Overhand biceps curl Stand, feet shoulder-width apart, holding the outside slopes of the EZ bar, palms facing behind you (**A**). Bend your elbows to curl the bar up to your shoulders (**B**). Reverse the move back to the start position. Keep your back straight and elbows tucked in. Do 4 sets of 10-12 reps.



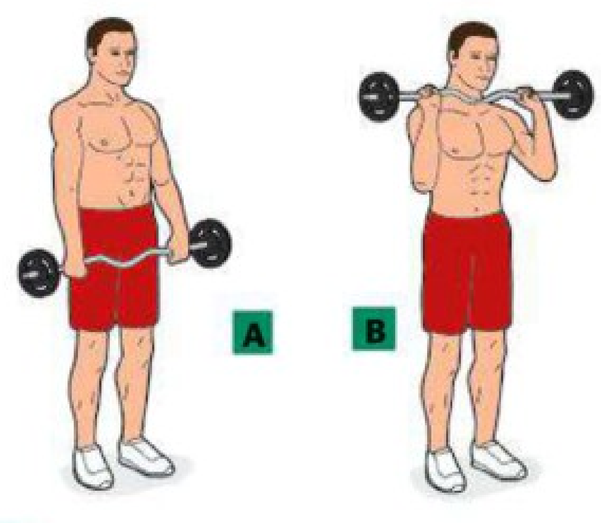
7 Shoulders

Alternating grip EZ bar shoulder press Sit on a bench, an EZ bar held as shown (**A**).Grasp its outer edges and straighten your arms to raise it above your head (**B**). Pause at the top then lower to the start. Position your hands together (**C**) then repeat the exercise (**D**). Keep alternating your grip. Do 4 sets of 10-12 reps.



8 ABS

EZ bar abs roll-out Load the EZ bar with weight plates and place it on the floor. Kneel in front of it and grab its outside slopes (**A**). Roll it out in front of you until the tops of your thighs are just above the ground (**B**). Pause then pull the bar towards you so that you return to a kneeling position. Perform 4 sets of 10-12 reps.



9 Biceps, triceps, abs

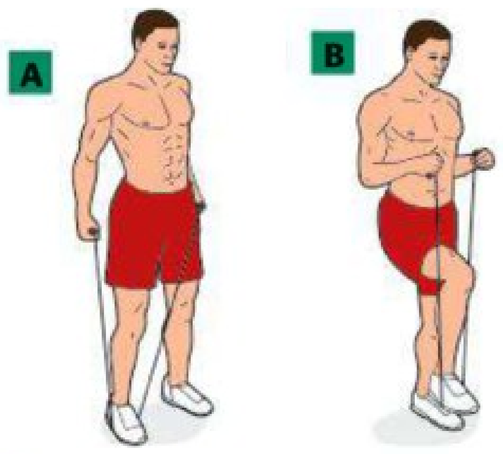
Lying triceps extensions to standing EZ bar curls Lie with an EZ bar on your chest (**A**). Holding its outer edges with an overhand grip, straighten your elbows to press it up (**B**). As you lower it, sit up into a semi-crunch position (**C**) then stand up. Bring the bar to your thighs then curl it up (**D**).That's 1 rep. Do 4 sets of 8 reps.

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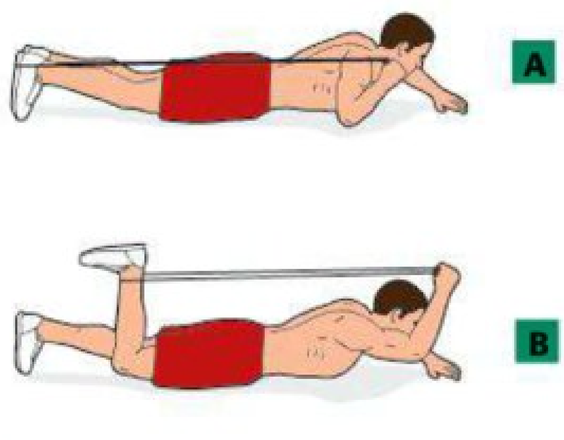
Muscle for old rope

You don't have to be a boxer to enjoy the benefits of a skipping rope. It's an any time, any place piece of kit that won't break the bank but will lose you pounds



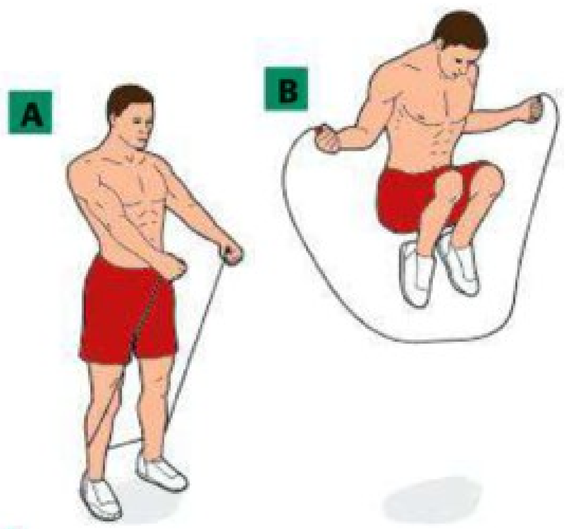
1 Quads,hamstrings,glutes,biceps

Resisted stamp-downs Stand, feet together, with a skipping rope under your right foot. Loop the handles around your hands (**A**) then lift your right knee. Push down on the rope with your foot and pull with your hands to create tension between your upper and lower body (**B**). Do this for 5 secs – that's 1 rep. Do 4 sets of 10 reps on each leg.



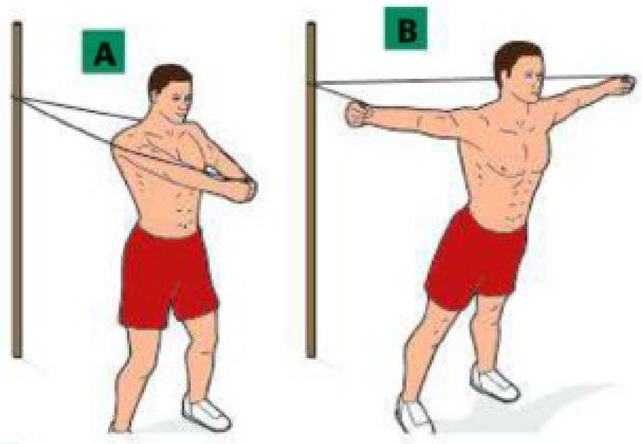
2 Hamstrings

Lying leg curls Lie face down and loop the rope round your right ankle and run it up your back so you hold both handles in your right hand (**A**). Bend your right knee so your lower leg is perpendicular to your thigh. Take 5 secs to lower it but pull on the handles for resistance (**B**). That's 1 rep. Do 4 sets of 8 reps on each leg.



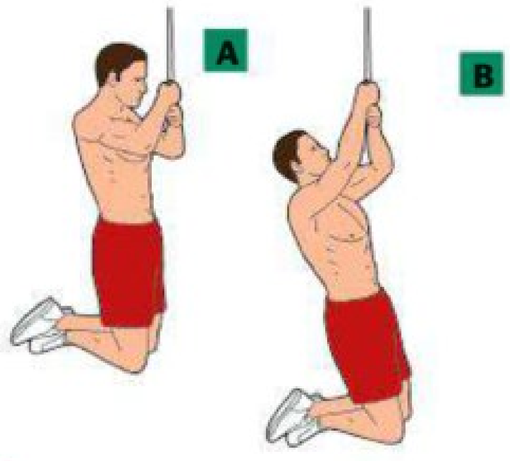
3 Quads,glutes,hamstrings,abs

Jumping skips Start with the rope behind your legs and stand with your feet slightly apart (**A**). Flip the rope over your head and jump as high as you can to get over it. Raise your knees as close to your chest as possible (**B**). Perform 4 sets of 10 reps resting 30 secs between each bout.



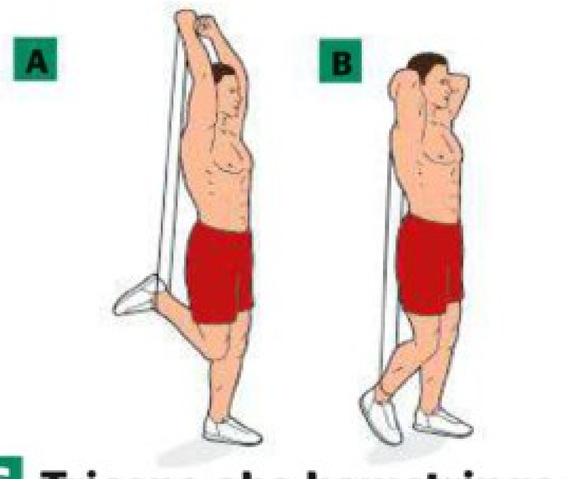
4 Chest,triceps

Pole flys Loop the rope around a pole or post at chest height. Grab the handles. Stand with your back to the pole and lean forward to create tension (**A**). Bring the handles together in front of you (**B**). This will pull your body upright. Lean forward to get to the start position. Do 4 sets of 10 reps. Rest 30 secs after each.



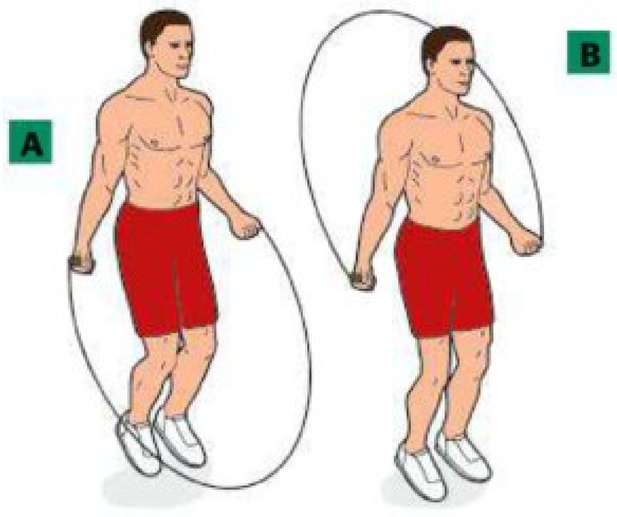
5 Lats,biceps

Skipping rope pull-ups Throw the rope over a pole or branch so the handles hang either side. Tie a knot just above the handles. Grab above the knots with each hand (**A**). Bend your elbows to do a pull-up (**B**). Your sister's old rope might snap, so be safe and shell out for a new one. Do 4 sets of 6 reps. Rest 1 min between sets.



6 Triceps,abs,hamstrings

Overhead extension Stand with your feet together and loop the rope around your right ankle. Feed it up your back and grab the handles behind your head, elbows bent (**A**). Pull the rope while bending your right leg (**B**). Hold this for 40 secs. Perform 4 sets, resting for 30 secs between each, alternating legs.



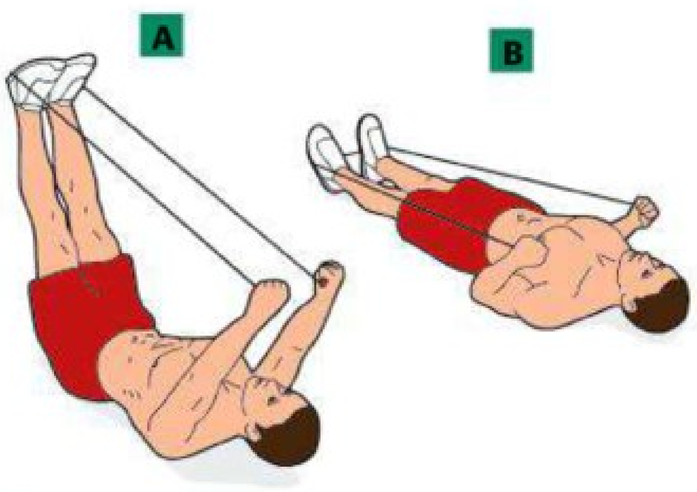
7 Shoulders

Skipping The best shoulder exercise is straight skipping. Start with the rope behind you, tuck your elbows in then flick it over your head (**A**). Jump over it and keep that motion going (**B**). Use pyramid sets: skip for 30 secs in set 1, 45 secs in set 2, 60 secs in set 3 and 45 secs in set 4. End with 30 secs in set 5. Rest 1 min between each.



8 Biceps

Static curls Stand with one foot in front of the other. Step on the rope with your front foot and hold a handle in each hand. Bend your elbows to 90 degrees so you can feel your biceps straining. Pull the handles as hard as you can and hold that stationary position for 40 secs (**A**). Perform 6 sets of 40 secs each.



9 Abs

Assisted leg raises Lie on your back, the rope looped beneath both feet. Lock your knees and hold a handle in each hand to keep the rope tight (**A**). Pull on it to help quickly raise your legs straight up. Take 6 secs to lower your legs using the rope to help (**B**). Perform 4 sets of 8 reps, resting 1 min between each bout.

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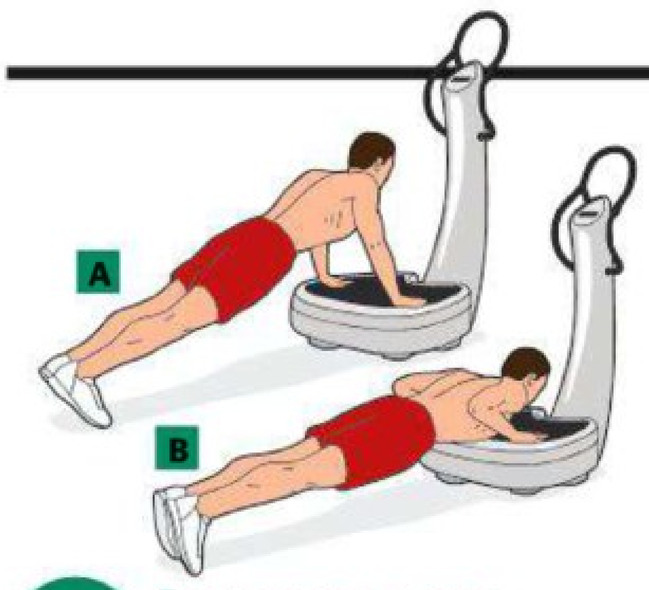
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FULL BODY WORKOUT...1 PIECE OF KIT

Six-pack on a plate

Switch on your shortcut to fitness. Get stronger, more defined muscles with the machine that will shake you into shape - the Power Plate

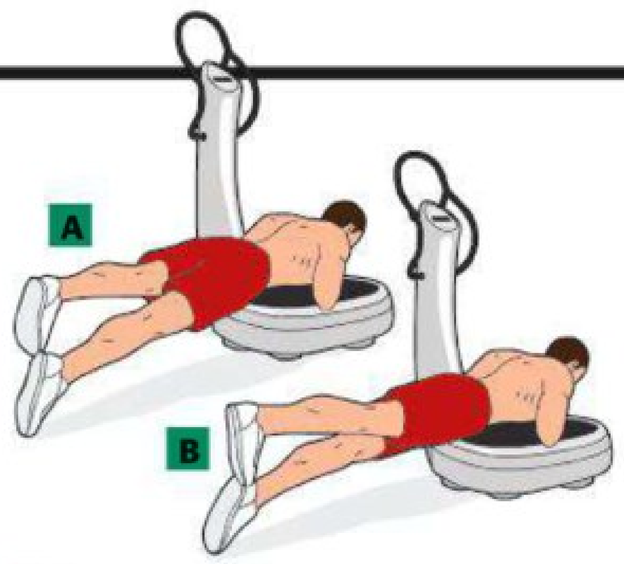




1 Power press-ups

CHEST, TRICEPS, SHOULDERS, ABS

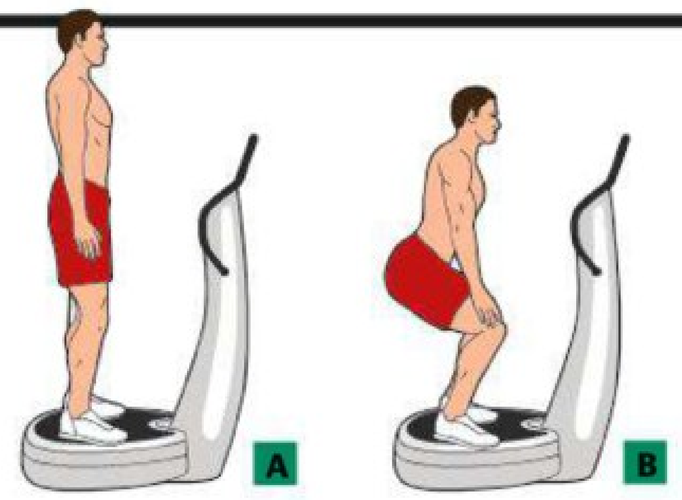
Assume a press-up position with your hands shoulder-width apart on the plate **(A)**. Now do a press-up **(B)**. Do 4 sets of 8 reps. This will make your chest and its supporting muscles contract 25-50 times a second. "Your chest will work harder and get noticeably bigger," says Nick Hudson, Virgin Active's National Fitness Manager.



2 Plank leg-lifts plus

ABDOMINALS

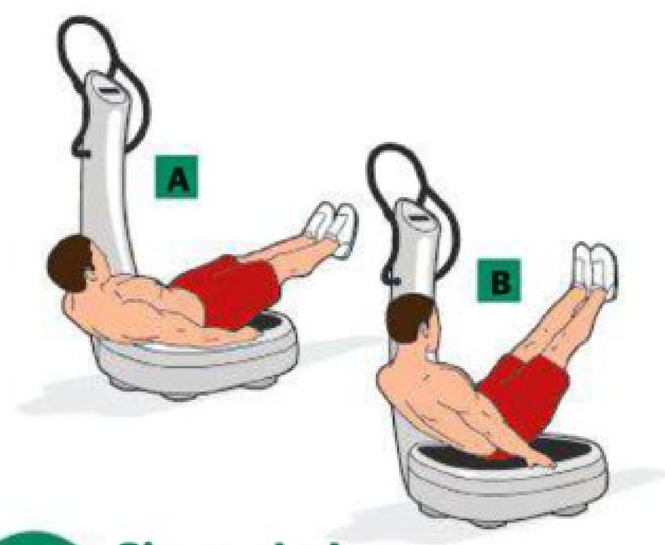
With your forearms on the plate, lift your right foot and place it on top of your left **(A)**. Raise your body slightly **(B)**.Hold for 30 seconds and repeat 5 times on each side. The University of Antwerp found people who used the plate and ate a low-calorie diet, lost 47.8cm² of belly fat in 6 months. So unwrap those abs from their soft furnishings.



3 Super squats

QUADS, HAMSTRINGS, CALVES, ABS, GLUTES

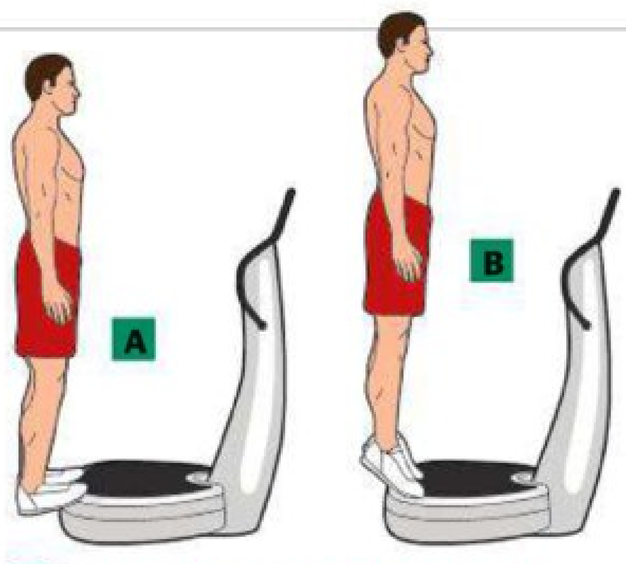
Stand with your feet apart on the plate **(A)**. Bend your knees to drop into a squat **(B)**. Do 4 sets of 10 reps. A study in the *Clinical Physiology & Functional Imaging* journal showed men holding a squat position on the plate fatigued 2½ minutes before those on the ground, meaning you get results in double-quick time.



4 Six-pack shaper

ABDOMINALS

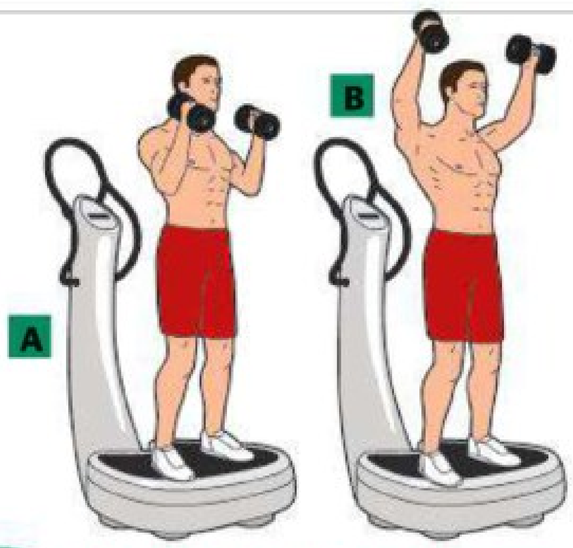
Sit side on. Straighten your legs and raise them so they're at 45 degrees to the floor. Lower your back towards the ground **(A)** then raise your torso back to the start position **(B)**. Do 3 sets of 10 reps. This magnifies the tension in your abs, according to a study by NASA who tested the machine on their astronauts. So, just a few sit-ups on the Power Plate will craft you a six-pack that is out of this world.



5 Unstable split squats

QUADS, GLUTES, HAMSTRINGS, ABS

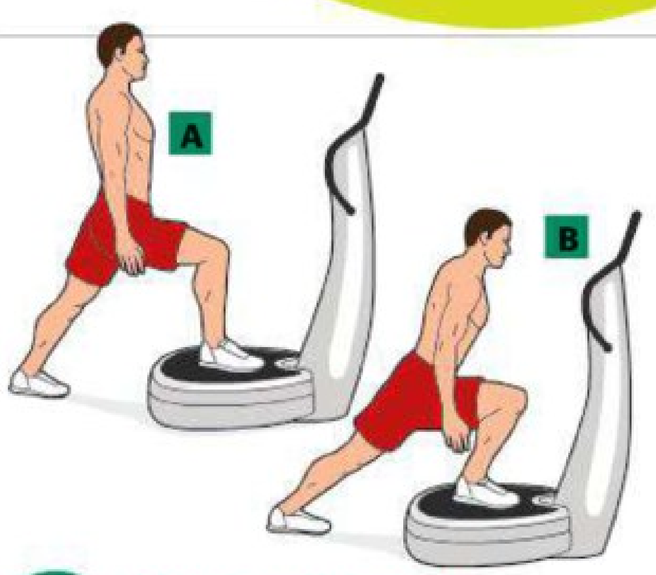
With your right foot on the plate and your left foot behind in a lunge **(A)**, bend your right knee to lower **(B)**, then rise up. Do 3 sets of 12 reps on each leg.The *Physical Therapy* journal found lower body exercises on the plate make ankles and calves 13% stronger. Making you quicker off the mark in every sport.



6 Vibe shoulder presses

SHOULDERS, ABS

Start with dumb-bells either side of your head **(A)**. Then press the weights up **(B)**. Do 4 sets of 8 reps. Research in the *British Journal of Sports Medicine* found that vibration training is more effective than normal exercise for strengthening your bones. "Overhead exercises like this strengthen your spine," says Hudson.



7 Killer calf raises

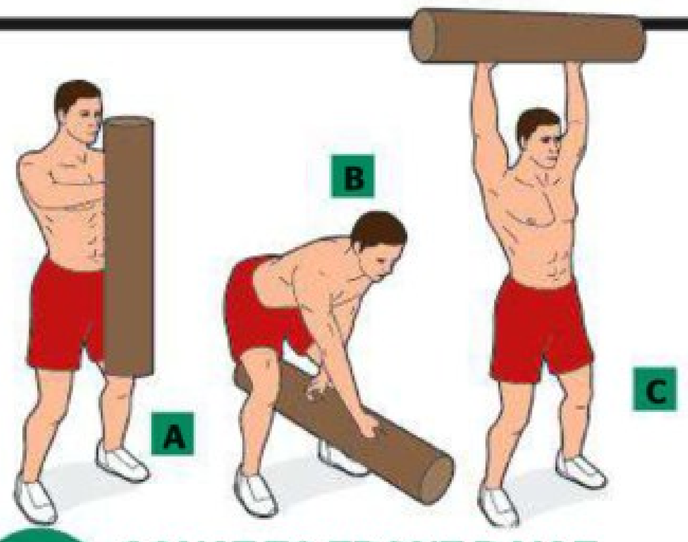
CALVES, ABS

With your feet on the edge of the plate **(A)**, rise onto your toes **(B)**, then lower. Do 5 sets of 15 reps. "Calves can be a notoriously stubborn muscle to build, but vibration training will slave drive them into working harder and growing bigger than if you trained them normally," says Hudson.

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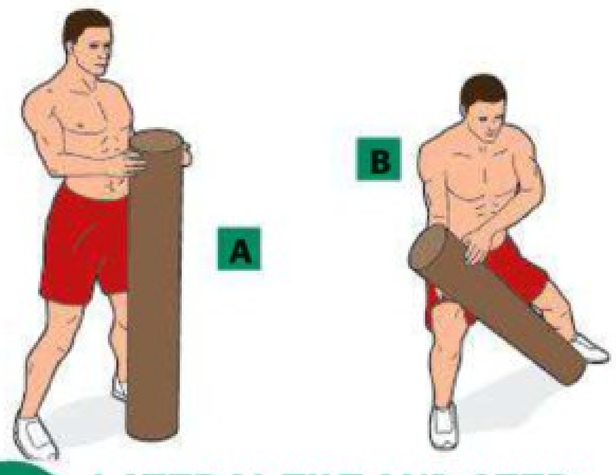
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1 SQUAT TO FRONT RAISE

GLUTES, HAMSTRINGS, QUADS, SHOULDERS, TRICEPS, ABS

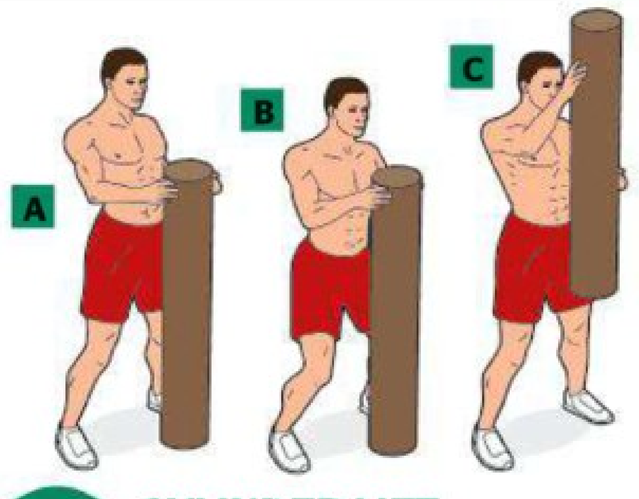
Hold the ViPR by the handles vertically in front of you **(A)**. Lower yourself into a squat and drop the ViPR between your legs **(B)**. As you rise out of the squat, lift the ViPR above your head **(C)**. Do 8 reps then turn the ViPR around and repeat the whole sequence. There isn't a major muscle group this exercise doesn't hit.



2 LATERAL TILT AND STEP

GLUTES, HAMSTRINGS, QUADS, BICEPS, ABS

"This move is great for building dynamic strength and is unique to the ViPR," says Virgin Active trainer Jim Matthews. With the ViPR upright **(A)**, push it to the right, shuffling across and doing a side lunge with it as it falls **(B)**. Keep your back straight. Reverse the action. Do 12 reps on each side.



3 CYLINDER LIFT

HAMSTRINGS, QUADS, SHOULDERS, PECTORALS, ABS

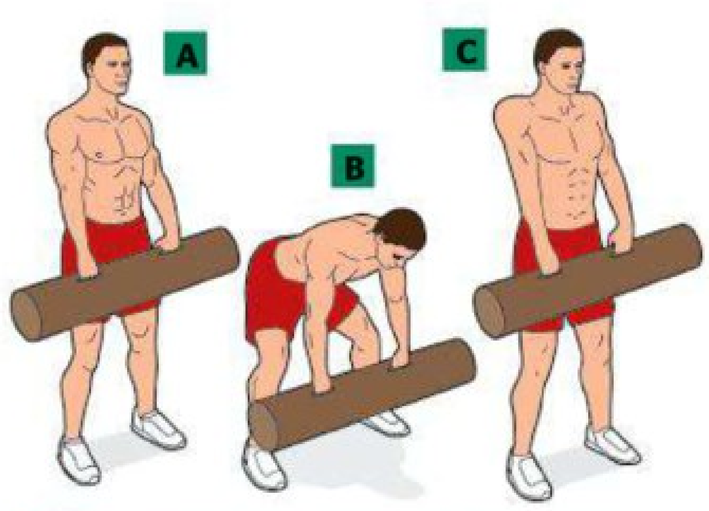
With the ViPR upright **(A)**, grab the top and bend your legs into a half squat **(B)**. Stand and throw the ViPR up, catching it as it moves **(C)**. Repeat until you're holding the ViPR at the bottom. Return to the start. Do 15 reps. "You'll knock out calorie-shifting squats and improve your grip strength, too," says Matthews.

FULL BODY WORKOUT...1 PIECE OF KIT

Snake grips

The ViPR isn't a reptile but it is deadly. It's a soft bar that can be lifted, thrown and flipped – giving a full workout in the time it would take to queue for a bench. Do the exercises in order with 30 seconds rest after each set

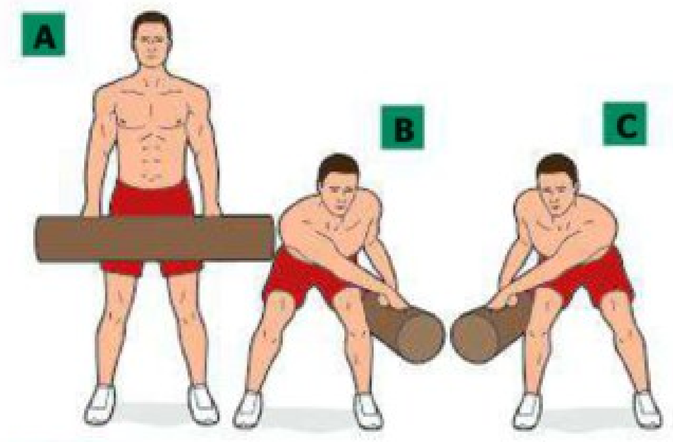




4 INTEGRATED DEADLIFT

GLUTES, HAMSTRINGS, CALVES, TRAPS, ABS

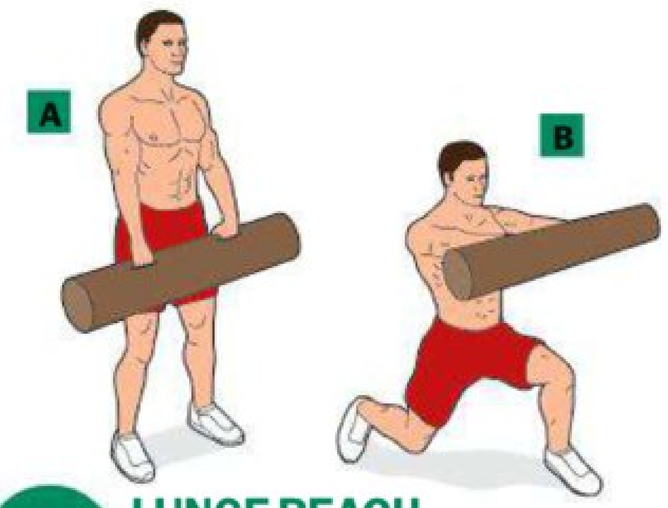
Stand with your feet shoulder-width apart, holding the ViPR by the handles horizontally in front of you **(A)**. Bend your torso forward to lower the ViPR to a point just above the floor **(B)**. Straighten your back to raise the weight up then shrug your shoulders towards your ears **(C)**. Do 15 reps. "A great posture improver," says Matthews. You'll become a giant among men.



7 KAYAKING SQUATS

HAMSTRINGS, QUADS, SHOULDERS, PECTORALS, ABS

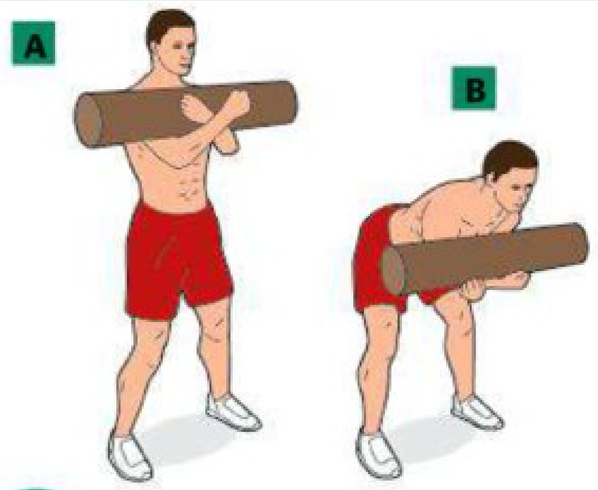
Stand, feet shoulder-with apart as shown, holding the ViPR horizontally **(A)**. Drop into a squat rotating the ViPR down to your left **(B)**. As you rise up again, bring the ViPR back across your body and repeat on the other side **(C)**. Do 8 reps on each side for injury-proof hip flexors. One interruption-free workout: done.



6 LUNGE REACH

HAMSTRINGS, BICEPS, TRICEPS, PECTORALS, ABS

Stand with your feet shoulder-width apart and hold the middle handles of the ViPR **(A)**. Lunge forward with your left foot and push the ViPR away from your body and in front of your leg **(B)**. Step back to the start and repeat on the other side. Do 8 reps on each leg. Only one more move to go and you haven't had to cut in once.



5 FRONT 'GOOD MORNING'

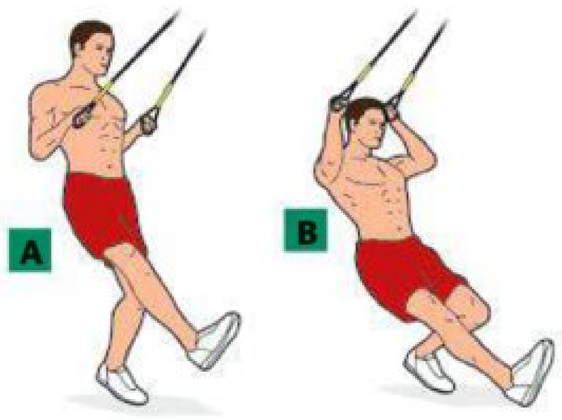
HAMSTRINGS, QUADS LOWER BACK, ABS

With your legs shoulder-width apart, hold the ViPR along the front of your shoulders with your arms crossed, grabbing the handles **(A)**. Bend towards the floor keeping your back straight **(B)**. Stop when your elbows nearly touch your knees. Rise to the start position. Do 12 reps for increased leg strength and calorie burn.

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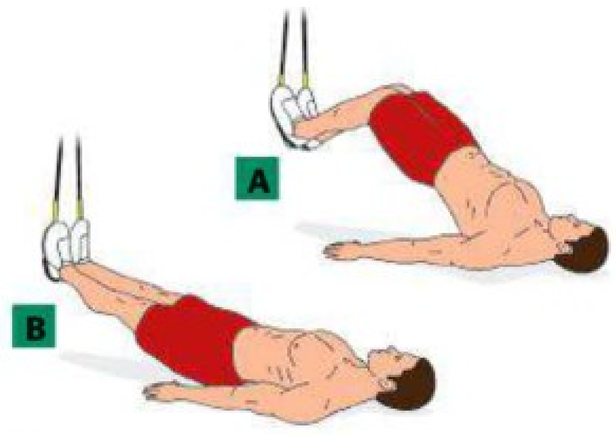
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1 Legs, core, glutes

SINGLE-LEG SQUATS

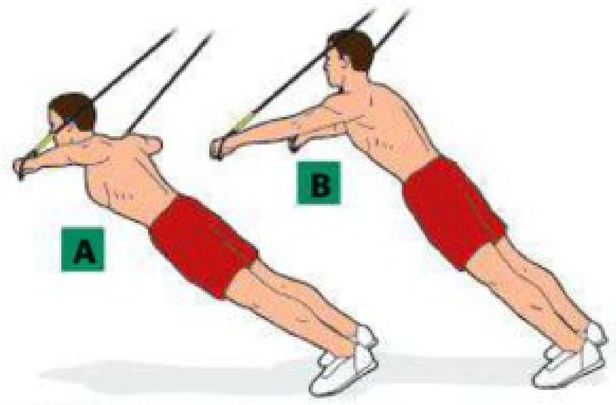
Set the TRX handles at shoulder height then face them. Hold one in each hand, and lean back slightly **(A)**. Raise your right leg up and bend your left until your thigh is parallel to the ground **(B)**. Straighten and repeat. This hits your glutes, and according to a study in *Medicine & Science in Sports & Exercise*, burns fat faster than any other resistance move.



2 Legs, abs

HAMSTRING CURLS

Set the TRX so the handles are at knee height. Lie on your back as shown with your heels in each of the straps **(A)**. Bend your knees to curl the straps as far towards your glutes as you can – raise your back up as you do this **(B)**. Hold that position for 2 seconds then slowly release them to the start. That's your legs done – see it wasn't so tough now, was it?



3 Chest, shoulders, triceps, abs

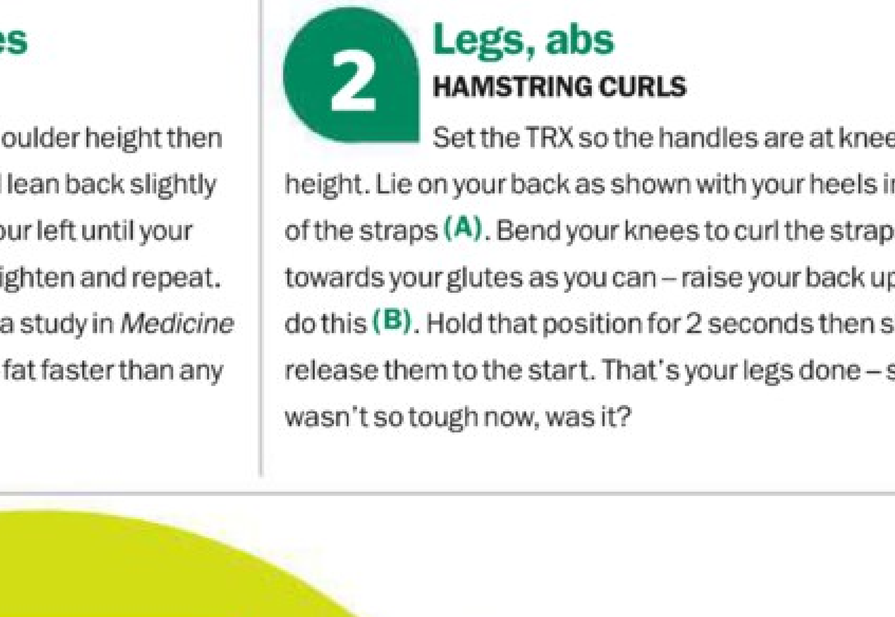
CHEST PRESS

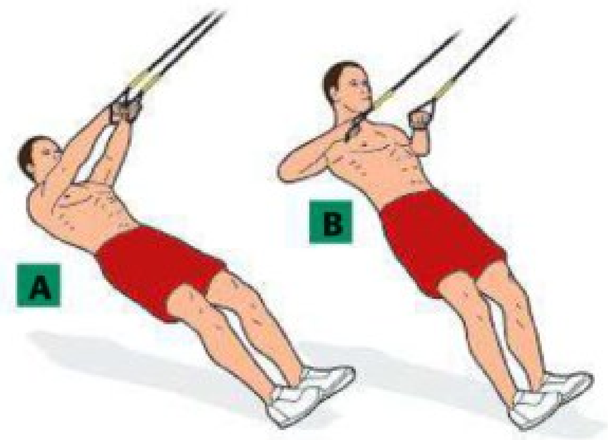
Set the handles at rib height. Hold one in each hand and lean forward **(A)**. Bend your elbows to lower yourself into what looks like a diagonal standing press-up **(B)**. Return to the start. Do 15 reps. Keep your entire body aligned – legs, hips and back and head – and your abs will work just as hard as your chest.

FULL BODY WORKOUT...1 PIECE OF KIT

Hang tough

Want a gymnast's physique? Men's Health shows you how you can get one with new suspension-training tool, the TRX. You can take it anywhere and it costs much less than a home gym

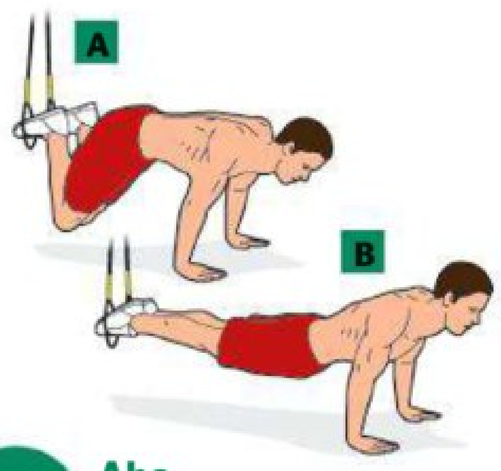




4 Lats, shoulders, biceps, forearms

BACK ROW

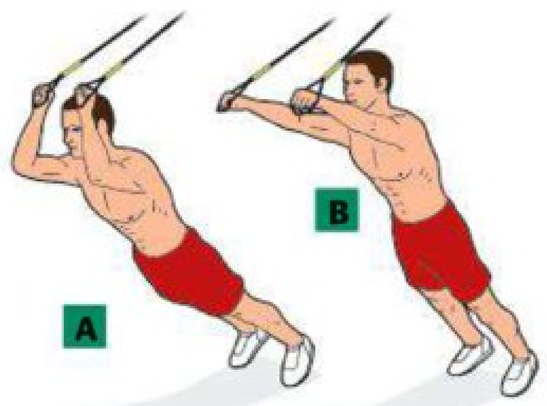
A solid back defines the shape of your shirts, so here's how to make a big impression at work. Set the handles at shoulder height. Hold one in each hand and lean back **(A)**. Pull your chest towards the handles **(B)**. Hold it. Squeeze your shoulder blades together and lower to the start. That pumping heart you're feeling means the promotion your physique deserves is on its way.



7 Abs

TRX SUSPENDED CRUNCH

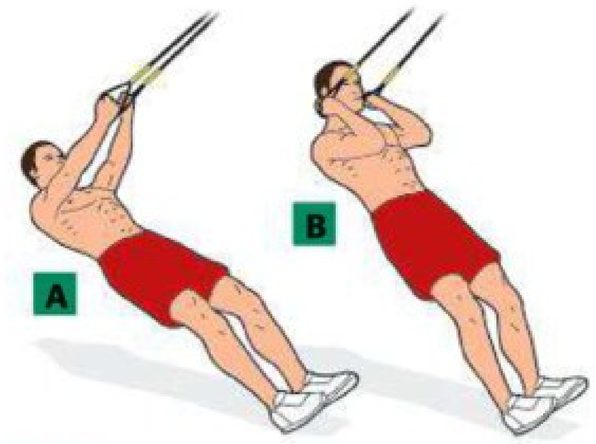
All moves with the TRX work your abs, but this one doubles mid-section tension. Set the handles to knee height. Get into a press-up position, resting a foot in each handle **(A)**. Bend your knees to bring them as near your chest as you can **(B)**. Pause, then straighten your legs to return them to the start. Do 15 reps. The balance and abs of a gymnast are now yours.



6 Triceps, abs

STANDING TRICEPS EXTENSIONS

To get the arm power boxers and climbers dream of, set the handles at head height then stand facing away from them **(A)**. Hold one in each hand and lean forward, keeping your elbows tucked in. **(B)** Bend your elbows to lower yourself, then straighten your arms to return to the start position. Do 15 reps. Significantly larger arms will now be yours.



5 Biceps, abs

BICEPS CURLS

To become a gunslinger you need to swing. Set the handles to chest height. Hold one in each hand and lean back **(A)**. Keeping your elbows tucked in, curl your way up **(B)**. Hold that position then lower to the start. The unstable nature of this curl will make you use up to 5% more bicep muscle fibres than normal curls. Do 15 reps.

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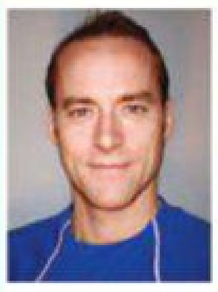
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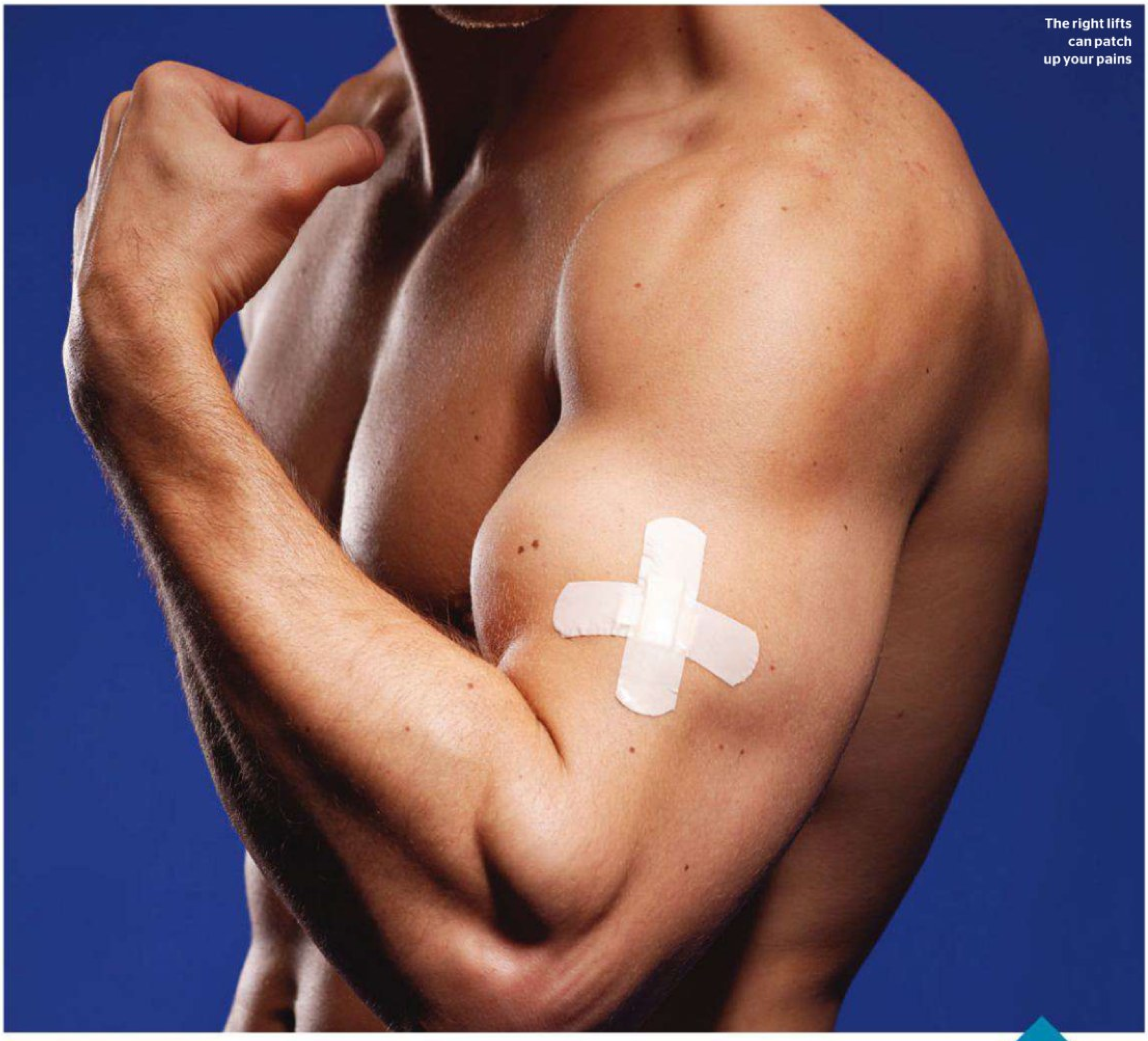
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The right lifts can patch up your pains

PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR TALENT

BUILD & HEAL

Working out doesn't just get you stacked: it can help with illness and disease, from the small to the serious

Exercise is a double-edged sword: while training can make you fitter and stronger it can also make you susceptible to injury. Stick to a consistent exercise plan, you're putting your body and your immune system under all sorts of stresses and strains. In this section we show you how to iron out those little niggles as well as how to cure your ills with slight changes to your workouts. So you can skip the doctor's surgery and head straight for the gym.

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The PT Prescription For...
Diabetes

Diabetes affects 1.2m UK men – predicted to rise 30% by 2010. In the first of our series on how to combat ailments with good living, we look at how life with diabetes can be sweet

Ailment

Dear *MH*,
Unfortunately, I was recently diagnosed with type 2 diabetes. As I'm a little overweight, my GP has recommended I lose a few pounds. And, along with starting insulin injections and other medications, that I should change my diet. I still want to go to the gym – any suggestions for how to cope with my condition?
Mike Johnson, Leeds



Dipping your hand in the sweetie jar can have consequences

Prognosis

THE SIGNS
Excessive thirst, hunger and urination; tiredness; numbness in the hands and feet; and foot and skin complications. Consult your doctor if you exhibit any of these symptoms – especially if you also have a family history of diabetes, are 45 or over, have high blood pressure and cholesterol, or are obese.

DIAGNOSIS
Your GP will do a "fasting glucose test" to check how much sugar is in your blood 8 hours after your last meal. If it's above the normal level, then you may have type 2 diabetes or what's known as "pre-diabetes", the stage before the full-blown condition.

CAUSES
"Your body breaks down food into glucose so that it can be used as energy," says Richard Scrivener, a personal training and diabetes lecturer at Premier Training International (premierglobal.co.uk). "In normal circumstances, the hormone insulin helps glucose get into the muscle cells and other body cells, such as those in your brain. If you have type 2 diabetes, the insulin often isn't recognised by the body's cells and doesn't let the glucose in. Therefore it's likely to build up and stay in the blood." You'll be left with less energy and serious health problems can develop. Research in the journal Clinical Medicine found that 80% of people with type 2 diabetes are obese. "Exercise and good nutrition will help to reduce your risks," says Scrivener.

WHAT YOU CAN DO
According to the American Diabetes Association, weight training can be used to improve endurance and strength in nearly all people with diabetes. With that in mind, MH has devised an ideal workout – see facing page. "Do 2 sets of 15-20 reps, 2-3 times a week," says Scrivener. "It will build muscle, aid weight loss and help you store more glucose. Do the exercises one after the other, without rest, as a circuit. Do the circuit twice."

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Prescription

Cardio

"Five times a week, go for a 10-minute walk and increase it by 3-4 minutes each week until you're doing 30-minute brisk walks," says Scrivener. "Always wear well-fitting footwear, as diabetics are prone to foot ulcers. Minimise any jumping and quick changes in direction." This walking will boost your fitness levels and help the pounds drop off. Before you embark on any exercise routine, ask your GP to check your blood sugar levels. Also, have some form of ID with you when you're exercising, so that others will be aware of your condition should anything untoward occur.

Weights

1 SWISS-BALL DEADLIFT
Stand with feet shoulder-width apart, 1m or so in front of a Swiss ball. With a straight back, bend at the knees and push your hips back. Reach for the ball and pick it up, then stand straight and put the ball back down.

2 LATERAL RAISE TO BICEP CURL
Stand with feet hip-width apart holding dumb-bells against your thighs, elbows slightly bent. Lift the weights so your arms and shoulders are in line, and return to the start. Next, bend your elbows to curl the weight to the shoulders, knees bent.

3 BENCH PRESS-UP
Get into a press-up position, but with your hands slightly wider than shoulder-width apart on a bench. Tense your abs and bend the elbows to lower your chest to the bench. Straighten your arms to push back to start position.

4 SEATED ROWS
Sit upright on the seated cable machine. Hold the handles so your palms face each other. Bend your elbows to pull the weight to your chest. Tuck your elbows close to your sides. Slowly release it back to the start.

5 ASSISTED SWISS-BALL LUNGE
Place a Swiss ball outside your right leg and place your hand on top of the ball. Lunge forward with your right leg and roll the ball with you. Bend your left knee until it touches the ground. Rise to the starting position. Repeat, then switch legs.

6 SEATED ABS ROTATIONS
Sit holding a medicine ball or dumb-bell in front of your torso. Keep your abs tensed and rotate the ball to the right while keeping your hips and legs facing forward. Bring the ball or dumb-bell back to centre and then to the left. That's one rep.

Nutrition

If you're on medication, your GP will advise on pre- and post- exercise nutrition, but also see below. "Carry a fast-acting carb food with you when you train (should your blood sugar levels drop), such as raisins, glucose tablets or a sports drink," says Scrivener. "And drink 500ml of water before, during and after your session to compensate for fluids lost through sweating."

EAT ONE OF THESE SNACKS AN HOUR BEFORE YOU TRAIN:

- Bowl of wholegrain cereal with semi-skimmed milk
- Tuna salad on a brown baguette
- Cottage cheese pitta
- Peanut butter and jam sandwich

EAT ONE OF THESE SNACKS STRAIGHT AFTER TRAINING:

- Chicken wrap and piece of fruit
- Protein shake and cereal bar
- Fruit smoothie with added protein powder
- Yoghurt and a handful of mixed nuts MH



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

WORDS RAY KLERCK. PHOTOGRAPHY GETTY, STUDIO 33

The PT Prescription For...

High Blood Pressure

Working out and eating right can protect you from life-threatening disease. Follow this plan and you'll fight one of the major causes of heart-attack, stroke and kidney disease

Ailment

Dear *MH*,
I'm in my thirties and my GP says I have high blood pressure. This came as a shock as I feel fine. Yes, I'm a little bit overweight and haven't been exercising much as I'm really busy at work, but I've always felt in good shape. My GP told me I need to start exercising again and relax more. She also told me to watch my diet and alcohol intake but I'm not sure exactly what to do. Any ideas?
Paul Aitken, Norwich



The Incredible Hulk's annual check-up got off to a bad start

Prognosis

THE SIGNS
You won't know you've got high blood pressure (BP) unless you're tested, so it's often called the "silent killer". It can lead to heart attack, stroke and kidney failure. The risk factors are: obesity, being over 35 years old, a heavy drinker or smoker, and stress.

DIAGNOSIS
Your GP will test it by placing a BP cuff around your upper arm. It's totally painless and you'll get the results in seconds. Make the appointment now...

CAUSES
Your arteries need flexibility. "They're like elastic tubes which stretch as blood passes through them," says Richard Scrivener, a personal training lecturer at Premier Training International (premierglobal.co.uk). "Your BP rises naturally with exercise, but if it's elevated at rest there's a problem. This is because your arteries narrow, reducing their flexibility and forcing your heart to work harder." You don't have to be a surgeon to know that it's not a good idea to overwork your ticker.

TREATMENT
Do our cardio workout 3 times a week and the weights circuit twice (see facing page). Perform the exercises in the weights circuit one after another without rest. Do 12 reps on each move and repeat the circuit 3 times with 1 minute's rest between each bout. You can make a big difference in a relatively short period of time. According to the UK Blood Pressure Association, you'll see a drop in your BP after just 10 weeks of exercising. "Aerobic work is important because it makes your blood vessels open and relax, giving your arteries a flexibility workout."

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Prescription

Cardio

Pick 3 pieces of cardio kit that you like. "Complete a mini triathlon in 30 minutes by working for 10 minutes on each at an intensity that makes you slightly out of breath," says Scrivener. "Using 3 pieces of kit stops you getting bored and works a greater range of muscles. Each time you train, add 30 seconds to each leg of your mini triathlon. If you can't get to the gym, then go for 3 brisk 10 minute walks." You'll never be able to use the "no time to exercise" excuse again...

Weights

Research in the Journal of Applied Physiology found that whole-body resistance training will reduce BP after just 8 weeks. "There are some caveats: don't lift weights above your head, never hold your breath and don't strain to lift heavy loads," says Scrivener

1 SWISS-BALL SQUAT TO BICEP-CURL
Stand with a Swiss ball between your lower back and a wall, with dumb-bells in each hand. Lower yourself until your hips and knees reach 90 degrees while curling the dumb-bells up. Drive back up to the start. Do 3 sets of 12 reps.

2 PRONE SWISS-BALL PRESS
Lie face down on a Swiss ball with feet against a wall, the ball under your torso. Hold a dumb-bell in each hand, arms out at either side of your head, elbows slightly bent. Bring the weights together so your hands are out in front of your face.

3 LATERAL BODYWEIGHT LUNGE
Stand with your feet together. Take an exaggerated step to a 2 o'clock position. Drop the back knee to the ground then drive into the ground pushing you back to the start position. Repeat on the opposite side. Do 3 sets of 10 reps.

4 STANDING CABLE ROW
Face the cable machine with a D handle attachment at chest height. Grab it with your right arm and pull it to your body. Keep your elbow to your side. Release the weight to the start. Swap arms after 12 reps; do 3 sets of 12 on each in total.

5 SWISS-BALL BRIDGE
Sit on a Swiss ball. Walk yourself forward until only your shoulders are supported by the ball. Lower your glutes to the ground then lift to the start position. Make sure your hips are level with your shoulders. Do 3 sets of 12 reps.

6 STANDING CABLE FLY
Hold the handles of a cable cross machine so your body makes a T shape. With arms straight, pull the handles down in a wide arc in front of you. Tense your chest muscles for a second, then slowly go back to the start. Do 3 sets of 12 reps.

Nutrition

INCLUDE THESE FOODS INTO YOUR PRE- AND POST-EXERCISE DIET TO LOWER YOUR BP...



- Oily fish. The omega-3 keeps your arteries elastic.
- Avocados, olives and mixed nuts. They're rich in good fats which also lower your level of bad fats.
- Apricots, bananas and oranges. All rich in potassium which reduces water in your blood so a high volume isn't passing through your arteries.





...AND AVOID THESE FOODS



- Sweets. High in trans-fats that can damage arteries.
- Processed meats and ready-made sandwiches. Their high salt content makes your body retain water making your BP higher.
- Alcohol. No more than 2 units a day. A little bit can protect your arteries and heart, but too much vwill make your arteries constrict. MH



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

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The PT Prescription For...

High Cholesterol

A trainer's expertise extends beyond the ability to get you to squeeze out just one more rep – they're a mine of health and nutrition information, too

Ailment

Dear *MH*,
Could I be at risk of having high cholesterol even though I feel perfectly fine? I'm 38, have a hectic lifestyle, but my dad is on cholesterol-lowering medication. My work is demanding, I drive a lot and often have to eat on the run. I can't always exercise as I'm so busy. Am I at risk?
Lee Cairns, Brighton



Blocked vessels is knot the way forward

Prognosis

THE SIGNS
While there aren't any obvious symptoms here, your lifestyle could potentially be a pointer towards you having high cholesterol. Unfortunately you are automatically in the risk category if you have a family history of high cholesterol problems, are physically inactive, smoke, eat poorly and are overweight.

DIAGNOSIS
Your GP or pharmacist will check your cholesterol with a simple blood test and give you the results within a few days, or in some cases, within hours.

CAUSES
There are two types of cholesterol, low-density lipoprotein (LDL) and high-density lipoprotein (HDL). In short: LDL is bad and HDL is good. The British Heart Foundation (BFH) states that too much LDL in the blood can narrow your arteries and form clots. HDL on the other hand protects against heart attack and low levels of it will increase your risk of heart disease.

WHAT CAN YOU DO
The BFH suggests that the best way to reduce the bad (LDL) and increase the good (HDL) is to exercise regularly and reduce the amount of saturated and trans fats in your diet, replacing them with heart-healthy monounsaturated fats and polyunsaturated fats. You can do this by simply implementing the principles in the quick fixes section (see opposite) and by performing the cardio and weights workouts 2-3 times a week to gradually reduce the LDL content in your arteries. These routines by Richard Scrivener, a lecturer on cholesterol and personal training at Premier Training International are designed to lower your cholesterol by improving the flow in your blood vessels and thereby removing any damaging waste products.

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Prescription

Cardio

The best exercise is the kind that pushes the most blood around your body – such as rowing and swimming. "These will give you a challenging workout without the impact on your joints," says Scrivener. Work for 15 minutes at a pace you could just about hold a conversation at. Rest for 3 minutes then repeat for another 10 minutes. Rest for 2 minutes then repeat for 5 more minutes. Perform this 2-3 times a week in isolation, or at the end of the weights workout.

Weights

Squeeze exercise into a busy schedule with this quick workout, 2-3 times a week. "The exercises target all your major muscle groups and burn the maximum calories in 30 minutes to lower your weight and add more muscle," says Scrivener.

1 SWISS-BALL SQUAT TO CALF RAISE
Stand with your back pressed on a Swiss ball that's pushed against a wall. Cross your arms in front of your chest. Bend your hips and knees to lower your glutes to the floor. Straighten your legs to the start position, but rise up onto your toes for 2 seconds at the end of the movement. Perform 2-3 sets of 10 reps.

2 SWISS-BALL FLY TO SHOULDER PRESS
Grab a pair of dumb-bells and lie back on a Swiss ball. Straighten your arms to press the dumb-bells above your chest then lower them out to your sides. From here walk yourself up the Swiss ball so you are sitting on it. Raise the weights to ear level. Press them overhead in the form of a shoulder press, then lower and return to the start position. That's one rep. Do 2-3 sets of 5 reps.

3 DUMB-BELL DEADLIFT TO ROW
Stand with feet shoulder-width apart. Grasp a dumb-bell in each hand. Lower the weights and your torso to the floor. Keep a flat back. Stop in the bottom position and pull the dumb-bells up to the side of your chest in the form of a bent over row. Squeeze your shoulder blades together. Return to the upright position for 1 rep. Perform 2-3 sets of 10 reps.

4 ALTERNATING FRONT AND LATERAL RAISES
Stand with slightly bent knees. Hold a pair of dumb-bells at your sides. Raise one up and in front of you to shoulder height, the other out to the side. Lower both weights to the starting position for 1 rep. On the next rep, swap arm movement patterns so that you complete 5 front raises and 5 lateral raises on each arm for total for 2-3 sets.

5 SWISS-BALL PRESS-UP
Lie face-down with your hands on a Swiss ball at shoulder level. Push upwards, extending your arms into a push-up position. Engage your core muscles, then slowly lower yourself back down to within a couple of inches of the ball and push back up to the starting position. Do 3 sets of 10 reps, taking 30 seconds rest between each set.

6 WEIGHTED LUNGE
Grab a light dumb-bell in each hand and hold them at your sides. Looking up, take a step forward with your right leg, dropping your left knee in the process. Push up with your right foot and return to the starting position. Complete a set of 10 reps on one leg before doing the same on the other. Do 3 sets on each leg in total.

Nutrition

QUICK FIXES

Thwart blood-clotting cholesterol by steering clear of these risks:

1) Air pollution. Avoid exercising outside during rush hour.

2) Stress. More tension equals more cholesterol. Reduce it with exercise.

3) Not enough vitamins A and D. They protect blood vessels against damage. Eat eggs, salmon, dark green and yellow veg.

4) Sugar. It's turned into fat and packaged in cholesterol. Avoid foods with added sugar and sugar substitutes (high-fructose corn syrup).

5) No-fat diets. Harvard School of Public Health found they didn't affect cholesterol levels. Instead eat unsaturated fats such as olive oil, avocados and nuts. MH



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

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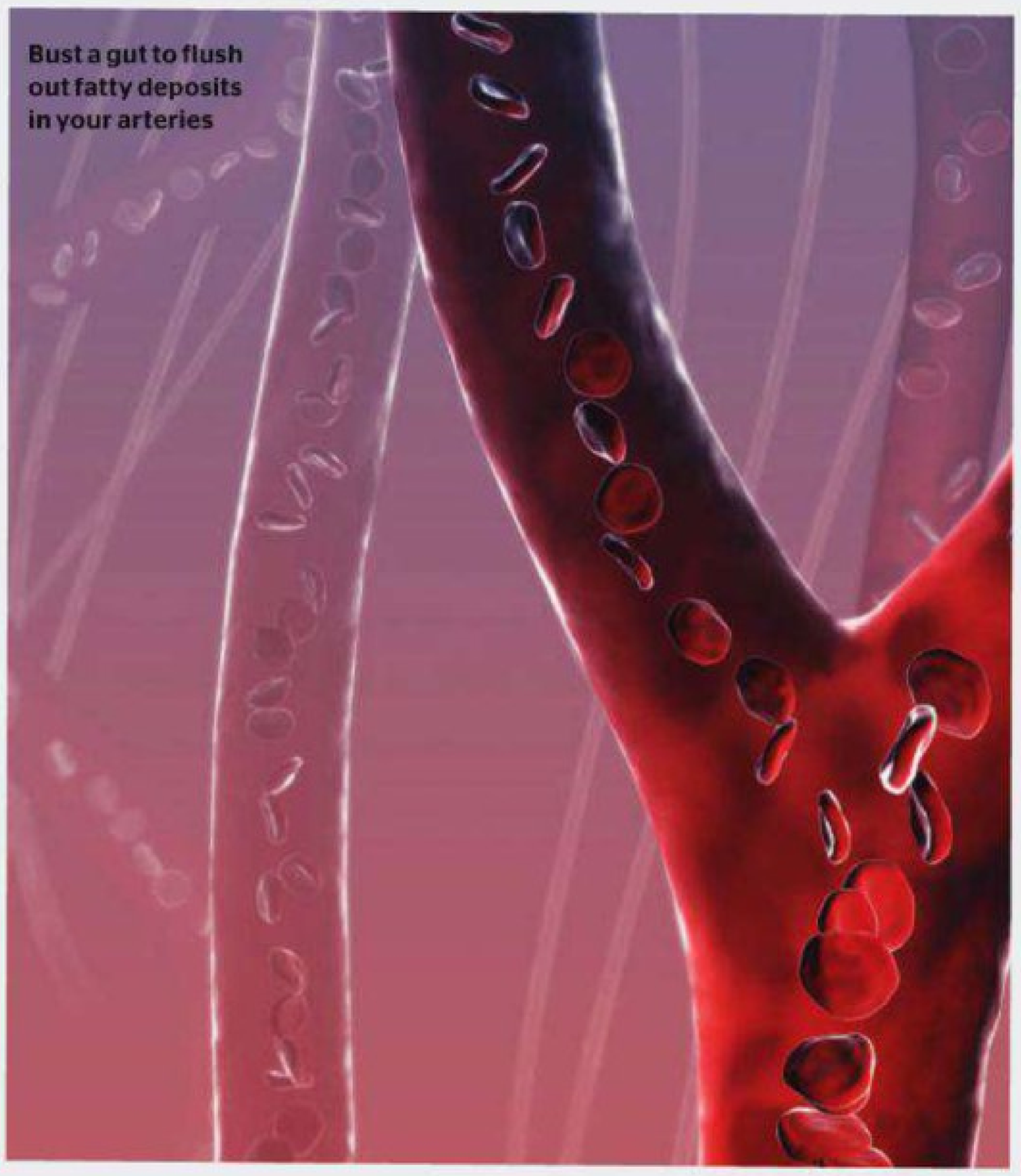
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The PT Prescription For...
Bad Circulation

Your gym has benefits beyond getting stacked – it can be a life-saver, too. This month: how to boost your circulation for a better looking body and future

Ailment

Dear *MH*,
I used to be a keen runner but got injured. The weight piled on and now I've got no energy. I've tried jogging again, but I keep getting a dull cramp in my calf, which only disappears when I stop. There is also some discoloured skin on one of my legs and a few veins have popped out at the backs of my thighs. I'm not too good with doctors – is this serious?
John Lilley, Newcastle


Bust a gut to flush out fatty deposits in your arteries

Prognosis

THE SIGNS
Numbness, skin discolouration, fluid in your extremities, pain during exercise and skin infections. The medical term is "peripheral vascular disease" (PVD) and you often won't realise you have it. Consult your GP if you exhibit any of the above symptoms – especially if you smoke, are overweight or have high blood pressure.

DIAGNOSIS
Your GP will perform an "ankle brachial pressure index test" to check the blood pressure in your lower limbs. An X-ray of your blood vessels might also be taken.

CAUSES
"It's caused by fatty deposits in the walls of the arteries, which stop blood getting to your muscles," says Richard Scrivener, a fitness lecturer at Premier Training International (premierglobal.co.uk). "This starves the tissues of oxygen and makes the cells die, which can permanently damage your legs. This could eventually lead to a heart attack."

WHAT YOU CAN DO
It's pretty easy to improve your condition by taking the following changes on board. If you smoke, stop. Puffing hardens your arteries and over 90% of people with PVD are smokers. Perform the cardio-weights routine on the opposite page 2-3 times a week. Studies in Circulation Research found flexing a muscle "tells" the nearby blood vessels that they need more blood to perform. "Regular weightlifting makes your blood vessels dilate and improves circulation throughout the entire body," says Scrivener. Once you've finished the workout, alternate between hot and cold in the shower for 1 minute each, for a total of 10 minutes. This opens and closes your blood vessels, which creates a pumping effect for your blood.

Prescription

Cardio

This workout from Scrivener will give you the endurance and strength needed to improve your circulation. Cycle for 10 minutes at a comfortable pace. Then move onto the treadmill and walk for 200m at a steady pace. Move immediately onto the weights workout and complete 1 circuit. Rest for 2-3 minutes then start again, completing the entire workout twice. Each week, add 50-75m to your walking distance and decrease your cycle time by 30 seconds.

Weights

1 MEDICINE BALL DEADLIFT TO SHOULDER PRESS
Place a medicine ball in front of you. Straddle the ball with feet facing forward. Pick up the ball by bending at your ankles, knees and hips. Keep your back straight and lift your chin. Press the ball up and over your head. Tense your abs as you do so. Lower to the start. Complete 12 reps in total.

2 STANDING PULL-DOWNS
Stand facing the lat pull-down machine, but don't sit down. Grab the bar with a wide overhand grip. Keep your knees slightly bent and tense your abs. Pull the bar towards the middle of your chest, bending your arms at the elbow and squeeze your shoulder blades together. Slowly release to the start. Complete 12 reps.

3 MEDICINE BALL REVERSE LUNGE WITH ROTATING LIFT
Hold the ball in both hands at waist height. Take a step back with your right foot, bending your knee slightly. As you lunge back, bring the ball to the outside of your right knee. Step forward to the start and lift the ball across you to the opposite shoulder. Return to the start position. Do 6 reps on both legs.

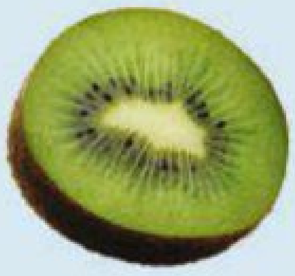
4 BICEP/TRICEP CABLE COMBO
Stand facing the cable stack with a straight bar attached to the low pulley. Grab the bar with an underhand grip and complete 6 bicep curls. Change the cable to head height. Grab the bar with an overhand grip, with your forearms parallel to the floor. Straighten your arms down to complete 6 tricep push-downs.

5 BODYWEIGHT SQUAT
Stand with your feet about shoulder-width apart. Bend your hips and knees to lower yourself until the bottoms of your thighs touch your calves. Keep your back straight and look forward. Raise your arms to shoulder-level to aid balance if necessary. Rise to the start along the same path. Complete 20 reps.

6 BODYWEIGHT LUNGE
Stand with your feet approximately hip-width apart. Step forward with your left foot and bend it until it is at 90 degrees. Make sure you keep your back straight throughout the move. Reverse the motion, and repeat the move on the opposite leg. Complete 10 reps on each leg.

Nutrition

PEPPERS, SWEET POTATOES, KIWI FRUITS AND STRAWBERRIES These foods all have very high levels of vitamin C, which is needed to make collagen, which helps to keep arteries supple.



WALNUTS, FLAXSEEDS AND SALMON The omega-3 compounds, which are abundant in these foods, act as a natural anti-inflammatory agent for your muscles and arteries.



BEANS, BROWN RICE, MEAT AND POULTRY You'll get the necessary vitamins B6, B12 and folic acid, which help to control your blood sugar levels, as well as lower homocysteine – an amino acid that exists in the blood and can be a risk factor for PVD.

LEAFY VEG, BERRIES, WATERMELON AND DAIRY These provide magnesium, vitamins A, C, E and selenium, which is also needed to keep arteries supple and prevent them from cramping.



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

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The PT Prescription For...
Beating Stress

Each year stress-related illness costs UK companies 40 million working days, but you can cure yourself with a simple shopping list and some dumb-bells

Ailment

Dear *MH*,
Like most people, I have a busy job and a demanding family life, but recently it's all been getting on top of me. I've had a few days off due to colds and generally feeling under the weather. Also, my hair seems to be thinning, which is really worrying me. I can't seem to find the time to exercise, let alone the energy. The word stress has been mentioned a few times – is that what's wrong with me?
Matthew Castle, Liverpool



Don't let stress put the knife in. Or the pencil...

Prognosis

SYMPTOMS
In the short term you can experience fatigue, mood swings, have trouble concentrating, get more colds and flu, hair loss and poor wound healing. In the long term you run the risk of obesity, diabetes and heart disease.

DIAGNOSIS
Most men are well aware of their stress levels but if you're having trouble seeing the tension in your life, then your doctor can do a stress electrocardiogram. You'll run on a treadmill while your heart rate and blood pressure are monitored to see how efficiently your body responds to stress. The results are given to you on the spot.

CAUSES
"When you get stressed you produce excessive amounts of cortisol and adrenaline," says Dr Ross Sherman, senior lecturer in exercise physiology and sports science consultant at Kingston University, London. These are necessary in small quantities but extended doses can result in burnout. "Excessive adrenaline accelerates your heart rate, which increases your blood pressure. Too much cortisol raises your blood sugar levels, which inflate your belly, dampen your immune system and can eat away at your muscle," says Sherman.

TREATMENT
The prevention and treatment of stress call for the same remedy: exercise. The Mental Health Foundation found that 1 in 5 GPs prescribe exercise to treat stress.
"Exercise evens out your blood sugar and keeps your stress levels in check," says Richard Scrivener, personal training lecturer at Premier Training International.

Prescription

Cardio

Short, sharp cardio workouts are more productive than long ones for beating stress. "Do this workout twice a week and alternate it with a slow 30-minute walk," says Scrivener. "Warm up by jogging on the treadmill for 5 minutes. Run for 45 seconds at 70% of your full effort, then jog for 2 minutes at 50% to recover. Repeat this 4 times and move onto the rowing machine. Do 3 sets using the same work to rest ratio. Cool down on the rower for 5 minutes."

Weights and plyometrics

"Warm up for 5 minutes on the treadmill, then set up the circuit below" says Scrivener. "Rest for 2 minutes after each exercise and do one circuit. Finish with a 5-minute cool-down."

1 BURPEES
In a squat position with your hands on the floor in front of you, burst into a press-up position. Return your feet to the squat position, then leap up as high and fast as you can. This is 1 rep. Continue for 1 minute.

2 DUMB-BELL SQUAT TO PRESS
Hold a dumb-bell in each hand, elbows bent, upper arms parallel to the floor. Bend your knees into a squat. Straighten your knees, rise up onto your toes and drive the weights up above your head so they touch, elbows straight. Do 15 reps.

3 MIRROR SPARRING
Stand in front of a mirror, left foot forward, arms up with your left fist slightly forward and higher than the right. Jab with your left for 20 seconds, then do 20 seconds of upper cuts with both hands, then jab with your right for 20 seconds.

4 DUMB-BELL LUNGE TO BICEP CURL
Hold a dumb-bell in each hand and take a lunge forward with your left foot, bending the knee until your thigh is parallel to the floor and your knee is at 90 degrees. Bend your elbows to curl the weights. Straighten your arms to lower. Repeat the lunge with your right leg. Perform 8 on each.

5 BENCH JUMPS
Stand with your feet together, side-on to a weight bench. Bend your knees and jump over the bench. Land on the balls of your feet, then the heel. Jump for 20 seconds, rest for 20 seconds, then jump for another 20 seconds. If you like, you can mix up the size or speeds of your jumps.

6 SIDE PLANK
Lie face down, hands beneath your chest, and raise your body onto your elbows and knees so that your body forms a straight line. Shift your body weight onto your right arm as you roll onto the outside of your right foot. Lift your body to balance on your right forearm. Hold for 30 seconds.

Nutrition

EAT TO DE-STRESS

1 Avoid all stimulants. "These include tea, coffee, energy drinks, cola and sugary snacks. Instead, drink red bush tea and decaffeinated coffee," says Scrivener.

2 "Always start the day with a protein-packed meal such as poached egg on wholemeal bread or a smoothie with added protein powder. Your cortisol levels are highest in the morning and a quick protein hit reduces them," says Scrivener.



3 Eat foods rich in B vitamins and zinc. "These nutrients blunt the effects of cortisol and can be found in spinach, peppers, cauliflower, mushrooms, asparagus, onions and tomatoes," says Scrivener.

4 Take fish oils. A study in the journal Diabetes and Metabolism found that those who took a fish-oil supplement exhibited lower cortisol levels during stress tests.



5 Eat plenty of fresh fruit and vegetables. "These contain the important vitamins needed to keep your blood sugar even, which will spike and cause weight gain when you're stressed," says Scrivener.

6 Eat a small amount of protein with every meal. "This also helps to maintain a blood sugar equilibrium," says Scrivener. MH



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

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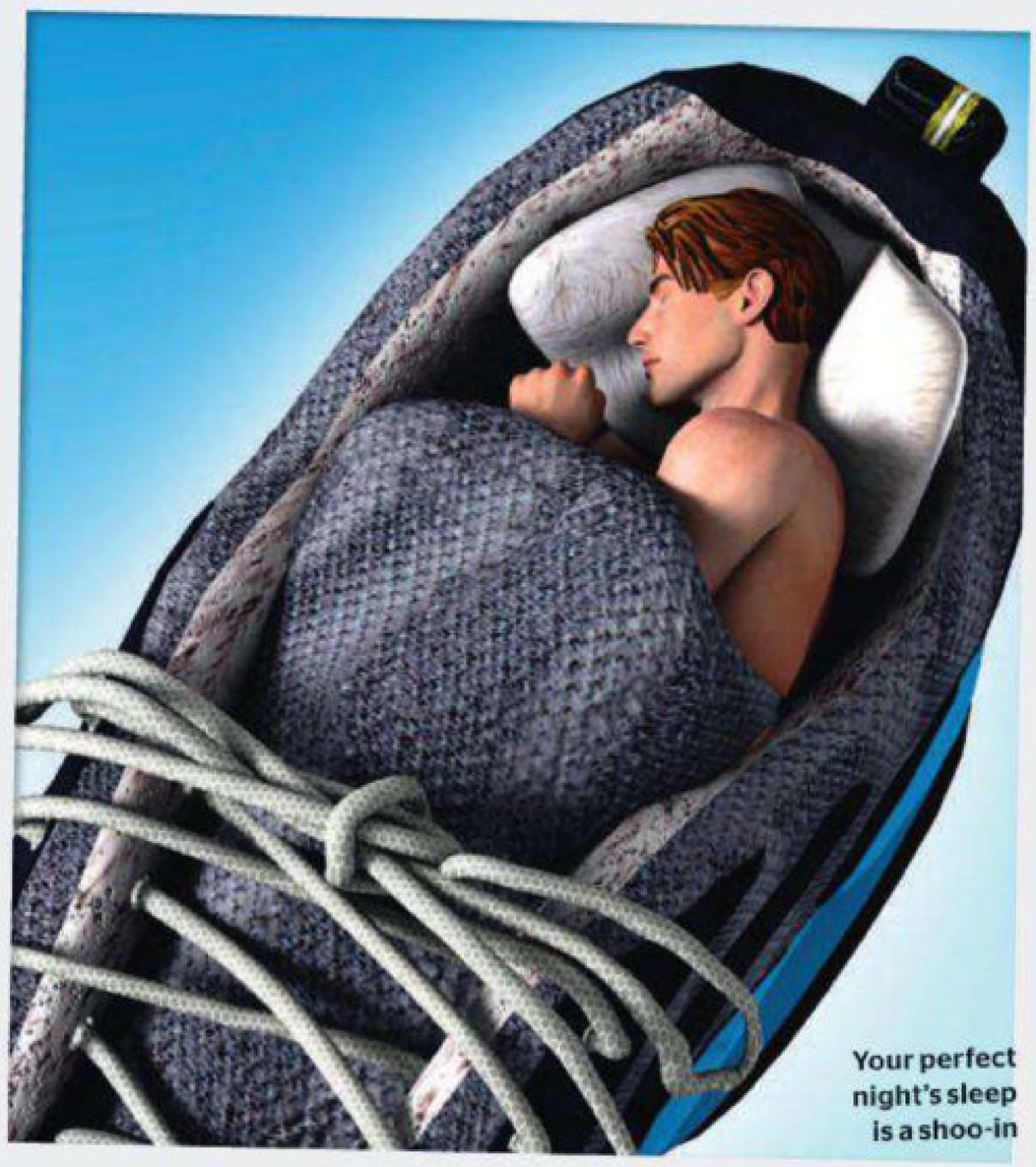
The PT Prescription For...

Insomnia

Failing to spend enough time with the sandman can wreak havoc on your life. Follow this plan and you'll sleep like Vladimir Putin before an election, every night

Ailment

Dear *MH*,
I had a stressful time at work a few months ago and slipped into a pattern of not sleeping through worry. That stress is gone now but I regularly have problems getting to sleep. This leaves me with no energy to exercise so I've put on a few pounds. What can I do?
Steve Moore, London



Your perfect night's sleep is a shoo-in

Prognosis

THE SIGNS
"Aside from trouble dropping off, you may wake up several times in one night or wake early in the morning," says Kathleen McGrath, sleep expert and medical director of the Medical Advisory Service. The result is a lack of energy, an inability to function and irritability.

DIAGNOSIS
To help your GP you'll need to keep a sleep diary and talk about your lifestyle. As a last resort a polysomnography (test to record sleeping patterns) can be performed while sleep is induced.

CAUSES
NHS data reveals that the psychological roots of insomnia are: work or family stress, depression or anything that keeps perpetuates worry. Physiological reasons like snoring, pain, head injury, coughing, stimulants (such as caffeine or drugs) and alcohol can also stop your brain from getting the downtime it needs to nod off. One of the most common causes of insomnia is obesity. "This can encourage snoring by blocking the breathing pathways, thereby causing wakefulness and insomnia," says McGrath.

WHAT YOU CAN DO
Substitute the sleeping pills for exercise. The American Academy of Sleep Medicine found that moderate aerobic exercise reduced anxiety and increased sleep time for insomniacs by 37%. "Diminish symptoms without medication," says the study's author Giselle Passos. "Exercise makes us tired, increases muscular damage in need of repair during sleep and releases endorphins so we feel relaxed," says Dr Guy Meadows, of the London Insomnia Clinic (londoninsomniaclinic.co.uk).

Prescription

Cardio

Use Meadows' plan to prevent sleepless nights. "Live an active lifestyle," says Meadows. "Do 3-4 exercise sessions a week of 30-60 minutes each. Alternate between cardiovascular workouts and resistance training sessions." **Session 1** Interval training: 48 minutes. Warm up for 6 minutes with an easy jog/swim/cycle then do a 1 minute "on" at 75% of your maximum effort and 2 minutes "off" at 55%. Repeat 12 times and follow with a 6 minute warm-down. **Session 2** Continuous exercise: 30-60 minutes. Run, swim or cycle for 30-60 minutes at 65% of your maximum effort.

Weights

Resistance session 1 20 minutes. Do 3 sets of 15 reps of each exercise. Rest for 3 minutes between sets

1 WOOD CHOPS

Stand, feet shoulder-width apart, and lower both hands to the outside of your right foot. Reach up and across to your left shoulder. Your hands should end up just above shoulder height. Repeat to the other side. Make the movement explosive as you rotate up and controlled as you lower. Hold a dumb-bell when it becomes easy.

2 PRESS UPS

Lie face down. Support your body with the balls of your feet and position your hands slightly wider than shoulder-width apart. Keep your arms straight but not locked. With a straight back, bend your elbows to lower yourself to the floor. Just before your chest touches the floor straighten your elbows to push back up to the start position.

3 SQUATS

Stand with your feet shoulder-width apart. Bend your hips and knees to lower yourself to the ground. Stop when the bottom of your thighs touch your calves. Keep your back straight and your knees in line with your feet. Keep looking forward. Rise to the start position along the same path. Keep your knees slightly bent.

Resistance session 2 20 minutes. Do 3 sets of 15 reps of each exercise. Rest for 3 minutes between sets

1 SHOULDER PRESS

Hold a dumb-bell in each hand, feet shoulder-width apart. Raise the weights so they're in line with your shoulders, then press the weights above your head. Lower them back to your shoulders along the same path.

2 BICEP CURLS

Stand with your feet shoulder-width apart, holding a dumb-bell in each hand. Keep your palms facing your body and bend your elbows to curl the weights to your shoulders. Pause and squeeze your biceps. Lower back to the start.

3 DUMB-BELL SQUATS

Hold a dumb-bell in each hand, with your feet shoulder-width apart. Slowly bend at the knees and hips to squat down until your thighs are parallel to the floor. Straighten your knees to rise back up to the start.

Nutrition

1 "Eat at least 300mg of magnesium a day from bread, vegetables, wholegrain cereals and nuts and seeds," says Rachel Cooke, senior dietician at Peterborough Primary Health Care Trust. Studies in the journal Sleep found magnesium can improve sleep quality.

2 "Avoid large meals before bed as you can feel bloated and uncomfortable, which can impede sleep," says Cooke.

3 Never skip meals. "It's important to strike a balance between not going to bed too hungry or too full, otherwise you'll focus on your stomach rather than concentrating on falling sleep," says Cooke.

4 Avoid too much alcohol. "You wake up feeling groggy and unrested, however some people do report sleeping better after a small night cap," says Cooke.

5 Avoid foods and drinks with caffeine and sugar. "These will set your mind and body buzzing before bed," explains Cooke. MH



Always consult your doctor before trying an exercise programme. Wear identification at all times. *Men's Health* cannot be held responsible for any injury or harm caused by this routine.

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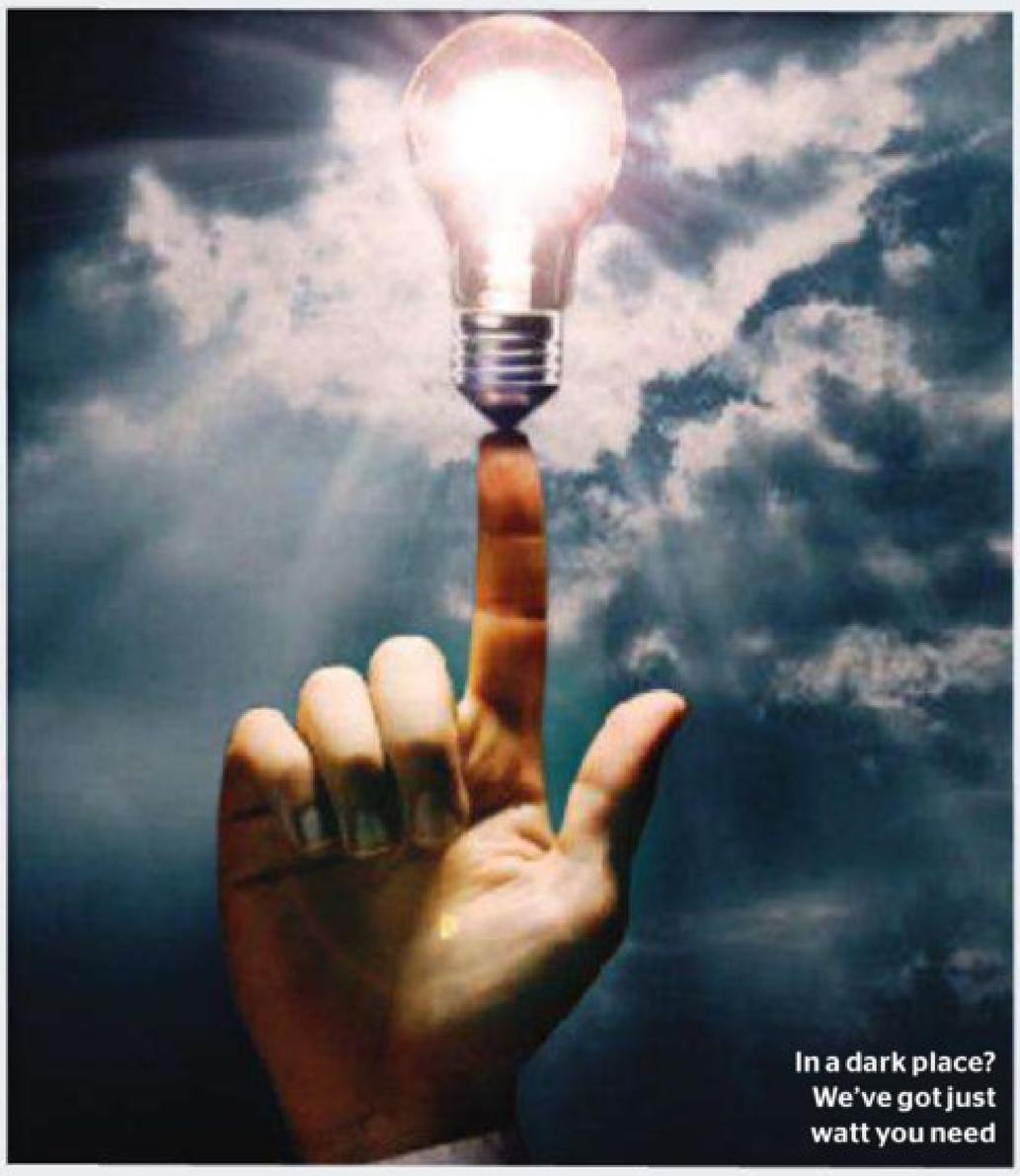
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The PT Prescription For...
The Winter Blues

These cold dark days needn't dampen your mood. Follow this scientifically approved plan to keep you in high spirits all the way through to next summer

Ailment

Dear *MH*
Since the beginning of winter, all I can motivate myself to do is sleep. In the summer I was exercising regularly but after several cold and rainy snaps I could barely drag myself out of the house. I feel constantly hungry, fatigued and miserable and can't even be bothered to see any of my mates. I'm not usually like this – what is going on?
Ryan Waters, Liverpool



In a dark place? We've got just watt you need

Prognosis

THE SIGNS
You have all the tell-tale signs of seasonal affective disorder (SAD). According to the SAD Association, the symptoms include an inability to get out of bed in the mornings, lethargy, overeating, depression, anxiety, loss of libido and a desire to avoid social contact. It will often starts between September and November and can continue all the way through until March.

DIAGNOSIS
Your GP may ask you to keep a sleep diary and ask about your diet and lifestyle. A polysomnography, where doctors monitor your brain and heart rate as you sleep, is performed as a last resort.

CAUSES
The exact cause is unknown but research at Minnesota's Mayo Clinic, found less sunlight disrupts your body's internal clock, making you confused about when to sleep, causing depression. They also discovered a lack of sunlight reduces your levels of serotonin, a chemical that positively affects your mood. Finally, they found you produce more melatonin in winter, a sleep-related hormone linked to depression and you're more likely to suffer from SAD if you live in the northern hemisphere or have a family history of it.

TREATMENT
The Mayo Clinic suggests using a light box can help (lumie.com), as can counselling or medication. However, exercise seems to be the cure-all. A recent study in the journal Psychosomatic Medicine found it equal to antidepressants for curing depression. Even if you're not depressed, regular bouts of exercise will prevent the winter blues and keep your spirits high.

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Prescription

Cardio

A study in the *American Journal of Preventive Medicine* found exercise 3 times a week reduced symptoms by 47% in 12 weeks. Use their formula to replicate these results.

Session 1 Treadmill. Warm up for 5 mins then run for 2 at 70% of full effort. Jog for 2 at 60%. Do 30 mins.

Session 2 Stationary bike. Warm up for 5 mins then cycle for 3 at 75% of full effort. Jog for 1 min at 60% to recover. Do 35 mins.

Session 3 Elliptical cross trainer. Warm up for 5 mins then go fast on high resistance for 1 min. Reduce and go slow for 2 mins. Do 30 mins.

Weights

A study in *Sport and Exercise Psychology* found weightlifting at 70% of your 10 rep max gives you the most immediate improvements in mood. Perform 3 sets of 10 reps of the exercises below, twice a week

1 Barbell squats
Stand, feet shoulder-width apart, with a barbell on your shoulders. Bend your hips and knees. Stop when your thighs are parallel to the floor. Keep your back straight and knees in line with your feet. Rise to the start along the same path. Keep your knees slightly bent. Rest a minute between sets.

2 Barbell Romanian deadlift
Stand in front of a barbell, feet shoulder-width apart. Bend and grab it with a wide, overhand grip. Keep your chest out, abs in and elbows locked. Straighten your legs and torso to raise the bar and stand upright. Pull with your hips. Breathe out. Lower with a straight back. Rest a minute between sets.

3 Flat dumb-bell bench-press
Grab a pair of dumb-bells and lie back on a flat bench. Hold them on either side of your chest with bent elbows. Straighten your arms to press the dumb-bells straight up. Don't completely straighten your arms. Pause then lower them to the start position. Rest for 1 minute between each set.

4 Dumb-bell bent-over row
Stand with a pair of dumb-bells, feet shoulder-width apart. Keeping your back flat, bend forward at the hips until your back is at 45 degrees to the floor. Your legs should be straight but unlocked, your arms straight, and your palms facing. Draw the weights up toward the sides of your chest. Pause, then lower them slowly and repeat. Rest for 1 minute between each set.

5 Swiss ball shoulder press
Sit on a Swiss ball with your knees bent to 90 degrees, feet facing forwards and hip-width apart. Hold a pair of dumb-bells on either side of your head. Straighten your arms to press them above your head. Bring the weights together so that they touch gently. Tense your abs to keep yourself steady. Lower to the start position. Rest for 1 minute between each set.

6 Barbell roll-out
Kneel in front of a barbell. Grab it with a shoulder-width overhand grip. Keeping your arms straight with a slight arch in your elbows roll it out in front of you so you lower your trunk to the floor. When you're 5cm above the ground pull back on the bar so you roll yourself and the bar to the start position. Finish with your torso upright. Rest for a minute between sets.

Nutrition

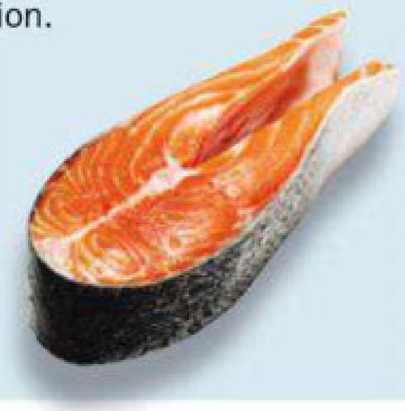
Fight the blues by including these feel-good foods in your diet

1 **Salmon, walnuts, herring and sugar beets.** A study in Biological Psychiatry found these omega-3 and uridine-rich foods act as mood stabilisers.

2 **Lentils, spinach, asparagus and beans.** They're full of folic acid and a study in Biological Psychiatry connected low levels of folic acid with high incidences of depression.

3 **Citrus fruits, strawberries, broccoli and sprouts.** An American Journal of Clinical Nutrition study found a lack of the vitamin C in these has a negative effect on mood.

4 **Cereal, potatoes, bananas, oats and chicken.** All are high in vitamin B6. A study in the British Journal of Psychiatry found a deficiency leads to depression.



5 **Liver, beef, spinach.** Full of iron, a study in Anabolism found low levels brings on depression. MH



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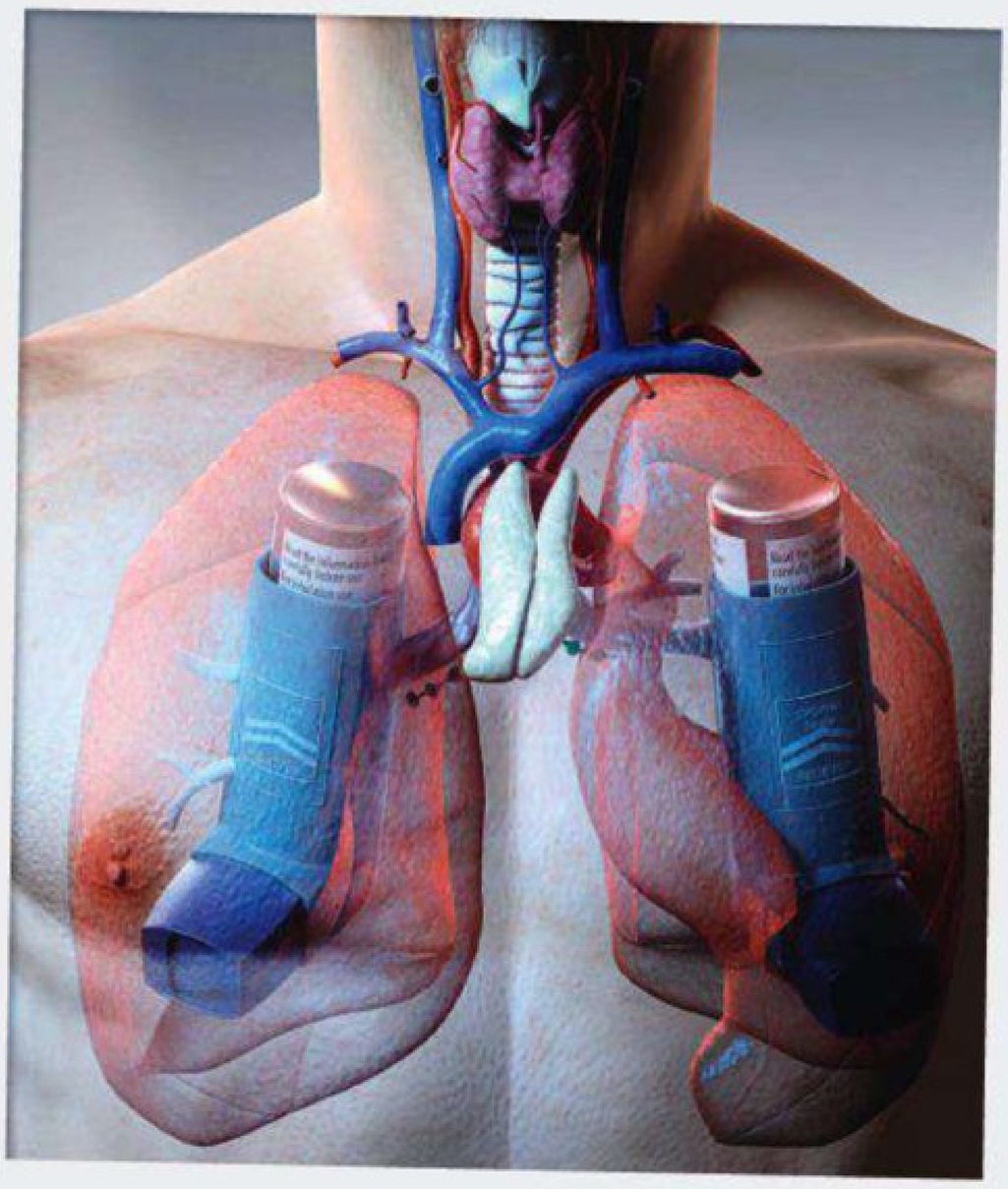
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The PT Prescription For...
Asthma

The UK has one of the highest incidences of asthma in the world, with 1 in 13 of us a sufferer. Here's your plan to breathe easy and get fit while you're at it

Ailment

Dear *MH*,
I've always suffered from asthma and although I exercise lightly a few times per week I can't seem to shift the few extra kilos picked up over the Christmas holidays. I think this is mainly because when I attempt to train hard my breathing problems flare up. What type of exercise can I do safely?
Daniel, Sheffield



Prognosis

THE SIGNS
If you experience coughing, wheezing, shortness of breath or tightness in your chest then you are likely to be an asthma sufferer. Research by the British Thoracic Society found 70% of people claim cold air and exercise were key triggers for an asthma attack.

DIAGNOSIS
If you get asthma while being energetic then you're experiencing exercise-induced asthma (EIA). Your GP will give you a lung function test, which involves blowing into what looks like a mini loo-roll holder to determine the condition and strength of your lungs. Your GP will then give you an allergy test to see if there is anything else provoking the attacks. A family history of asthma and any medication you're on will also be taken into account.

CAUSES
A study in the journal Sport Medicine found that EIA happens when your airways dry out as a result of the extra puffing you're doing during exercise. The same study found that although 10-50% of elite winter athletes suffer from this condition, they continue to train hard. Which means there's no reason why you can't, too.

WHAT YOU CAN DO
An Australian study found that using an inhaler before exercise greatly reduced symptoms after only 1 week. You can still exercise – just choose wisely. "A mix of weights, cardio, breathing exercises and a 15-minute warm-up and cool-down is all you need to fend off asthma," says John Dent, a corrective exercise and movement specialist at London's Hale Clinic (haleclinic.com).

Prescription

Cardio

Alternate between these workouts 5-6 times a week

Cardio workout A Swim for 30 mins at a moderate intensity. Swim every 5th length as fast as you can. Keep alternating for 30 mins. "Short bouts of activity followed by rest fend off attacks better than long periods of hard training," says Dent.

Cardio workout B Cycle for 30-60 mins at a moderate intensity. "Use a low gear so you don't put too much strain on your lungs," says Dent. **Cardio workout C** Cross train for 45 mins. "You'll improve spine flexibility and therefore breathing."

Weights

Do this workout 2-3 times a week. "It will strengthen your major muscles including those responsible for breathing," says Dent. Combine it with cardio but alternate the days on which you do the weights workouts

1 Swiss-ball lateral roll
Sit on a Swiss ball. Walk your legs out in front so your shoulders rest on the ball. Lift your hips. With your arms straight out move laterally until one shoulder blade is off the ball. Take 3 seconds to move, hold it for 3 then take 3 more to return. Repeat on the other side. Perform 3 sets of 10 reps on each side.

2 Barbell bent-over row
Hold a barbell with an overhand grip. Keep your back flat and bend forward at your hips. Your legs should be straight but unlocked, your arms straight under your shoulders. Pull the bar to your lower chest. Pause then lower the weight. Perform 3 sets of 10 reps, resting 90 seconds between sets.

3 Wood chops
Place a dumb-bell on the outside of your right foot. Lower both hands until they are on the outside of your right foot and grab the weight. Pull it across your body so it ends up just above your left shoulder. Repeat. Perform 15 reps on each side and do 3 sets. Rest 60 seconds between sets.

4 Swiss-ball forward roll
Kneel in front of a Swiss ball while keeping your torso upright. Place your forearms on the ball so they are parallel. Take 3 seconds to lean forward to roll the ball in front of you. Pause for 2 seconds then tense your abs to roll back to the start position. Perform 3 sets of 12 reps and rest 1 minute between each set.

5 Side plank
Lie in a plank position. Now shift your bodyweight onto your right arm as you roll onto the outside of your right foot. Lift your body off the ground and balance on your right forearm and place your left foot on top of the right. Keep your body diagonal to the floor. Contract your abs. Hold this position for 30 seconds each side.

6 Dumb-bell lunge to bicep curl
Hold a dumb-bell in each hand. Lunge forward with your left foot until your knee is at 90 degrees. Now curl the weights in the form of a bicep curl. Lower the weights to your sides then step back into the start position. Repeat the lunge again with your right leg. Perform 8 reps on each leg.

Nutrition

Add these foods into your diet to boost your lung power

1 Oily fish Cambridge University found people who ate oily fish every week had fewer asthma-related problems than those who didn't.

2 Vitamin E sources Almonds, tomatoes, pine nuts and carrots. A study in *Medicine & Science in Sports & Exercise* found taking a combination of vitamin C (500mg) and vitamin E (33IU) each day can reduce the amount by which your lung power declines after exercise by as much as 10%.





3 Vitamin C sources Apples, citrus fruits, broccoli and sprouts.

4 Coffee A study in the journal *Chest* found when EIA sufferers consumed 3 strong cups of coffee 2 hours before exercise, the amount by which their lung power declined afterwards was only 10% compared to 24% when no caffeine was taken. So soak up some java.



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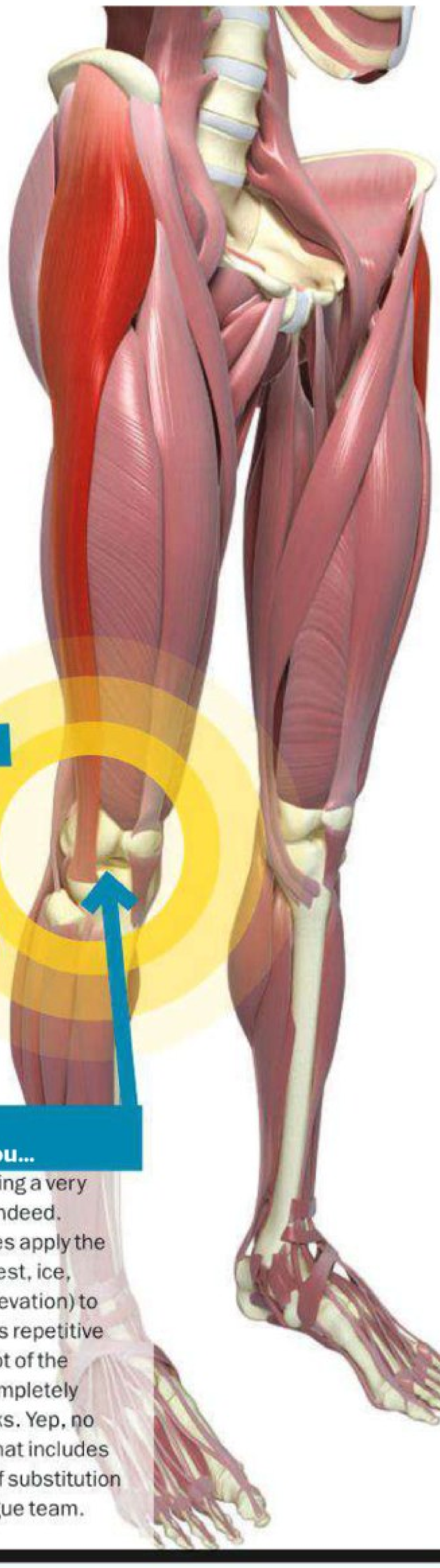
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The IT crowd

MH banishes niggling pains for good. Cure achy legs caused by strained iliotibial bands



Where exactly does it hurt then?

If you regularly indulge in any physical activity that punishes your legs then you may feel pain down the outside of either leg. It usually occurs during exercise, around the outer hip and back of your knee, but can also creep up on you long after you've packed away your trainers. Dr Carlyle Jenkins, a sports performance specialist at Harley Street's Prohab (prohab.co.uk), identifies key signs as pain while bending your knees when going down stairs or walking downhill. You can often feel the inflammation if you prod at it, but don't do that as it hurts.

Sounds like you've got a case of...

...IT Band Syndrome. But before you phone tech support, this has nothing to do with turning things off and on again. Your IT (iliotibial) band is a non-elastic collagen cord that stretches from your pelvis to your knee. Normally it'll sit there trouble-free but repetitive hip and knee movement, such as running, can cause it to rub over the knobbly bit of your knee causing pain.

Don't worry it's not going to kill you...

...but it makes running a very painful experience indeed. When the pain strikes apply the principles of RICE (rest, ice, compression and elevation) to the affected area. As repetitive movement is the root of the problem you rest completely for at least two weeks. Yep, no exercise at all and that includes a cheeky second half substitution for your Sunday league team.

Rebooted

Use these moves to get your IT band back online

1 PREHAB DONKEY KICKS

Get on all fours and rest your bodyweight on your knees and elbows with your forearms on the floor. Keep your right knee bent and slowly lift that leg behind you. Hold that position for a second then return to the start. Perform 4 sets of 12 repetitions on each leg to strengthen your gluteus maximus and IT band. Beat box optional.



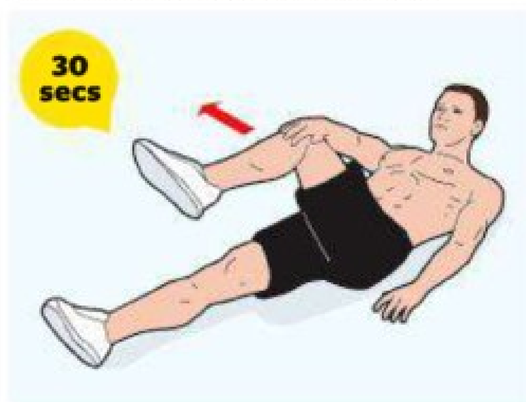
2 REHAB LYING LEG-PULL

Lie on your back and put your right ankle on your left knee. Grab your right foot with your left hand and cup the outside of your right knee with your right hand. Pull up and to the left with both hands until you feel a pulling sensation on your right side. Hold for 20 seconds to enjoy improved Twister performance.



3 POST WORKOUT LYING IT STRETCH

Your IT band doesn't have nerves that let you know it's stretching. "You might not feel this move," says Jenkins, "but it isolates the band with pinpoint accuracy." Lie flat on the floor and hold a 90-degree bend in your left leg. Bring it across your right leg and hold in place. Maintain this position for 30 seconds.



GREAT GEAR

FOAM ROLLER



It may look like a massive blue Wotsit but it's ideal for loosening tight areas. Just lie on your side with your injured leg straight and over the roller. "Rest your bodyweight on the roller then use your hands to push yourself up and down the roller and give attention to the tight painful spots," says Jenkins. This releases the tight tissue and will decrease tension on your IT band. Can also be used as a Gladiators' Pugil stick. Bagsy be Wolf. (£13, physiosupplies.com)

WORDS WESLEY DOYLE. RAY KLERCK. PHOTOGRAPHY GETTY. ILLUSTRATION JASON PICKERSGILL AT ACUTE GRAPHICS

Foot patrol

Over 15% of us will suffer a foot injury at some point, but don't run through it. "You'll risk weakening the supporting muscular structure," says sports osteopath Gavin Burt. Use this chart to beat the ache and get back on the field, fast

Is the pain on the top or sole of the foot?

TOP

Is there any swelling?

YES

MARCH FRACTURE
Stress fracture of metatarsal
- Rest! Cross-train by swimming or cycling only when pain-free
- Will take around 6 weeks to heal
- Ice area 3-4 times daily

NO

Is it painful to squeeze the bones together?

YES

MORTON'S NEUROMA
Irritated nerve between toes
- Go barefoot if possible.
- Do contrast hydrotherapy (dips in hot then cold water) 3-4 times daily
- Taping the foot may relieve pain

NO

Does the pain go quickly when you rest but return as soon as you run?

YES

NAVICULAR SPRAIN
Injured ligaments
- Ice arch 3-4 times daily
- Tape the foot to aid recovery
- Ibuprofen will reduce inflammation

NO

Does it hurt to point your toes or use your hand to move them?

YES

EXTENSOR TENDINITIS
Inflammation of tendons used to flex
- Make sure trainers are at least half a size bigger than your day shoes
- Foam pads can relieve the pain

NO

CUBOID DYSFUNCTION
Damage to 'keystone' bone
- Do contrast hydrotherapy (dips in hot then cold water) 3 times daily
- Tape the foot to aid recovery

SOLE

Is pain centred on the front third of the foot?

YES

Is the pain around the outside of the big toe rather than under the other toes?

YES

HALLUX VALGUS
Bunion, a deformity of the big toe
- Go barefoot whenever possible
- Do contrast hydrotherapy (dips in hot then cold water) 3 times a day

NO

METATARSALGIA
Pain in the metatarsals; can feel like walking on stones
- Ice 3 times daily for 20 mins
- Adapt your form to take the pressure off the ball of your foot
- Visit a podiatrist: you may need orthotics or metatarsalgia pads

NO

Is the pain centred on the heel?

YES

When you put weight on the foot is the pain directly on the bone?

YES

HEEL CONTUSION
Bruise to fatty pad of the heel
- Ice 2-3 times daily
- Heel curl ups or tape might help
- Wear cushioned shoes

NO

Is the pain worse in the morning?

YES

Is it too painful to walk on your tiptoes?

YES

PLANTAR FASCIITIS
Irritation of fibrous tissue on sole
- Ice 2-3 times daily
- Bandage with sports tape
- Try acupuncture and orthotics

NO

HALLUX VALGUS
Bunion, a deformity of the big toe
- Go barefoot whenever possible
- Do contrast hydrotherapy (dips in hot then cold water) 3 times a day

NO

Does it hurt to point your toes or use your hand to move them?

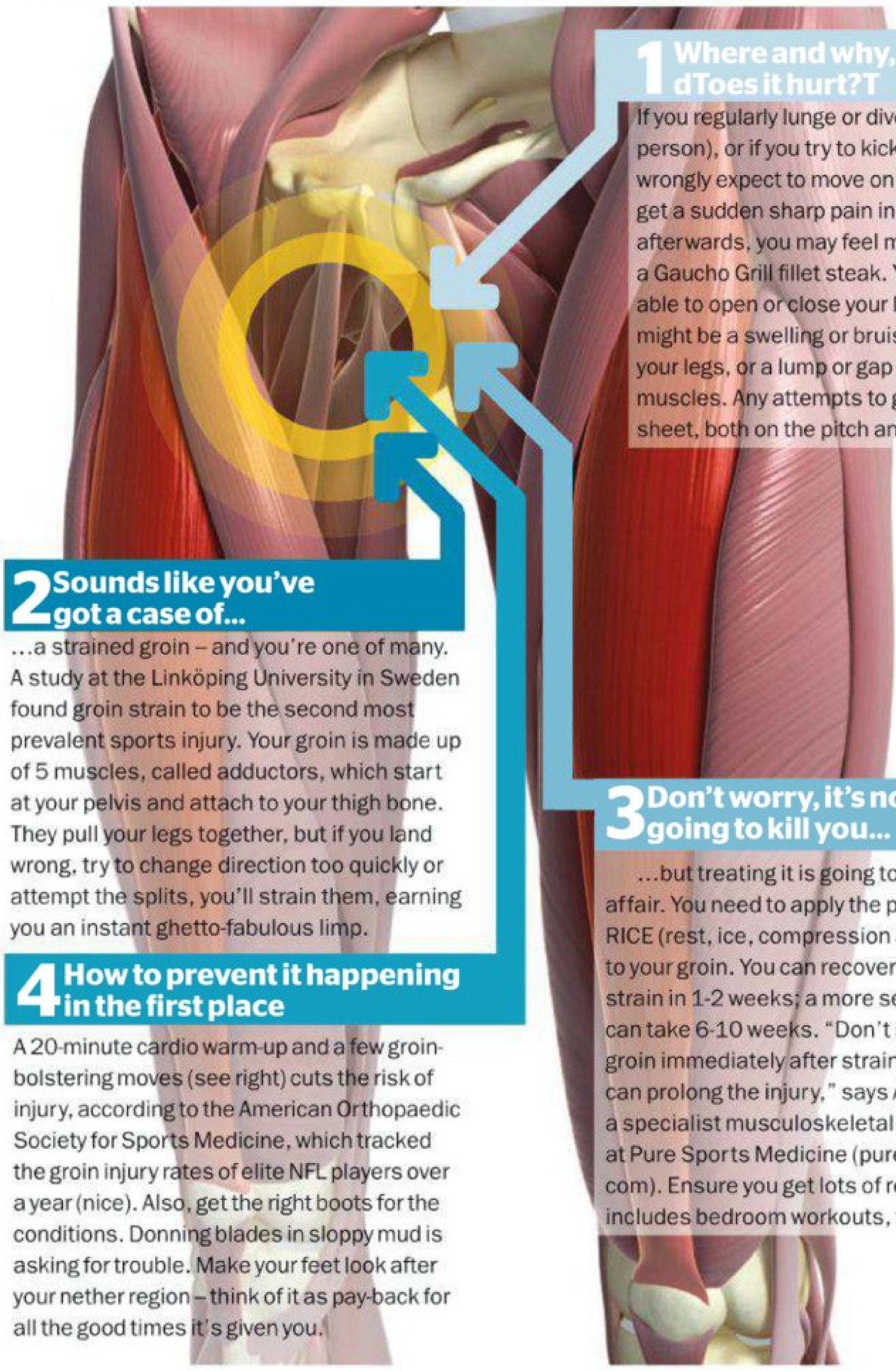
YES

EXTENSOR TENDINITIS
Inflammation of tendons used to flex
- Make sure trainers are at least half a size bigger than your day shoes
- Foam pads can relieve the pain

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Nether land

At *MH*, we believe in banishing niggling pains for good. Follow our guide to curing groin strain or preventing it from ever happening



1 Where and why, exactly, dToes it hurt?T

If you regularly lunge or dive for a ball (or person), or if you try to kick something you wrongly expect to move on impact, you may get a sudden sharp pain in your groin. Shortly afterwards, you may feel more tender than a Gaucho Grill fillet steak. You may not be able to open or close your legs easily. There might be a swelling or bruising on the inside of your legs, or a lump or gap in your inner thigh muscles. Any attempts to get on the score sheet, both on the pitch and off, will be stifled.

2 Sounds like you've got a case of...

...a strained groin – and you're one of many. A study at the Linköping University in Sweden found groin strain to be the second most prevalent sports injury. Your groin is made up of 5 muscles, called adductors, which start at your pelvis and attach to your thigh bone. They pull your legs together, but if you land wrong, try to change direction too quickly or attempt the splits, you'll strain them, earning you an instant ghetto-fabulous limp.

3 Don't worry, it's not going to kill you...

...but treating it is going to be a shrinking affair. You need to apply the principles of RICE (rest, ice, compression and elevation) to your groin. You can recover from a mild strain in 1-2 weeks; a more severe strain can take 6-10 weeks. "Don't stretch your groin immediately after straining it as this can prolong the injury," says Alex Manos, a specialist musculoskeletal physiotherapist at Pure Sports Medicine (puresportsmed.com). Ensure you get lots of rest. And that includes bedroom workouts, too.

4 How to prevent it happening in the first place

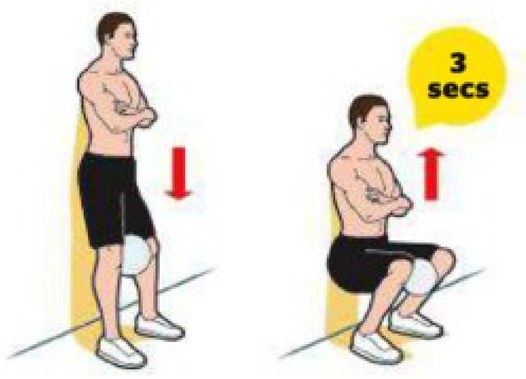
A 20-minute cardio warm-up and a few groin-bolstering moves (see right) cuts the risk of injury, according to the American Orthopaedic Society for Sports Medicine, which tracked the groin injury rates of elite NFL players over a year (nice). Also, get the right boots for the conditions. Donning blades in sloppy mud is asking for trouble. Make your feet look after your nether region – think of it as pay-back for all the good times it's given you.

Fix it up

Build groin strength and flexibility in three steps

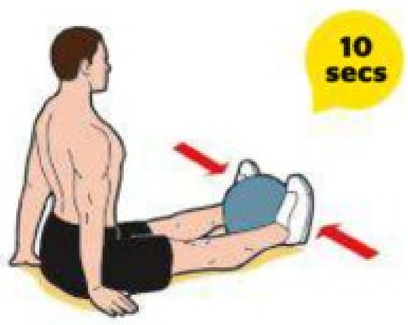
1 PREHAB
WALL SQUATS WITH BALL

Stand as shown, feet 25cm from the wall. Hold the ball between your knees. Lower yourself until your thighs are parallel to the floor. Hold for 3 seconds then rise. Perform 3 sets of 12 reps 1-2 times a week. "This uses the adductors, which help stabilise your entire groin," says Manos.



2 REHAB
SEATED LEG SQUEEZES

You'll look like a statue but your muscles will be working like a quarry mason's. Sit as shown with a medicine ball, or your girlfriend's glutes, between your ankles. Squeeze your ankles together for 10 seconds, then relax. Repeat this daily as often as you can.



3 POST WORKOUT
SEATED GROIN STRETCH

Be careful who you're facing with this one. Sit up straight, press your soles together and hold for 30 seconds. "This stretches your adductor muscles and will develop flexibility," says Manos. So even if you end up doing the splits, the only thing you'll tear is your shorts.



PHOTOGRAPHY STUDIO 33. ILLUSTRATION GETTY, JASON PICKERSGILL AT ACUTEGRAPHICS.CO.UK

GREAT GEAR

THE GROIN STRAP



You may not be into bondage but it's worth tying yourself in knots if you've suffered a groin strain. This fully adjustable Neoprene wrap goes around the thigh and applies pressure where it's needed to relieve pain and stiffness. So strap up warm when making your first tentative steps back onto the field. (£14.99, physioroom.com)



Shin city

Use this guide to spot, treat and prevent all your sporting niggles

1 Where and why does it hurt?

If your shins ache like you but stumbled into a coffee table then you've probably increased the pace or distance you run or cycle, have feet that turn inwards (pronate) as you run or have been clocking too many road-running miles. Dr Carlyle Jenkins, sports rehabilitation specialist at Prohab, London, identifies key signs as a razor-sharp pain on the outer edges of your calves. The aching area can measure 10-15cm and the pain often settles down after warming up and returns after the workout is finished. The pain is dull at first but can become so excruciating that you have to stop puffing and dodder home.

2 Sounds like you've got a case of...

...shin splints, an overuse injury that a study in *The Physician & Sports Medicine* found to be a result of collagen breakdown caused by too much stress (from pavement pounding), influencing the deep muscles around your shinbone (*tibia*). The muscle most affected is the *tibialis anterior*, which stretches from your knee to your ankle. Running can irritate and inflame the connective sheath around it, as well as your shinbone, making it feel as though rug rats have been at it with a Fisher-Price tool-kit.

3 Don't worry it's not going to kill you...

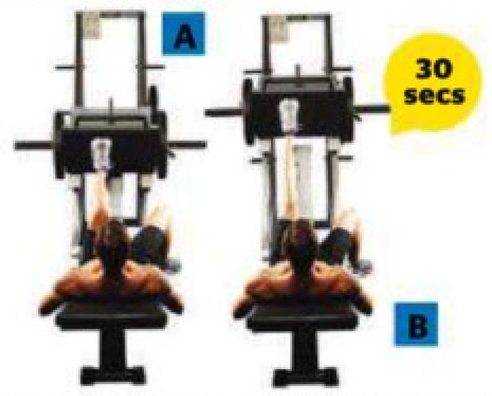
...but it will make you hobble like a pensioner. Decrease your training load by 90-95% for four weeks and stop running on concrete. Opt for grass or packed dirt instead, as this will reduce impact. Apply the principles of RICE (rest, ice, compression and elevation) then massage the affected areas twice a day. "Use your thumbs to massage your shin and calves up and down, starting at the bottom of your lower leg and working your way up to the top," says Jenkins. "This helps you build new collagen which will speed up repair."

Leg ends return...

A comeback prescription from Dr Carlyle Jenkins

1 PREHAB
SINGLE-LEG PRESS

On the leg-press machine put one foot on the platform and the other on the ground (**A**). Press the weight up until your leg is straight, but not locked (**B**). Slowly lower the weight then push back up. Switch legs. Do 3 sets of 10 reps on each leg once or twice a week.



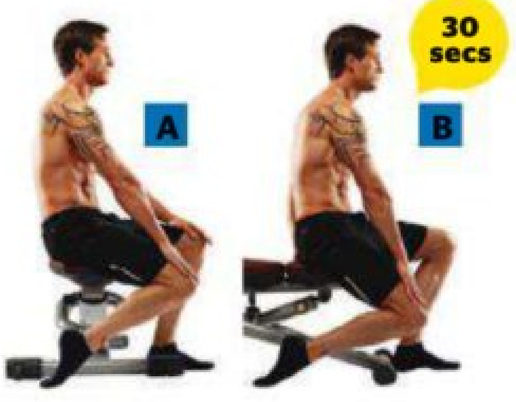
2 REHAB
KNEELING STRETCH

Pay penance for misplaced steps by going down on your knees with your fingers out in front of you (**A**). Sit back on the balls of your feet (**B**). If that's too easy straighten your feet so your ankles almost touch the floor. Hold for 60 secs, 1-2 times a day and your strides will be pain free.



3 POST-WORKOUT
SHIN STRETCH

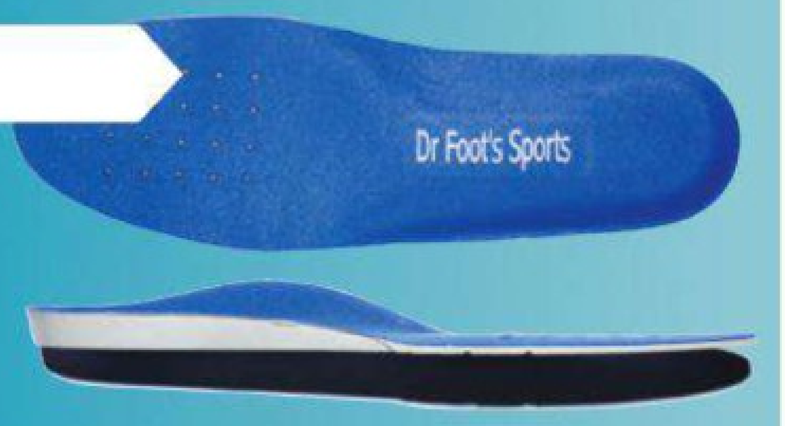
Sit on a chair with your feet hip-width apart and place your hands on your knees. Kick off your shoes then bend your right leg behind you and rest the top part of your foot on the floor (**A**). Push your foot into the floor by gently pressing your right knee down (**B**). Hold that position for 30 seconds then switch legs.



GREAT GEAR

SPORTS INSOLES

Dr Foot's Sports Insoles (£25, footinsoles.co.uk) These pads support your arches and are specifically designed to combat shin splints. Research in *Medicine & Science in Sports & Exercise* found the use of inner soles or orthotics reduces muscle activity in the lower leg, improving comfort and performance.



PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL DAN COOK AT MOT MODELS. THANKS TO VIRGINACTIVE.CO.UK. EQUIPMENT TECHNOGYM.COM. SHORTS NIKE.COM. TRAINERS ASICS.CO.UK. ILLUSTRATION GETTY. ADDITIONAL PHOTOGRAPHY STUDIO 33

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START

Do you also have shooting pain down the back of your leg?

Back on track

If you feel a lumbar twinge use this chart to find the likely culprit and cure the ache

Yes

No

Is the pain only on one side of your back?

N

Does your back feel tired or stiff?

Y

UNDERDEVELOPMENT OF BACK MUSCLES

Weak back

Consult a doctor or sports therapist before doing any sport. Try to improve posture. Back mobility and strengthening exercises will help.

N

Is it painful to lift your chest off the floor when lying on your back?

Y

DAMAGED OR TORN MUSCLE FIBRES

Muscle strain

Caused by endurance sport or lifting. Try stretching and massage. Contrast hydrotherapy – alternate cold and hot baths – can help. Don't play sport until symptoms are 95% better.

Y

Did the pain come on suddenly, making it hard to bend backwards?

Y

INFLAMMATION BETWEEN VERTEBRAE

Acute facet dysfunction

Caused by a sudden jar. Stop playing sport until at least 70% recovered. Ibuprofen will reduce inflammation. Apply ice 3-4 times daily, visiting a doctor if things don't improve in 10 days.

N

Did the pain come on suddenly, making it hard to bend forwards?

Y

Did the pain come on slowly, as a chronic ache that makes it hard to bend backwards?

Y

LONG-TERM INFLAMMATION

Chronic facet joint dysfunction

Inflammation in the twisting joints of the spine. Needs treatment from an osteopath. Cut sport to a minimum, sticking to gentle cross-training. You may need orthotic inserts in your shoes.

N

Is your back tight and stiff with specific tender spots?

Y

IRRITATION CAUSED BY REPEATED MOVEMENT

Myofascial trigger points

Can mimic disc injury (see *piriformis* syndrome, right). Ice three times daily; ibuprofen will reduce inflammation. Cut down on sport, gently cross-train if possible.

N

Is the pain centred over one of the two 'knobbly' bones at the base of the spine, 3-5cm (1-2in) either side of your spinal column?

N

Is the pain radiating down the back of your leg to your ankle or foot?

Y

DAMAGE BETWEEN PELVIS AND SPINE

Sacroiliac joint dysfunction

Your back cartilage is getting worn. Taping, icing and wearing a back support may help. Cut out sports; avoid bending or twisting. Like *piriformis* syndrome can mimic disc injury – consult a sports therapist if in doubt.

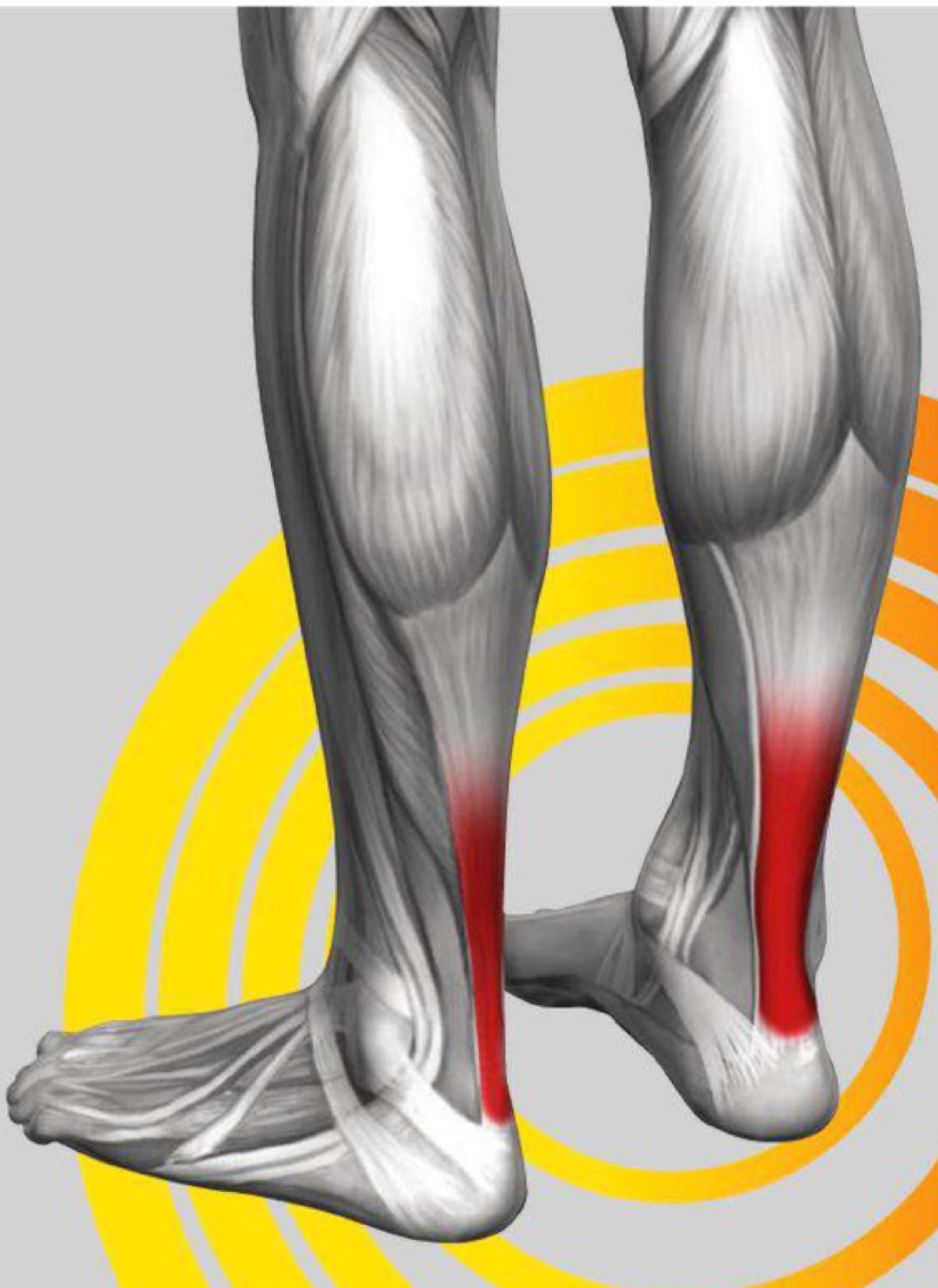
Y

COMPRESSION OF SCIATIC NERVE

Piriformis syndrome

Can be caused by too much cycling or running. Taping and applying a heat pack may help. Cut out sport until 60% better. A light run may then release remaining tension. Has similar symptoms to more serious injuries to the discs found in between vertebrae.

PHOTOGRAPHY GETTY



Heal the Achilles

One of the most painful tendon injuries imaginable is also easily avoidable...

1

WHERE EXACTLY DOES IT HURT?

You'll feel a burning and piercing in the tendon above your heel and it can even make a crackling sound when you move it. Any higher up your calf and it's more likely that you've strained or pulled a muscle. Rupturing your Achilles tendon is a uniquely painful experience and you'll know when you've done it. Just ask David Beckham.

2

SO WHAT'S EXACTLY HAPPENING IN THERE?

"Your Achilles tendon connects your calf muscles to your heel bone and is made of thousands of individual fibres of collagen," says Gareth Cole, rehabilitation specialist at The Third Space gym in London. "Restricted blood flow to this area slows repair." And pain will worsen if you keep training.

3

DON'T WORRY, IT'S NOT GOING TO KILL YOU...

...but you won't be doing long jump any time soon. Think RICE (rest, ice, compression and elevation) and take a break from all weight bearing sport (except swimming and the rehab exercises below) for at least 2 weeks. "You can recover from mild injury in a couple of weeks but a severe strain can take 5 months," says Cole.

4

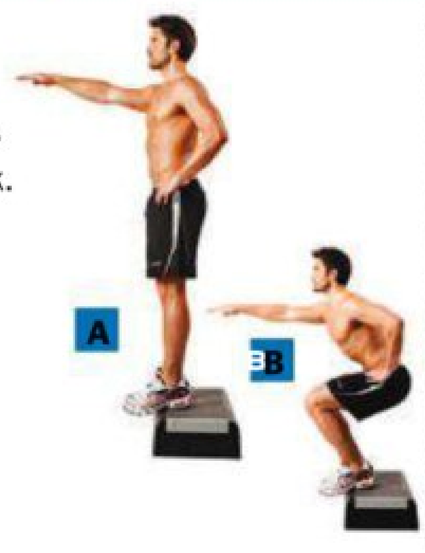
HOW TO PREVENT IT HAPPENING IN THE FIRST PLACE

"Increase your running, cycling or rowing distance by no more than 5% each week and if your feet pronate (turn inwards) when you run, buy inner soles or orthotics to rectify this," says Cole. Also try running on grass and stretching your calves after workouts to keep them flexible, then add the strength moves, below, to your routine.

Fix it up Build Achilles strength and flexibility in 3 simple moves

1 PREHAB
SISSY SQUAT

Stand with your heels on the edge of a block. Lean back, placing one hand on your hip to aid your balance. Slowly lower your body, keeping your back flat , then push back to the start. Do 3 sets of 12 reps.



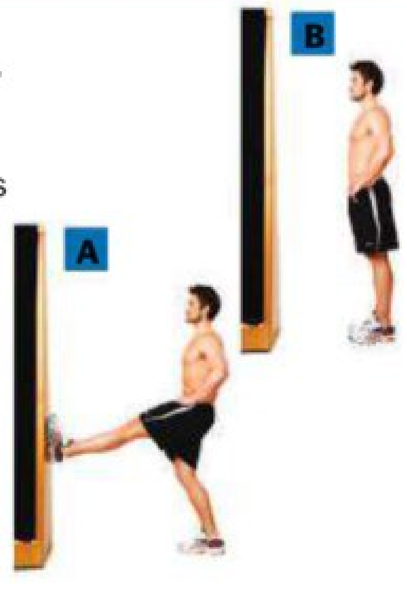
2 REHAB
ECCENTRIC STRAIGHT LEG CALF LOWERING

Stand on a step, then rise onto your toes. Remove the good leg so your weight is on the sore leg **(A)**. Take 5 secs to lower your bad heel **(B)**. Do 3 sets of 15 reps twice a day.



3 POST WORKOUT
WALL STRETCH

Face a wall at an arm's length away **(A)**. Put one foot on the wall and press with the heel **(B)**. Do not lean towards the wall, but stand straight. Hold for 3 mins on each leg, 3 times a day.



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TOP TABLES

Healthy eating isn't rocket science, just follow our quick and nutritious recipes and you'll get a leaner, fitter body – on a plate

Getting the body you want starts not in the gym but with your knife and fork. This isn't always easy as the constraints of time and money can derail many a nutritional regime. This is why we've compiled this guide to eating well and cheaply. We tell you what protein foods give you the most bang for your buck and then show you how to incorporate them into great value muscle meals that would cost you a packet over the counter. There are even some recipes you can make at home *while* your working out. So you'll get the body you want in half the time.

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The world's best protein foods

Meat equals muscle. But not all protein is created equal. We picked the brains of sports nutritionist Matt Lovell who has come up with the most powerful shopping list ever: MH presents the protein top 15

PROTEIN. WE GO ON ABOUT IT ALL THE TIME. And for good reason: it's the fastest way to build muscle, burn fat and get the body you want. And to do so you need the best quality available, which comes at a price. That's why we have put together this, your definitive guide to protein, showing you exactly how much you get for your hard-earned cash.

We've divided the foods up into three categories: seafood, meat and poultry, and vegetarian. We've stuck to foods that are as natural as possible. So although they have a protein content of 80-90g per 100g, we omitted supplements such as whey or soya isolate powders, and focused on Nature's handiwork. The vegetarian options have by necessity been exposed to a certain amount of processing, so we recommend choosing organic versions.

The foods featured are ranked in order of their protein content – the more they have the higher up the list they go. And in case you forgot: "If you're training to get lean or build muscle you should eat 1g of protein per lb (0.5kg) of body weight each day," says sports nutritionist Matt Lovell (sportsnutritionvlog.com). "If you're bulking up, increase that to 2g." Tear these pages out and stick them on to your fridge door – it'll serve as your shopping list for more muscle and better performance.

Protein content is per 100g of that particular food. All nutritional values are derived from the Department of Agriculture's National Nutrient Database of standard reference.

SEAFOOD



WINNER COD

1 COD

Protein content 63g

This is the animal protein with the lowest sat fat content, serving just 0.5g of fat per 100g. A 300g portion supplies your RDA of magnesium to give you the energy needed to train, protect you against cramps and help your muscles contract.

What to eat with it Broccoli. The Institute of Food Research (IFR) in Norwich found eating selenium-rich foods, like cod, with food rich in sulforaphane, like broccoli, make the meal 13 times more powerful at attacking cancer.

2 CLAMS AND OTHER MOLLUSCS

Protein content 48g

A serving of clams will provide you with 302% of your RDA of vitamin B12, which keeps your nervous system healthy and helps digestion. You'll also get 128% of your RDA of the antioxidant selenium. This boosts post-exercise recovery and reduces stiffness.

What to eat with it Tomatoes. Their vitamin C helps you absorb iron.



MEAT & POULTRY



WINNER BEEF

1 BEEF

Protein content 36g

A 300g steak will provide you with your RDA of zinc, which aids in post-exercise tissue repair and in the conversion of food to fuel. Beef is one of the richest natural sources of the strength-booster creatine which is a muscle-building aid.

What to eat with it Greek salad. Steak can take a while to digest, leaving you feeling full for ages so if you want to lose weight pair it with a low-calorie, nutrient-dense salad to aid digestion and help you absorb more protein.

2 LAMB

Protein content 35g

Two chops will give you your RDA of niacin and vitamin B12 which will help you train longer. It's a solid source of zinc and selenium which helps your muscles recover quicker after exercise.

What to eat with it Cruciferous vegetables (the cabbage family). These increase the body's ability to detoxify carcinogenic compounds produced when meat is grilled.



VEGETARIAN



WINNER TOFU

1 TOFU

Protein content 48g

Tofu will provide you with 184% of your RDA of manganese. This mineral will strengthen bones and metabolise carbs, cholesterol and amino acids. Tofu also has 24g of unsaturated (good) fats which a study in the *Journal of the American College of Cardiology* found aid post-exercise recovery.

What to eat with it Vegetable soup. This will provide flavour and extra nutrients without any of the salty, preservative-filled seasonings that cancel out goodness.

2 LOW-SODIUM PARMESAN CHEESE

Protein content 42g

Due to its long ageing, the protein in parmesan takes just 45 minutes to digest. You'll get 138% of your RDA of bone strengthening calcium, which is vital for making your muscles contract.

What to eat with it Tofu or chicken breasts. Chicago's Smell & Taste Treatment and Research Foundation found people eat more of the healthy food if they flavour it with high-fat food.



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3 TUNA

Protein content 30g

This lean protein source has just 1g of fat per 100g serving and a hefty 311mg dose of omega-3, which will aid weight loss.

A fresh tuna steak is the ocean's equivalent of a multi-vitamin.

What to eat with it Green tea. Researchers at Indiana's University of Purdue found green tea reduces the amount of mercury absorbed from fish by 92%.

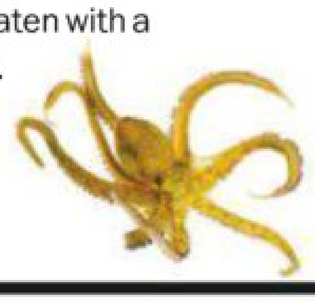


4 OCTOPUS

Protein content 30g

If you lack the oomph to train, snack on this. Just 100g gives you six times your RDA of the energy-releasing vitamin B12. It is also rich in the antioxidant selenium which will mop up free radical damage.

How to eat it Pickled. Studies at Lund University, Sweden found that vinegar lowers blood sugar by 23% when eaten with a high-carb meal.



5 PRAWNS AND SHRIMPS

Protein content 21g

Small in size but large in nutrition. They provide the antioxidant selenium which aids recovery from exercise. They're also low in fat (1g per 100g) and high in iron which help your muscles to burn fat.

What to eat with it Avocados. Combining a plant and omega-3 fatty acids helps you absorb more weight-loss aiding fat.



YOU ARE WHAT YOU ASSIMILATE



Want food advice? Then ask an egg head

Insufficient gastric hydrochloric acid (HCL) causes protein to putrefy in the intestine and carbs to ferment. US estimates show the average adult suffers from a 40-50% deficiency in HCL levels. Symptoms include bad breath, nausea, malodorous stools, stomach pain, acne and depression. Rectifying it can improve athletic performance, sleep, skin tone and wellbeing. Follow an HCL protocol at home. All it requires is a bottle of Betaine HcL (£8.76 naturesbest.co.uk) and these steps:

1 Eat a high-protein meal, eg steak and veg.
2 Eat half the protein (half of your steak).
3 Take a 200mg Betaine HcL.
4 Eat the other half of the meal.
5 Wait 15 minutes.
6 If your stomach acid is normal, you'll feel like you just drank hot tea in your upper chest. If you feel nothing you need to supplement.

Up your dose by a capsule per meal until you feel a burning sensation. Then you need one less capsule to digest meals of that size. Over time you'll feel a warm sensation - that's your optimum dosage. Then cut back by a capsule. Repeat that until you reach a normal level of healthy digestion.

3 CHICKEN BREAST

Protein content 33g

One large breast will give you your RDA of niacin which will help your body to produce energy from food and keep both your nervous and digestive system healthy. It's low in saturated fat and carbohydrates and is a good source of omega-3 making it an ideal protein source if you're trying to lose weight.

What to eat it in Chicken soup. A University of Nebraska study found it inhibits the release of mucus which can obstruct your airways when you exercise.

4 PORK TENDERLOIN

Protein content 32g

Two small fillets will provide your RDA of thiamine which aids post-exercise recovery. It's also a rich source of zinc which helps your body to produce the muscle-building hormone testosterone.

What to eat with it Pinto beans. Arizona State University found 125g cut bad cholesterol by up to 9%.



5 TURKEY

Protein content 30g

Turkey is rich in tryptophan which a study in the *Journal of Physiology & Anthropology* found helps you enjoy better quality sleep, which is of course a vital part of any training programme. Save it for your evening meals, not right before training.

What to eat with it Pasta or bread. The carbohydrates will help your brain absorb the tryptophan where it is used to manufacture the feel good chemical serotonin.

3 PINK LENTILS

Protein content 25g

This variety is the highest in protein. They are rich in fibre and 120g will provide the RDA of manganese, which keeps your metabolism high.

What to eat with it Bangers. Research in the *Cochrane Systematic Reviews* found swapping high-GI foods like spuds for low-GI foods like lentils accelerates fat loss.



4 WALNUTS

Protein content per 24g

Just 50g (a handful)of walnuts will provide your RDA of the antioxidant manganese, which will help you recover from exercise faster.

What to eat with it Pizza. A study in the *Journal of the American College of Cardiology* found that eating 40g of walnuts with a high-fat meal helped to maintain elasticity of your arteries which can otherwise become clogged.

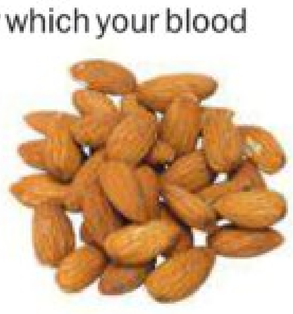


5 ALMONDS

Protein content 22g

They are high in fibre, omega-3 and magnesium, making them a perfect snack for losing fat. Just 73g of almonds a day reduced free radical damage in your body by 19%, which hastens post-exercise recovery and reduces stiffness.

What to eat with it Pasta. A study in *Metabolism* found eating almonds with a high-GI meal cuts the amount by which your blood sugar spikes by 50%.



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PHOTOGRAPHY GETTY, STUDIO 33

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Breakfast of champions

Start building bigger muscles as soon as you wake up by super-sizing your morning meal

WHY THIS BREAKFAST WORKS

There'll always be a chunk of your day when you won't be able to give your muscles the food they crave: it's called sleep. By following this plan, you'll force your body to shuttle muscle food (nutrients, mainly) to where it's needed as soon as possible after the alarm clock goes off. Swap your soggy cereal for our first-thing feast, and you'll gear yourself to add muscle all day long.

1 Up your PB

Peanut butter is a cracking protein source, and it also delivers carnitine. This amino acid is a buddy of caffeine, and the two work together to shuttle fat into your cells so it can be burnt as fuel throughout the day.

2 Oat so good

Oats have a secret weapon: arginine. According to the journal *Growth Hormone & IGF Research* this is converted into nitric oxide, which speeds up the muscle-building goodness from the protein you eat.

3 In the bag

A delicious cup of tea does more than wet your whistle. A study in the *Journal of Strength and Conditioning* found that caffeine (tea can have as much as coffee) 2 hours before training increases strength by 2.1%.

4 Yes whey

The *British Journal of Nutrition* found that whey protein feeds muscles fast. A 20g scoop of plain whey (myprotein.co.uk) can be slipped into a morning shake. You might not notice it but your muscles will.

5 Eggs-ellence

Research at Texas A&M University found that study volunteers eating 3 eggs a day doubled their lean muscle and strength over a period of 12 weeks, compared with those only eating 2. Poach them; don't fry.

6 Bee yourself

Manuka honey, besides being very tasty, is fast-absorbed energy. It stops your body breaking down amino acids for fuel, thus preserving muscles. Its antibacterial properties also aid digestion.



The more your table groans, the more your body won't

THE METHOD

Place 3 eggs on the boil, put the kettle on and get toasting. Blend 20g whey, 90g of oats and 1 tbsp honey into a shake. Swig it back. The eggs are now ready; the toast needs peanut-buttering. Total time to prepare and eat the most complete muscle-building breakfast you can get: 7 minutes.

WORDS RAY KLERCK. PHOTOGRAPHY DAVID NEWTON

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BOXING CLEVER #1

Muscle up at lunch

The first in our series of easy packed lunches is a Thai feast to replenish energy and repair muscle after your workout



1 King prawns
How much? 200g, cooked and cooled
Why? Ian Marber, founder of The Food Doctor Clinic in London (thefooddoctor.com) says: "This is great meal to eat after exercise. Prawns contain lean protein and also omega-3 fatty acids to combat the minor joint inflammation that often follows a good workout."

2 Carrot
How much? One, peeled and then grated lengthwise using a potato peeler.

3 Red chilli
How much? One, deseeded and thinly sliced.
Why? "Carrot and chilli are good sources of vitamin A and C," says Marber. "They're both antioxidants that can quash the additional free radicals that will be produced by physical exertion – and their effect is enhanced by the lycopene in the chilli."

4 Bean sprouts
How much? Just a handful or so.

5 Unsalted cashew nuts
How much? A handful (break in half).

6 Coriander
How much? A handful, roughly chopped.
Why? "The bean sprouts and the cashews are sources of good-quality protein," says Marber. "Meanwhile, heart-healthy fats in the nuts also provide lubrication for your joints. The whole dish will also increase your B vitamin count, essential in the creation of energy."

7 Fresh egg noodles
How much? Use a whole packet, uncooked.
Why? "They're loaded with complex carbohydrates that'll help replenish your depleted glycogen stores after your workout," says Marber. Glycogen is your main source of short-term energy.

The dressing	The method
• 1tbsp light soy sauce • 1tsp sugar • Juice of a lime	Mix the three ingredients, ensuring the sugar has completely dissolved, and put the dressing to one side. Mix all the other ingredients together in a bowl, add the dressing and stick the lot in your lunch box. Keep it in the fridge at work (unless you want to risk food poisioning) and give it a good shake before you get stuck in.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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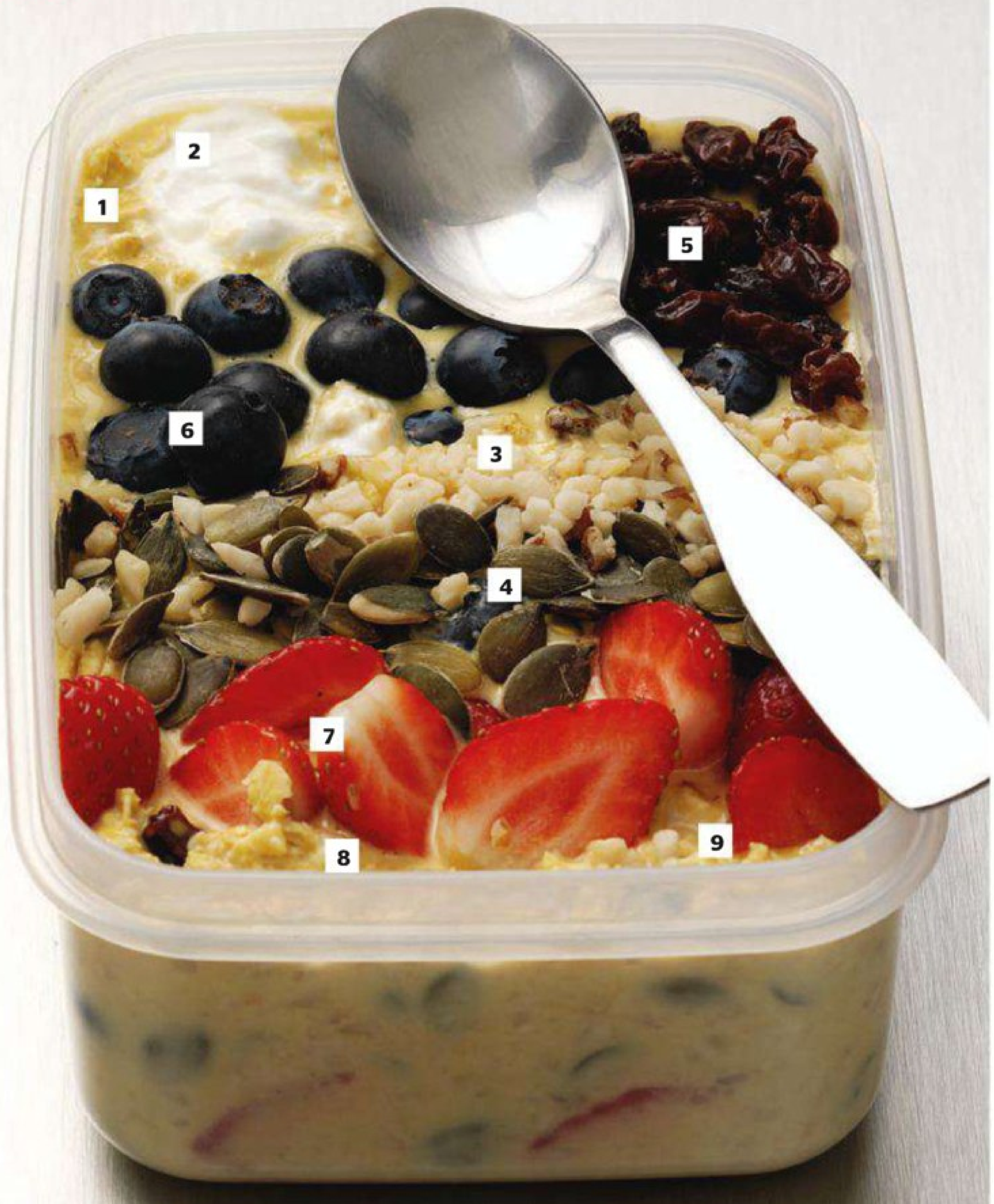
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BOXING CLEVER #2

Muscle muesli

Fuelling your muscles should be the first thing on your mind every morning, and this is the breakfast to do just the job



1 Oats
How much? 100g
Why? Ian Marber, founder of The Food Doctor Clinic in London (thefooddoctor.com) says "Oats are a slow-release carb and are great for keeping cholesterol in check. And as they're slow-digesting they'll give you long-lasting energy."

2 Fat-free live yoghurt
How much? 200g
Why? "Live yoghurt supplies protein, carbs and probiotics. The last of these promotes the absorption of magnesium, calcium and iron, which all maintain muscle growth."

3 Mixed nuts
How much? A handful
Why? "Nuts are rich in omega-6 fats, which increase energy levels. They also offer a dose of protein that feeds muscle and regulates digestion, ensuring a steady energy release."

4 Pumpkin seeds
How much? A handful
Why? "Pumpkin seeds improve blood flow to your muscles during exercise. They also contain carotenoids, antioxidants that aid your recovery."

5 Raisins
How much? A small handful
Why? "Raisins, like pumpkin seeds, are an excellent source of carotenoids."

6 Fresh blueberries
How much? A handful
Why? "Blueberries have a low GI and supply a variety of phytochemicals that quash muscle-damaging free radicals."

7 Fresh strawberries
How much? A handful
Why? "Strawberries offer a big hit of vitamin C and flavanoids, which protect cells and tissue from free radicals."

8 Organic honey
How much? 1 dessert spoon
Why? "Honey is a good natural source of energy. It's also high in zinc, which promotes recovery from exercise."

9 Ground cinnamon
How much? To taste
Why? "Cinnamon helps the cells absorb glucose better, keeping energy levels consistent and lowering cholesterol."

The dressing	The method
• Juice of an orange	Before you go to bed, add the juice to the oats and leave them to soak overnight. In the morning mix in all of the other ingredients, sprinkling the cinnamon over the top. Stick it in your Tupperware and eat after you run to work. You do run into work, right?

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

StoreKages.com

Downsize, first up

Get your fat-burning wheels spinning into motion as soon as you open your eyes with this abs-friendly feast

Why this breakfast works

It's easy to forgo breakfast when you're in a rush, but by skipping it you are missing a trick if you want to shift your gut. A recent study in the *American Journal of Epidemiology* found men who ate 22-50% of their daily calories at breakfast gained 0.7kg over 4 years. Those who ate only 11% in the morning gained double that weight. So set your alarm 8 minutes early and gorge on this feast – you'll soon be saying good morning to a solid set of abs.

1 A strong currant

People who stuck to a low GI diet, specifically one that included muesli, lost the most weight when compared to 3 other diet types, found a University of Sydney study. And munch it with yoghurt. Men eating 3 servings of fat-free yoghurt lost 81% more fat in the stomach than non-yoghurt eaters. If you think muesli is flavourless, see the recipe opposite.

2 Beat it

Scramble a couple of eggs for an early morning protein kick that will preserve your muscle mass and burn calories throughout the day. Combining the eggs with the metabolism-boosting effects of chilli will ramp up your calorie-burn even more. Also, a study in the *Journal of the American College of Nutrition* found that people who start the day with eggs ate fewer calories throughout the day.

3 The main grain

Eat 2 slices of wholegrain toast with the eggs – they'll aid the digestion process and help you absorb the protein. Plus, people who eat whole grains throughout the day lose 1.2% more fat from their abs than those who indulge in the refined variety, found *The American Journal of Clinical Nutrition*.

4 The C-word

250ml of orange juice will give you twice your RDA of vitamin C, and as it's a water-soluble vitamin, down an equal amount of water at the same time to help you absorb it. According to research at Arizona State University, blokes who got their RDA of vitamin C burnt 30% more fat during exercise than those who didn't get enough.

5 Go green

Here at *MH* we're forever extolling the benefits of green tea but swilling it after your orange juice gives its weight-loss kick more clout. US researchers at Purdue University found vitamin C protects the tea's weight loss-promoting antioxidants. The best just got better.

The method

Swig 250ml of OJ with 250ml of cold water as soon as you wake. Dice the chilli and beat it with 2 eggs. Stick the kettle on. Combine the muesli and yoghurt; start eating. Pour the tea. While scoffing the muesli, cook the eggs and toast. By the time the bowl is empty the eggs will be ready and the tea drinkable. Total time: 8 minutes.

WORDS RAY KLERCK. PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

BOXING CLEVER #3

Pret a mighty

All lunches are not equal – this one will give your tired muscles what they need to relax and grow after you've put them through their paces



1 Chicken

How much? One breast (grilled or poached) – sliced

Why? "Chicken is a lean protein complete with every amino acid, which makes it excellent for muscle growth and repair," says Ian Marber, founder of The Food Doctor Clinic in London (thefooddoctor.com).

2 Wholewheat pasta

How much? 100g

Why? "It gives you energy by helping to replenish glycogen stores."

3 Black olives

How much? A handful, chopped

Why? The ratio of proteins, complex carbohydrates and fats supplied by the olives slow the release of glucose," says Marber.

4 Mozzarella balls

How much? 6 mini balls

Why? "Not only does mozzarella add more protein, this serving will also give you 50% of your RDA of calcium." But go for the reduced-fat version.

5 Basil leaves

How much? A handful

Why? A top source of vitamin A, crucial for the synthesis of protein.

6 Rocket

How much? A handful, torn

Why? "Leafy veg such as rocket is high in calcium, vitamin C and iron," says Marber. "It's also a source of muscle-building folic acid."

7 Pine nuts

How much? A small handful

Why? "Adds more protein and increases the mineral content of the meal, particularly magnesium."

8 Sun-dried tomatoes

How much? A handful

Why? "The lycopene in tomatoes fights prostate cancer, but drain off excess oil to keep the fat content down."

The Dressing	The method
· 1 tsp pesto · 2 tbsp virgin olive oil · Crushed black pepper	When the pasta is cooked, mix the dressing and add it, with the other ingredients, to the pasta. Stick it in your tub and be the envy of your butty-chomping colleagues.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

fitnessfreaks.com

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Early starter

Cook up a solid set of abs with one quick flash in the pan

Ingredients

Kettle on? Good. Now raid the fridge for a fat-burning feast

RUSTIC BREAKFAST PIZZA

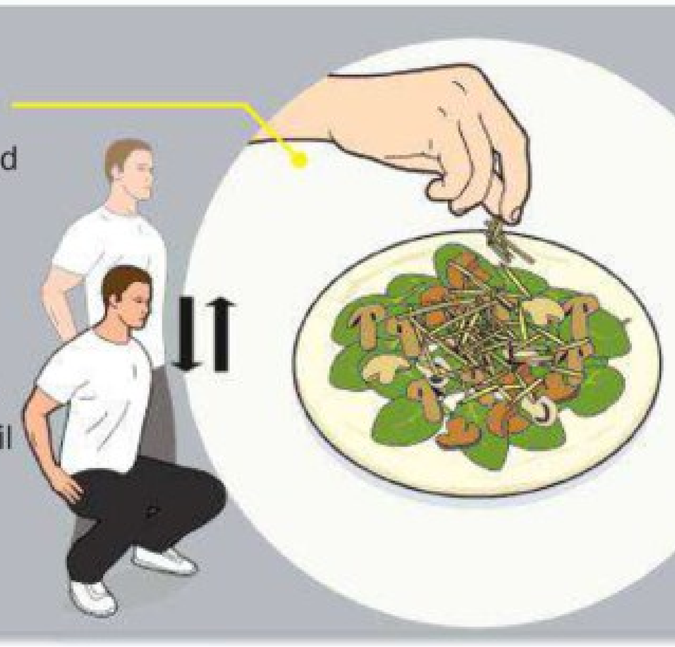
- 1 mini wholewheat pitta bread, about 20cm wide
- 1 handful sliced mushrooms
- 1 large handful baby leaf spinach
- 2tbsp crumbled goat's cheese
- 2tbsp olive oil
- 1 egg

START

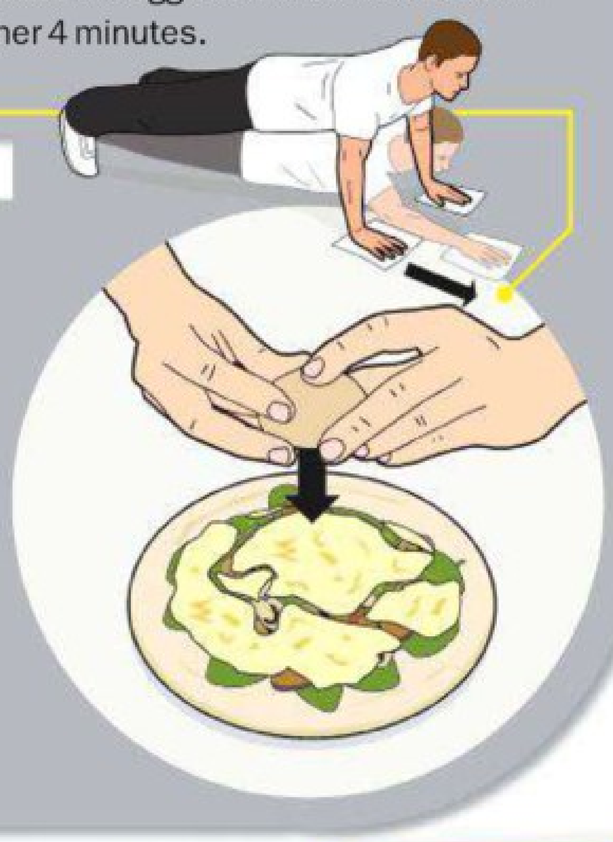


1 Splash your sleepy head with water – it's time to give your abs the giddy-up. Stumble to the kitchen, stick a pot of coffee on and prepare the ingredients. That done, immediately drop down into the press-up position – time is precious. Keep your arms locked and back dead straight. Bring your right knee towards your left elbow – touch it if you can. Return to the start position and repeat with your left knee. Do 8 reps on each leg to fire up your metabolism.

2 You should by now be a little puffed and certainly more awake. Wash your hands, put them on your hips and perform a body-weight squat by bending your knees until your thighs are parallel to the floor. Do 10 of those then top the pitta bread with the spinach. Do another 10 before topping with the mushrooms. One final set, then add the cheese. Drizzle the oil on top and stick it in the oven at 200°C.



3 Drop back into the press-up position. Place your hands on small towels that are in line with your shoulders. Now slide your right hand as far in front of you as possible and bend your left elbow to lower your body as close to the floor as you can. Return to the start and repeat with your left hand. Do 7 reps on each hand. Take the pizza out of the oven and crack the egg into the centre. Bake for another 4 minutes.



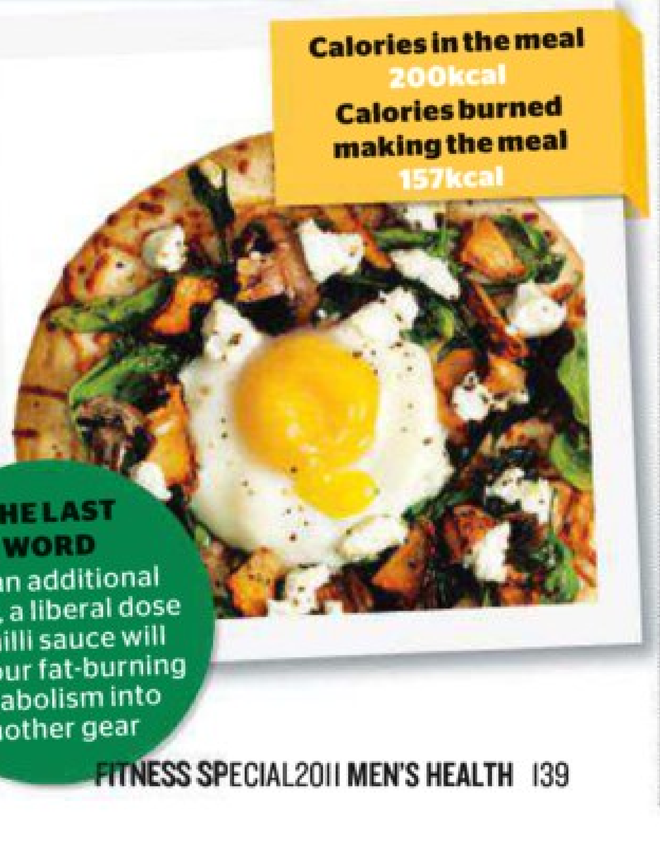


4 While you're waiting, sit on the edge of a chair or bench, feet on the floor. Stick your hands on the chair next to each hip, palms down, and use your arms to lift your backside slightly up. Move your feet forward so your body is in front of the chair and thighs parallel to the floor. Lift your right leg off the floor and raise your left arm in front of you. Hold for 10-15 seconds. Repeat on the other side. Perform 3-6 reps on each side. Then hop to the next move.

5 Stand with your feet shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees. Pause then stand up. Squat again, but after this one, jump as high as you can. Upon landing, do a normal squat. Keep alternating between squats and jumps until you've done 6 jumps. Your abs are forced to flex hard as you land to stop you from falling over. Check on the pizza. Nod approvingly, then tuck in.



FINISH



THE LAST WORD

For an additional boost, a liberal dose of chilli sauce will slip your fat-burning metabolism into another gear

WORDS RAY KLERCK. PHOTOGRAPHY PLAMEN PETKOV. STYLING ED GABRIELS. ILLUSTRATION JASON PICKERSGILL AT ACUTE GRAPHICS. ACUTEGRAPHICS.CO.UK

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BOXING CLEVER #4

Mexican muscle

Not the sort working the door on Tijuana nightclubs, but the kind you get after eating this chilli-boosted post-workout meal. It's time to take the heat



1 Brown rice
How much? 75g, cooked
Why? "It's low GI – any meal's ideal energy base," says nutritional analyst Ian Marber (thefooddoctor.com). "After a hard workout, it'll help replenish your glycogen." It was a hard workout, right?

2 Tinned tuna
How much? 200g, drained and flaked
Why? "Naturally low in cholesterol and fat, this protein and omega-3 rich fish is ideal muscle repair" says Marber.

3 Tinned kidney beans
How much? 200g, drained and rinsed
Why? "For the low-fat protein and fibre. Buy beans in plain water, not sugared or salted," says Marber. Their iron will replace what you used up in exercise.

4 Avocado
How much? Half, cut into chunks
Why? "Essential fats for energy and vitamin E for combating free radicals created during exercise," says Marber. Chop and add last: it can discolour.

5 Green pepper
How much? Half, cut into chunks
Why? If you're training hard, your body will be crying out for vitamin C. "You lose a lot by sweating," says Marber, "and green peppers are full of it."

6 Tomato
How much? 1, deseeded and chopped
Why? As well as cell-fortifying lycopene, there's fibre in the humble tomato.

7 Chilli
How much? As much as you like, deseeded and thinly sliced
Why? "Chilli's capsaicinoids help reduce the effects of LDL, the 'bad' type of cholesterol," says Marber. It's also rich in vitamin D.

The dressing

- 1 tbsp olive oil
- Juice of 1/2 a lime
- 1/2 garlic clove, crushed

The method

Cook the rice according to the packet instructions and allow to cool. Meanwhile, mix the dressing and combine with all the other ingredients. Spoon the rice into your lunch box and layer the dressed tuna mixture on top. Stick it in the fridge at work, take your colleagues' plaudits and don't think about eating it until after your workout.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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SNACK OFF

It's a rumble between porkers and chooks – who'll win the battle for white meat supremacy?



CHICKEN

ENERGY

The chicken makes a clean swoop in the energy stakes by weighing in with 150 oomph-yielding calories per 100g. A large breast also contains your RDA of niacin, which will help your body produce energy from all the foods you eat and keep your nervous and digestive systems healthy.

MUSCLE

One hundred grams of fowl – approximately one decent sized breast – will serve up 18g of brawn-building protein. Chicken is also feathered with the amino acid leucine, which a report in the *European Journal of Applied Physiology* found enhanced athletic performance by helping your body convert the protein you eat into muscle. That should move you up your team's pecking order.

RECOVERY

A single chicken breast will give you a 104mg serving of omega-3 fatty acids, which research at the University of Newcastle found to be anti-inflammatory. But try and shun the bargain basement chooks in favour of quality birds since a study in the journal *Meat Science* found that organic chickens had a 38% greater omega-3 content than their non-organic brothers.

PORK

ENERGY

With a meagre 103 calories per 100g the humble hog is ideal for those trying to become less of a porker. It's also a stellar source of vitamins B12, B6 and B3, which together help break down the carbohydrates and fat to help your muscles pig out on the energy from the rest of the foods on your plate.

MUSCLE

Chomping chops gives you 20g of protein per 100g. What's more, eating like a pig won't make you look like one because research at the US Institute of Food Technology found that pork tenderloins have as much fat as a lean chicken breast. It's also rich in zinc, which helps your body produce testosterone to build muscle and the stamina of a boar when you sow your wild oats.

RECOVERY

A 200g hunk of pork will give you 100% of your RDA of the antioxidant selenium, which research in *Biological Trace Element Research* found helped athletes recover faster after exercising to exhaustion. The muscle-repairing mineral zinc will also boost your immunity after exercise according to a study in *Neuroscience & Biobehavioral Reviews*.

AND THE WINNER IS...

... PORK, DUE TO ITS SUPERIOR RECOVERY POWERS AND MUSCLE-BUILDING PROWESS

SNACK OFF

Don't overlook the plant world for your protein supply. Lentils and quinoa battle it out



LENTILS

ENERGY

"Lentils are a rich source of slow-burning complex carbs (ideal for fuelling a workout) and will increase your on-the-run energy thanks to their high iron levels," says sports nutritionist Matt Lovell. But round one goes to quinoa since the diminutive grain has 23 more energy-yielding calories per 100g.

MUSCLE

If you want to back a winner in the muscle-building stakes, your money should be on lentils. They strike hard to take first prize with 25g of protein per 100g. They're also rich in manganese and a just a single handful will give you your RDA of this mineral. "Manganese has been proven to keep your metabolism high so all that brawn you've built looks like it has been carved out of stone," says Lovell.

RECOVERY

They're famous for their flatulence-inducing properties, so you might want to skip them if you're going on a date. "They are, however, rich in antioxidants, which can help you recover faster from exercise," says Lovell. So choose to eat them after a training session if you're going home to recover on your couch, not hers.

QUINOA

ENERGY

This South American couscous-alike is called the grain of the gods for good reason – it serves up a divine amount of carb energy. A 100g serving has a massive 64g of carbs. "Add it to a pre-workout salad with chicken and avocado for the energy to finance training sessions lasting an hour or more," says Lovell.

MUSCLE

Quinoa may have been nudged out of the top muscle-building spot for only having 14g of protein per 100g, but this is actually 1g more than 100g of eggs serve up. This still makes it the grain with the highest protein and not to be sniffed at. "Serve it with a pile of stir-fried veggies if you're after a light, healthy feast to help you get more from your hard work in the gym," says Lovell.

RECOVERY

It's one of the few foods with a carb-to-protein ratio of 4:1, which is considered to be the perfect ratio for a post-workout meal. A recent study at Vanderbilt University in Tennessee found that eating a meal with this ratio within 30 minutes of exercise is the best way to recover after training without adding any fat to your frame.

AND THE WINNER IS...

QUINOA'S GOD-LIKE RECOVERY AND ENERGY-GIVING ABILITIES

ILLUSTRATION BILL MCCONKEY

BOXING CLEVER #5

Parcel force

A little preparation goes a long way, so prepare this post-workout brawn-builder before a weights session. It has everything for recovery and repair, and won't cost a packet

1 Soba noodles
How much? 85g
Why? Nutritionist Anita Bean says: "Soba noodles contain protein, magnesium and iron. Their low GI makes them good for restocking glycogen – the form in which your cells store energy – in hard-worked muscles." (All Buckwheat Organic Soba Noodles, £2.99 clearspring.co.uk.)

2 Carrots
How much? One, thinly sliced
Why? "Carrots contain beta-carotene, an antioxidant that lowers your risk of post-exercise colds and repairs exercise-induced micro tears in your muscles," says Bean.

3 Spring onions
How much? Two, thinly sliced
Why? "They're rich in flavonoids and allium compounds," says Bean, "which reduce muscle inflammation and cut your risk of heart disease."

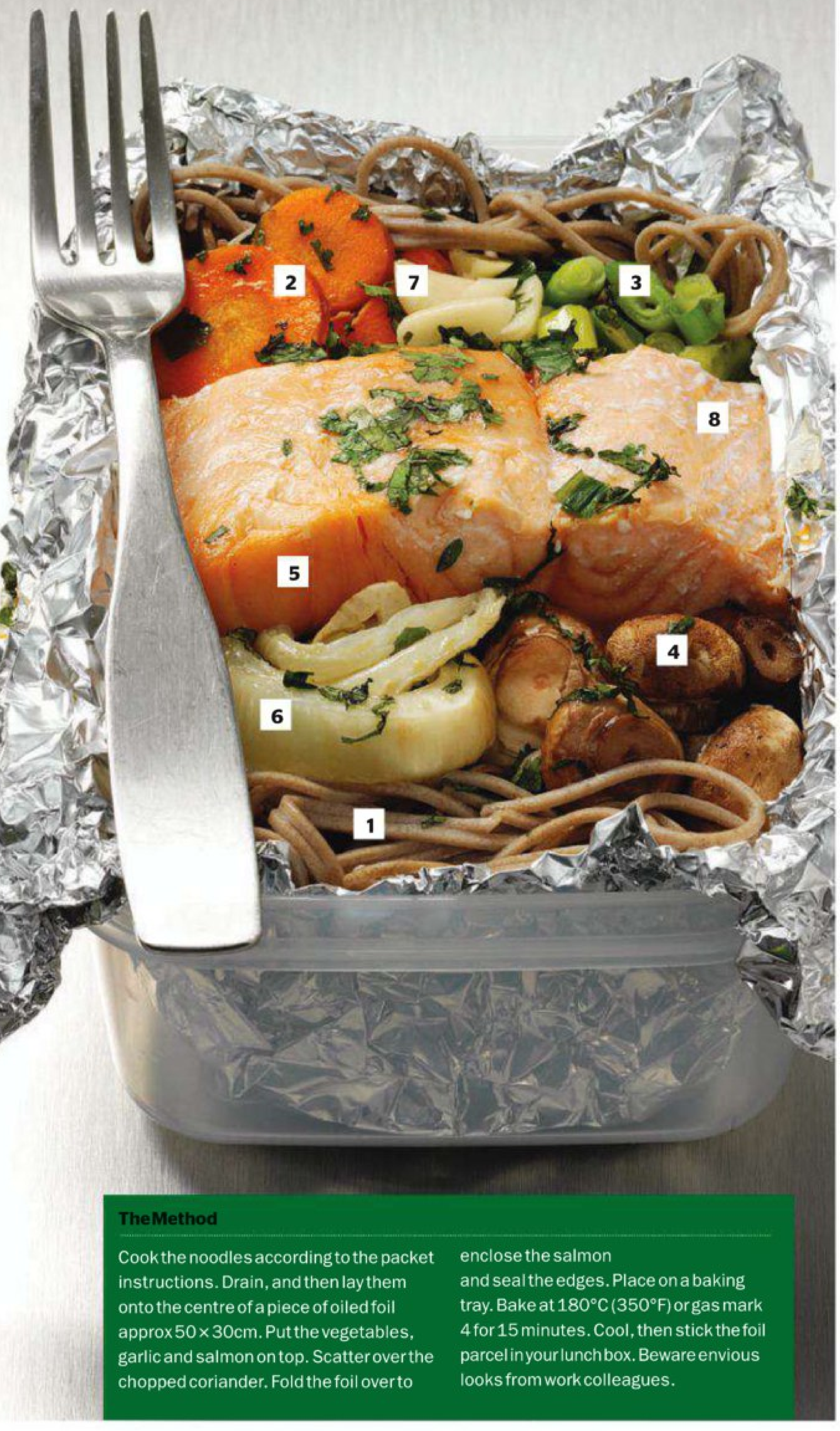
4 Mushrooms
How much? A handful
Why? "Fungi contains potassium, which regulates blood pressure, and phosphorus for bones." Rich in protein, they leave you feeling full.

5 Salmon steak
How much? 175g
Why? "Salmon has half your RDA of protein, crucial for muscle growth and repairing tendons. It gives you essential fatty acids which reduce joint stiffness," says Bean.

6 Fennel
How much? One small bulb
Why? "It's a natural diuretic, ridding your system of excess fluid and salt," says Bean. So it will keep you looking lean, too.

7 Garlic
How much? One clove, chopped
Why? "Garlic contains a sulphur compound called allicin which supports the white cells that help fight off infection," says Bean.

8 Fresh chopped coriander
How much? One tablespoon
Why? "This herb contains beta-carotene and vitamin C, antioxidants that prevent training-induced cell damage." Niacin is needed for energy, giving you the strength to lift your fork.



The Method

Cook the noodles according to the packet instructions. Drain, and then lay them onto the centre of a piece of oiled foil approx 50 x 30cm. Put the vegetables, garlic and salmon on top. Scatter over the chopped coriander. Fold the foil over to enclose the salmon and seal the edges. Place on a baking tray. Bake at 180°C (350°F) or gas mark 4 for 15 minutes. Cool, then stick the foil parcel in your lunch box. Beware envious looks from work colleagues.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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SNACK OFF

Which veg should accompany your post-training protein hit? Broccoli and cauliflower square up...



BROCCOLI

CAULIFLOWER

ENERGY

If you're after power, serve up an ace of green energy. In a 100g of broccoli you'll get 34 calories of potential energy while the cauliflower offers you only 25 calories for the same size. For an energetic partner for your pre-workout chicken breast, broccoli is superior to its bleached counterpart.

Don't sideline cauliflower – three servings a week will improve liver function so you'll burn fat more efficiently, says the University of Hawaii. You'll get no such kicker from broccoli. However poor cauliflower gets called 'out' in the B vitamin stakes as it has 3% less of the digestion-aiding compounds than broccoli.

MUSCLE

Even if you skipped school completely, you would still know that veggies aren't a prolific protein source. But broccoli does offer 3g of protein per 100g compared to just 2g in cauliflower. Every little bit counts in the world of muscle building.

Research at the Fred Hutchinson Cancer Research Centre found 3-4 weekly servings of cauliflower cut your risk of prostate cancer by 33%. Cauliflower also offers 20% of your RDA of vitamin K, but that's nothing compared to broccoli's 127%. "It keeps your bones and cartilage in top condition," says Paul Collins, author of *Strength Training for Men* (Meyer & Meyer).

RECOVERY

Crammed with vitamin C, broccoli gives you 148% of your RDA – 59% more than you'll get from the same amount of oranges. This will help you recover faster from intense workouts and be less stiff the day after, according to research in the *British Journal of Nutrition*. So make sure there's a piece of green on every post-workout plate.

Is there any redemption for cauliflower other than its deliciousness with cheese sauce? Yes. It gets one over its green cousin thanks to its high phytosterol levels, of which broccoli has zero. They reduce cholesterol by 10-15%, says *The Journal of Nutrition*. Warning: this may not work as well with your full-fat cheddar sauce.

AND THE WINNER IS...

BROCCOLI, FOR ITS TRIPLE VICTORY IN MUSCLE, ENERGY AND RECOVERY

SNACK OFF

Prepare yourself for a high-steaks contest as beef races against its wilder cousin: venison



VENISON

BEEF

ENERGY

Energy spent evading staghounds keeps the roe deer's calorie content to a lean 382 per 200g portion, compared to the cow's 426 calories. "It's not the quantity but the quality that'll give you more bang for your energy buck," says sports nutritionist Matt Lovell. "Venison is also 15% richer in iron, which aids endurance."

If you're bulking up, then beef is best. However, beef loses out to venison on energy-yielding vitamins. A single serving of venison will give you your RDA of vitamin B12, which will energise you whether you push weights or pencils. The same serving of beef gives you 20% less of this vitamin, settling the energy debate.

MUSCLE

Bigger biceps are another triumph for the shy wild one – but it only wins by a nose. Our antlered friends give you 72g of protein for a 200g hunk of flesh while the bovines offer a close 66g. If you're wondering why we don't have fields of deer instead of cows, consider what it might be like to milk a 30kg Bambi with a jump span of 10 metres.

The reliable cow fights back with 4% more fat. A study in the *International Journal of Sports Medicine* reveals that men who ate the most fat also had the highest testosterone levels. "A low-fat diet means low testosterone levels – your chief muscle-building hormone," says Lovell. Just go easy or you'll end up with your very own set of udders.

RECOVERY

Both beasts offer equal amounts of the most valuable recovery mineral you can get – zinc. "This combines with the sat fat to produce testosterone," says Christian Finn, founder of strength and conditioning website thefactsaboutfitness.com. And research at the University of Massachusetts found people lacking zinc had 5% slower metabolisms than those with normal levels of the mineral.

The cow leads the charge in the recovery 'steaks.' A 250g portion will give you your RDA of selenium. This antioxidant protects your muscles against cellular damage caused by exercise, found a study in Biological Trace Element Research. "But red meat is not a good post workout meal as it takes too long to digest," explains Lovell. So chase that tough leg workout with a protein shake.

AND THE WINNER IS...

VENISON'S ALL-NATURAL TALENT FOR CREATING BIGGER MUSCLES

ILLUSTRATION BILL MCCONKEY

BOXING CLEVER #6

Quacked lunch

Hold the chicken and stop the salmon, the duck has landed. Taste is king with this Asian-style high-protein salad – great for building muscle and powering your workout



1 Duck breast
How much? 100g, roasted and sliced
Why? "You get 30g of protein from an average duck breast," says Kate Skerritt, naturopath doctor and head of nutrition at healthy fast food retailer Pod, "which is what your muscles will need post-exercise." Most of duck's fat lies underneath the skin so remove it before cooking.

2 Alfalfa
How much? 10g
Why? "High in protein, minerals and vitamins, it lowers cholesterol and aids protein digestion. It's also rich in manganese, which helps energy production and the formation of cartilage, and synovial fluids to protect your aching joints," says Skerritt.

3 Coriander
How much? 10g
Why? "Detoxifies the body by aiding digestion and also has anti-inflammatory properties – ideal for dealing with the oxidising effects of exercise. It's high in vitamin K, which, according to a University of California study, strengthens muscle capillaries, thus helping to usher building nutrients into your muscles," says Skerritt. A 10g serving gives you 30mg.

4 Red and white cabbage
How much? 160g, shredded
Why? "Both are rich in vitamin C and contain the amino acid glutamine, which has anti-inflammatory properties and helps muscle growth. Serve it raw, though. Glutamine is destroyed during cooking," says Skerritt.

5 Carrot
How much? 80g, shredded
Why? "Rich in carotenoids and vitamin A, which rejuvenate the body by promoting the growth of new cells. Carotenoids also reduce inflammation after exercise," says Skerritt.

6 Sesame seeds, hemp seeds
How much? 1tbsp of each
Why? "Sesame seeds are rich in manganese and copper – important for energy production and speeding up muscle recovery. Hemp seeds are high in all essential amino acids and fatty acids. They're a great source of proteins and fibre, which are quickly turned into energy," says Skerritt. Toast them in a frying pan.

The dressing	The method
• 125ml light soy sauce • 60ml rice wine vinegar • 1tsp brown sugar • 15ml light olive oil • 1 diced red chilli	Mix the shredded ingredients, alfalfa and coriander. Sprinkle with seeds and lay the duck breast on top. Whizz together the dressing ingredients and pour over. It'll be hard to convince those within smelling distance you're eating something healthy.

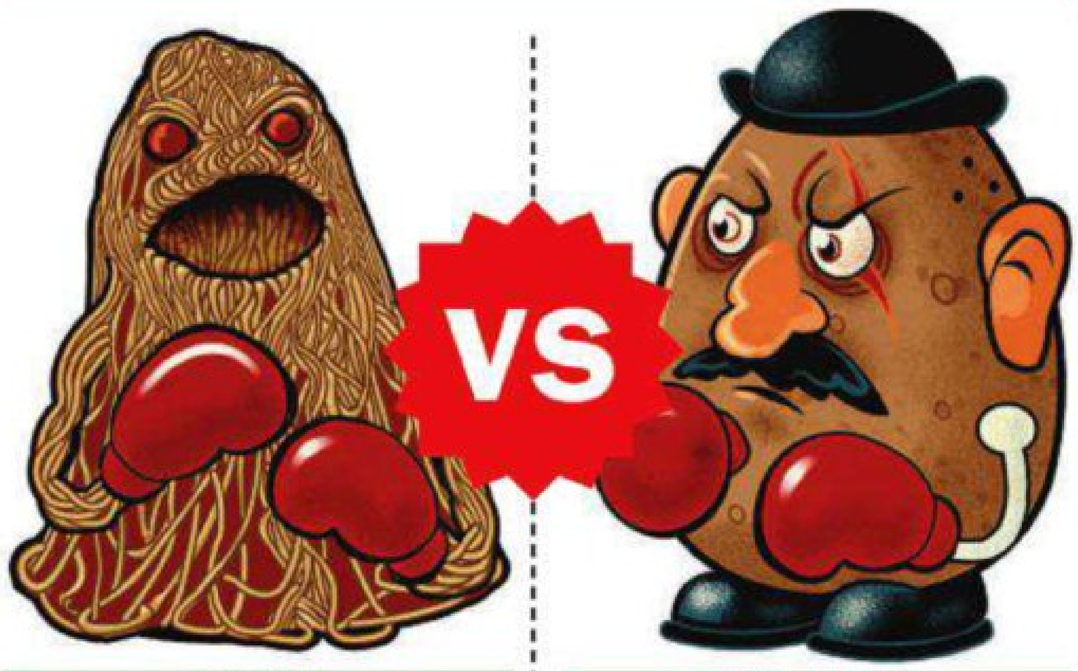
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SNACK OFF

Spud meets spaghetti in a face-off to see which is the better pre- and post-training meal



PASTA

ENERGY

Pasta and potatoes share the same glycaemic index (GI) of 55, meaning their energy enters your blood stream at an equal rate. However, the only vitamin pasta is high in, thiamine, was found to have no benefit to your training performance, according to a study in the *European Journal of Applied Physiology*.

MUSCLE

Rather than build muscle, pasta could lose it for you. "It's made of refined wheat, which requires a muscle-building amino acid for you to process it," says Dr Loren Cordain, the author of *The Paleo Diet for Athletes* (Rodale). "This can work against your muscles." Now you know why marathon runners look the way they do.

RECOVERY

Pasta is great for replacing glycogen stores post-training, especially when it is served with a lean source of protein. But watch those portion sizes – 80g of pasta contains around 40g of carbs which is more than enough to refuel your muscles. Any more and you could end up looking like Tony Soprano.

POTATO

ENERGY

The garden-variety tatty has a lot more going for it than what meets the eye. A humble 100g potato has 17g of carbs (that is just 8g less than 100g of pasta) and a high dose of iron, which is necessary for energy production. Knocking back a small jacket spud 90 minutes before training should do the trick nicely.

MUSCLE

The humble spud makes an ideal post-workout lunch. "Combining carbs with protein after training will have an anabolic effect on your muscles, which will help them grow and perform better," explains Cordain. Eat within 20 minutes of training so the carbs drive the protein into your muscles when they most need it.

RECOVERY

"One way to keep training day after day is to eat the appropriate carbs after exercise, such as potatoes and sweet potatoes," explains Cordain. "They are full of high doses of vitamin C, vitamin B6 and manganese. These will help you train longer and recover quicker." No more buttering up, the choice is clear.

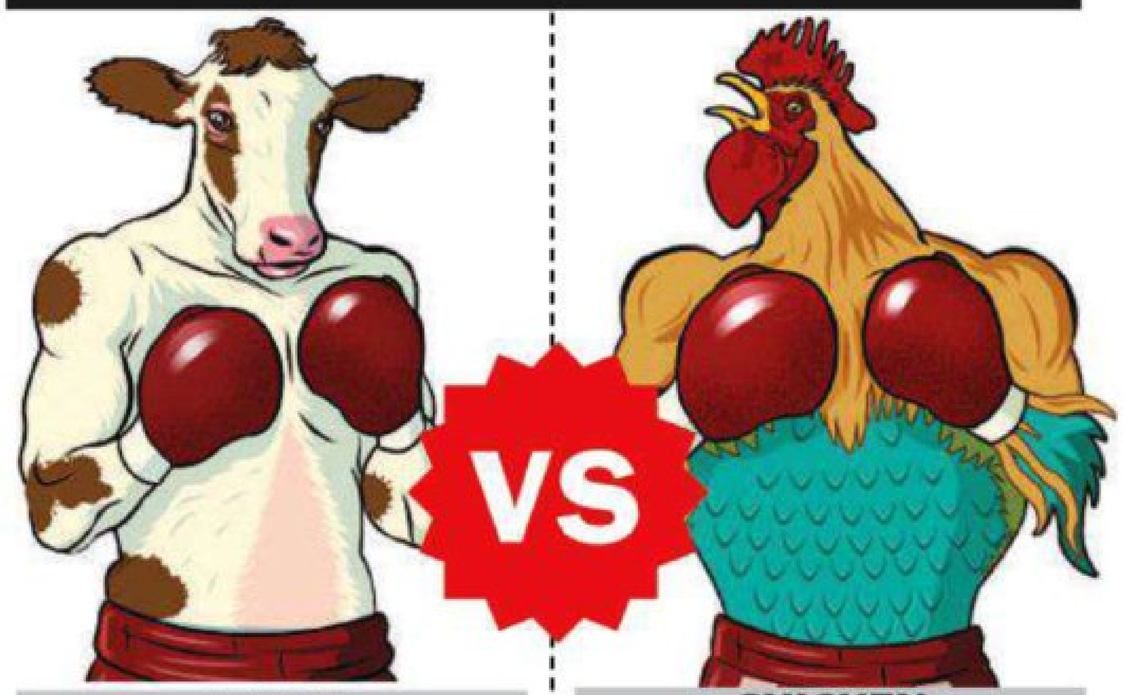
AND THE WINNER IS...

POTATO'S VITAMIN AND MINERAL-PACKED PUNCH

ILLUSTRATION BILL MCCONKEY

SNACK OFF

The ruck we've all been waiting for, cow vs. chicken in the battle for meat supremacy. Red or white?



STEAK

ENERGY

Beef helps channel the energy from other foods into your muscles. The Department of Agriculture found 100g of beef – the equivalent of a slap-in-the-pan minute steak – gives you 17% of your RDA of vitamin B12 and 33% of B6. What do they do? Well, they release the oomph from carbs. So next time you baulk at the price of beef, remember: it's making the rest of your diet more effective.

MUSCLE

A 100g slab of steak gives your hungry muscles 21g of protein, which isn't bad. But more is less with beef, as your body can only absorb 74% of that in one sitting. Sure, you'll enjoy eating it – we like our steaks rare – but over a quarter of the protein you've paid for will be flushed down the khazi.

RECOVERY

The 300g hunk of steak you scoff at your local bistro gives you 90% of your RDA of zinc. A study in *Neuroscience & Biobehavioral Reviews* found this a useful post-workout ally because endurance athletes were able to keep their immunity strong and fend off colds and illness when they kept their zinc levels up to scratch. So forget Tamiflu or scary face masks: keep your zinc levels up by fighting swine flu with a rib-eye and steak knife.

CHICKEN

ENERGY

You get 197 calories from 100g of chicken, a far heftier return than the measly 142 calories you get from a 100g chunk of steak. Admittedly, the fowl does have 2% less B vitamins than red meat but your energy supply gets a substantial boost from the extra 55 calories that make up for the beef's calorie shortfall. So it turns out chicken's coq of the walk here. Who'd have thought it?

MUSCLE

Wing it for more muscle. Your body absorbs 80% of the protein in a chicken portion. Our feathered friends' (well they *were* feathered before we got our teeth into them) amino acids are also digested easier, which will help you on the way to building some wing-shaped lats of your own.

RECOVERY

With 110mg of omega-3s, chicken provides 6 times more of these beneficial fatty acids than beef. They're a great post-workout performance booster: a study at Western Washington University found that guys who took omega-3s but didn't exercise improved their VO_2 max by 4.5% more than those blokes who exercised but didn't take the omega-3s. This means less huffing and puffing after your sprint and bedroom sessions.

AND THE WINNER IS...

CHICKEN, DUE TO ITS SUPERIOR MUSCLE-BUILDING AND RECOVERY QUALITIES. NO BULL

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SNACK OFF

Forget shark vs octopus – the clash of ocean titans we want is tuna vs salmon. Which is nutritionally superior?



TUNA | SALMON

ENERGY

Neither of these sea dwellers has a single gram of carbohydrate so don't expect to clock a 10K PB fuelled by fish. However, tuna does contain just one solitary energy-giving calorie per gram of weight, but is knocked into second place by salmon's 1.4 calories. Must be all that swimming upstream.

Salmon dominates when it comes to sponsoring your oomph. A tiny 200g slab of the pink stuff will give you well over your RDA of vitamins B6 and B12, which will help boost your mood and enable your body to release energy from the rest of the food you eat. So you'll get all the zip from the rice in that sushi roll.

MUSCLE

A tuna would destroy a salmon in a race and the quality of its muscle is a testament to this. A small 100g fillet will give you 23.4g of protein, compared to the salmon's still-respectable 19.8g. The open ocean is obviously better at grooming more muscle-building protein. So when you're spoilt for choice, there may be plenty of other fish in the sea, but tuna has the most protein.

Muscle isn't only built with protein. In fact, a study by Texas A&M University found men with moderate cholesterol intake had better muscle gains than those on a low-cholesterol diet, regardless of how much protein they ate. It's thought cholesterol may aid muscle repair: and that's where salmon's 55mg of cholesterol overshadows tuna's 44mg, which will tip the scales in the pink one's favour.

RECOVERY

As if tuna's silvery coating wasn't enough of a hint, a report by the US Food and Drug Administration found it could have as much as 27 times more mercury than salmon. Fortunately, the levels in both fish weren't dangerous, but if you want to make sure you're really safe, go for salmon after your workout, unless you're seriously into heavy metal that is.

Salmon completely blows tuna out the water when it comes to topping up after training. Salmon has 2,018mg of omega-3s per 100g compared to tuna's paltry 243mg. A study in the *European Journal of Clinical Nutrition* found these fatty acids helped to keep all kinds of inflammation low, which will make recovering from training as easy as shooting fish in a barrel.

AND THE WINNER IS...

...SALMON'S POWERFUL PUNCH OF MUSCLE AND RECOVERY BOOSTING BENEFITS

SNACK OFF

An underground war between two juggernauts of the energy world: the white spud versus his crimson sibling



SWEET POTATO | WHITE POTATO

ENERGY

Weighing in at 100g this energy baron punches out a whopping 20g of carbs, which is 2g more than a garden-variety spud of the same size. What's more, if you've got the guts to eat them with their skin, the sweet potato also has more fibre which will put extra energy in your tank. Need the oomph for a hectic workout? Go for the red head.

Mash fights back with its higher vitamin B content, which will help you suck the energy out of the other foods you eat with your spud – like the beans and cheese you slop on a baked one at lunch. Here's their energy efficiency rating: if you're eating a spud on its own then go sweet, but if you're eating other foods with it, then go white.

MUSCLE

Both varieties roll in with a pitiful 2g of protein per 100g. Luckily, their carbs give them a reprieve because eating 4-5g of carbs per kg of bodyweight after a training session will maximise your muscle-building potential, according to a study in the journal *Medicine & Science in Sports & Exercise*. In potato speak, an 82kg bloke should go for a medium sweet spud after training rather than the pale imitation.

Not the best raw material for iron-pumpers: even a large white potato only coughs up a meagre 7g of protein, so you'll need to eat it with a decent protein source – a hearty chilli con carne, for example – if you want to include it as part of your muscle-building arsenal. If you accept the widely-embraced 4-5g carbs per kg of body weight guideline, an 82kg bloke should scoff one large spud after training.

RECOVERY

Even a small sweet potato will provide you a whopping 284% of your RDA of beta-carotene – the antioxidant responsible for its orange colour, along with that of carrots and pumpkins. This is especially useful after a heavy workout because it will karate-kick any post-training stiffness into touch, according to a study at Japan's Osaka Gakuin University. Hai-ya!

What its lacks in beta-carotene it makes up for in vitamin C – a 100g potato will give you 33% of your RDA. A good dose of which taken after a heavy workout makes your muscles less sore, according to research at the University of North Carolina. Unfortunately for their rating here, white spuds are mildly inflammatory – which is not good for recovery.

AND THE WINNER IS...

...SWEET POTATO'S RECOVERY BOOSTING AND ENERGY YIELDING PROWESS

ILLUSTRATION BILL MCCONKEY

Stockfood.com

BOXING CLEVER #7

Power lunch

Want a pre-workout meal on the go? Here's a simple, portable meal you can knock together in minutes, to boost your energy levels and recovery times



1 Chickpeas

How much? ½ tin (100g), drained and rinsed

Why? Anita Bean, registered nutritionist and author of *The Complete Guide To Sports Nutrition* (A&C Black Publishers) says: "Chickpeas contain high levels of soluble fibre and protein, which earned them top ranking on a satiety index devised by University of Sydney researchers. They have a low GI so are a good pre-workout food, too."

2 Spring onion

How many? 2, sliced

Why? "Eat the green part as well as the white – it's super-rich in the antioxidant beta-carotene and vitamin C to help with recovery, as well as folate, which is necessary for making red blood cells."

3 Red pepper

How much? ½, deseeded and sliced

Why? "Red peppers are one of the richest sources of vitamin C, which helps quench free radicals post-exercise and prevent cell damage."

4 Green beans

How much? 60g

Why? "Apart from being low in calories, they're packed with the mineral potassium to help your body get rid of unwanted fluid weight." Which should make the treadmill that much easier during your next session.

5 Watercress

How much? A couple of handfuls

Why? "Watercress is brimming with iron, needed for making healthy red blood cells – just two handfuls supply one quarter of a bloke's daily needs."

6 Walnuts

How much? About 10, roughly chopped

Why? "They are packed with anti-inflammatory muscle-healing omega-3s. And these, according to a Harvard Medical School study, can actually speed up fat loss."

The dressing

- 1 tbsp extra virgin olive oil
- 1 tsp Balsamic vinegar
- ½ garlic clove, crushed

The method

Steam the beans for 4 minutes. Drain and cool. In a bowl, mix together the chickpeas, onion, pepper and beans. Place the dressing ingredients in a bottle and shake. Add to the chickpea salad and mix. Put the watercress in your box. Spoon the chickpeas over the leaves, then scatter over the walnuts.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

Steroids.com

SNACK OFF

The muscle-building gauntlet is thrown; will peanuts or almonds have the arms to lift the snack trophy?



PEANUTS

ALMONDS

ENERGY

It's near on neck and neck in the energy stakes – 100g of peanuts cough up 567 calories while the same-size portion of almonds will give you a marginally higher 575. So there's only 8 calories difference, which means 2 extra peanuts down the hatch and you level the energy scores.

Almonds sneaked a calorie win by a hair, but peanuts will give you more of a pick-me-up. A 100g serving of almonds only offers 16% of your RDA of B vitamins, while peanuts give you approximately 30%. These vitamins release the energy from foods and keep you sharp and alert.

MUSCLE

Strictly speaking, peanuts only masquerade as a nut – they're actually a pulse. But don't hold that against them because a single handful will give you 26g of muscle-satisfying protein. Almonds are a nut but only give you 21g of protein. So it's in your muscle-building interest to forgive peanuts' deception and dig in.

Almonds do redeem themselves thanks to their hefty magnesium content. A large handful will give you 87% of your RDA and this mineral will help your body absorb more oxygen so your muscles can work at their full capacity, according to research in the journal *Endocrinology Metabolism Clinics of North America*. They also contain 25g protein per 100g serving.

RECOVERY

Peanuts have about 40g of unsaturated fat per 100g while almonds roll in with 42g. "This is the healthy fat you need to keep your muscle-building hormones at their peak," says sports nutritionist Matt Lovell. The deal breaker is that 100g of almonds offer 6mg of anti-inflammatory omega-3s while peanuts offer half that – perhaps that's why almonds are double the price.

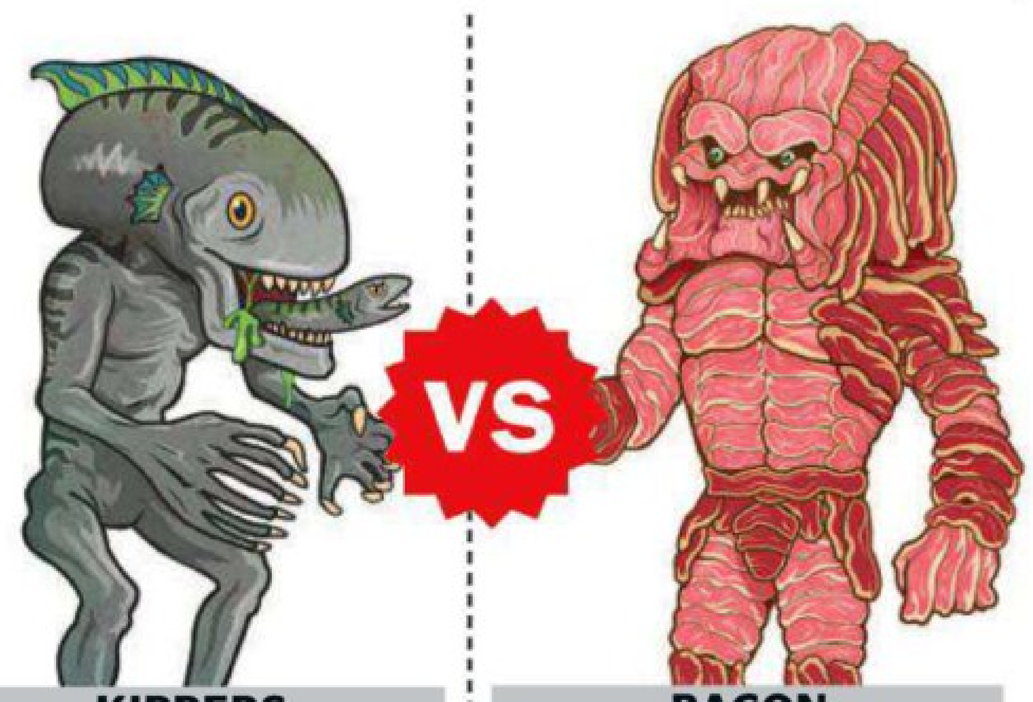
Almonds' antioxidant levels take the recovery cake. A large handful gives you 131% of your RDA of vitamin E (an antioxidant) while peanuts offer a paltry 42%. A study at the University of Illinois found this is an excellent way of reducing post-workout muscle inflammation. So after a tough workout, forget the ibuprofen and pop a few almonds instead.

AND THE WINNER IS...

...PEANUTS FOR THEIR ENERGY AND MUSCLE-BUILDING PROWESS

SNACK OFF

It's the battle of the breakfast titans, but will kippers or bacon pack the more powerful punch



KIPPERS

BACON

ENERGY

A hundred grams of kippers coughs up 312% of your RDA of vitamin B12, which additionally releases the energy from the toast you snack with it. A study by United States Department of Agriculture found that the absorption of this vitamin begins in the mouth, so listen to mother and chew your food properly.

Bacon puts the kipper's tail firmly between its legs in the energy stakes by yielding a massive 450 calories per 100g (that's a third of a standard pack) while kippers dish out just 217 calories. So if you're looking to pork up, stack those rashers thick but reach for the kippers if you're looking to streamline.

MUSCLE

Kippers may be tiddlers but are big in brawn-building. A fishy 100g has 918mg of sodium compared to bacon's 833mg. "Sodium assists the absorption of amino acids as well as increasing carb storage, making it essential for muscle growth," says Paul Collins, author of *Strength Training for Men* (Meyer & Meyer). Go easy if you have ticker trouble.

The piggy is going to squeal thanks to its whipping in the sodium punch out. To rub salt in the wounds, kippers give you 25g of protein per fillet – 13g more than bacon. Kippers have more 'good' cholesterol, 82mg compared to bacon's 68mg. The more good cholesterol, the better the muscle gains, found Texas A&M University.

RECOVERY

Kippers' antioxidant levels take the recovery fishcake. One large fillet offers you 75% of your RDA of selenium, while bacon gives 29%. This powerful antioxidant protects muscles against cellular damage caused by exercise, found a study in *Biological Trace Element Research*. So after a workout, forget the ibuprofen and put kippers on your anytime menu.

Surprisingly, bacon has 30g of unsaturated fat per 100g while kippers roll in with 9g. "This is the healthy fat you need to boost recovery and keep your muscle building hormones at optimum levels," says sports nutritionist Matt Lovell (sportsnutritionvlog.com). And 100g of kippers offers a whopping 2,365mg of anti-inflammatory omega-3's while bacon offers just 213mg.

AND THE WINNER IS...

KIPPER'S, FOR MORE MUSCLE-BUILDING PROWESS AND RECOVERY-BOOSTING DEXTERITY

ILLUSTRATION BILL MCCONKEY

StoreKage.com

BOXING CLEVER #8

Protect and serve

The battle for size isn't just fought in the gym: you need a post-workout meal that's protein-rich and antioxidant-packed, to make sure your muscles aren't sold short



1 Tinned tuna

How much? A small tin (100g), mashed

Why? Anita Bean, nutritionist and author of *The Complete Guide to Sports Nutrition* (A&C Black) says: "Besides being an excellent source of muscle-building protein (there is 22g in 100g, which is almost half your RDA), tuna has bone-strengthening vitamin D." It's leaner than fresh tuna as canning removes most of the fat.

2 Yellow pepper

How much? One, thinly sliced

Why? "One gives you 100% of your vitamin C RDA, which strengthens blood vessels and improves blood flow. It destroys the harmful free radicals generated by the immune system to remove the tissue damaged during exercise."

3 Cherry tomatoes

How much? 6, halved

Why? "These are full of vitamin C for post-exercise recovery and keeping your immune system in good shape, as well as a cancer-bashing antioxidant." Roast them to aid your absorption of cancer-fighting lycopene.

4 Baby spinach

How much? 2 handfuls

Why? "Spinach is packed with antioxidants which reduce muscle soreness." It also contains Photosystem I, a chemical that researchers at Rutgers University, New Jersey found increases the body's ability to convert protein into muscle. Popeye was right all along.

5 Large black olives

How much? 10

Why? "Olives contain heart-healthy vitamin E and monounsaturated oils (the good fats). They also have significant anti-inflammatory properties, speeding recovery after training."

6 Red onion

How much? Half, thinly sliced

Why? "They make you cry but contain high levels of an antioxidant which mops up free radicals, lowers cholesterol and thins the blood."

7 Fresh parsley leaves

How much? 2 tbsp, roughly chopped

Why? "It's rich in muscle-boosting iron (2 tbsp provides 25% of your RDA), to charge your red blood cells with oxygen." It freshens the breath, too. Take that red onion.

The dressing

- 1 tsp lemon juice
- 1 tbsp extra-virgin olive oil
- ½ tsp Dijon mustard
- ½ garlic clove, crushed

The method

Whisk together the dressing ingredients in a small bowl. Combine the peppers, parsley, onion, olives, tomatoes and tuna in a medium-size bowl. Pour dressing over the salad and toss. Pile the spinach in. Top with the tuna mixture. Enjoy, safe in the knowledge you're protecting your gym-time investment.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

StoreMags.com

Dynamic dining

Prepare your dinner and get a workout in just quarter of an hour

Ingredients

CRISPY PARMESAN CHICKEN

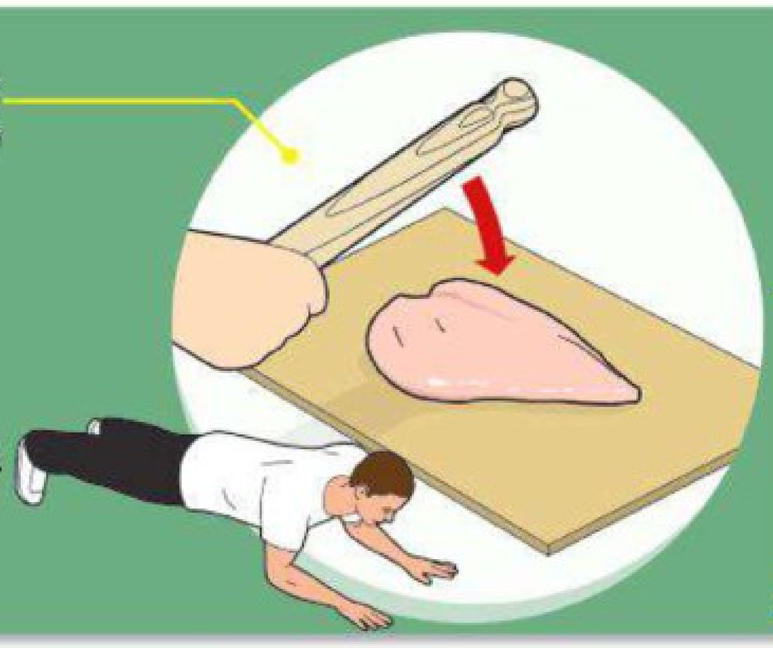
- 1 chicken breast
- Handful of breadcrumbs
- Handful of grated Parmesan cheese
- Pinch of dried Italian seasoning
- 1 egg
- Salt and pepper
- Splash of olive oil
- Knob of butter
- A few capers
- Blob of Dijon mustard
- Juice of 1 lemon
- Handful of fresh parsley
- 3 handfuls of baby spinach
- Handful of frozen carrot, pea and sweetcorn mix
- 1 head of broccoli

START



1 Tuck those shopping bags away to make a little room – don't worry, you won't need any more breathing space than your average galley kitchen can supply. Stick the spinach, broccoli and frozen veg in a steamer for 12 minutes. While that's going, stand with your feet together, then take a large step forward. Your front thigh should be parallel to the floor and your back knee just off the floor. Return to a standing position. Repeat with your other leg. That's 1 rep – do 10 on each leg. This warm-up will get your heart racing and help you work up an appetite.

2 Take a rolling pin and pound the chicken breast until it's about ¼ inch thick – take the time to enjoy the burn this will give your shoulders. Then drop into a press-up position, but with your elbows bent and your weight resting on your forearms – this should give you an idea how clean your kitchen floor really is. Your body should form a straight line. Brace your abs as if you're about to be punched in the gut. Hold this position for 60 seconds for a set of abs that look like ice trays. Now wash your hands.



3 Put the Parmesan, crumbs and seasoning in a bowl. In another, beat the egg – you don't want your muscles to cool down. Dip the bird into the egg and then evenly coat in the crumb mixture. Heat the oil in a pan. Grab the heaviest tin of food from the cupboard. Stand as shown, holding the tin out in front of you. Now try to press the ends together as you do a squat. Pause and push back up. Do this 25 times and feel like a cross between Gordon Ramsay and Rambo.



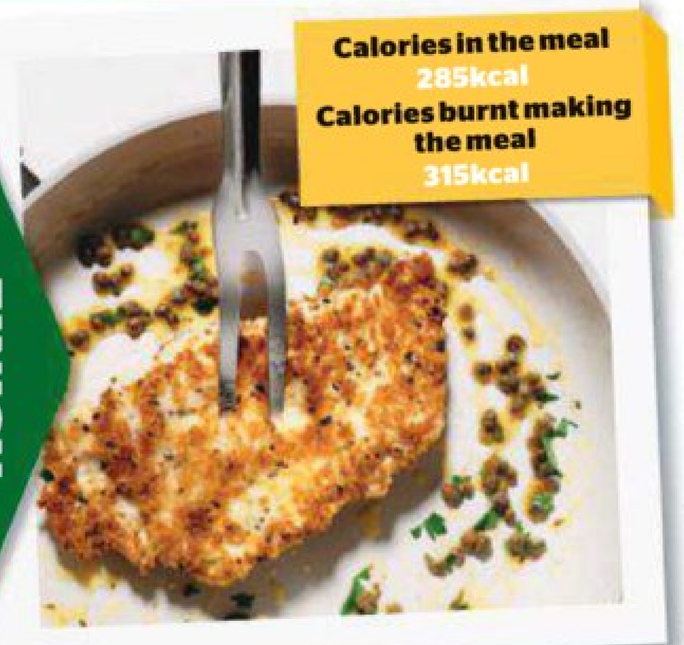


4 Cook the breast for 4 minutes or until the crust is golden brown. Meanwhile, repeat steps 1, 2 and 3, but be careful: no one likes a burnt fowl. Turn the breast over and cook for another 2-3 minutes. This time bash out a set of standing press-outs. Hold the big tin out in front of you, and push it away from your body and slightly up (to eye level), until your arms are straight. Pause, and pull it back as you squeeze your shoulder blades together. Do 20 reps for perfect posture when you sit down to eat.

5 Plate up the chicken. In the pan, heat the butter and add the capers, mustard, lemon juice and parsley. The aroma should have you panting for food by now – nearly there. Squat as shown, holding your tin with both hands at arm's length by your ankle. Stand, arms extended and rotate your torso, bringing the tin above your opposite ear. Do 8 reps on each side. Finally, pour the sauce over the meal and enjoy in the knowledge you've just burnt more calories than you're eating.



FINISH



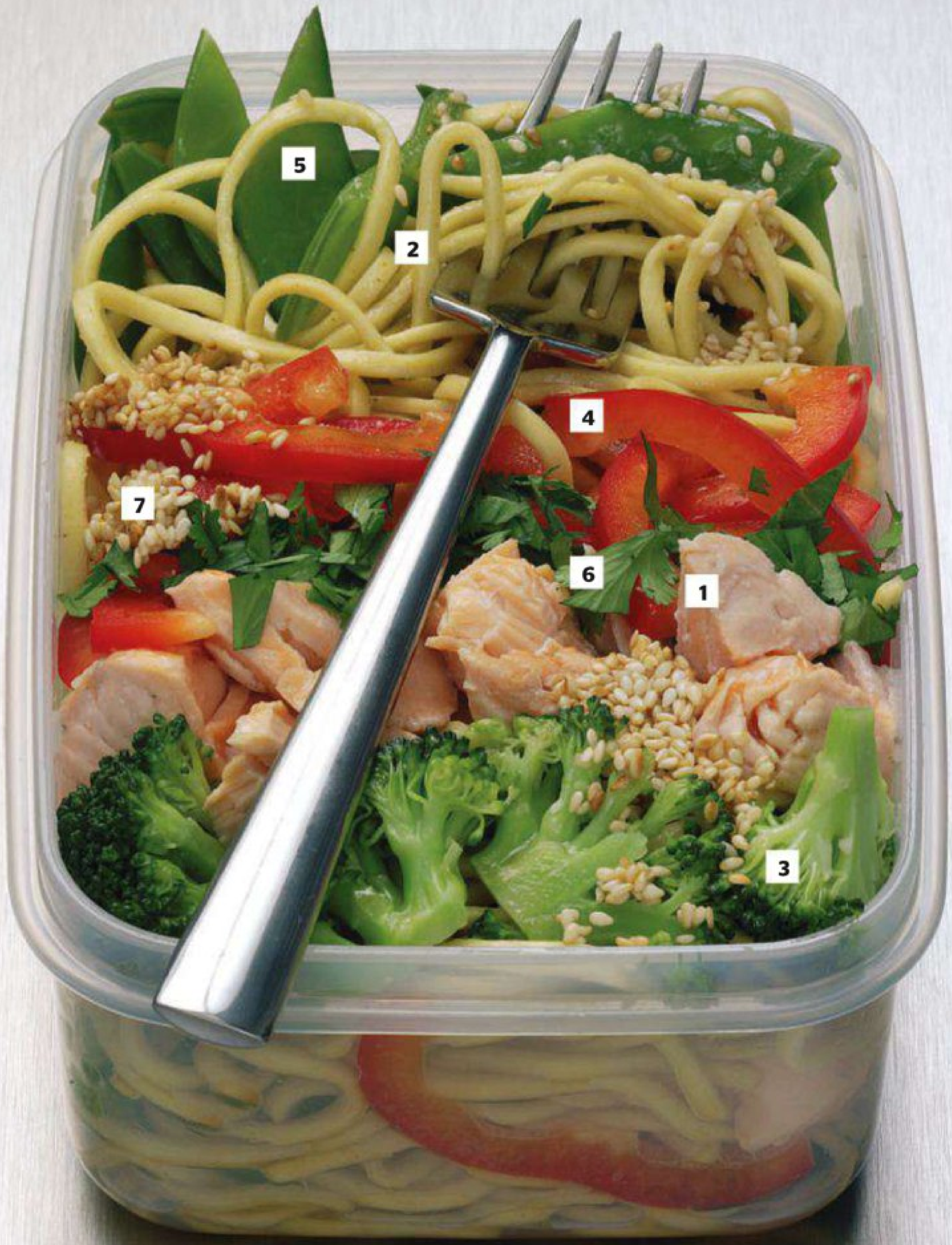
Calories in the meal
285kcal
Calories burnt making the meal
315kcal

ILLUSTRATION JASON PICKERSGILL AT ACUTE GRAPHICS. PHOTOGRAPHY PLAMEN PETKOV. FOOD STYLING VICTORIA GRANOF AT ART DEPARTMENT. PROP STYLING JILL TELESNICKI AT HALLEY RESOURCES

BOXING CLEVER #9

A refuelling feast

Make the most of your post-workout meal with this easy-to-assemble muscle-repairing packed lunch. Definitely beats a protein shake



1 Salmon

How much? A 200g fillet

Why? Ian Marber, founder of The Food Doctor Clinic (thefooddoctor.com), says, "Salmon is rich in the omega-3 fats used by cells, as part of the citric-acid cycle, to make energy. Its protein content will supply the full range of amino acids to encourage muscle growth and repair."

2 Fresh egg noodles

How much? A handful

Why? "Egg noodles are made from flour and eggs, and so offer protein together with complex carbs." They'll help replenish your glycogen stores to aid recovery after training.

3 Broccoli

How much? A few florets

Why? "Green vegetables are rich in magnesium which aids glucose entry into the cells. Vitamin C will also protect the cells from free-radical damage after increased activity."

4 Red pepper

How much? Half, sliced

Why? "Red pepper is a great source of vitamin C and betacarotene, both potent antioxidants that protect cells from oxidisation, a natural by-product of metabolic function."

5 Mange tout

How much? A handful

Why? "They're rich in fibre, which will help with clearing out the debris."

6 Coriander

How much? A handful, chopped

Why? "This pungent herb is packed with vitamin A, another antioxidant."

7 Sesame seeds

How much? 1 heaped tbsp, toasted

Why? "They may be small, but they're full of minerals and add an extra bit of protein." And every little helps.

The dressing

- 1 tbsp light soy sauce
- 1 tbsp sesame oil
- Juice of a lime

The method

Mix the dressing and pour over the salmon; marinate for half an hour. Steam the broccoli and mange tout. Put them in cold water so they retain bite. Grill the fish for 10 mins, basting with dressing. Put it all in your lunch box, sprinkle with sesame seeds and see if you can hang on till after your workout.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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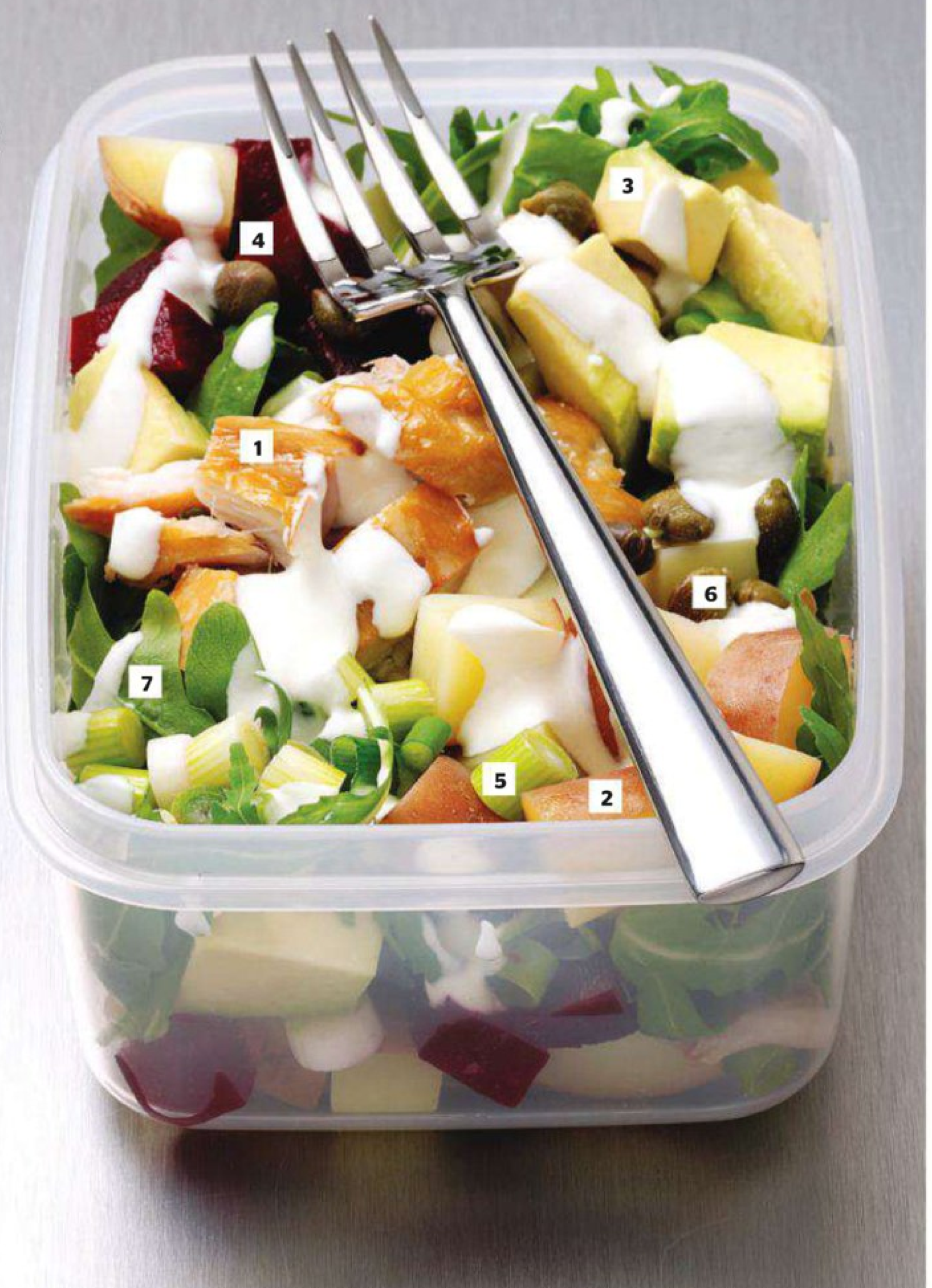
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Steroidsage.com

BOXING CLEVER #10

The big mack

Having a mackerel-based lunch may not make you popular among your colleagues but it's the best post-workout food for strength and muscle growth



1 Smoked mackerel

How much? 80g

Why? Kate Skerritt, naturopath doctor says, "One serving has 21g of muscle-building protein. It's high in omega-3s, which are anti-inflammatory and good for your heart."

2 Red potatoes

How much? 100g, diced and cooked

Why? "Vitamin C protects against free-radical damage, which is a by-product of your muscles being put under stress by training. Potatoes are rich in vitamin C and lower blood pressure, according to the Institute Of Food Research.

3 Avocado

How much? ½ cut into chunks

Why? "It's a good source of essential fatty acids, which bolster the immune system and control cholesterol. It's also high in vitamin K, which is essential for strong bones."

4 Beetroot

How much? 60g, cubed

Why? "Beetroot contains a mineral that aids the body's absorption of calcium, making it key for bone health." Research in the *Journal of Hypertension* found it also lowers blood pressure.

5 Spring onions

How much? 10g

Why? "They contain quercetin which helps fight a range of conditions from colds to heart disease. Spring onions also have anti-inflammatory properties to stave off pain after exercise." Just keep the mints handy.

6 Capers

How much? 5g

Why? "These are rich in vitamin A – key for cell growth – and rutin, which strengthens capillaries. They also improve circulation, aiding recovery and lowering your risk of heart disease."

7 Rocket

How much? 15g

Why? "According to the *Prescription for Nutritional Healing* vitamin K – found in rocket – promotes a healthy liver and improves blood circulation, to keep your muscles nourished." It's also full of muscle-building folic acid to help you get the most from your gym labours.

The Dressing	The method
• 10ml lemon juice • 40g low-fat crème fraîcher	Arrange your red potatoes, spring onion, beetroot, avocado and capers in your lunch box and cover with the rocket. Blend the lemon juice and low-fat crème fraîche, and spoon over the salad. Finally add chunks of mackerel.

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

Storekeg.com

BOXING CLEVER #11

Veggie delight

This bean feast delivers all the post-workout protein you need without an animal in sight. It will fill you up, refuel you and cost a lot lest than a sandwich-shop salad

1 Kidney beans

How much? 100g

Why? These health-boosting beans are a great source of cholesterol-lowering fibre, are high in protein and rich in vitamin C. They also detoxify the body and aid weight loss.

2 Sweetcorn

How much? 100g

Why? Sweetcorn is low in saturated fat, sodium and cholesterol. It has a low GI and is rich in fibre, which will help with digestion.

3 Green peas

How much? 50g

Why? High in fibre to stabilise blood sugar levels and reduce mid-afternoon cravings. Peas also provide the nutrients that support the energy-producing cells and systems of the body. Just what you need before a workout.

4 Edamame beans

How much? 40g

Why? The only veg with all nine amino acids, and a near-complete protein. Its low GI helps you resist cravings as it will keep you fuller for longer – which of course helps you lose weight.

5 Spring onions

How much? 10g

Why? A superfood and great source of riboflavin, which aids metabolism and iron absorption – key for energy production.

6 Radishes

How much? To taste, sliced

Why? Their anti-inflammatory properties boosts muscle recovery, they aid digestion, and contain almost no calories, so eat as many as you like! Is radish-based beer too much to ask for? Sadly, yes.

7 Rocket

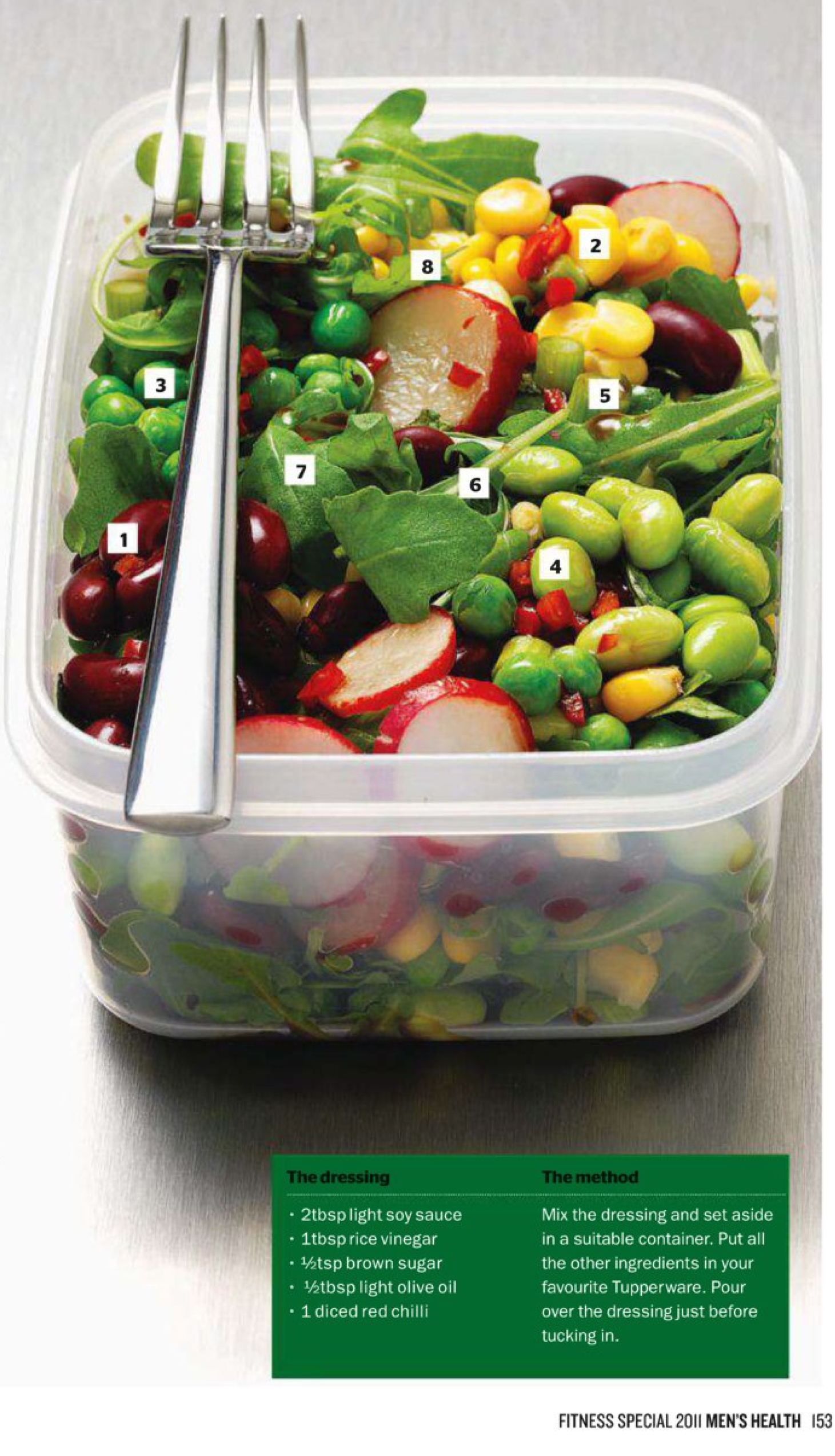
How much? Two good handfuls (30g)

Why? Rocket is a great source of folic acid, and this helps build muscle – which means you'll have something to show once you've shifted that gut.

8 Fresh herbs (basil, coriander, mint)

How much? 2g, roughly chopped

Why? They are high in vitamin K, calcium and iron – all of which are crucial in producing the glycogen for a healthy liver, which can help with weight loss. What's not to like?



PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

The dressing	The method
• 2tbsp light soy sauce • 1tbsp rice vinegar • ½tsp brown sugar • ½tbsp light olive oil • 1 diced red chilli	Mix the dressing and set aside in a suitable container. Put all the other ingredients in your favourite Tupperware. Pour over the dressing just before tucking in.

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PERFECT TIMING

You'll love it when these eating plans come together – whatever your fitness or muscle goals they'll ensure you get results

Imagine if you had your own personal chef who could tell you what to eat and when. Well look no further as *MH* nutritionists have put together 11 comprehensive eating plans that map out how to maximise the results you get from your food. So if you're slimming down, bulking up or just looking for some more energy, there's a plan here for you. All you have to do is make it – well we can't do everything!

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Eat for endurance

If you're entering this year's London Marathon you'll be well into training now. But the run is only half the battle. Plan ahead with this final prep week nutrition plan for your best possible finish in this, or any endurance event

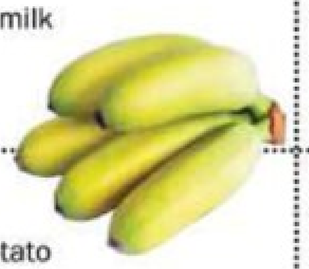
Your plan

The Flora London Marathon (Sunday 26 April 2009) is the most high-profile endurance event of the sporting calendar and this eating plan will give you the optimum amount of fuel to get you over the finishing line with a personal best. But you don't have to own a cupboard littered with spent running shoes to tuck in. Sport nutritionist Matt Lovell (sportsnutritionvlog.com) has designed it for those who want to ensure they've got enough fuel in the tank to get through any extreme event.

"First of all you need to load up on carbohydrates," says Lovell. "When you're training normally they should make up 55% of your total calorie intake but leading up to the race your muscles need to store more fuel to be used on the day of the competition. This is done by manipulating your intake in the final week before the race." It's not a miracle eating plan that will deliver wildly enhanced performance in a week – you need to have put in the hours first. But the following dietary tweaks will give you an extra edge by making sure your body is fuelled to capacity and ready to run the race of your life.

MONDAY 20 APRIL

Breakfast
- 100g oats
- 150ml skimmed milk
- 1 banana



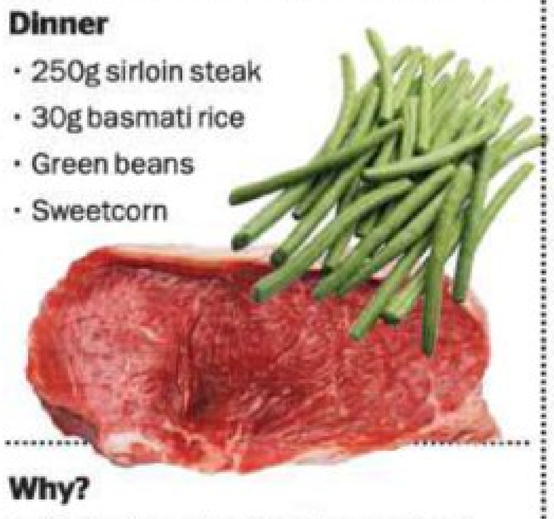
Snack
- 1 small baked potato with baked beans
- 1 apple

Lunch
- 50g pasta with chicken breast
- Mixed vegetables



Snack
- Granola bar
- 1 orange

Dinner
- 250g sirloin steak
- 30g basmati rice
- Green beans
- Sweetcorn



Why?

In the final week before the event you will taper off your training so that you're well rested. This should be a two-tier strategy. "You will also need to shrink your meal sizes because you don't want to pick up extra body weight in this time," says Lovell.

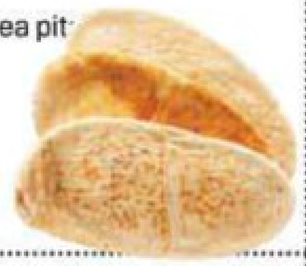
TUESDAY 21 APRIL

Breakfast
- 2 eggs, scrambled
- 2 slices of white toast
- 200ml orange juice



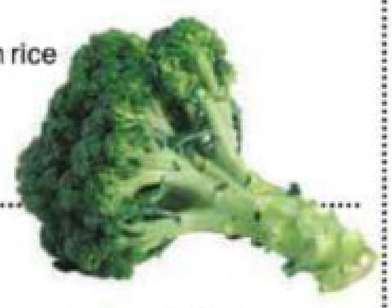
Snack
- Mixed fruit salad with:
- 200ml of fat-free yoghurt
- Mixed seeds

Lunch
- Tuna and chickpea pit
- Honey
- Mustard
- Watercress
- Sliced tomato



Snack
- Bowl of vegetable soup
- 1 apple

Dinner
- 250g grilled fish
- Broccoli
- 30g brown rice
- Carrots



Why?

Today is when you're most likely to feel a few hunger pangs. "You'll reduce your carb intake to 35% of the total calories you eat today," says Lovell. "This will gradually deplete your system of carbs and will pave the way for the carb-loading phase later on in the week." Soldier through it and avoid the temptation to sneak in a few snacks – you'll be rewarded with bigger meals later in the week.

WEDNESDAY 22 APRIL

Breakfast
- 3-egg omelette with:
- Diced red pepper
- Tomato
- 25g cheese

Snack
- 50g almonds
- Dried apricots



Lunch
- Tuna salad
- 1 apple
- 1 small bunch grapes

Snack
- 200ml fat-free yoghurt
- Diced fruit salad



Dinner
- Chicken breast and mixed vegetable stir-fry

Why?

"Your carb intake will continue to be low and will again make up only 35% of the total calories you eat," explains Lovell. "You'll obviously still be training, but the distances you'll cover and intensity will be lower than usual. Your activity levels will be lower so the reduced carb intake will keep you lean before the race. You'll deplete the energy stored in your muscles, which primes them to store more oomph in the days leading up to the race." Think of it like an oil change – you have to fully drain the car's old grease before you can add the supercharged performance-boosting oil.

WORDS RAY KLERCK. PHOTOGRAPHY GETTY

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THURSDAY 23 APRIL

Breakfast
- 4-5 large pancakes with jam or honey
- 1 banana
- 200ml orange juice



Snack
- 2 large bowls of cornflakes
- 1 apple

Lunch
- 1 large jacket potato
- Baked beans
- Cheese
- Mixed salad



Snack
- 200ml fat-free yoghurt
- 100ml coconut milk
- 60g mixed berries
- 1 banana
- 2 Weetabix
- 50ml skimmed milk



Dinner
- Spaghetti bolognese
- Mixed salad

Why?

It's likely that today will be your last training session so that you can be fully recovered before the race. "It's at this point that you'll ramp up your carb intake so that it makes up 70% of the total calories you eat. The final result – muscles that are 'maxed out' in their carb- and energy-storing ability," says Lovell.

FRIDAY 24 APRIL

Breakfast
- 3 egg omelette
- 2 slices wholemeal toast
- 1 orange



Snack
- 1 large portion of rice pudding with added coconut milk

Lunch
- 2 roasted vegetables and mozzarella cheese baps



Snack
- Small jacket potato
- Cottage cheese
- 1 apple

Dinner
- 250g of pasta
- Tomato passata

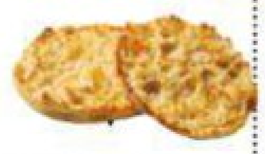


Why?

"In the final 48 hours leading up to the race you'll shun high-fibre foods like beans, bran cereals, lettuce and broccoli to avoid an upset stomach during your race," says Lovell. "Your diet will continue to be made up of 70% carbohydrates and because this is your rest day you won't be burning any of the calories off." This turns your muscles into an energy storage depot that'll be at full capacity by Sunday.

SATURDAY 25 APRIL

Breakfast
- 2 English muffins
- 2 eggs
- Big bowl of cornflakes with milk



Snack
- 150ml fat-free yoghurt with:
- 100ml coconut milk
- Sultanas
- 2 bananas
- 2 Weetabix



Lunch
- 250g of pasta with:
- Olives
- Sliced and skinless baby tomatoes
- Mozzarella cheese balls

Snack
- 5-6 slices of watermelon
- 4 slices of white bread with jam



Dinner
- 2 turkey breasts
- Carrots
- Courgettes
- Potato and butternut squash mash

Why?

"Today's meals are low in fibre and still made up of 70% carbs," says Lovell. "You need these to flood the muscles with a final flush of energy. They're all plain-tasting refined carbs, which are easy to digest, and won't loiter in your belly when it's time to start. Your muscles will now be saturated with energy, in the form of glucose, which you can put to good use throughout the race." Sleep easy knowing you're loaded with more energy than a Russian oligarch.

SUNDAY 26 APRIL (RACE DAY)

Breakfast/pre-race meals
- Special K or Cornflakes or Rice Krispies
- Glass of skimmed milk
- 1 banana

OR
- 3 slices of white bread with jam
- 1 banana

OR
- Small bowl of basmati rice
- Tomato passata



OR
- 1 peanut butter bagel
- Glass of orange juice



During the race
- Sports drinks, bars or gels

OR
- Fruit slices

OR
- Jellybeans



Why?

These meals aren't rich in dense carbs – you don't want anything to be bouncing around in your gut while you run. "They have a small portion of carbs and are low in fibre and fat to prevent any delay in digestion before the event. Whatever you eat on the day, make sure you've tried it before during a practice run," says Lovell. Your stomach might react strangely to new foods and now's not the time to experiment – those aren't the kind of "runs" that you've been training for. MH

Eat for strength

Follow this 4-week meal plan and get stronger more quickly by simply lifting a fork

This eating plan is designed for any bloke who is training for size and strength 4-5 times a week. Add an extra whey protein shake before and after each workout and a casein protein shake just before bed to get the most out of your muscles. Repeat each day's meal plan for 4 weeks and you'll soon see the plates on your bench press start to pile up.

MONDAY
TRAINING DAY

Breakfast
- 3 whole eggs scrambled with another 3 egg whites
- 50g mozzarella cheese
- 2 slices of wholemeal bread
- 250ml cranberry juice



Snack
- 200g of almonds and assorted dried fruit
- 1 granola bar or low sugar cereal bar
- 2 apples, 1 orange

Lunch
- 200g grilled sirloin steak
- 1 cup brown rice
- Mixed vegetables



Snack
- 4 slices of salami
- 2 slices of rye bread
- Mixed salad
- 1 banana

Dinner
- 300g salmon fillets
- Mashed potato with the skin
- Mixed vegetables



Why?
The high fat and protein quotient will lubricate your joints and increase testosterone. A study in the **Journal of Steroid Biochemistry** found people with low-fat diets had lower testosterone levels.

TUESDAY
TRAINING DAY

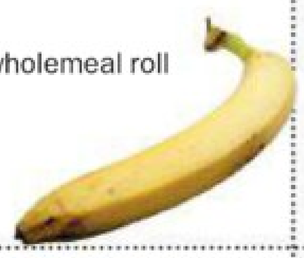
Breakfast
- 3 whole eggs, poached
- 4 slices of low fat ham
- Sliced tomato
- 2 slices of rye bread
- 2 wholemeal muffins



Snack
- 200g mixed seeds and nuts
- 200ml of plain yoghurt
- 2 apples, one punnet of blueberries

Lunch
- Chinese-style beef stir-fry with mixed vegetables and wholewheat noodles

Snack
- Tuna mayo on wholemeal roll
- 1 banana



Dinner
- 2 grilled chicken breasts
- 1 sweet potato
- Mixed vegetables

Why?
By the second day of the week you're likely to have sweated out any toxins and will be training at your heaviest. For this you need energy. Eating about 2g of carbs per pound of body weight should cover it.

WEDNESDAY
TRAINING DAY

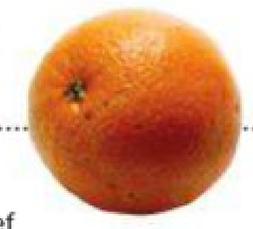
Breakfast
- 3-egg omelette
- Sliced tomato, red pepper and cheese
- Orange juice
- 2 slices of wholemeal bread

Snack
- Tinned salmon
- Cream cheese
- 4 Ryvitas



Lunch
- 250g liver pâté
- Handful of rocket
- 1 sliced tomato
- 4 slices of wholemeal bread

Snack
- 2 wholemeal bagels with peanut butter
- 1 orange, handful of strawberries



Dinner
- 250g lean mince beef
- Tinned tomatoes
- Sweetcorn
- Chilli
- Cooked wholemeal pasta

Why?
Today's plan is loaded with antioxidants to combat fatigue. A study in the **Journal of Medicine and Science in Sport and Exercise** found men felt as if they were using less effort while exercising on an antioxidant-rich diet.

WORDS RAY KLERK. PHOTOGRAPHY STUDIO 33, REX

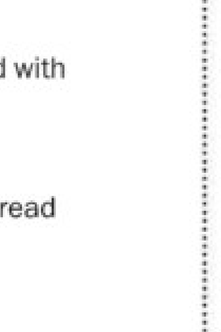
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THURSDAY REST DAY	FRIDAY TRAINING DAY	SATURDAY TRAINING DAY	SUNDAY REST DAY
Breakfast • Smoothie: 3 egg whites Mixed frozen fruits 1 cup of oats 1 cup of milk 2 tbsp ground flaxseeds	**Breakfast** • 3 whole eggs scrambled with 3 egg whites • 6 slices of Parma ham • 2 slices of wholemeal bread • 300ml of yoghurt	**Breakfast** • 2 kippers • 3 poached eggs • 4 slices wholemeal toast • 1 glass milk • 2 tbsp of peanut butter on toast	**Breakfast** • 2 cups muesli • 2 cups of low-fat milk • 200ml plain yoghurt • 2 boiled eggs
Snack • Mozzarella • Tomato • Red pepper • 2 apples • 1 banana	**Snack** • Tinned sardines • Oatcakes • 2 apples • 1 banana	**Snack** • Handful of mixed nuts • 200g plain yoghurt • 2 apples • 1 banana	**Snack** • 125ml cottage cheese on oatcakes • 100g of mixed nuts • 1 apple
Lunch • 4 thick slices of roast beef • 2 slices of rye bread • Mustard • Lettuce • Tomato	**Lunch** • 2 grilled chicken breasts • 1 sweet potato • 300g salad with olive oil dressing	**Lunch** • 400g sushi	**Lunch** • 200g lean mince beef burger • 1 slice cheese • Mixed salad • Wholemeal burger bun
Snack • Tinned mussels on oatcakes • Punnet of cranberries • 1 orange	**Snack** • Avocado and prawn salad with olive oil • 1 banana • 1 apple	**Snack** • 200g hummus • Dip with 3 large carrots • 1 orange or raspberries	**Snack** • Tuna salad with olive oil dressing • Punnet of strawberries
Dinner • 2 roasted turkey breasts • Lemon, garlic and herb sauce • Stir-fried vegetables	**Dinner** • 4 extra lean pork sausages • 1 cup of brown rice with stock-cube gravy • Mixed vegetables	**Dinner** • 3 wholemeal pitta breads • 350g rib-eye steak • Mixed vegetables	**Dinner** • 3 grilled lamb chops • 1 cup of couscous • Dark green vegetables • Salad with olive oil dressing
Why? You'll burn fewer calories on your rest day so carbs drop to 1g per pound of bodyweight today. Fat levels decrease to make sure you eat less calories overall to keep you lifting plates and not look like you're eating off them.	**Why?** Sardines are rich in omega-3s and calcium needed for muscle contraction. The addition of pork is a new protein source. This also has vitamin B6 needed to release the energy from carbs and give you an extra kick.	**Why?** A generous helping of red meat is needed at this stage to give you protein and zinc. This mineral increases your testosterone and creatine levels while increasing strength, thus providing a complete source of protein.	**Why?** Recovery time. The fruits and nuts provide more than your RDA of vitamin C and E to heal your muscles. US research found sportsmen taking high doses of vitamins E and C recovered from exercise more quickly than those who didn't. MH

















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Eat for stamina

A four-week eating plan to maximise energy and increase endurance, whatever you train for

The plan was devised by Dale Pinnock (dalepinnock.com), nutritionist at The Natural Solutions Clinic, for all types of muscle or endurance training: the food combos will give you the stamina to finish any workout. If you find you need more energy, have a whey protein shake, with a protein-to-carb ratio of 4:1, before and after your workouts. Repeat each day's meal plan for four weeks and you'll enjoy all-day energy that'll boost your fitness, too.

MONDAY TRAINING DAY	TUESDAY TRAINING DAY	WEDNESDAY REST DAY
Breakfast • Bowl of bran flakes with full-fat milk • Banana	**Breakfast** Smoothie of: • 150ml full-fat milk • 60g raw oats • 2 tbsp flaxseeds • Strawberries, blueberries	**Breakfast** • Bowl of muesli with yoghurt, blueberries and banana
Snack • Plain yoghurt with handful of almonds and muesli • Orange • Apple	**Snack** • 4 Ryvita crackers topped with half a small pot of cottage cheese • Orange	**Snack** • 4 oatcakes with tinned sardines • 2 apples
Lunch • Tuna, mixed with mashed avocado, olive oil and spinach, spread on 6-8 oatcakes	**Lunch** • 100g wholewheat pasta with diced sardines, tomatoes, chillies and olive oil	**Lunch** • Lentil soup • 4 slices of wholewheat bread • Orange
Snack • Half cantaloupe melon filled with fat-free cottage cheese and mixed berries	**Snack** • Sliced carrots, cucumber and peppers dipped in hummus	**Snack** • Rye-bread sandwich of sliced chicken breast, spinach and tomato
Dinner • 250g grilled lean beef • Dark green vegetables • Mashed potato with skin	**Dinner** • 250g grilled salmon • Broccoli • Turnip • Steamed brown rice	**Dinner** • 2 grilled lamb cutlets • Baked potato • Peas • Spinach • Beans, such as mung beans
Why? Start your week by filling up on high protein and low GI foods. "These dishes are rich in omega-3 fatty acids that can reduce inflammation from training," says Pinnock. Research by the journal *IJSNEM* says that eating bran flakes rather than corn flakes pre-run will help you run eight minutes longer.	**Why?** You need to give your muscles energy so you can train again. The high levels of calcium in today's meals will help. A recent study found that endurance athletes should consume 1000-1500mg of calcium daily. "Today's complex carbs will also top up the glycogen levels in your muscles, helping you train again," says Pinnock.	**Why?** Today, the focus is on recovery. The zinc present in the sardines, peas, lentils and beans helps your muscles recover and turn food into fuel for tomorrow. Studies show that endurance athletes should take 30-60mg of zinc a day to increase stamina. "Zinc is also great at supporting the immune system," says Pinnock.

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THURSDAY TRAINING DAY	FRIDAY TRAINING DAY	SATURDAY REST DAY	SUNDAY REST DAY
Breakfast • 2 poached eggs • 1 crumpet • Handful baby leaf spinach	**Breakfast** • 3-egg omelette • 2 slices wholewheat toast • Orange	**Breakfast** • 1 kipper • 2 boiled eggs • 4 slices wholewheat toast • 2 tomatoes	**Breakfast** Smoothie of: • 150ml oat milk • 1 mango • Handful plain cashew nuts • 50g oats
Snack • 2 wholewheat bagels with peanut butter • Orange • Apple	**Snack** • 2-3 slices of quinoa breadtoasted, with peanut butter	**Snack** • Small pot cottage cheese • 2-3 slices of quinoa bread • Apple	**Snack** • Handful of sunflower seeds and peanuts • Orange
Lunch • 400-500g sushi	**Lunch** • Rye-bread sandwich with sliced beef, pickles, mustard and mixed greens • Banana	**Lunch** • 2 chicken breasts, sliced and stir-fried with vegetables	**Lunch** • Large Niçoise salad
Snack • Small pot plain yoghurt • 60g mixed nuts • Banana	**Snack** • Small pot fruit salad • 75g pack beef jerky	**Snack** • Wholewheat pitta bread filled with a mix of prawns, mayonnaise and avocado	**Snack** • Handful of hazelnuts • 2 kiwi fruit • Bowl of Shreddies with skimmed milk
Dinner • 1 chicken breast and 50g prawns stir-fried with mixed vegetables	**Dinner** • Spaghetti Bolognese made with 150g of mince beef, 4 tomatoes, basil leaves and wholewheat pasta -	**Dinner** • Grilled cod fillet with steamed brown rice	**Dinner** • 300g grilled lean fillet steak • Turnip • Broccoli • Spinach
Why? To go into your second bout of training you need to boost your recovery with the extra fibre and protein from the nuts and fish. These are rich in coenzyme Q10 and carnitine, which are vital for energy production. A recent US study in found that these increase the blood-output of your heart, giving you more energy.	**Why?** After yesterday's training, you'll have lost salt through sweating. A recent US study found that during a triathlon, people who had low sodium levels didn't perform as well and required medical attention. "Today's menu aims to replenish the lost salts while still keeping your protein levels high," says Pinnock.	**Why?** Today, you need to increase protein levels to revitalise your energy stores, as proved by research in the *International Journal of Sports Nutrition*. Other studies show that endurance athletes need 1.2-1.4g of protein per kg of bodyweight per day, to get enough energy to perform at their peak. So get stuck in!	**Why?** You need to recover to get energy for tomorrow. Exercise creates oxidative damage which limits your energy stocks and vitamin E reduces this damage. "Try to eat as many multi- coloured foods as possible, to ensure you are getting lots of antioxidants," says Pinnock. "The greater the variety, the more body tissue will be protected." MH

WORDS RAY KLERCK. PHOTOGRAPHY STUDIO 33, ISTOCK

Eat for the beach

Follow this pre-holiday plan to maximise your energy and slice off that final bit of gut

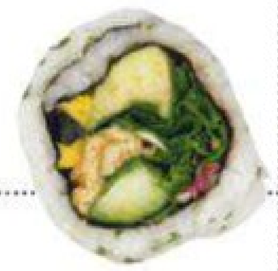
Follow this plan for a week as a last-minute blitzkrieg on your love handles. Or, to reap maximum rewards, repeat it for four weeks to lose fat while retaining muscle, so that you look your absolute best on holiday. "The plan also gives you the energy to finish your workouts," says personal trainer and former Mr Universe Peter Chown (naturalphysique.co.uk). "It assumes you'll be in the gym at 5:30pm – the time proven to be the best to train."

MONDAY
TRAINING DAY

Breakfast
- Oats
- Cinnamon
- Sliced banana
- Raspberries
- Scoop of protein powder (cook together with water)

Snack
- Fruit salad: mango, kiwi fruit, papaya
- 3 boiled egg whites

Lunch
- Sushi with rice
- Apple



Snack
- Protein shake
- Banana
- Tablespoon of flaxseed oil

Dinner
- Protein shake
- 350g lean fillet steak with pepper sauce
- Small jacket potato
- Salad
- Mixed veg

Why?
"Reduced carbs won't affect energy, only how much water you retain," says Chown. "Have the protein shake straight after a workout, then shower and make dinner. Drink four green teas and increase your water intake by 350ml. Use a low-carb shake like My Protein Impact (myprotein.co.uk, £10.50 per kg)."

TUESDAY
TRAINING DAY

Breakfast
- Muesli
- Mixed berries
- Protein shake



Snack
- Grapes
- Low-carb protein bar



Lunch
- Chicken salad
- Olive-oil dressing



Snack
- Protein shake
- Tinned salmon and dill on rye bread

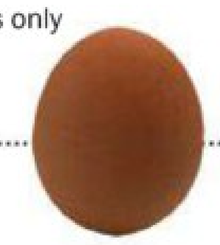


Dinner
- Protein shake
- 300g prawns
- Stir-fried bean sprouts
- Mixed veg
- 40g brown rice

Why?
"Today's plan is full of antioxidants from the salad and omega-3s from the seafood to help you recover faster from training," says Chown. "Increase your water intake by another 350ml from yesterday to head off the hunger pangs brought on by the further reduction in carbs."

WEDNESDAY
REST DAY

Breakfast
- 2 large flat mushrooms
- Baby leaf spinach
- 20g cream cheese
- 2 boiled eggs – whites only



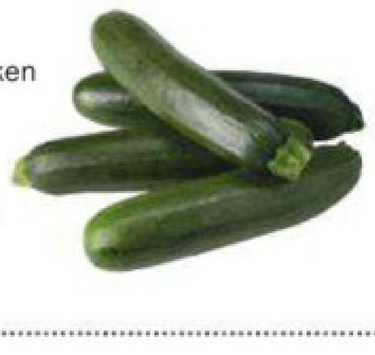
Snack
- Protein shake
- Hummus on oatcakes
- Apple

Lunch
- Baked salmon fillets
- Spinach
- Leeks
- 40g brown rice



Snack
- Protein shake
- Peach, mixed nuts

Dinner
- Lemon chicken
- Asparagus
- Courgettes
- Mixed salad



Why?
"After two days of training you need to focus on recovery," says Chown. "To do this, today's meals are rich in protein and have a few extra carbs. Have your lunch before 12:30pm; you're not training so you need to eat it earlier to burn it off. Increasing your water intake by a further 350ml to get your body flushing out lots of fluid."

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THURSDAY TRAINING DAY	FRIDAY TRAINING DAY	SATURDAY REST DAY	SUNDAY TRAINING DAY
Breakfast • 3-egg-white omelette • Sliced tomato • Red pepper • 2 slices of wholewheat bread • Banana	**Breakfast** • 2 boiled egg whites • 2 slices of wholewheat bread • Fruit salad	**Breakfast** • Quinoa porridge • Cinnamon • 100ml apple juice • Scoop of protein	**Breakfast** • 3-egg-white omelette • 80g button mushrooms • Diced tomato
Snack • Tuna and chickpea salad • Flaxseed oil	**Snack** • Greek salad with added chicken • Flaxseed oil	**Snack** • Protein shake • Grapes • Orange	**Snack** • Tuna and avocado salad with lemon-juice dressing
Lunch • Tin of tuna, mashed avocado, olive oil and spinach on oat cakes	**Lunch** • Thai prawn and vegetable curry (no noodles)	**Lunch** • White fish, grilled • Mixed veg • 40g brown rice	**Lunch** • Sliced turkey breasts • Mixed salad • Wholewheat pita
Snack • Sardines, gherkins, beetroot on Ryvitas • Protein shake	**Snack** • Protein shake • Sliced banana with walnuts	**Snack** • Protein shake • 4-5 slices of melon	**Snack** • Protein shake • Beef jerky • Orange
Dinner • Protein shake • Grilled salmon • Mixed veg • Olive oil and lemon dressing	**Dinner** • Protein shake • 200g lean lamb loins, grilled • Mushrooms stuffed with feta • Carrots • Peas • Small baked potato	**Dinner** • 2 grilled chicken breasts • Cheese, with tomato relish • Lettuce leaves	**Dinner** • Protein shake • 350g lean beef in black-bean sauce • Asparagus, red pepper, onion and celery stir-fried • Small baked potato
Why? "Going into your second bout of training means boosting recovery and energy," says Chown. "Carbs can add body weight, so you'll be getting what you need from fibre and protein. Keep increasing your water intake by 350ml. Don't worry about water retention, reducing your intake on day 7 will get rid of any."	**Why?** "Stop increasing your water intake and hold it constant from now on," says Chown. "By this stage your muscles will be exhausted and the zinc from the lamb will help them recover quickly. You should also feel smaller around the middle and as if you don't need so much food."	**Why?** "It's a rest day so eat lunch early," says Chown. "Brown rice is full of fibre which accelerates digestion. This will help put the finishing touches on your leanness. If Sunday is your last day on the plan, then reduce water intake to your normal levels or none at all. This will stop any water retention and make you look ripped."	**Why?** "If you're doing the one-week version of the programme, then this is the day you can proudly unveil your newer, leaner self," says Chown. "If you're following this for four weeks, use this day to get some more training in, squeezing in the maximum number of sessions before your holiday."

WORDS RAY KLERCK. PHOTOGRAPHY STUDIO 33

How to eat like a

Men's Health's most photographed cover model Olly Foster explains why food is as crucial as exercise



Your action plan

What? Multiple *MH* cover star Olly Foster's perfect day of eating. He runs an eatery in Edinburgh called OllyBongo's Café (ollybongos.com).

Why? When it comes to cooking up more muscle, there is no better place to start than in the kitchen.

How? Giving your muscles the right foods at the right times will speed their growth without covering them with a layer of flab.

Who? Anyone looking to improve their body shape can try this plan. You'll soon discover that a few minutes spent at the stove are as important as the hours you spend at the gym.

7:30AM AVOCADO TOAST

You'll need...

- 1 tsp honey mustard
- 2 slices wholemeal bread, toasted
- 1 avocado, peeled and sliced
- 1 tomato, thinly sliced
- 1 tsp extra virgin olive oil
- 4 fresh basil leaves, chopped
- Dash of ground flaxseed oil



How to make it

Spread the honey mustard on the toast. Add the avocado and tomato. Drizzle with oil. Top with basil and flaxseed. Cut each piece into quarters. Makes 1 serving.



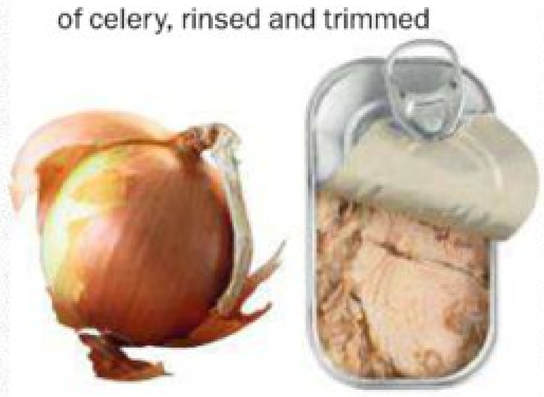
Olly's verdict

"A trio of healthy fat sources (avocado, olive oil, flaxseed) that gives you a muscle building start to the day and will help keep your mid-morning cravings at bay."

10:30AM TUNA ON CELERY STICKS

You'll need...

- 1 tin of tuna, drained
- 1 tbsp balsamic vinegar
- 1/2 onion, finely chopped
- 1/2 apple, finely chopped
- 2 tbsp plain yoghurt
- Ground black pepper to taste
- 14 sticks of celery, rinsed and trimmed



How to make it

Put the tuna into a bowl and break it apart. Add the vinegar, onion, apple, yoghurt and pepper. Mix well. Spoon the mix into the gutter of each stick of celery. Cover with plastic wrap and refrigerate until you're ready to eat. Makes 7 servings.



Olly's verdict

"Low-calorie fishy protein keeps your metabolism burning hot throughout the day, which makes these crunchy tuna boats the perfect bridge between breakfast and lunch."

12:30PM STUFFED PEPPERS

You'll need...

- 4 red peppers
- 1/2 tsp extra-virgin olive oil
- 500g extra-lean minced beef
- 1 egg white
- 1/2 onion, finely chopped
- 2 tbsp sweetcorn
- 1 tbsp chopped parsley
- 2 tbsp tomato sauce
- 1 tsp horseradish



How to make it

Pre-heat the oven to 180°C. Cut the tops off the peppers, deseed them and coat the outsides with olive oil. In a large bowl, combine the beef, egg white, onion, sweetcorn, parsley and 1 tbsp of tomato sauce. Stuff the mixture into the peppers. Stand the peppers in 1cm of water in a baking pan and bake for 40 minutes. Add the horseradish and remaining tomato sauce to the top of each pepper. Bake for another 10 minutes. Makes 4 servings.



Olly's verdict

"These meaty pepper pockets provide a huge dose of protein for a midday energy boost. Make up a batch on Sunday and you'll have four quick lunches ready to go for the rest of the week."

WORDS RAY KLERCK. PHOTOGRAPHY ROB WHITE, GETTY

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cover model

for building yourself a rock-hard body

3:30PM SPICY ROASTED NUTS

You'll need...

- 300g unsalted almonds
- 300g unsalted pecan halves
- 150g unsalted walnut halves
- 1/2 tsp ground pepper
- 2 tsp dried rosemary
- 2 tsp dried oregano
- 2 tsp paprika
- 2 tsp ground black pepper
- 1/2 tsp salt
- 2 tbsp extra-virgin olive oil



How to make it

Pre-heat the oven to 150°C. Combine all the dry ingredients in a bowl and toss to coat the nuts evenly. Add the oil a tablespoon at a time, tossing well after each addition. Spread the nuts evenly on a baking sheet. Bake and stir occasionally for 20 minutes or until golden brown. Allow to cool before storing in sealable bags Makes 20 servings.



Olly's verdict

"This homemade nut mix provides the perfect combination of healthy fats, protein and powerful antioxidants for a filling mid-afternoon pick-me-up."

5:00PM (PRE-WORKOUT) CHICKEN SALAD SANDWICH

You'll need...

- 1 stick of celery, finely chopped
- 1 tbsp finely chopped onion
- 1 tbsp pine nuts
- 1 tsp mustard
- 1 tsp low-fat sour cream
- 1 tsp plain yoghurt
- 1 chicken breast, poached and diced
- 4 slices wholemeal bread
- 2 lettuce leaves





How to make it

In a large bowl, mix together the celery, onion, pine nuts, mustard, sour cream and yoghurt. Add the chicken and toss it in the mixture lightly so you don't break it apart too much. Divide the salad, spreading each half on a slice of bread. Top each with lettuce leaves and another bread slice. Makes 2 servings.



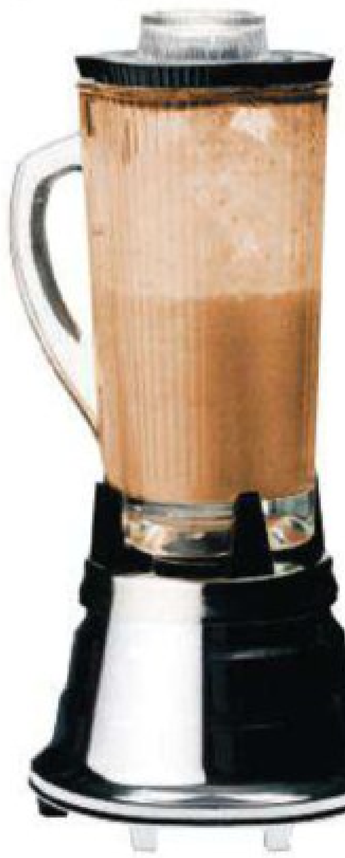
Olly's verdict

"A number of scientific studies have shown that downing lean protein before workouts boosts muscle growth even more than having it afterwards. My advice to you is this: do both." You heard the man.

6:30PM (POST-WORKOUT) CHOC ALMOND SHAKE

You'll need...

- 200ml water
- 1 tbsp instant coffee
- 10 unsalted almonds
- 1 tbsp lecithin granules (£8.89 for 250g, thinknatural.com)
- Handful of crushed ice
- 2 level scoops of chocolate whey protein powder



How to make it

Chuck all the ingredients except the ice and protein powder into a blender. Blend on high until mixed. Add the ice and protein and blend until smooth. Makes 1 serving.

Olly's verdict

"The carbs in this shake trigger a hormonal surge that helps drive important nutrients into your muscle cells, speeding their growth. Carbs also replenish your energy stores, ensuring you'll perform at your best during your next workout."

7:30PM BREAM WRAPS

You'll need...

- 150g bream fillet
- Dash extra-virgin olive oil
- Lemon-pepper seasoning
- 75ml plain yoghurt
- Juice of 1/2 lime
- Ground black pepper
- 2 large lettuce leaves
- 1/2 tomato, chopped
- 1/4 cucumber, grated
- 1 avocado, peeled and chopped
- 125g bean sprouts
- 1 large carrot, shredded



How to make it

Warm a grill pan over a medium heat. Brush the fillets with oil and sprinkle with the lemon-pepper seasoning. Cook for 5 minutes on each side. In a bowl combine the yoghurt, lime juice and season to taste with pepper. Fill a lettuce leaf with 2 tbsp each of the tomatoes, cucumber, avocado, sprouts and carrots. Top with chunks of bream. Drizzle with yoghurt sauce. Fold into a wrap, and wrap inside another leaf. Makes 4 servings.



Olly's verdict

"There's no better way to cap your day than with a low-carb, high protein wrap loaded with heart-healthy and muscle friendly omega-3s." MH

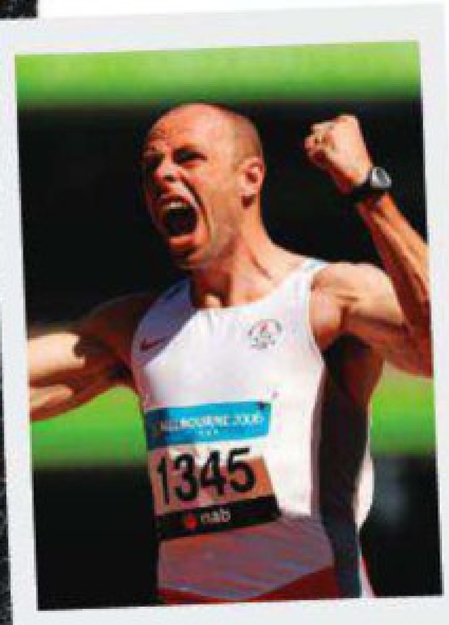
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How to eat like

Follow champion decathlete Dean Macey's eating plan to boost your performance in every sport



Your action plan

Dean Macey is a Commonwealth gold medallist and former Olympic contender who trains for strength, power and endurance. Below is the weekly eating plan he uses to fuel his diverse training demand. But don't worry – you don't have to match his 12 sessions a week to get the benefits. Simply match the type of training you're doing on a given day with the corresponding eating plan.

So if you're doing a strength workout then follow the meals Dean eats on Monday – his power and strength day. Or copy the pre- and post-workout meals he eats for a specific type of training. So you'd eat his endurance meals when you go for a long run. Like Macey, you'll get sustained energy throughout the day and you will be ready to train at full power in your next session.

MONDAY POWER AND STRENGTH TRAINING	TUESDAY ENDURANCE AND CORE TRAINING	WEDNESDAY POWER AND SKILLS TRAINING
Breakfast • 2 slices of wholemeal toast and jam • Small bowl of Special K, skimmed milk, diced banana	**Breakfast** • 2 pancakes with honey • Banana	**Breakfast** • 2 slices of wholemeal toast and jam • Bowl of Special K, skimmed milk
Training • Power sprint track session	**Training** • Long-distance running session	**Training** • Weights session for power and strength
Recovery meal • Sports drink, such as For Goodness Shakes!, (£1.30, 500ml)	**Recovery meal** • Sports drink	**Recovery meal** • Sports drink • Banana
Lunch • 2 ham, cheese and salad sandwiches on granary bread • Apple	**Lunch** • Ham, cheese and tomato omelette • Side salad with bread roll	**Lunch** • Chicken and tomato pasta • Side salad • ½ thinly buttered French stick
Training • Weights session for explosive power	**Training** • Bodyweight and core training session	**Training** • Technical jumping session
Recovery meal • Pint of milk • 2 bananas	**Recovery meal** • ½ a tub of Pistachio nuts • Small bowl of Special K, skimmed milk	**Recovery meal** • Tub of raisins • Apple
Dinner • 250g fillet steak, garlic, mashed potatoes and steamed vegetables • Small bowl of Special K, skimmed milk	**Dinner** • Small garlic and chicken pizza • Tuna, sweetcorn and onion pasta	**Dinner** • Large salmon Caesar salad • Cherry pie and ice cream
Why? "On days when I do strength and power training I eat lean red meat," says Macey. "The protein and creatine gives my muscles the building blocks for more strength. This, combined with the recovery-boosting effects of a shake, complements my training and helps me make gains."	**Why?** "On endurance training days I burn a huge amount of calories. I need to replace these with nutrient-dense carbs and proteins such as the omelette and nuts. These give my body the resources I need to make a full recovery before tomorrow's session."	**Why?** "It's my third training day on the trot so today's meals are rich in antioxidants and omega-3 fatty acids to mop up the free radicals that can build up after a lot of exercise."

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an Olympian

THURSDAY ENDURANCE AND STRENGTH TRAINING	FRIDAY INTERVAL RUNNING AND CORE SESSION	SATURDAY SPRINTING AND LIGHT WEIGHT TRAINING	SUNDAY REST DAY
Breakfast • 8 slices of wholewheat toast and jam • Small fruit yoghurt	**Breakfast** • 2 pancakes with honey • Small yoghurt and diced banana	**Breakfast** • 2 slices of toast with honey • Banana	**BREAKFAST** • Grilled sausage • 2 boiled eggs • 2 slices of toast
Training • Endurance running session	**Training** • Speed and long jump session	**Training** • Sprinting and technical jumping session	**Training** • Stretching
Recovery meal • Sports drink	**Recovery meal** • Apple • Jam sandwich	**Recovery meal** • Protein shake • Banana	**Snack** • 2 bananas
Lunch • Ham and salad multigrain sandwich • Bowl of Honey Loops, skimmed milk	**Lunch** • 2 ham, cheese, onion and tomato sandwiches • Bowl of Special K, skimmed milk	**Lunch** • Tuna melt sandwich	**Lunch** • Noodles • 2 toasted ham and cheese sandwiches
Training • Body weight and medicine ball strength training session	**Training** • Core workout and throwing session	**Training** • Weights session and throwing practice	**Snack** • Apple
Recovery meal • Apple • ½ tub of pistachio nuts	**Recovery meal** • Protein shake • Bag of popcorn	**Recovery meal** • Bowl of Honey Loops with skimmed milk • Small tub of raisins	**Dinner** • Chicken salad with ½ lightly buttered French stick • Small jacket potato with chilli
Dinner • 2 lean beef burgers, salad with oven-baked potato wedges	**Dinner** • Garlic bread • Spaghetti bolognaise with steamed vegetables • Bowl of fresh fruit and ice cream	**Dinner** • 2 jacket potatoes with cheese and beans • Side salad	
Why? "To fuel my morning run I load up on carbs [from the toast] and natural sugars [from the jam] for instant energy. The protein shake and balanced meal afterwards are important because they help me recover in time to give my afternoon training session my best efforts."	**Why?** "The morning meal is rich in fast-digesting carbs for quickly released energy that doesn't bounce around my stomach. My afternoon meal is twice as large – after 5 days of training, I need the extra calories to keep my energy levels constant."	**Why?** "This is the final training day for the week and to prevent fatigue I snack on energy-rich foods such as honey, bananas and raisins. I also increase my fat intake, by eating more cheese. This keeps my joints healthy and also keeps my testosterone levels high."	**Why?** "Even on rest days I still eat a lot of protein, like the sausages and eggs, to help my system recoup after a strenuous week of training. The salad is also important because it has antioxidants which speed up this process and get me ready for Monday's session." MH

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Eat to boost

Shift fat without feeling hungry and build muscle while revving up your sex drive

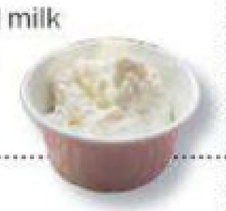
Your plan

Testosterone plays a large role when you're trying to trim down while adding muscle. But many low-fat diets reduce testosterone, meaning you lose muscle as well as fat. But when you combine this diet with the weight-training and fat-burning programmes elsewhere in this issue, you'll be on the way to a sleeker, slimmer you. This diet from Lou Schuler's book *The Testosterone Advantage Plan* (Rodale) combines a high amount of protein and fats to give you the optimal testosterone levels needed to build muscle and lose weight. Just don't forget to train hard – the diet won't work on its own.

MONDAY
TRAINING DAY

Breakfast
- 1 small bowl of Shredded Wheat
- 175ml skimmed milk
- 125g low-fat sausages

Snack
- 25g dry-roasted peanuts
- 200ml semi skimmed milk
- 250g cottage cheese



Lunch
- 2 slices ofwholemeal bread
- ½ tbsp mayo
- 100g cooked turkey
- Baby spinach
- 2 slices of tomato
- 1 orange



Snack
- 2 slices of wholemeal bread
- ½ tbsp Branston pickle
- 2 slices beef
- 1 apple

Dinner
- Chicken and vegetable stir-fry



Why?

A study in the Journal of Clinical Endocrinology & Metabolism found that the lower your protein intake, the higher your level of sex-hormone-binding globulin, a chemical that attaches to testosterone and keeps it from being used by your body. A 90kg man will get a whopping 2g of protein per kg of bodyweight by following this eating plan. You'll be safeguarding your testosterone and helping your body build more muscle.

TUESDAY
TRAINING DAY



Breakfast
- 3 eggs, scrambled with 75g of low-fat Cheddar cheese
- 2 slices of cantaloupe melon

Snack
- 250g cottagecheese
- 2 wholewheat crackers
- 1 peach
- 1 apple

Lunch
- 2 sliced lamb, plain yoghurt and mint wraps



Snack
- Mashed avocado and cooked prawns
- 2-3 wholewheat crackers

Dinner
- Roasted salmon with goats cheese sauce (over medium heat, melt 70g of rindless goats cheese with 1 ½ tbsp of creme fraiche)
- A handful of green beans

Why?

Low-fat diets equal low testosterone levels. A study in the International Journal of Sports Medicine shows that men eating more fat also had the highest testosterone levels. But you should stick to good fats to keep lean, which is why this plan is rich in unsaturated fats and omega-3 fatty acids like the ones in the avocado and salmon.

WEDNESDAY
REST DAY

Breakfast
- 2-3 slices of wholemeal toast
- 50g sliced smoked salmon
- 20g low-fat cream cheese
- 200ml semi-skimmed milk



Snack
- 30g pecan nuts
- 250ml fruit yoghurt with a handful of blueberries
- 1 apple

Lunch
- 2 sandwiches, each made with:
- 2 slices of wholemeal bread
- ½ tbsp of mayo
- 100g cooked turkey
- A handful of baby spinach
- 2 slices of tomato

Snack
- 25g mozzarella cheese, with olives and sundried tomatoes
- 200ml skimmed milk



Dinner
- Steak sandwich: 225g grilled sirloin steak, mixed vegetables and a wholemeal roll

Why?

Nothing ups testosterone levels quite like red meat (but no better done than medium, please). "Beef is rich in protein and zinc – two nutrients key to optimising testosterone and muscle-building potential in one source," says Christian Finn founder of the fitness website thefactsaboutfitness.com

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testosterone

THURSDAY TRAINING DAY	FRIDAY TRAINING DAY	SATURDAY TRAINING DAY	SUNDAY REST DAY
Breakfast • 6 scrambled or poached egg whites • 50g low-fat sausages • 1 slice of low-fat Cheddar cheese • 2 slices wholemeal toast	**Breakfast** • 3-egg omelette with red peppers, mushrooms • 50g low-fat Cheddar cheese	**Breakfast** • 115g oats, made into porridge with water • 2 tblsp blueberries • 125ml semi-skimmed milk • 2 low-fat sausages, grilled	**Breakfast** • Swiss-style muesli with 125ml semi-skimmed milk • 2 boiled eggs
Snack • Lightly steamed broccoli dipped in hummus	**Snack** • 2 tbsp organic peanut butter • 1 wholemeal bagel • 1 banana	**Snack** • Egg and mayonnaise sandwich on 2 slices of wholemeal bread • 1 orange	**Snack** • 25g walnuts • 10g hemp seeds • 200ml plain yoghurt • 1 peach
Lunch • Salmon and tuna sushi • 2 satsumas	**Lunch** • 1 chicken breast and sauerkraut on 2 wholemeal rolls • 1 peach	**Lunch** • Baked potato • 200g cottage cheese • 30g sliced ham • 1 apple	**Lunch** • 2 slices of wholemeal bread • ½ tbsp mayonnaise • 1 tbsp Branston pickle • 1 can tuna (drained)
Snack • Tuna salad with olive oil dressing	**Snack** • Tinned oysters • Crackers	**Snack** • 1 fruit yoghurt • 20g mixed nuts • 1 banana	**Snack** • Tin of sardines • 4 wholewheat crackers • 1 apple
Dinner • Chilli: beef mince, kidney beans, chilli powder, garlic, chopped tomatoes. Eat with wholewheat crackers	**Dinner** • 2 home-made burgers: mix beef mince and eggs, then shape into patties and grill. Serve in a wholemeal bun with gherkins, tomato and lettuce	**Dinner** • 250g grilled prawns • 10 spears of asparagus • 150g Brussels sprouts	**Dinner** • Pasta with sausage, pesto, tomatoes, Feta cheese, garlic and spinach
Why? The addition of garlic and broccoli here is crucial. Studies in the Journal of Nutrition have shown that garlic enhances testosterone levels and inhibits cortisol, a hormone that competes with testosterone, limiting its actions and breaking down muscle tissue. Research in the Journal of the National Cancer Institute discovered that cruciferous veggies (broccoli, kale, cabbage etc) have nutrients that reduce your oestrogen: a hormone that lowers testosterone.	**Why?** You're continuing to keep fats and protein high while adding the finishing nutritional touches to your testosterone levels. As with the broccoli, the cabbage in the sauerkraut has oestrogen-restricting properties and is also high in fibre, which keeps you feeling full. "Just 6 oysters will give you 6-7 times your RDA of zinc – the mineral which is vital if your body is to produce more testosterone," says Finn.	**Why?** Pinch your nose, banish thoughts of evil school meals, and instead reap the oestrogen-blocking benefits of the Brussels sprouts. The prawns are rich in omega-3 fatty acid and protein, while the blueberries and apple are rich in vitamin A, which a study published in the journal The Prostate found to be essential for your testosterone gland to function efficiently.	**Why?** By the end of the week you'll have eaten a diet of 30% fat while limiting your carbs. A study in the American Journal of Clinical Nutrition compared men on high good-fat diets to men on high carb diets and found that men on a high fat diet had higher nitrogen levels – meaning their bodies preserved protein better – than those on the high carb diet did. This means more testosterone, more muscle and better fat burning. MH

PHOTOGRAPHY GETTY

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Eat to boost energy

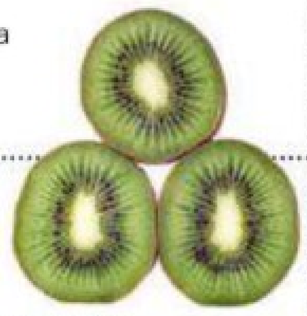
This eating plan will have you leaping out of bed every day of the week

Your plan

Afternoon slumps can leave you feeling dead in the water and do nothing for your productivity – but don't reach for the java just yet. Eating energy-regulating foods throughout the day will help you kick the fatigue without giving you a caffeine habit. This diet is designed by sports nutritionist Matt Lovell to send your energy levels sky-rocketing by keeping your blood sugar as level as possible – without sabotaging your efforts in the gym. "The plan is full of carbs to fuel intensive training and provide you with enough energy for even the toughest endurance event," says Lovell. Even if that event is just another day at the office or an all-day shopping trip with the missus.

MONDAY

Breakfast
- 2 egg omelette with cheddar cheese, spring onions and tomato
- 1 grapefruit
- 1 cup green tea

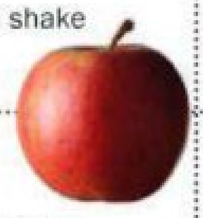


Snack
- 2 kiwi fruits
- 30g walnuts
- Small sugar-free yoghurt

Lunch
- 1 satsuma
- 1 wholemeal pita bread
- Hummus
- Mixed vegetables
- Sliced lamb



Snack
- Whey and casein protein shake
- 1 apple



Dinner
- A bowl of thick soup
- 2 grilled and seasoned chicken breasts
- Mixed vegetables
- 225ml skimmed goats milk (if you get hungry later on)

Why?

Impressed by the sheer volume of food you get to eat with our weekly nutrition plan? Small regular meals are the secret to keeping the afternoon drag at bay. "This initial day is full of nutrient dense foods that flood your system with vitamins C and B," says Lovell. "These are vital for helping your body drain all the energy out of all the food you eat." The high fat and protein quotient will lubricate your joints and increase testosterone. A study in the *Journal of Steroid Biochemistry* found people with low-fat diets had lower testosterone levels.

TUESDAY



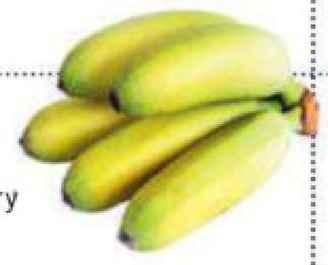
Breakfast
- 1 muffin
- 20g back bacon (trim off all fat)
- 1 tomato, halved and grilled
- 1 poached egg
- 1 cup green tea

Snack
- 3-5 baby pickled beetroots
- Handful of pecan nuts
- 1 cup green tea



Lunch
- Turkey breast sandwich with mashed avocado, sliced onion, lettuce and tomato on wholemeal bread

Snack
- Whey and casein protein shake
- 1 banana



Dinner
- Lean pork and vegetable stir fry with soy sauce

Why?

Sharpen your incisors because your protein intake is about to increase. "A diet rich in lean protein, found in the pork, turkey and the protein shake, provides a sustained energy source as the protein takes longer than other foods to digest, says Lovell. Being energetically smug in front of your office vegetarian is recommended. Grunting as you tuck into your sandwich is not.

WEDNESDAY

Breakfast
- 135g of jumbo rolled oats with raisins
- 225ml goat's milk
- 1 cup green tea
- 1 grapefruit

Snack
- Cheddar cheese on 1 sliced apple
- 6 multigrain Ryvitas
- 1 cup green tea



Lunch
- Wheat-free tortilla
- Grilled chicken breast
- Grilled veggies in balsamic vinegar



Snack
- Whey and casein protein shake
- 1 small bunch of grapes

Dinner
- 3 egg frittata made with baby spinach, potato, tomato and diced ham

Why?

By now your Snickers cravings should've gone the way of Mr T's ill-fated speed-walker advert. "After a few days of eating a low- sugar diet like this, your body starts to adjust and you should get a reduction in the craving severity for high sugar, high carbohydrate foods," says Lovell. What's important now is that you stick to it and stop eyeing up that half-eaten packet of chocolate digestives on the shelf. You'd be a fool to fall off the wagon now.

levels

THURSDAY

Breakfast
- 2 pancakes, made with flax meal (instead of flour) and eggs
- 2 tbsp mixed berries
- 1 tbsp Manuka honey
- 1 cup green tea



Snack
- 8 small wholegrain crackers with peanut butter or hummus
- 1 cup green tea

Lunch
- 1 apple
- Baked sweet potato
- Tuna and tomato salsa

Snack
- Whey and casein protein shake
- 1 banana

Dinner
- Grilled fish (preferably salmon)
- Mixed steamed veggies
- 1 cup brown rice



Why?

Sugar isn't an absolute adversary. You can still befriend its natural cousins. "Today's meal plan is a good example of what to eat when recovering from big training session the day before, as it provides natural sugars from the honey and berries early in the day so that your body can burn them off without sabotaging your six-pack ambitions," explains Lovell. "These are followed up by fibre-rich foods, which means that you don't experience an energy slump after breakfast."

FRIDAY

Breakfast
- 135g oats
- 220ml of goat's milk
- 1 tbsp Manuka honey
- 1 cup green tea

Snack
- Baby carrot and baby gherkins with hummus
- 1 cup green tea
- 30g mixed nuts

Lunch
- Tuna light-mayonnaise sandwich on wholemeal bread
- 1 orange

Snack
- Whey and casein protein shake
- 1 kiwi fruit
- 1 banana

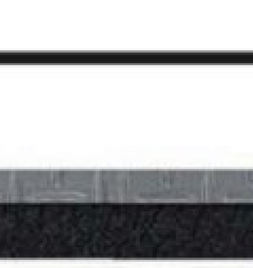


Dinner
- Homemade pizza:
- Wholemeal pita for the base topped with tomato paste. Sliced chicken breast, mushrooms, mozzarella, red peppers and chillies

Why?

Bored of the protein shakes? Mix some fruit with them to add a new flavour. "Stick to the shakes as the casein in them is slow digesting and provides a prolonged energy fix while the whey protein is fast absorbing for an instant boost," says Lovell. By this stage you should have more energy than a 5-year-old after a Ribena bender.

SATURDAY



Breakfast
- 3 egg omelette with red pepper, chillies, grated cheese and sliced ham

Snack
- 40g almonds and dried apricots
- 1 cup green tea

Lunch
- 1 apple
- Large bowl of chicken and vegetable soup
- 2 slices rye or wholemeal bread
- 1 banana

Snack
- Whey and casein protein shake
- 1 grapefruit



Dinner
- Chilli con carne made with turkey mince, kidney beans, tinned tomatoes, chilli powder and sweet corn
- 95g brown rice

Why?

Start the weekend off with a hearty omelette to get the energy to fuel a full girlfriend-led expedition to Ikea (without having to stop at the meatball aisle). "Today reinforces your protein and fibre supplies – and these are the cornerstones of additional vigour," says Lovell. Make sure you don't waste all that extra energy on channel surfing though – get out of the house and do something.

SUNDAY

Breakfast
- 2 slices wholemeal eggy bread
- 2 tbsp of manuka honey
- 150g blueberries
- 1 cup green tea



Snack
- 2 slices wholewheat toast
- 1 avocado, mashed
- 1 apple

Lunch
- Nachos Grande: blue corn tortillas, lean mince, tomato salsa, kidney beans, avocado and cheese

Snack
- Whey and casein protein shake
- 1 orange

Dinner
- 1 homemade lean mince burger
- 1 wholemeal burger bun
- Mixed salad
- 225ml skimmed milk



Why?

Eating to keep lean while maintaining your oomph doesn't have to involve prison-style food. "Traditional junk foods can be made healthy if you prepare them yourself using high-fibre ingredients, and leaving out all the rubbish," says Lovell. "A 'good junk food' day once a week can keep you focused and help you follow the plan." Which means you can dig in and enjoy, you've earned it – although your extra energy is reward enough. MH

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Eat to boost immunity

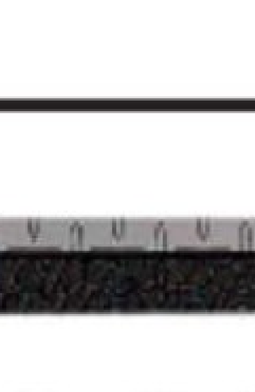
A robust immune system won't just thwart colds: it's vital for sports performance. Here's how to build up your barricades by treating your taste buds

Your plan

Training leaves you stronger on the outside but not necessarily on the inside. A study in *Medicine & Science in Sports & Exercise* found that athletes had weaker immune systems after strenuous bouts of exercise. This is because it's more difficult to repel bugs if your system is working to repair muscles. "It's important to beef up your immunity by eating the correct balance of nutrients," says sports nutritionist Matt Lovell (sportsnutritionvlog.com) who designed this nutrition plan. Remember: muscles don't accept sick notes – if you're too ill to exercise then you'll never achieve your training goals.

MONDAY
TRAINING DAY

Breakfast
- 2 cups Scotch oats
- 220ml goats' milk
- 1 tbsp manuka honey
- 1 cup green tea



Snack
- 1 orange
- 20g Brazil nuts
- Plain yoghurt
- 1 cup green tea



Lunch
- Niçoise salad
- 1 apple
- 1 cup green tea

Snack
- Blended colostrum and whey protein shake (neovite.com), with banana and blueberries

Dinner
- 300g grilled salmon fillet
- 75g brown rice
- Mixed vegetables
- 1 small glass red wine (optional)



Why? Oats unleash disease-defeating white blood cells. "They are activated by fibre," says Lovell. "Scotch oats have double the fibre of the rolled kind." You can also buff up your protein stores with fish. "Salmon strengthens cell membranes to bolster resistance to infection."

TUESDAY
TRAINING DAY

Breakfast
- 2-egg omelette with:
- 1 chilli, chopped
- ¼ red pepper, diced
- 1 chopped tomato
- 2 slices whole grain toast
- 1 cup green tea



Snack
- 1 tin oysters
- 4 Ryvitas
- 1 cup green tea
- 1 glass ginger and lime juice
- 1 kiwi fruit

Lunch
- Greek salad wrap filled with: 1 chicken breast, 30g feta cheese, cherry tomatoes, lettuce, 1 tbsp hummus
- 1 cup green tea



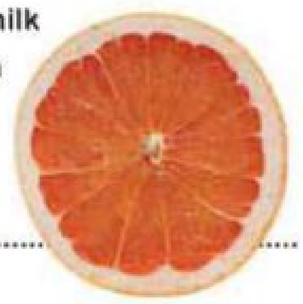
Snack
- Blended colostrum and whey protein shake, with banana and raspberries

Dinner
- Spiced vegetable stir-fry with shitake mushrooms and noodles
- 1 small glass red wine (optional

Why? Oysters aren't just good for your bedroom Olympics. "Their zinc improves your immunity," says Lovell. "Spices also have immune-boosting properties." A study at New Zealand's Institute of Food Nutrition and Human Health found that colostrum in protein shakes increase the immunity in your respiratory tract by 79%.

WEDNESDAY
REST DAY

Breakfast
- 100g sugar-free muesli
- 220ml goats' milk
- 1 cup green tea
- 1 grapefruit



Snack
- 4 celery sticks stuffed with tuna, chilli and mayo
- 1 orange

Lunch
- Antipasto platter: 5 slices smoked turkey breast, 5 slices ham, handful of olives, 30g cheese, 6 gherkins, 5 sun-dried tomatoes, 2 slices wholemeal bread
- 1 cup green tea

Snack
- Blended colostrum and whey protein shake with banana and strawberries

Dinner
- 2 small chicken breasts roasted with: Chopped tomato, spinach and mixed spices,100g mixed steamed veggies
- 40g brown rice
- 6 squares dark chocolate (70% cocoa)



Why? A study in the American Journal of Clinical Nutrition found that a tomato-rich diet means 38% less free-radical damage to white blood cells. "Antioxidant-rich dark chocolate protects you against free-radical damage," says Lovell

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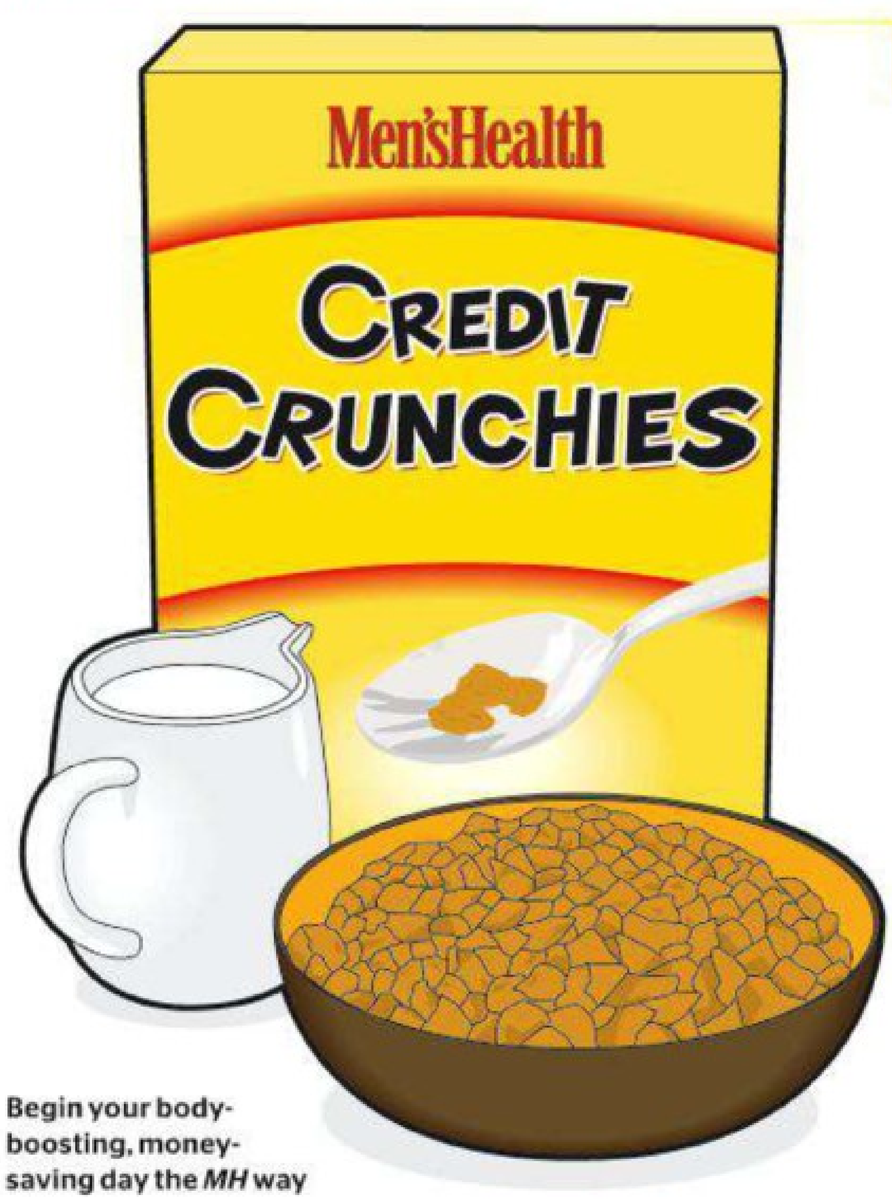
THURSDAY TRAINING DAY	FRIDAY TRAINING DAY	SATURDAY REST DAY	SUNDAY REST DAY
Breakfast • 2 slices wholemeal toast topped with: 50g ricotta cheese, chopped tomato, fresh basil • 1 pear • 1 cup green tea	**Breakfast** • Porridge made up of 75g of Scotch oats, 220ml of goats' milk, plus 1 tbsp Manuka honey • 1 cup green tea	**Breakfast** • 200ml plain yoghurt mixed with 100g of muesli, 60g of mixed fruit salad • 1 cup green tea	**Breakfast** • 3-egg omelette with: 50g diced red pepper and shitake mushrooms • 1 grapefruit • 1 cup green tea
Snack • 8 small wholemeal crackers with Marmite and avocado • 1 orange	**Snack** • Peanut butter on wholemeal bagel • 1 orange • 1 cup green tea	**Snack** • 100g smoked salmon and cream cheese • 4 Ryvitas • 1 satsuma	**Snack** • 50g mixed nuts and dried fruits • 1 satsuma
Lunch • Chickpea and tuna salad: 100g chickpeas, 250g tuna, 10 cherry tomatoes (halved), 60g low-fat feta cheese.Dress with olive oil andbalsamic vinegar • 1 apple	**Lunch** • Chicken soup • 1 apple • 1 kiwi fruit • Ginger and lime juice	**Lunch** • Large sweet potato filled with baked beans, onions and diced pork sausage • 1 apple • 1 cup of green tea	**Lunch** • Avocado, tomato, chicken breast and salad sandwich • 1 apple • 1 cup green tea
Snack • Blended colostrum and whey protein shake with banana and blackberries	**Snack** • Blended colostrum and whey protein shake with banana and diced pineapple chunks	**Snack** • Blended colostrum and whey protein shake with banana, blackberries and gooseberries	**SNACK** • Blended colostrum and whey protein shake with banana, blueberries and strawberries
Dinner • 350g sirloin steak • Green beans, spinach, carrots, shitake mushrooms, cauliflower • 50g mash • 1 small glass red wine (optional)	**Dinner** • Prawn and vegetable stir-fry • Noodles • 1 tsp spices • 6 squares of dark chocolate (80% cocoa)	**Dinner** • Beef, shitake mushroom and mixed vegetable stew • 1 tsp spices • Small glass red wine	**Dinner** • Pasta mixed with halved cherry tomatoes, fresh basil leaves,mozzarella, halved olives, 2 chopped garlic cloves and a drizzle of olive oil • 6 squares of dark chocolate
Why? Shiitake mushrooms are magic for immunity. "They are rich in health- boosting minerals," says Lovell. "The dressing provides a healthy dose of good fats and the steak is rich in protein and zinc, vital for an immune boost. The vegetables and fruit ensure you get your 5-a-day."	**Why?** Research at the University of Nebraska found chicken soup contains an anti-inflammatories which prevents mucus from blocking your respiratory tract. "Today's menu helps you vary your protein sources making you get a healthy balance of amino acids needed to fight infections," says Lovell.	**Why?** "The beef in the stew will ramp up your zinc supplies, which is a crucial immune booster," says Lovell, "while the breakfast yoghurt has live cultures that are a good source of healthy bacteria for your stomach. Finally the smoked salmon tops up your supply of healthy fats."	**Why?** By now your immune system will be tougher than Jason Bourne. "The tomatoes and sweet potato are rich in beta carotene, which increases infection-fighting cells. Avocado has more healthy fats plus folate, zinc and enough vitamins to put a multi-vit to shame." We pity the flu that tries to take you on.

WORDS RAY KLERCK. PHOTOGRAPHY GETTY IMAGES

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Bulk up *and* save costs

Chicken breasts are staple brawn builders but veggies are equal, if not better, in their muscle-building prowess. Plus they're cheaper. Follow this power-packed one-day plan and get larger with legumes



Begin your body-boosting, money-saving day the *MH* way

Your plan

Mention a meat-free meal to a seasoned weightlifter and you'll conjure up terrified notions of kwashiorkor (that's protein deficiency to the rest of us). If you think that meat is the only protein source worth eating then you are depriving your physique of valuable muscle builders. The flesh is not as willing as you think. "Your body lacks enough enzymes to digest even a mere 20% of the protein from a juicy steak," says Dale Pinnock, head nutritionist at the Natural Solutions Clinic. Yes, wolfing down scores of chicken breasts will dish up the protein you need to convert those hours in the gym into lean muscle, but as you've probably noticed at the checkout, it costs – a lot. "You build muscle courtesy of your liver's ability to string together the amino acids and all of these essential amino acids are found in plants and veggies – all you have to do is eat them in the correct combinations." It sounds like gym heresy but to cook up a complete protein source, as good as any chicken breast, all you have to do is eat the right foods together n one meal. You keep your size and so does your wallet.

7:30AM
PORRIDGE (95p)

You'll need...

- 90g oats



- Mixed seeds and nuts
- Blueberries
- Cinnamon



How to make it

Boil four cups of water and soak the oats overnight. In the morning, bring oats to a brisk boil and cook until they are just tender. Add the seeds, nuts and fruit, sprinkle over the cinnamon and get stuck in.



Why?

"The fibre in the oats will provide you with the energy to start your day," says Pinnock. "It's high in manganese which protects cells from free-radical damage. The seeds and nuts are rich in protein but when combined with the oats they form a slow digesting protein to fuel your muscles all morning."

Protein content 27g

Equal to 3 small lamb chops (£7)

10:30AM
PEANUT BUTTER ON TOAST (72p)

You'll need...

- 3 slices whole-wheat bread
- Peanut butter



How to make it

Surely we don't need to tell you?

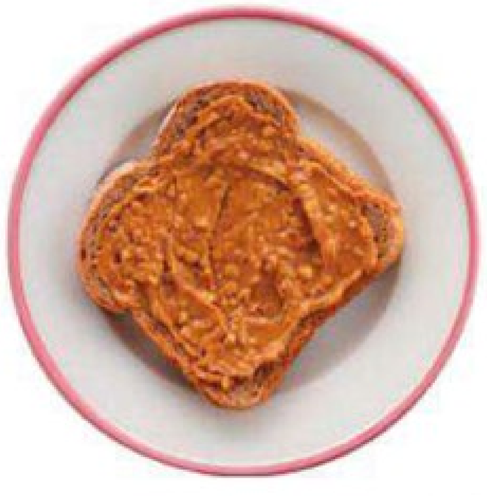


Why?

"The bread is a slow-digesting carb that'll top up your morning energy supplies," says Pinnock. "It also helps your body absorb the protein, iron, calcium and niacin from the peanuts so that you flush your muscles with vital nutrients to perform at their peak later in the day when you train."

Protein content 24g

Equal to Protein shake (£2.20)



WORDS RAY KLERCK. PHOTOGRAPHY GETTY, STUDIO 33

13:00PM
RICE AND PEAS (98p)

You'll need...

- 128g white rice
- 128g peas



How to make it

Rinse the rice in a sieve until the water runs clean. Put in a bowl and cover with water. Bring to the boil and, when most of the water has gone and you notice pockmarks in the surface of the rice, add the peas, cover and reduce the heat until the remaining water has gone. Stir, season and serve.

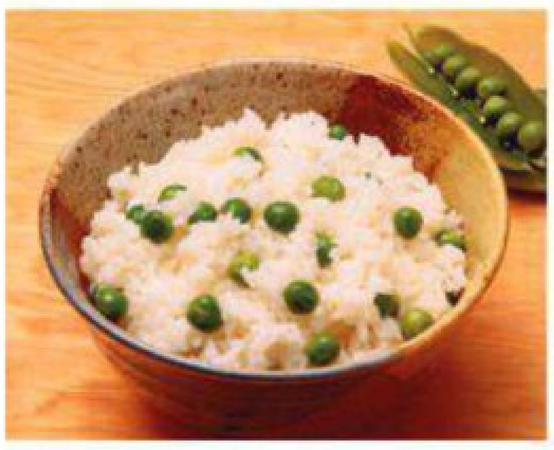


Why?

"When the rice is combined with the peas it forms a complete protein and provides a substantial helping of iron and vitamin C," says Pinnock. "Iron is a mineral most often acquired from meat, but peas provide the richest alternative source."

Protein content 15g

Equal to 1 chicken breast (£1.79)



16:00PM
(PRE-WORKOUT MEAL)
PASTA IN SAUCE (96p)

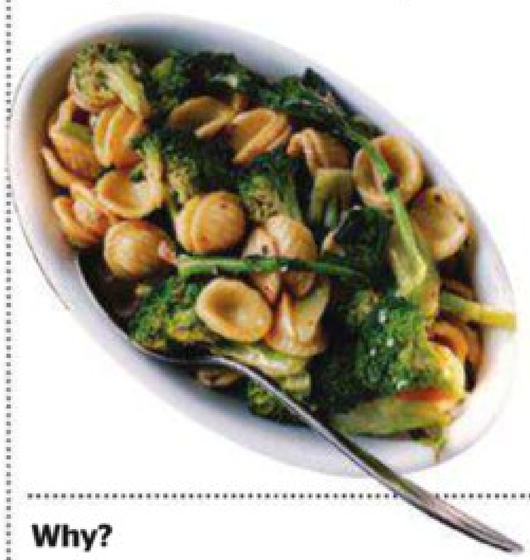
You'll need...

- 100g wholemeal pasta
- 100g broccoli sauce (1tbsp olive oil, garlic, onion, broccoli and juice of ½ a lemon)



How to make it

While the pasta is cooking fry the garlic and onion in the olive oil. Chop the broccoli and add to the pan. Once the vegetables are soft, season and add the lemon juice. Mix with the hot pasta.



Why?

"The pasta is a slow-digesting carb that provides energy for your entire workout while the broccoli is rich in B vitamins, which help release the energy from the pasta," says Pinnock. "These foods combine to serve a solid helping of protein, calcium, vitamin C – all the vital ingredients for a good workout."

Protein content 15g

Equal to 85g tofu (£1.27)

18:00PM
(POST-WORKOUT MEAL)
BEANS ON TOAST (67p)

You'll need...

- 2 slices white bread
- ½ tin baked beans



How to make it

Again, surely we don't need to tell you. Just make sure that you don't burn your toast.

Why?

"Contrary to popular belief, this is actually one of the few times when white bread should be eaten. This is because it gets to your muscles quickly and refuels them," says Pinnock. "The baked beans are a rich source of fibre so they will always leave you feeling completely satisfied. When the beans are combined with the white bread it results in a meal that is packed full of protein to help rebuild your muscles."

Protein content 19g

Equal to 100g steak (£2.30)



19:30PM
VEGGIE AND NOODLE STIR FRY (99p)



You'll need...

- 75g noodles
- Mixed veg, chopped into uniform chunks
- Olive oil
- Chinese 5-spice
- Soy sauce (to taste)



How to make it

While the noodles cook, heat the oil in a pan or wok then add the veg, firmest first, and stir-fry until soft but retaining some bite. Drain the noodles and add to the veg. Mix them together, adding the soy sauce and 5-spice to taste.



Why?

"The noodles supply fast-acting carbs to replenish energy after training," says Pinnock. "When mixed with the veggies it provides protein coupled with a compendium of every nutrient key to muscle building and recovery. Drizzle with olive oil to get the added weight loss benefits of omega-3s."

Protein content 23g

Equal to 1 salmon fillet (£1.61)

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Eat to build muscle

Want an extra 5kg of lean muscle? Combine this complete five-meals-a-day muscle-building eating **plan with a total-body** workout plan for four weeks and you'll be looking at a bigger, better you



Your plan

You could push weights all day, every day and never add an ounce of muscle if your diet is lacking the vital muscle-building nutrients. Food to muscle is what a lie is to a politician – essential to power and success.

After a workout your body cries out for sustenance to repair the damage, but the standard three meals a day won't yield results. This is a five-meals-a-day, muscle-building eating plan from sports nutritionist Matt Lovell (sportsnutritionvlog.com), to flood your muscles with all the essential resources they need to repair and grow.

"There's no set time to train as everyone's schedule is different but be sure to have a protein shake 30-45 minutes before a workout and another one straight afterwards," says Lovell. "Avoid eating too much fruit, except for berries, which should only be eaten after training. If you eat them at any other time then their fructose can combine with carbs to add body fat."

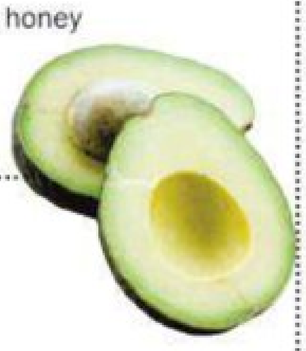
This plan will provide each body part with the best muscle-building conditions to ensure every single rep in the gym pushes you closer to the size you want to be.

MONDAY

Breakfast
- 3-egg omelette
- Sliced mushrooms
- Olive oil
- Diced onions
- Diced tomatoes



Snack
- 150ml plain yoghurt
- Blueberries
- Drizzle of Manuka honey
- Ground mixed seeds and nuts



Lunch
- Chicken breast
- Avocado
- Tomato
- Cheese
- Baguette

Snack
- Protein bar
- 1 banana



Dinner
- Tuna steak
- Mixed vegetables stir-fried in olive oil
- Soba noodles

Why? You'll kick start your day with the eggs' protein and a rich helping of nutrients from the mushrooms, onions and tomatoes. Breakfast is important because your muscles will have been starving while you sleep. "Keep your protein intake high for the entire week so your muscles have enough fuel to repair and improve their performance," says Lovell. Hunger is your enemy and should be dealt with by one of the snacks as soon as you feel a hint of it.

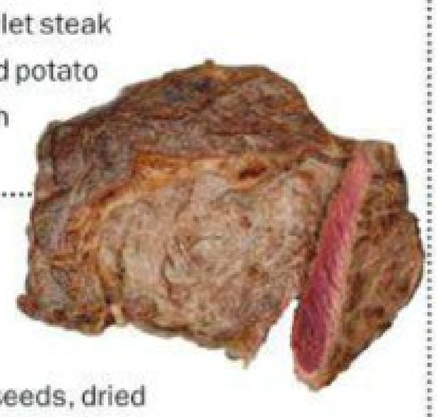
TUESDAY

Breakfast
- Handful of oats
- 250ml skimmed milk
- 10ml honey
- 30g whey powder

Snack
- 2 boiled eggs
- 1 banana



Lunch
- 300g fillet steak
- Mashed potato
- Spinach



Snack
- Mixed seeds, dried fruits and nuts
- 200ml cottage cheese



Dinner
- Chicken and prawn curry
- Soba noodles

Why? Your protein intake continues to be high but you'll vary the sources to get a good balance of muscle-building amino acids. "The lunch-time meal of protein-rich red meat is an excellent source of zinc, iron and creatine that'll fuel your muscle-building endeavours," says Lovell. "The prawns, seeds and nuts will keep your levels of good fats high and these also have anti-inflammatory properties, which will keep your joints working properly."

WEDNESDAY

Breakfast
- 2 scrambled eggs
- 1 tin of baked beans
- 2 slices of toast made from rye bread
- 200ml orange juice



Snack
- Tin of sardines on oat cakes
- 1 pear



Lunch
- Small jacket potato
- ½ tin of baked beans
- 30g cheese
- 2 sliced pork sausages
- Chillies to taste

Snack
- 150g plain sugar-free yoghurt
- Banana and strawberries
- Handful of mixed nuts and seeds



Dinner
- Lean mince beef chilli
- Mixed vegetables
- Basmati rice

Why? The sardine snack has a three-tiered muscle-building benefit. "Sardines are rich in calcium (needed for your muscles to contract properly), omega-3 fats (for improved muscle and joint repair) and protein (for muscle-building)," says Lovell. "Your carbohydrate levels are also kept at their optimum with the potato, bread, rice and banana as they dish up the energy you need to finish the most gruelling workouts." Who'd have thought eating so much was good for you?

WORDS RAY KLERCK. PHOTOGRAPHY GETTY, STUDIO 33

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THURSDAY

Breakfast



Smoothie made from:
- 30g whey powder
- Handful of blueberries
- Handful of raspberries
- 40ml plain yoghurt
- 1tbsp rolled oats
- 1 banana

Snack
- 2 boiled eggs
- 1 apple

Lunch
- 2 turkey breast fillets, cranberry, cheese and rocket wraps

Snack



- 150g cottage cheese
- Diced pineapple
- Rice or oat cakes

Dinner
- Lemon sole fillet
- 2 handfuls of baby potatoes
- Mixed vegetables

Why? You'll continue to eat calcium-rich foods as these have been proven to keep you lean while strengthening your bones. "The cottage cheese is one such source that is low in bad fats and gives you a bonus protein fix," says Lovell. "If you ever feel hunger pangs then go for bigger helpings of the meals – don't worry about adding weight as your training will ensure the calories are used for growth."

FRIDAY

Breakfast
- 3 Weetabix
- 250ml skimmed milk
- Fruit yoghurt
- Handful of blackberries



Snack



- 1 avocado
- Handful of king prawns
- Sliced mango
- Drizzle of lemon juice

Lunch



- Jacket potato
- Tuna
- Sweetcorn
- Low-fat mayo
- Chillies
- Cheese
- 1 apple

Snack
- 1 chicken breast
- 2 beetroots

Dinner
- 4 lamb chops
- 100g boiled potatoes
- Mixed vegetables

Why? By now you'll realise that eating to build muscle doesn't have to be boring. "Feel free to add as many spices as you like to your meals," says Lovell. "They not only make the food tastier but are low in calories, and most of them have immunity-boosting properties that will keep your body free from any ailments."

SATURDAY

Breakfast

Smoothie made from:
- 30g Whey powder
- 1 ripe banana
- 300ml water
- Pinch of ground cinnamon
- 20g ground almonds

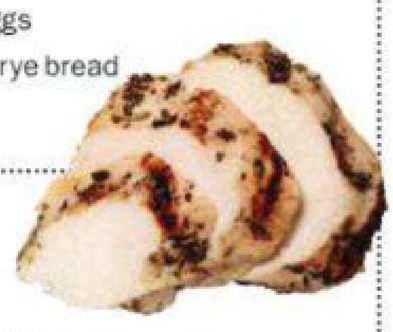
Snack



- 1 toasted bagel
- 1 mashed banana
- Peanut butter
- Manuka honey

Lunch
- Smoked mackerel
- Avocado
- Mixed salad baguette

Snack
- 2 boiled eggs
- 2 slices of rye bread
- 1 apple



Dinner
- 2 grilled chicken breasts
- Cajun pepper
- 250g couscous
- Mixed roasted vegetables

Why? By this stage in the week you should have taken one or two rest days from training – Saturdays are ideal for such relaxation. "Keep your food and protein shake intake the same on these rest days," says Lovell. "You might not feel as hungry but your muscles will be using this down-time to repair and recover." So even though your feet are planted firmly on the coffee table, your body will be busy as can be – despite what your missus might tell you.

SUNDAY

Breakfast



- 3 poached eggs
- 2 low-fat sausages
- 2 slices of toast
- 1 tomato

Snack
- Toasted cheese and tomato on 2 slices of rye bread
- 1 apple

Lunch



- Mixed sushi box

Snack
- Oatcakes
- 1 avocado
- Sliced prosciutto ham
- Salsa

Dinner



- 2 grilled chicken breasts
- Diced radishes
- Green salad
- 250g couscous
- Dress with olive oil and balsamic vinegar

Why? Your final day of muscle meals will leave your sleeves feeling tighter without your belt buckle following suit. "It's a common misconception that to bulk up your muscle you also have to bulk up your fat stores," states Lovell. "You can build muscle independently of fat, and by following this plan for four weeks you can realistically add a solid 5kg of muscle to your frame without a single accompanying gram of fat." Dig in – a bigger you is lurking at the end of your fork.

GOT A QUESTION?
COACH HAS THE ANSWER

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USEFUL MUSCLE

We've a training plan for every occasion – whether you're time or equipment poor, simply impatient or (whisper it) over 40.

There's more to training than getting big – keeping in shape has a myriad of real-life applications from being handy around the house to looking good for your wedding. And there are as many different ways to achieve these results. So if you have a goal, time frame or simply want a break from your usual routine then we've got a training plan here for you.

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MIDLIFE SIX PACK

MH Fitness Editor Wesley Doyle thought the best of his 40 years were behind him until he knuckled down to a life-changing training plan. This is the story of an incredible transformation – and the workout secrets anyone can use

You never really get used to the nausea. The feeling created by waves of stinging, relentless lactic acid, produced by muscles under severe tension, is just like the sensation of teenage alcoholic overindulgence. It's deep and unpleasant: you feel too sick to move, and yet you are unable to stop shaking like a dog on bonfire night.

Right at this moment I'm being tortured to the point of said nausea by an intense, fat-stripping legs circuit consisting of squats, deadlifts, Russian step-ups, calf raises; all at maximum weights, 12 to 15 reps, four sets, with little to no resting time between them. Strippwing fat, building muscle. Surely this is no way for a man just shy of his 40th birthday to behave?

Peer pressure

There's a simple reason for all this. In late 2007, I stepped into big shoes. There's a history of *Men's Health* staffers confronting certain physical challenges the magazine throws at them. So when I took on the mantle of *MH* Fitness Editor last year, the pressure was on to prove my worth and wear the body the job demanded. It was walk the walk time.

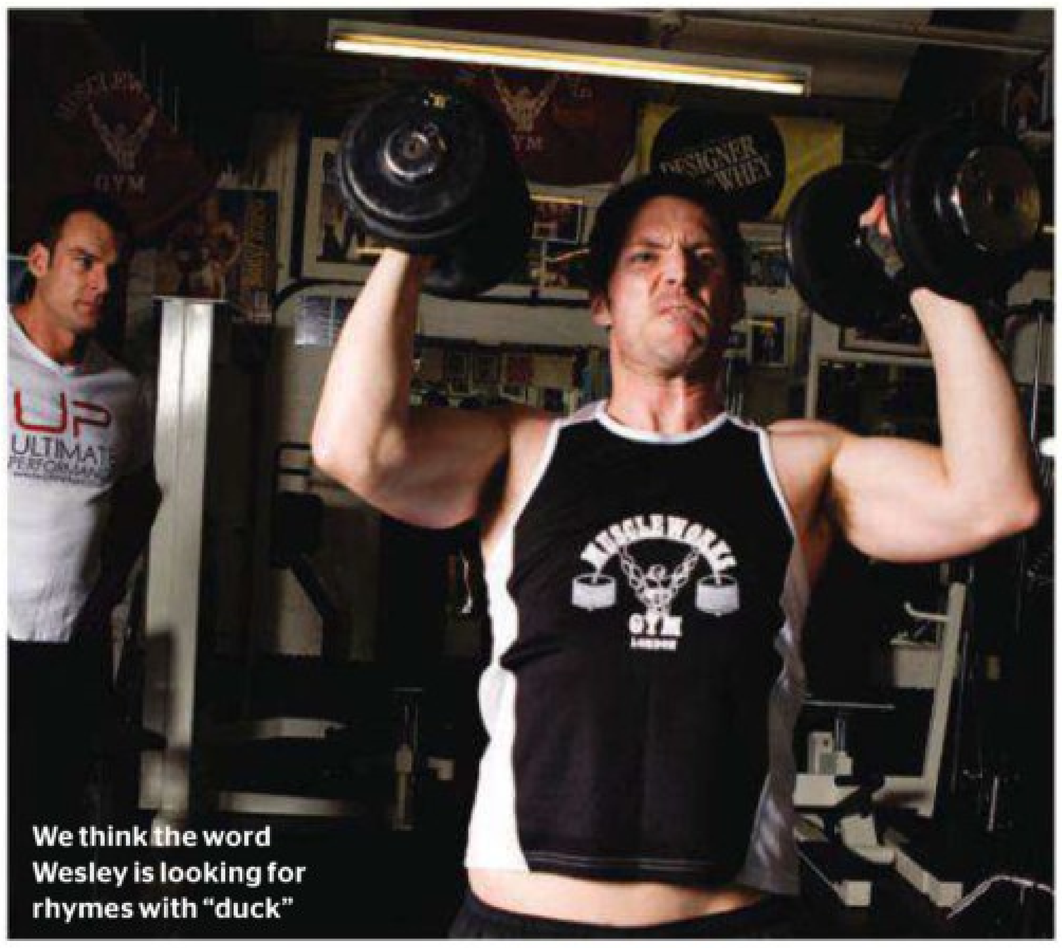
At the time I was optimistic and yet also somewhat apprehensive. I considered myself fairly fit: with a youth misspent living the life of an aspiring Brit-pop star well behind me, I was now a competitive mountain biker, attended British Military fitness classes and watched what I ate. But like the rest of us, I was also partial to a few beers, the odd trans-fat rich takeaway and not unconscious of the fact that my fifth decade was looming.

On top of all of that, I was born with a condition known as *pectus excavatum*, which in layman's terms means I have got a sizeable dent in my breast plate. It's not too uncommon – one in 500 kids develop it – and it's not a disability, but in my formative years it had a great effect on my self-esteem. As a young man I hid my body with baggy clothes, rarely took my shirt off and kept well away from situations where I'd be expected to. Sports and summer were anathema to me, and remained that way for the best part of 30 years. So, for me at least, committing to this wasn't just a physical challenge, it was a mental one, too. Hopefully, I thought, it would put to bed something that had been bothering me for most of my adult life.

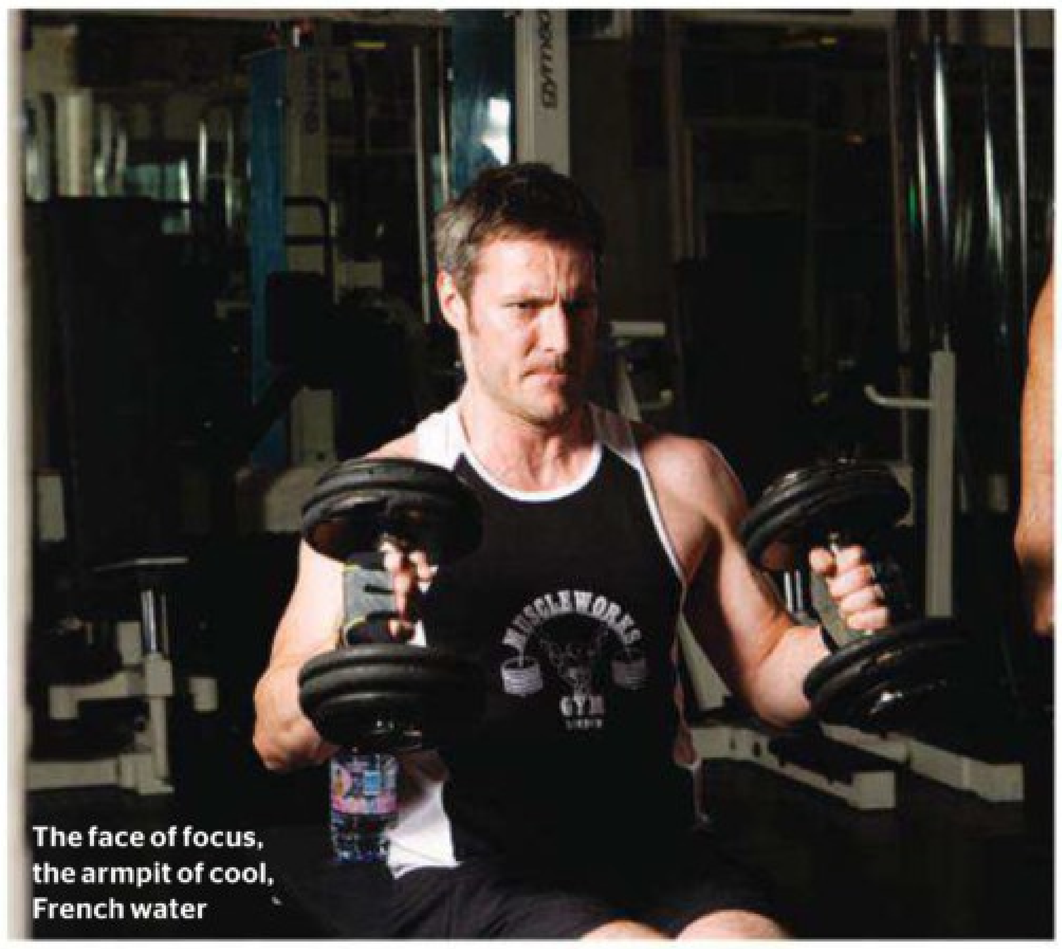
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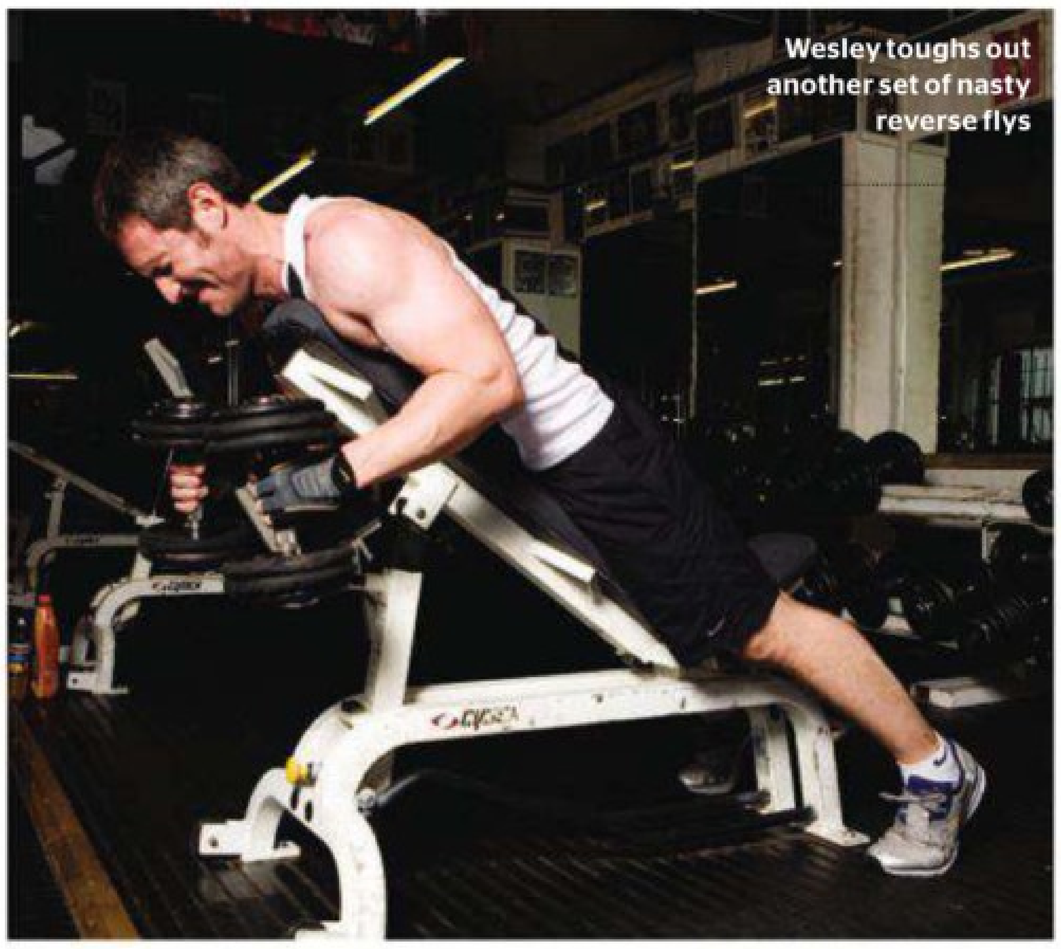
Tasks of magnitude often demand drastic measures. I found mine in the form of strength training and conditioning coach Nick Mitchell. Nick is a man-mountain, with a colossal frame and a simple, straightforward attitude: you get out of training what you put in. I agreed to train at his gym, Muscleworks (muscleworksgym.co.uk), well known by the sweat and testosterone fraternity as a serious gym for serious lifters and a distant cry from the comfort of my local "wellness centre". ▶

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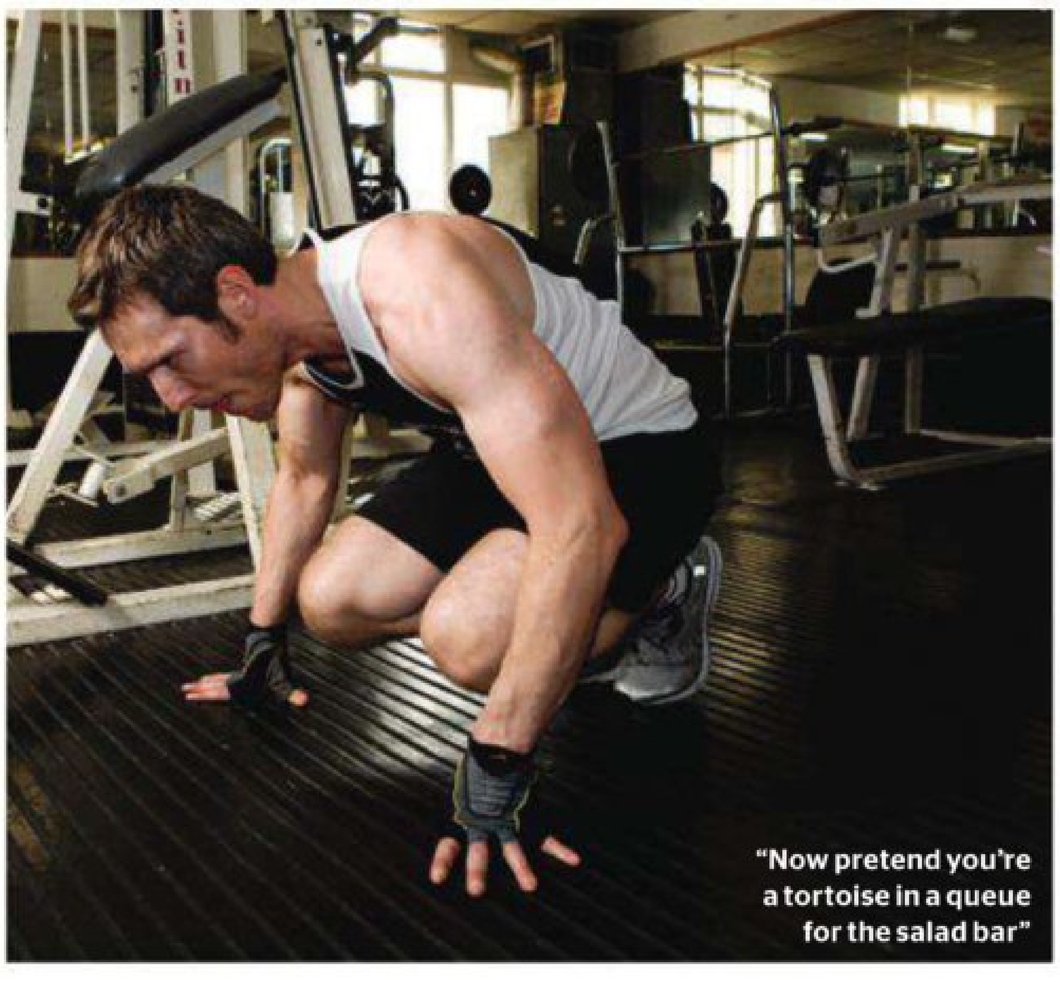

We think the word Wesley is looking for rhymes with "duck"


He's big, tough and if he wants you to play wheelbarrow, let him


The face of focus, the armpit of cool, French water


Wesley toughs out another set of nasty reverse flys


The lesser-spotting strangler in its natural environment...


"Now pretend you're a tortoise in a queue for the salad bar"

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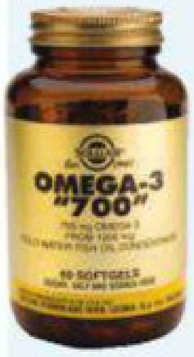
DAILY DOSES

Intense training puts a strain on your body – lend a helping hand with these supplements



True Whey protein shake myprotein.co.uk

It's hard to find a supplement that doesn't engage the gag reflex. The chocolate mint and chocolate orange flavours slip down nicely. (£27, myprotein.co.uk)



Solgar Omega-3 "700"

Omega-3 fatty acids switch on your lipolytic (fat-burning) gene while turning off the lipogenic (fat-storage) one. It also prevents muscle wastage and allows for positive nutrient partitioning. In English: more of what you eat is stored as muscle rather than fat. (£24, health-store.co.uk)

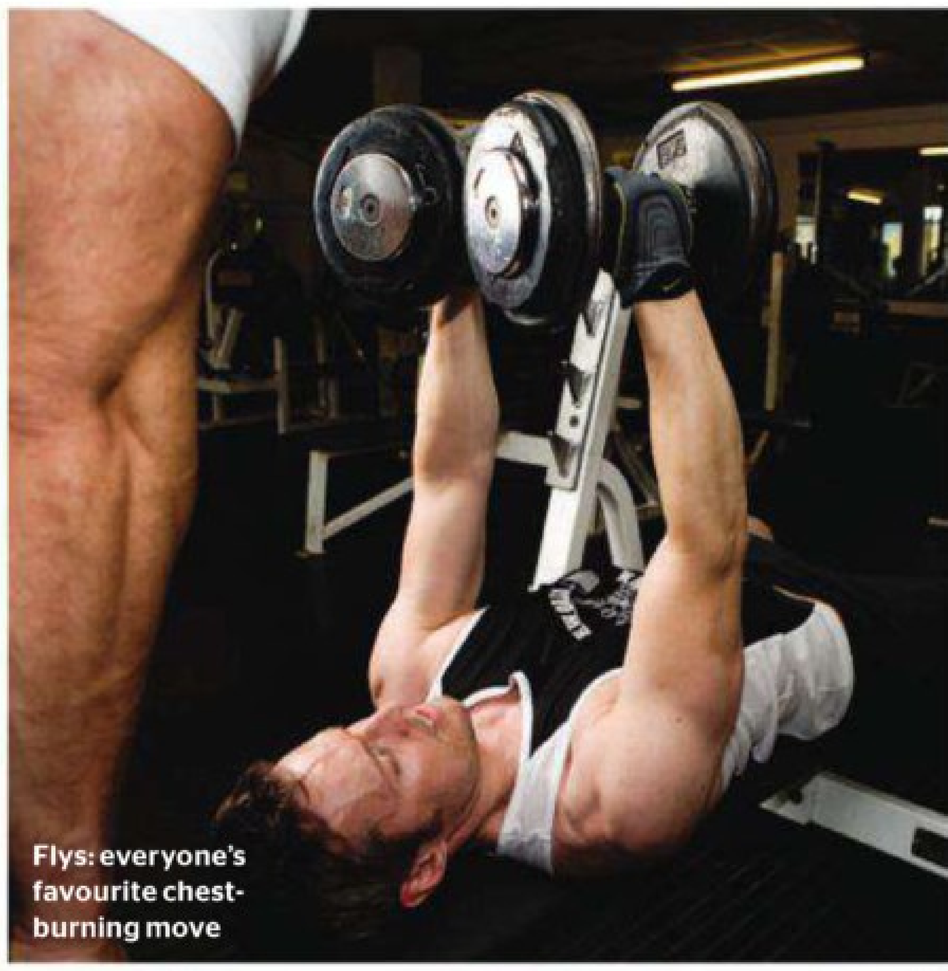


Poliquin Performance Fenuplex and Insulinomics

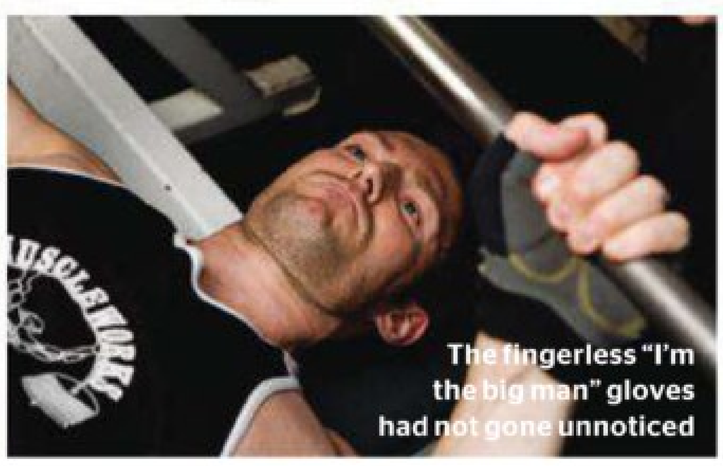
Regulates blood sugar and stabilises your body's production of insulin, helping to prevent carbs from being stored as fat. (£32 each, upfitness.co.uk)



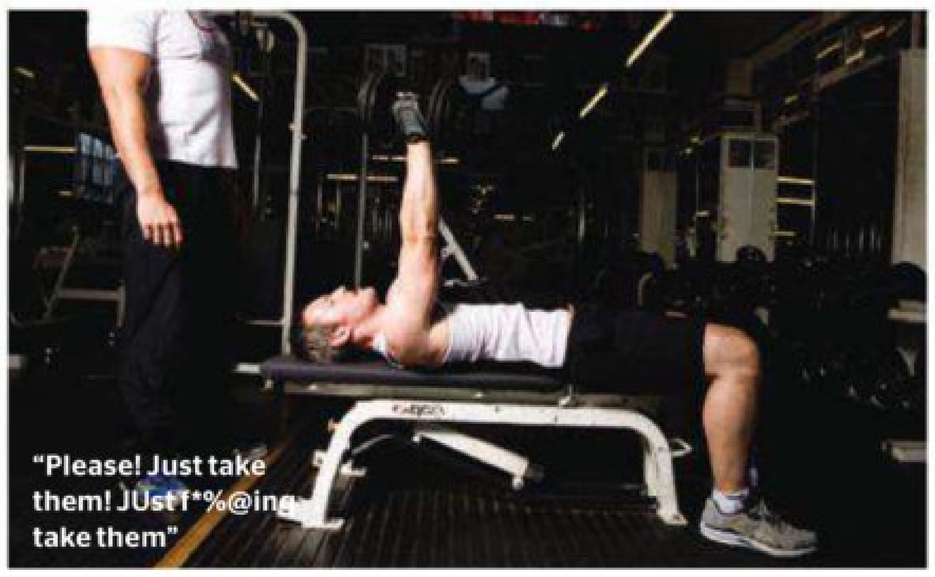
Wesley contemplates doing a runner in between sets



Flys: everyone's favourite chest-burning move



The fingerless "I'm the big man" gloves had not gone unnoticed



"Please! Just take them! JUst f*%@ing take them"

MUSCLE MENU

Wesley's lean muscle meal planner

7:30am
Protein shake
Multivitamin/fish oil

8:00am
Minced beef
Handful of mixed nuts
Green tea
Fenuplex and Insulinomics (see supplements boxout)

11:00am
Tinned mackerel fillet
Green tea

1:00pm
Protein shake
Fish oil

1:30pm
TRAINING

2:30pm
Protein shake

3:00pm
Chicken breast, spinach, tomatoes, chillies, mozzarella olive oil, balsamic, Insulinomics and Fenuplex, green tea

5:30pm
Tinned tuna with chillies and balsamic vinegar

8:30pm
Stirfry turkey, broccoli, mange tout, green beans, carrots, kale with soy sauce
Fish oil/Fenuplex/Insulinomics
Mint tea

10:45pm
Casein protein shake (slow release)

◀ Nick took skin-fold measurements to gauge my body composition and biochemistry. I was shocked and humbled: despite cycling more than 25 miles a day to and from work, my body-fat ratio was about 20%. This had to be addressed: I was told in no uncertain circumstances that I needed to get lean before even thinking about putting on muscle. I'll never forget my unholy baptism in hardcore circuits. I ached like never before the day after my first fat-torching session; the day after that I could barely walk. This was training like you see in the *Rocky* films, contorted facial expressions, anguished moans and all.

Nick was only too happy to push me way beyond the level which I thought myself capable. He'd encourage me when needed, wind me up if necessary and sometimes downright piss me off. But it was required: I was training with weights three days a week, doing a specialised cardio plan for another three and resting only on Sundays. There was no let-up (and defintely no fry up).

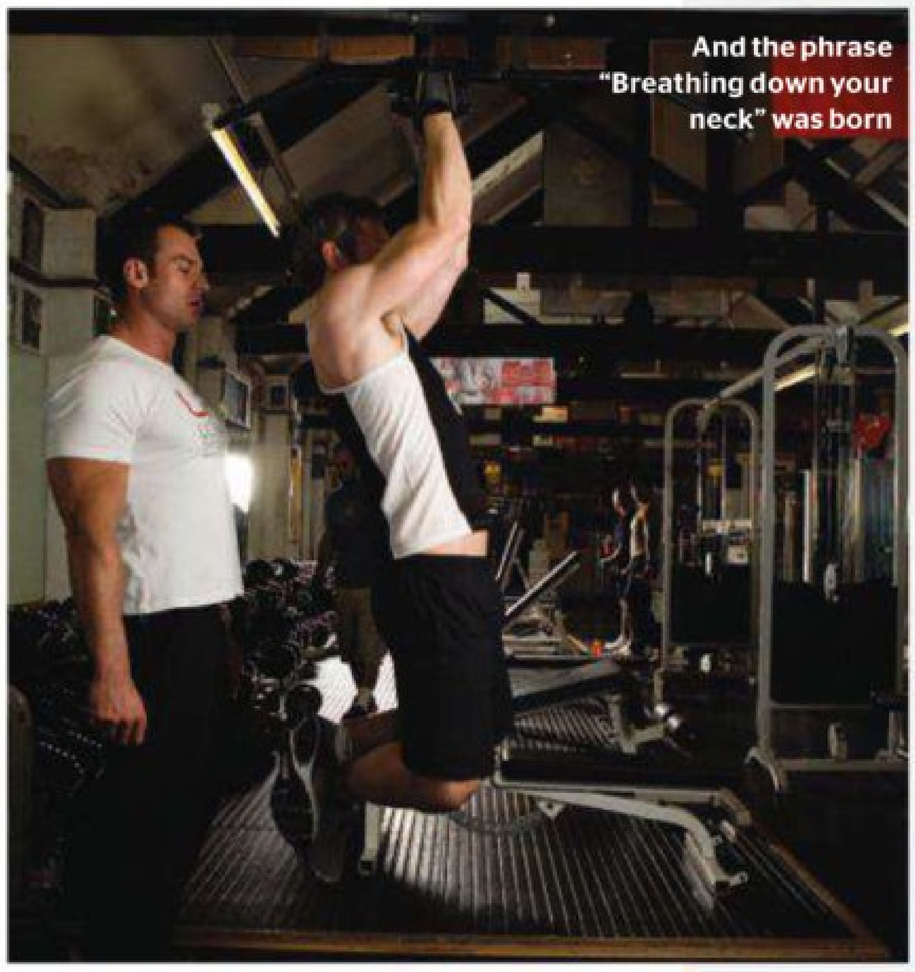
Nutri-gains

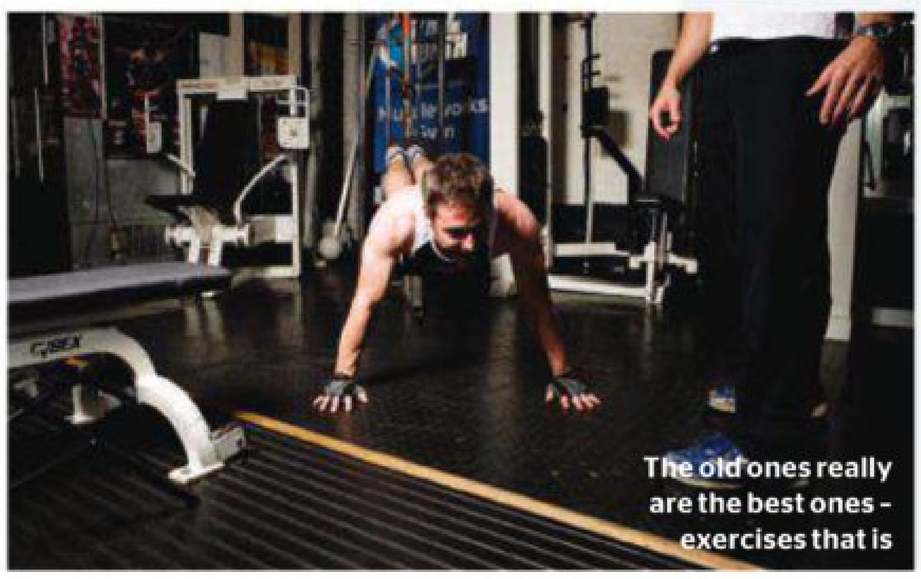
My diet had always been good, I thought. I got my five a day, ate wholemeal bread and pasta, enjoyed oily fish three times a week – all the classic healthy staples. But according to the facts gleaned from my skin folds, my body produced too much insulin to dispose of the carbs I ate, meaning they ended up being stored as fat. I also had an excess of cortisol commonly attributed to stress, all of which resulted in 25mm of belly fat, 22mm of love handles and a minor case of excess aromatase – that's man boobs to you and me.

So, to action: my morning porridge went out the window, to be replaced with a protein shake, lean meat and nuts (yes, that's meat and nuts, *for breakfast*). The rest of my meals were composed of lean protein with green vegetables and no carbs: no bread, no pasta, no potatoes, no pulses, no rice. Protein six times a day became a rhythm. I ate tuna straight from the tin, I poached turkey steaks by the dozen. Broccoli became my best friend. Eventually I stopped craving the toast, hummus and noodles that previously were my favourite

I'll never forget my baptism in circuits: I could barely walk









foods. A couple of times a week I was granted a carb meal to replenish my glycogen stores, but even that was limited to brown rice, boiled potatoes or fresh pasta. Pizza, like good credit, became something enjoyed by others. Added to that, I was taking so many supplements [see box] I swear I'd started to rattle.

Ages of man

You learn a lot about yourself when you're training at high intensity. Days, weeks, even months blur as the hours spent before and after training amount to little more than preparation and recovery. I had no sense of myself unless something hurt. When I missed two weeks for jury service, I could feel myself shrinking.

Everything was filtered through my training. Childhood self-doubt, deadlines at work, my hatred of Razorlight – it was all fuel for getting me through the endless workouts. And I don't mind saying that I faltered a couple of times. My age made the gains relatively slow. My wife was happy with the increasing physical change, but also worried as I occasionally became tired and slightly irritable, especially when I was feeling hungry. My social circle shrank, and at first I was spending an inordinate amount of time in front of the mirror.

But it was working. I was getting leaner and harder. I dropped a jean size, my fitted shirts were too small and my T-shirts started creeping up my body as my chest filled out. Despite being tired, I became more productive and focused. I managed to deal with my normal workload and organise a wedding while fitting in my training. And although I had the occasional night out, I found myself thinking twice before accepting invitations for a cheeky half after work or an impromptu gathering. My stag do took place a week before the shoot, and while I was the most sober person there I still had a great night. In short, I felt better equipped to deal with life.

Despite being tired, I became more focused and productive

Just before the day of my final photo-shoot, Nick took my skin-fold measurements for the last time. The flesh around my middle had gone down to 11mm and those unenamoured love handles had shrunk to 9mm. Best of all was my body fat reading, which had now halved to the magical, elusive 10%. Amazingly, I had only lost around 6kg in weight; my body composition had completely changed. The results of those stats are here in front of you.

I turned 40 in December, made it to the altar on time and got myself a cover-model body. It took me six months, the length of time until our annual cover model competition opens in July. If I can get into the shape of my life, so can you. There are no excuses, only opportunities.

Thanks to trainer Nick Mitchell. Nick's Ultimate Performance Centre is now open in the City of London. Visit upfitness.co.uk and nickmitchellblog.com



Turn over to see the workouts Wesley used to carve his body into the best shape ever!

PHOTOGRAPHY JOE PLIMMER (MAIN REPORTAGE), DAVID VENNI AT RED REPRESENTS (AFTER SHOOT), GRAEME SAPSED, STUDIO 33. STYLIST ERIC DOWN. GROOMING EMMA TURLE AT JOY GOODMAN, TWENTY8 HAIR & BEAUTY (TWENTY8SALON.CO.UK). DENIMS BY REPLAY (020 7713 9404)

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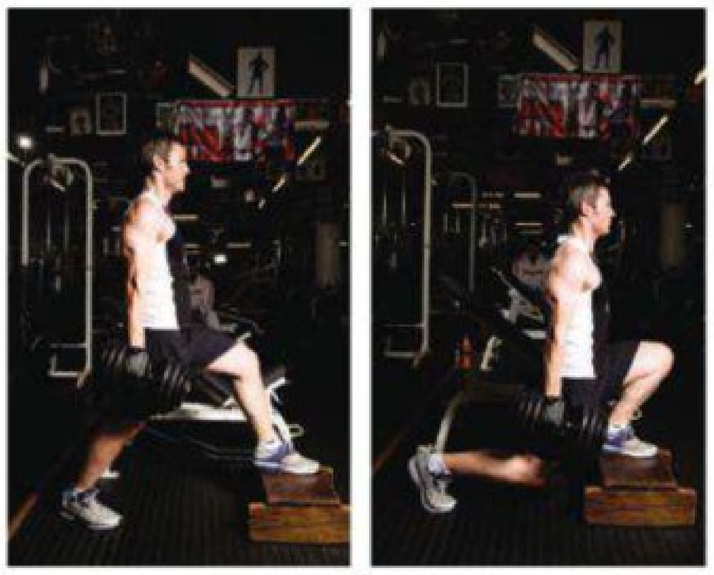
The Workout

This is a tough routine, but stay true to it and the results will come. Follow each group of exercises as a superset (ie do all sets of A1 and A2) before moving on to the next group. For full exercise descriptions, see menshealth.co.uk

A WORKOUT A

	Exercise	Sets/Reps	Rest
A1	**Front foot elevated dumb-bell split squats**	**4sets/8reps**	**10secs**
A2	Flat dumb-bell press	4sets/8reps	60secs
B1	Lying leg curl	4sets/8reps	10secs
B2	Calf raise	4sets/12reps	60 secs
C1	Bent over dumb-bell row	4sets/8reps	10secs
C2	Dips	4sets/8reps	10secs
C3	Crunches	4sets/8reps	75 secs
D1	Squat Push Press	8sets/8reps	15secs

A1 Front foot elevated dumb-bell split squats
Single leg movements help give you muscular balance, and the deep stretch of your knee over your foot helps stabilise the muscles within the joint.

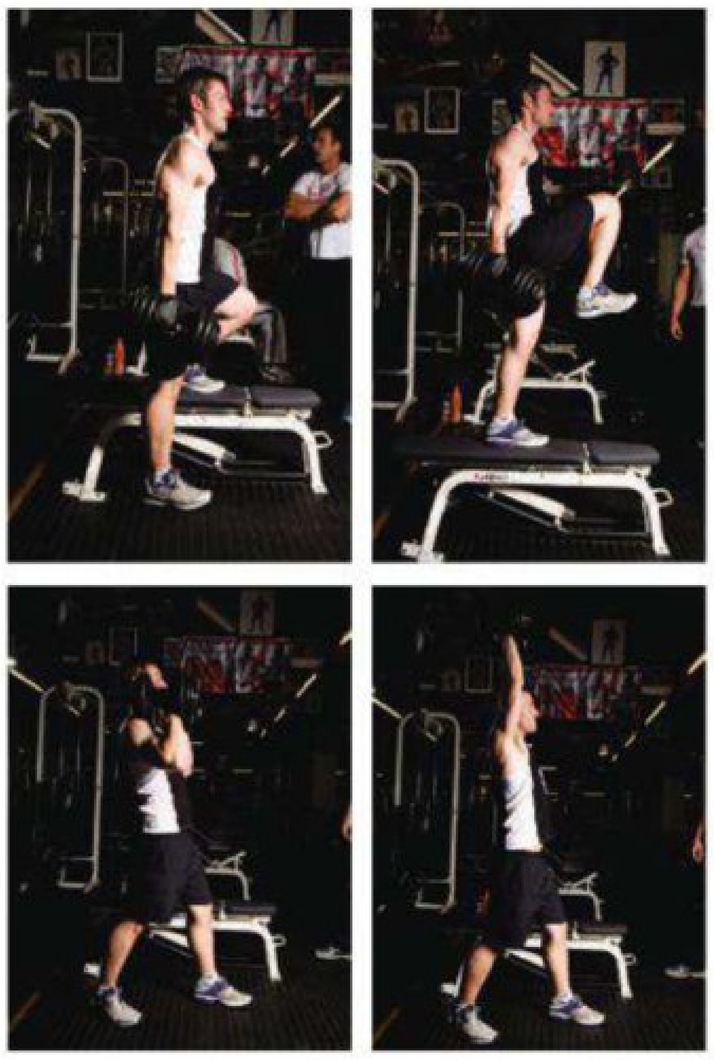


B WORKOUT B

	Exercise	Sets/Reps	Rest
A1	**Russian step-ups**	**3sets/15reps**	**10secs**
A2	Bar-bell deadlifts	3sets/15reps	10secs
A3	Donkey calf raises	3sets/15reps	90secs
B1	Wide-grip pulldown	3sets/15reps	10secs
B2	Incline dumb-bell press	3sets/15reps	20secs
B3	**Standing dumb-bell push press**	**3 sets/15reps**	**60secs**
C1	Dumb-bell hammer curls	3sets/12reps	10secs
C2	Decline EZ-bar curl tricep extensions	3sets/12reps	10secs
C3	Reverse crunches	3sets/15reps	75secs
D1	Squat push press	8 sets/8reps	15secs

A1 Russian step-ups
A tough metabolic exercise – but you'll really feel the fat-burning results. It also produces speed and power in the legs – good for sportsmen.

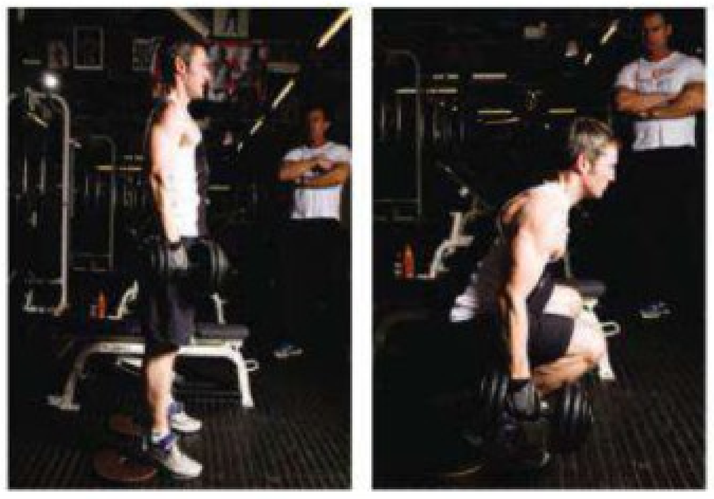
B3 Standing dumb-bell push press
This overloads your deltoids and means you can build really powerful shoulders – which will also help with other upper-body exercises.



C WORKOUT C

	Exercise	Sets/Reps	Rest
A1	**Dumb-bell squats**	**3sets/25reps**	**10secs**
A2	Shuffle jumps	3 sets/20reps	10secs
A3	Curl and press from floor	3 sets/15reps	45secs
A4	Press-ups	3sets/ 25reps	no rest
A5	Squat thrusts	3sets/50reps	5mins

A1 Dumb-bell squats
Using dumb-bells will reduce the pressure placed on your spine, meaning you're less likely to put your back out and scupper your training.



ENERGY SYSTEMS WORKOUTS

These cardio routines will blitz fat and keep your metabolism high, even on recovery days

Workout 1
Do 10 x 1 minute intervals (45 secs hard, 15 secs slow) on the rower then 20 mintues on the treadmill.

Workout 2
Do 5 x 1 minute intervals (45 secs hard, 15 secs slow) on the rower then 25 minutes on the exercise bike.

Workout 3
Choose your favourite cardio activity and do 30 minutes of intervals – 60 seconds hard, 60 seconds slow.

Your weekly schedule

Stick to this plan for quick results

Day 1	Workout A
Day 2	**Energy Systems Workout 1**
Day 3	Workout B
Day 4	**Energy Systems Workout 2**
Day 5	Workout C
Day 6	**Energy Systems Workout 3**
Day 7	OFF MH

Gym life, but not as you know it

Want to get fit and muscled without buying equipment or paying a membership? Then workout at home with our free and simple programme



WORDS RAY KLERCK. ILLUSTRATION BARRY DOWNARD, FLYING CHILLI

YOUR ACTION PLAN

WHAT? Consider this programme a free gym membership for life. All you need is a large, level area, such as a lounge, and your own bodyweight. It comprises 12 easy-to-learn exercises and their variants.

WHY? Want a 10% increase in strength? A study in the journal Aviation, Science and Environmental Medicine found the US Army's basic 6-week training, big on bodyweight moves, can produce just this. It doubles to 20% after another 6 weeks. If you need further convincing, pause at the gymnastics next time you're channel surfing. Without a gym membership between them, these guys develop huge arms, backs and shoulders. The jury's in: with the right kind of body weight training, you can develop just as much strength dependent power as with regular weight training, without having to put your hand in your pocket for a gym membership.

WHO? Anyone who wants to get in shape but is short on time, is going on holiday or just really doesn't want to go to the gym. ▶

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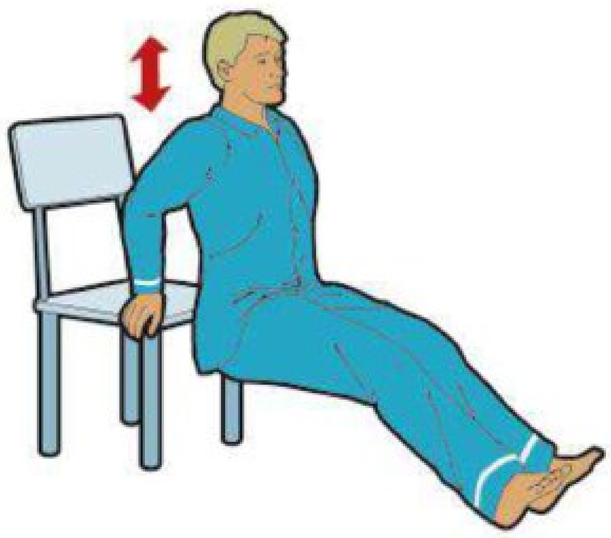
1 Dip

Sit on a chair and grasp the sides of the seat, palms facing you. Step forward until your legs are extended with a slight bend in your knees. Your arms should be straight, elbows unlocked. Bend your elbows to lower your glutes. Straighten your arms to press yourself back up to the start.

VARIATION

a) Chair Raise and Hold: set yourself as above but lift your feet slightly off the ground. Then, while supporting yourself with your arms, raise your backside off the chair, hold, then lower it.

GREAT FOR: BIG UPPER ARMS

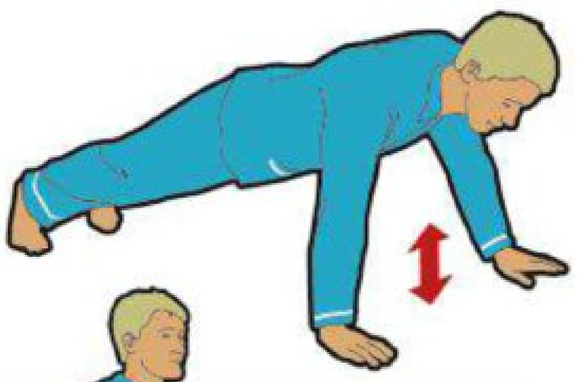


2 Press-up

Lie in the press-up position, arms straight but not locked. With a straight back, bend your elbows to lower yourself to the floor. Just before your chest touches the floor, push up the start position.

VARIATIONS

a) Incline: as above, but place your hands on a waist-height chair.
b) Decline: reverse of Incline; feet on a waist-height chair.
c) Side shuffle: slide your left arm out as far as possible to do a press-up then repeat on the other side.
d) Rotating: as normal, but when you straighten your arms, draw your right arm back and up so it's perpendicular to the floor. Return to the start and repeat on other side.
e) Close grip: feet as normal, but place your hands close together.
f) Superman: at the top of the press-up extend your right arm in front and left leg behind, hold for a second then return to the start.
g) Hand transfer: straighten your arms explosively at the top of the move to lift off the ground. Land with hands together beneath your chest. Repeat landing with hands in the original wide position.
h) One arm: exactly that.



3 Burpee

Start in a press-up position, then hop your legs forward towards your hands and jump straight up, extending your arms above your head. After landing, crouch down and return to press-up position.



4 Bounds

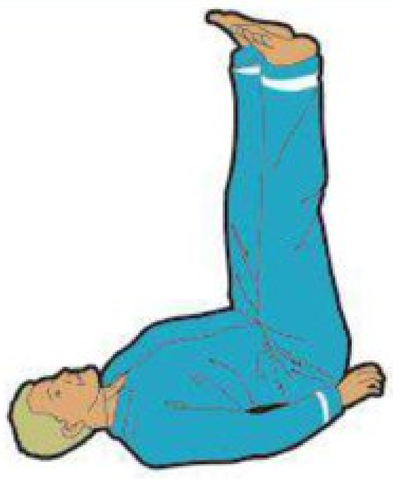
With one leg lifted, knee bent at roughly 90 degrees, bound up and forward, landing on the other leg (the bent one, straightened out again) and then jumping again immediately. Focus on taking long strides and jumping as high as possible.



menshealth.co.uk

5 Leg raise

Lie on your back with your arms at your sides. Straighten your legs and position them together. Raise your legs until they are at 90 degrees to the floor. Pause, then lower them back the start: don't rest them on the floor.



6 Pull-up

If you can't find a chin-up bar or sturdy branch then use a solid door. Wedge it open securely (or it'll close on your fingers) and grasp the top, resting the front of your body against it. Perform your pull-up as normal. Alternatively, visit door-gym.co.uk for their range of products.



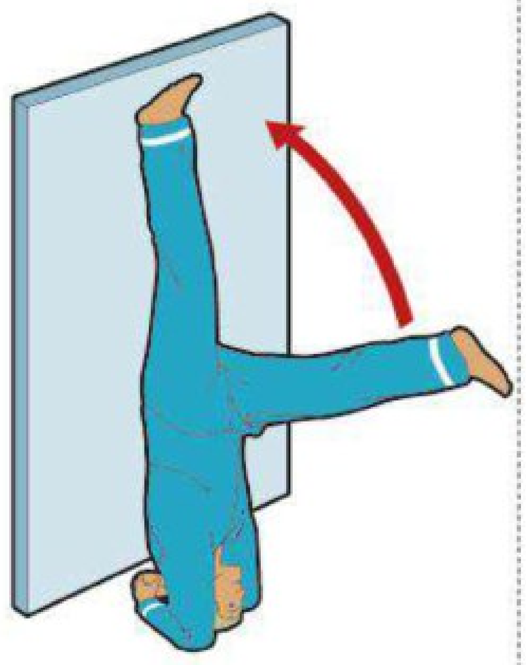
7 Handstand prep

Interlock your fingers and place your hands on the floor 5cm from a wall. Resting on your forearms, kick with one leg, extending your body until it rests against the wall. Focus on keeping your body straight against the wall.

VARIATIONS

a) Handstand: as above, but with hands on the floor instead of your forearms.

b) Press-up: once in the handstand position, bend your elbows to lower your head to the ground. Straighten the return to the start position.



8 Squat

Stand with feet shoulder-width apart. Bend your hips and knees to lower yourself until your thighs touch your calves. Keep your back straight and look forward, knees in line with your feet. Rise up until your knees are almost straight.

VARIATIONS

a) Jump: as above, but jump up at the end of the move.

b) Tuck jump: bring your knees to your chest when you're in the air.

c) One-legged: as normal, but on one leg. Hold onto a railing or sofa for support.



9 Alternating lunge

Stand with your feet hip-width apart. Take a giant step forward with your left foot and bend your left knee until your left thigh is parallel to the floor. Keep your back straight. Reverse the motion to the start. Repeat the lunge with your right leg.

VARIATIONS

a) Walking: do the same as above, but keep moving forward.

b) Jump: from the lunge position, change legs by jumping in the air.



10 Vertical jump

Stand side-on to a wall, with a piece of chalk in the hand next to the wall. Reach straight up and make a mark, then jump as high as you can and mark the wall. Measure the distance between the two chalk marks and record your score.

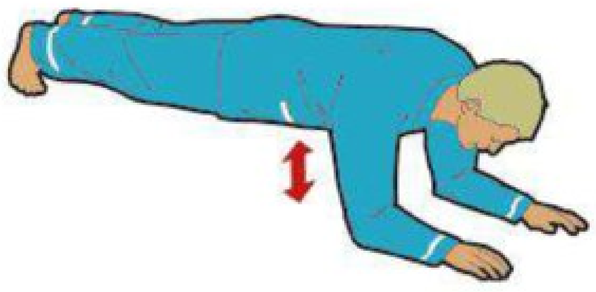


11 Plank

Lie face down on the floor with your legs straight and together. Set your hands beneath your chest so your body weight rests on your forearms. Keep these parallel to each other.

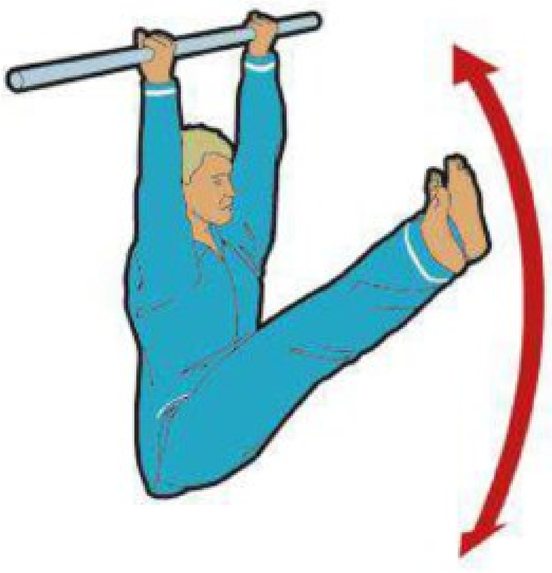
Raise your body onto your elbows and feet so your body forms a straight line from ankles to shoulders. Hold, then lower to the start position. Tense your abs and hold for a longer period of time to increase the difficulty.





12 Hanging leg raise

Hang from a pull-up bar or doorway with an overhand grip and your arms straight, shoulder-width apart. Place your feet together and use your abdominal muscles to raise your feet upward, in an arc, until they are in line with your hands. If you're struggling, put your feet slightly behind you and swing a little to gain momentum. Try to pause at the top of the movement and slowly lower your feet to the start position. MH



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Storeking.com

Be prepared for anything

In just 3 weeks, build a body permanently ready for whatever your days (and nights) throw at you



YOUR ACTION PLAN

WHAT?
A full-body plan that goes beyond aesthetics to develop real-world functional strength and fitness. Moving house? DIY? Three-line whip for the annual work match? This plan makes sure that you're ready for everything.

WHY?
Mixing workouts and challenges to create a plan that prepares you for the rigours of daily life.

HOW?
You'll first master strength conditioning exercises. Then, you'll improve your overall fitness by pairing power moves with sprints. In Week 3, you'll take on an intense athletic drill to train your entire body for strength and speed. Finally, you'll test yourself again and be amazed at your improvement.

WHO?
The workouts – by Ross Sherman, senior exercise physiologist and sports science consultant at Kingston University, London – are designed so the average man can get above-average performance from his physique.

WHEN?
Complete 3 workouts a week, resting at least a day between sessions.



How fit are you? Test yourself and find out...

We've devised a small series of athletic challenges to show how you improve with this plan. Rest for 1min between each of the interval sprints, and give yourself time to rest between all the exercises. Bodyweight squats are dumb-bell squats (see below) without a weight. Hanging leg raises start in the pull-up position (see overleaf); then you lift your knees as high as you can and lower them. You may need to do the sprints on a separate day for the Before test; but 3 weeks later for the After test, you'll be able to do the whole thing in one.

	Press-ups Max reps in 1min	Hanging leg raises Max reps in 1min	Bodyweight squats Max reps in 1min	Star jumps Max reps in 1min	Interval sprints Total time (exclude rest) for 6 x 45m
BEFORE					
AFTER					

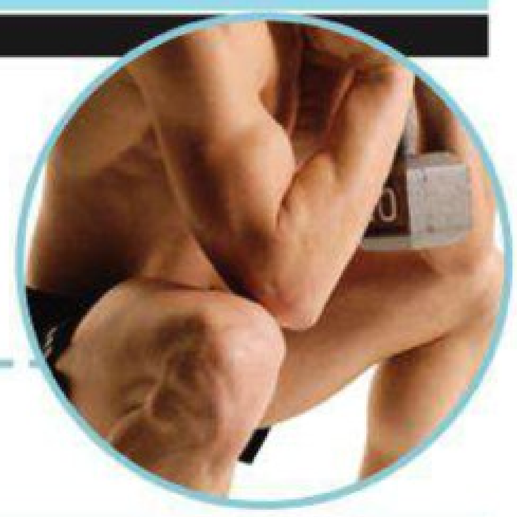
THE MOVES

1 DUMB-BELL SQUAT

Hold a heavy dumb-bell at one end with both hands, and lift it level with your neck (A). With your elbows pointing down and your back straight, bend at the hips and knees to lower your body until your thighs are at least parallel to the floor (B). Return to the start.





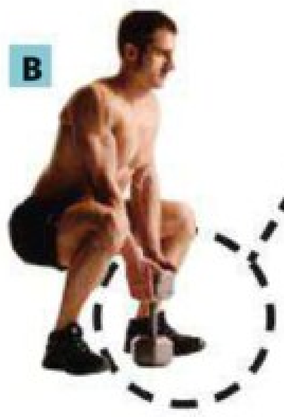


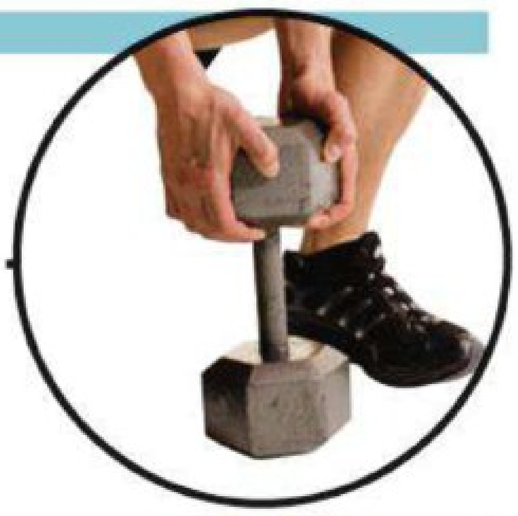
Slide your elbows past your knees.

2 DUMB-BELL DEADLIFT

Stand holding a heavy dumb-bell at one end with both hands, with your arms hanging down in front of you (A). With your chest up and shoulders back, bend your knees and lower your body until the weight touches the floor (B). Return to the starting point.



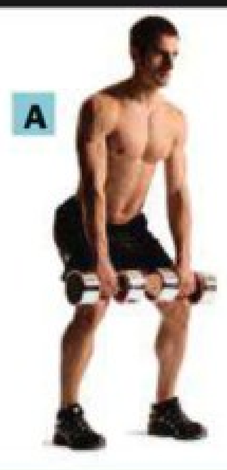




Be sure to touch the weight to the floor in every rep

3 DUMB-BELL CLEAN AND PRESS

From the starting position (A), dip your hips and explode upward, pulling the weights up. As the weights come close to your chest, dip under and "catch" them on top of your shoulders (B). Stand, press the dumb-bells overhead (C) and then reverse the move.







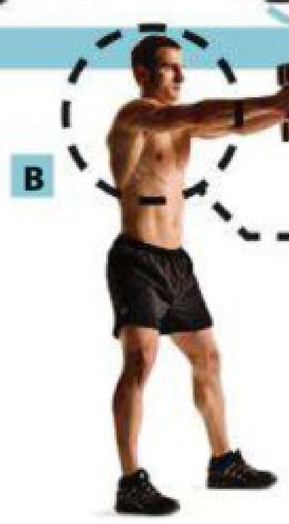


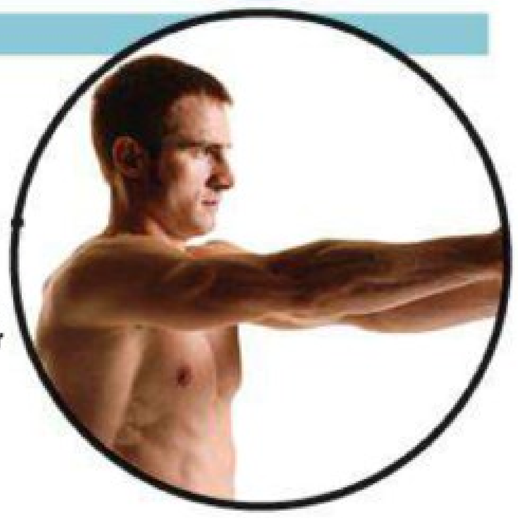
Push the weight up forcefully, rising onto your toes

4 DUMB-BELL SWING

Stand holding a dumb-bell with both hands on the bar. Push your hips back and lower the weight between your legs until it's under your glutes. Drive back up to a standing position and swing the weight up, keeping your arms straight (B). Then go back to the start. ►







Raise the weight until your arms are parallel to the floor

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The Moves

5 PULL-UP

Grab a pull-up bar with an overhand grip, hands slightly more than shoulder-width apart. Hang with your arms straight (A) and pull your shoulder blades down. Pull yourself up (B) in a controlled manner, and then lower back to the starting position.

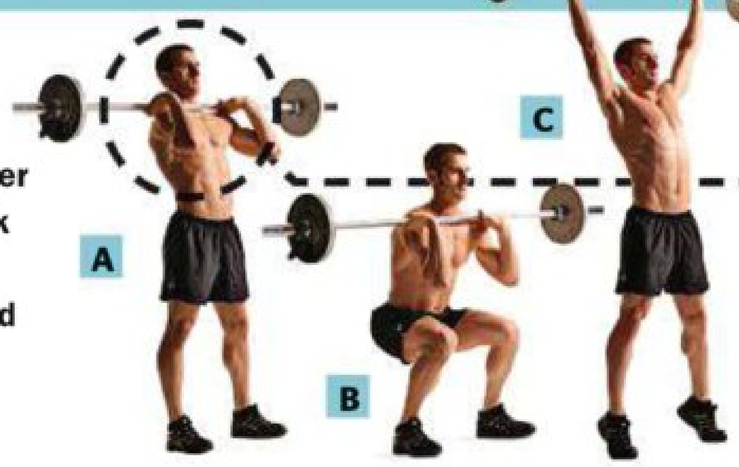


Pull yourself up so the top of your chest is even with the bar



6 FRONT SQUAT TO PUSH PRESS

Stand holding a bar-bell across the front of your shoulders and bring your elbows forward (A). Push your hips back and then bend your knees to lower your body (B). Now quickly stand back up while pushing the bar above your head until your arms are fully extended (C). Lower the weight to the star position: that's 1 rep...

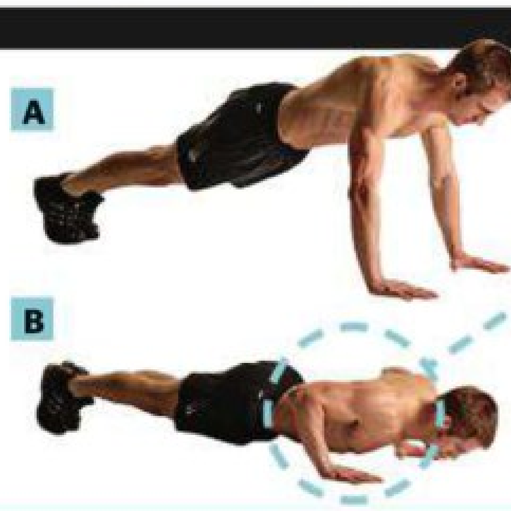


Keep your upper arms parallel to the floor as you squat



7 PRESS-UP

Assume the classic press-up position: legs straight, hands beneath your shoulders (A). Keep your body rigid and bend your arms to lower yourself until your chest is just off the floor (B). Then push up until your arms are extended.

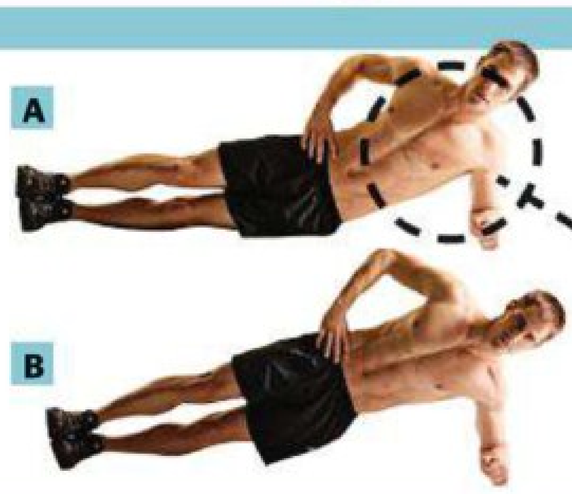


Keep your back flat and your chin down



8 SIDE BRIDGE

Lie on your side with your forearm on the floor under your shoulder and your feet stacked. Contract your glutes and abs (A). Push your hips off the floor, creating a straight line from ankle to shoulder and keeping your head in line with your spine (B). Hold for 20-30 seconds and repeat on the other side.



Place your elbow directly beneath your shoulder



Three weeks to a brand-new, handle-anything body: your training schedule

WEEK 1

Perform each exercise in the order shown. Complete 1 set of 8-10 reps for each move, except for the side bridge, which you should perform for 20-30 seconds on each side, as noted. Rest for 60 seconds between each set. If you can't get through all the reps, then either lower the weight/reps/time or add assistance (in the case of the pull-up). But remember to push yourself to the limit at all times. In all weeks you should do 3 sessions, with at least a day of rest and recovery in between.

WEEK 2

This week, you'll concentrate just on the strength moves and immediately follow them up with a short sprint – this is known as a "double". For each sprint, run flat out for 8-15secs and then go back to the starting point and rest 1min before the next move.

Day 1 and 3 Do 2 doubles of 20 dumb-bell squats and a sprint, and 2 doubles of 12 press-ups and a sprint.

Day 2 Perform 2 doubles of 20 dumb-bell swings and a sprint, and 2 doubles of 8 pull-ups and a sprint.

WEEK 3

From doubles to triples: a lower-body exercise then an upper-body exercise, chased with a sprint – the same hard, 8-15 second sprint. Perform each triple 6 times, resting 1min between triples. Yes, 6: this is PT Hardcore after all.

Day 1 Perform 20 squats, followed by 12 press-ups and a sprint.

Day 2 Do 25 dumb-bell swings, 12 clean-and-presses and a sprint.

Day 3 Perform 25 reps of the front squat-to-push press, followed by 20 press-ups and a sprint. MH

WORDS ROSS HERMAN. RAY KLERCK. PHOTOGRAPHY XXX

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Hold it right there

Static training will build strength and bulk without you ever having to move a muscle



YOUR ACTION PLAN

WHAT?
You'll do a full body routine that will train your muscles without moving them – too much.

WHY?
Giving your muscles new stimuli is the secret to triggering new growth. Studies in the Journal of Physiology Education found that static training was as good as dynamic training at building muscle and strength.

HOW?
Muscles grow in proportion to the tension they're placed under. Instead of bringing a bicep curl all the way up, you'll stop when your forearm and upper arm are at 90 degrees to each other, then hold it there for 20secs.

WHEN?
This workout, designed by strength coach Colin Allan (zero2xs.com), should be performed 3 times a week. Try it for a month then revert back to your old routine.

WHO?
Whether you want to grow a specific body part, are short on time, or only have access to light weights, this technique will give you maximum results.

Freeze frame for a statuesque physique

PHOTOGRAPHY LEVON BISS. MODEL KEVIN DIXON AT MOT MODELS. GROOMING CHERLE MICHELLE AT ARTISTIC LICENCE. DIGITAL IMAGING BAYEAUX.CO.UK

The static principles

1. Repetitions
Warm-up with 2 x 12 reps of each static exercise. Then do 2 sets of static holds, each lasting 20secs. At the end of each static set, reduce the weight by 40% and perform a drop set of 6 full reps to completely exhaust your muscles.

2. Speed
Take 2secs to lift the weight and 2secs to lower it during the warm-up. Speed this up during the drop sets to 1sec.

3. Intensity
You can hold a bigger weight than you can lift, so don't back off and use a light one. Hold it for more than 20secs then increase it by 10-30%.

4. Rest
Have 2 minutes rest between sets.

TRAINING SCHEDULE

Do this workout 3 times a week resting for 2 minutes between each set

EXERCISES	SETS	REPS
1. Smith machine flat bench press	4	12, 12, 20s, 20s
2. Leg extensions	4	12, 12, 20s, 20s
3. Seated cable rows	4	12, 12, 20s, 20s
4. Machine hamstring curls	4	12, 12, 20s, 20s
5. Dips	4	12, 12, 20s, 20s
6. Dumb-bell upright rows	4	12, 12, 20s, 20s
7. Lateral raises	4	12, 12, 20s, 20s
8. Bar-bell biceps curl	4	12, 12, 20s, 20s
9. Seated calf raises	4	12, 12, 20s, 20s

Your static workout starts here

1 SMITH MACHINE FLAT BENCH PRESS

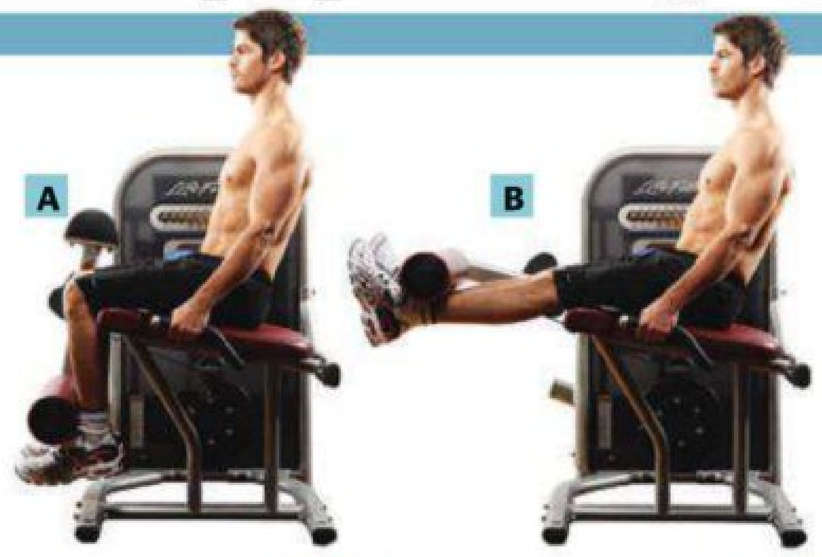
Place a flat bench beneath a Smith machine. Lie face up on the bench and place your hands on the bar slightly wider than shoulder-width apart **(A)**. Lift and turn the bar-bell off the supports. Lower it towards the middle of your chest. Stop when the bar is about 20-30cm above your chest **(B)**. Hold for 20secs.



Set	Reps	Weight
1		
2		
3		
4		

2 LEG EXTENSIONS

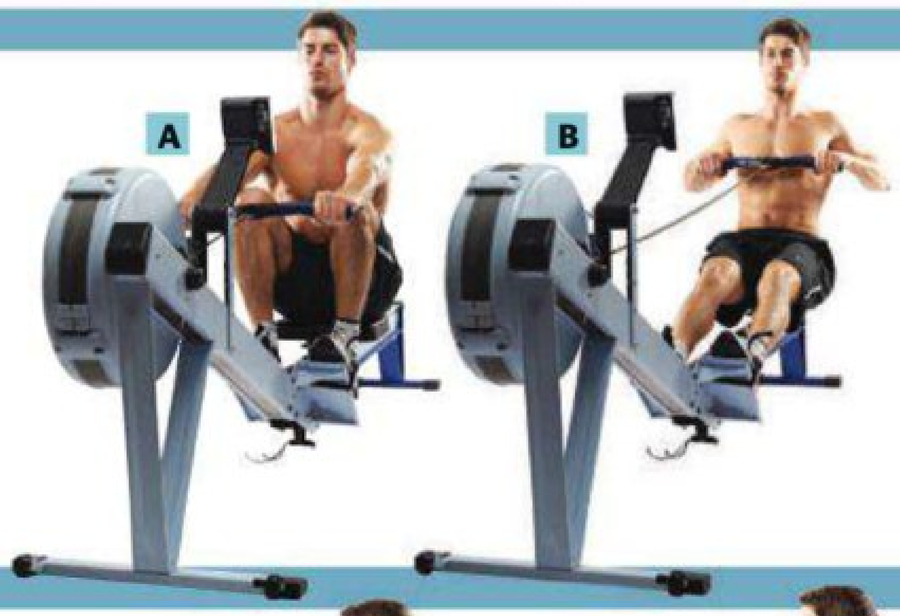
Sit with your ankles tucked under the footpads **(A)**. Extend your legs only half of the way up and not fully locked **(B)**. Hold for 20secs then lower to the start. A study in *Medicine & Science in Sports & Exercise* found cranking out partial reps resulted in equal, and in some cases greater, strength gains than full-range reps.



Set	Reps	Weight
1		
2		
3		
4		

3 SEATED CABLE ROWS

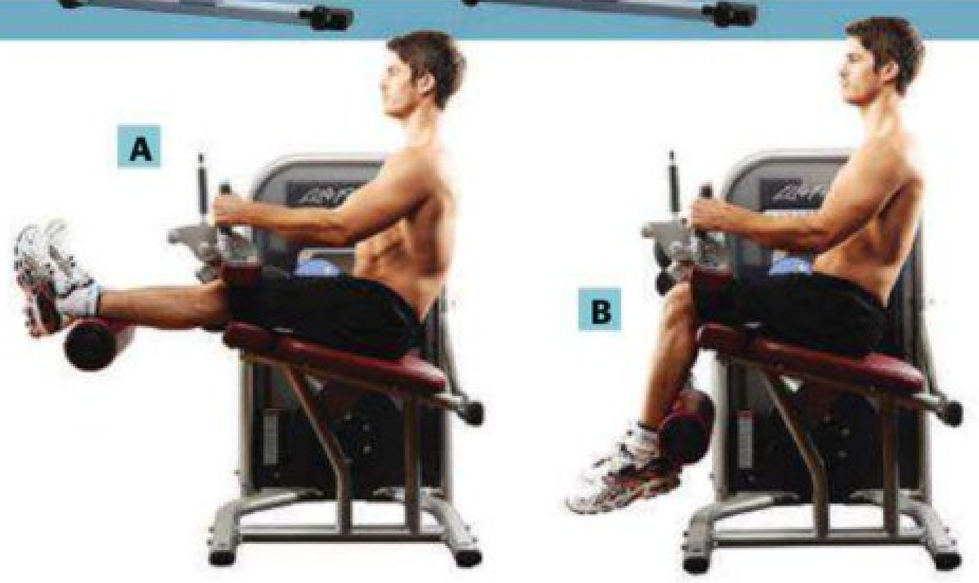
Sit on the seated rowing machine and grip handles firmly with your palms facing each other **(A)**. Keep a slight bend in your knees and your back straight. Bend your elbows to pull the weight towards you. Stop when your hands are 10cm from your chest **(B)**. Don't let go of the handles and hold it right there for 20secs.



Set	Reps	Weight
1		
2		
3		
4		

4 MACHINE HAMSTRING CURLS

Stand at a hamstring curl machine. Keep your knees bent with the Achilles of your left ankle resting on the pads **(A)**. Bend your knee to curl your foot towards your glutes **(B)**. Hold for 20secs then lower. "This will improve your ability to come to a dead stop when you're on the sports pitch," says Allan. Repeat on the other leg. ►

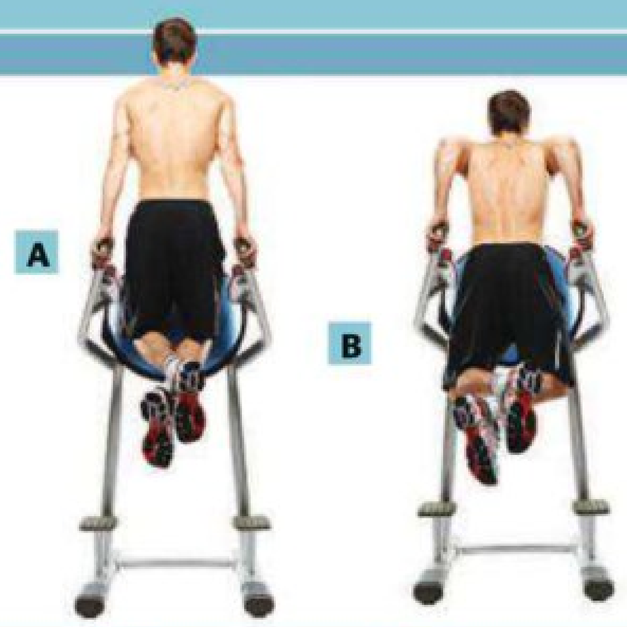


Set	Reps	Weight
1		
2		
3		
4		

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5 DIPS

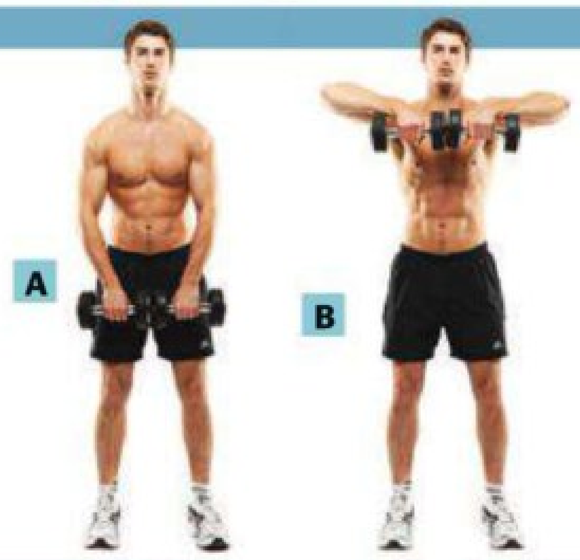
Grab the bars of a dip station and lift yourself up. Bend your knees and hold a dumb-bell between your ankles **(A)**. Lower yourself until your elbows are bent just above 90 degrees **(B)**. Hold this position for 20secs then press yourself back up. "This move is the equivalent of an upper body squat," says Allan.



Set	Reps	Weight
1		
2		
3		
4		

6 DUMB-BELL UPRIGHT ROWS

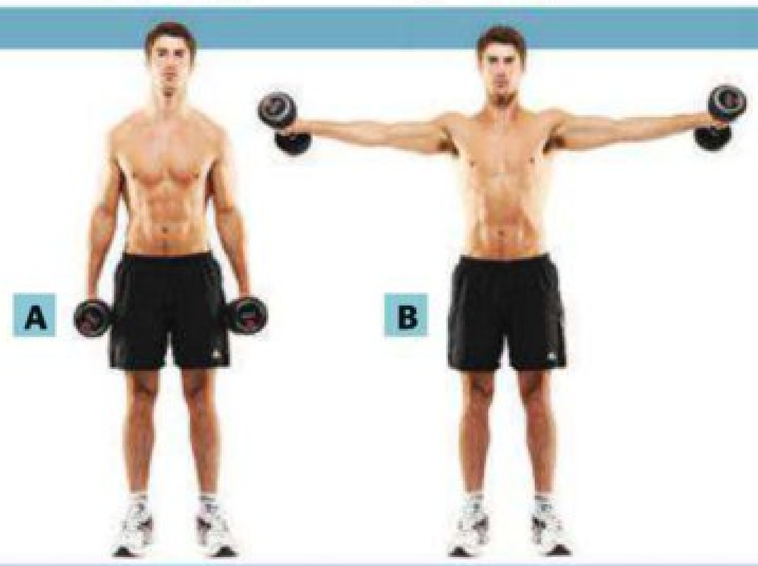
Stand with your feet shoulder-width apart and hold a dumb-bell in each hand at arm's length in front of you **(A)**. Raise the weights straight up, keeping your palms facing your body, until they're just below your chin **(B)**. Do it slowly, over-enthusiasm could land you one on the jaw. Hold this position for 20secs then release.



Set	Reps	Weight
1		
2		
3		
4		

7 LATERAL RAISES

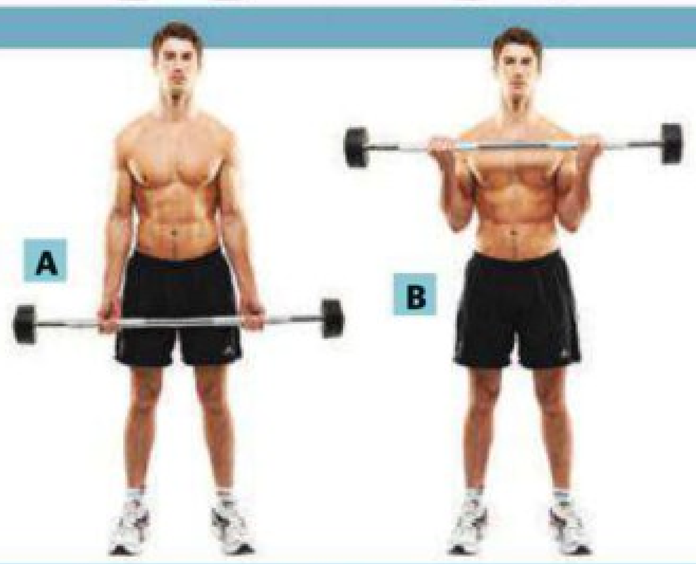
Stand with your feet shoulder-width apart holding a dumb-bell in each hand. Let the weights hang at your sides and keep a slight bend in your elbows with your palms facing each other **(A)**. Raise your arms straight out to your sides **(B)**. Stop when the weights are level with the tops of your shoulders and hold for 20secs. Lower them along the same path to repeat.



Set	Reps	Weight
1		
2		
3		
4		

8 BARBELL BICEPS CURL

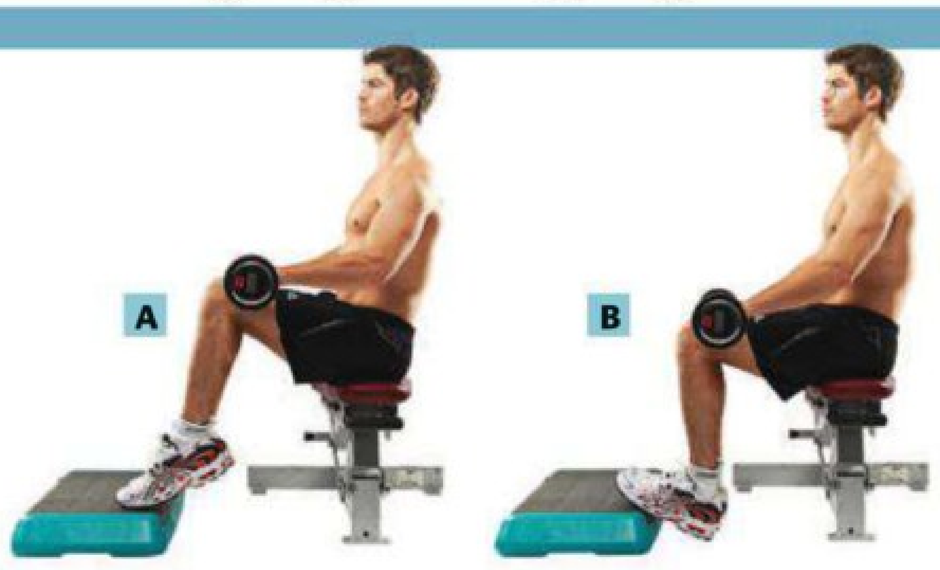
Stand with your feet shoulder-width apart holding a barbell with an underhand grip, keeping your upper arms tucked against your sides **(A)**. Bend your elbows to curl the weight up until your upper arm and forearm are at 90 degrees to each other **(B)**. Hold there for 20secs. Slowly lower to the start position.



Set	Reps	Weight
1		
2		
3		
4		

8 SEATED CALF RAISES

Sit on the edge of a bench and place a bar-bell across your knees. Place your feet on the edge of a platform or stack weight plates **(A)**. Rise up onto your toes so that your heels lift off the platform and you lift the bar-bell **(B)**. Hold the position for 20secs then lower to the start. Your calves will soon mature into fully grown bulls. MH



Set	Reps	Weight
1		
2		
3		
4		

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Get intense

Gone are the days of hours on the treadmill: keep it short and sharp to achieve your fat-burning goals

YOUR ACTION PLAN

WHAT?

We coach you in High Intensity Training (HIT): shorter, more focused cardio sessions. These 3 workouts will yield the best possible results.

WHY?

A 2007 study at Florida State University found that those who did HIT cardio burned 10% more calories after exercise than an interval training group. Need we say more?

WHO?

Neil Odell, a personal training lecturer at Premier Training International, designed this workout.

HOW?

"Intervals have you alternating between 70% effort and 50% recovery whereas HIT has you at 90% of your full effort," says Odell. If you can work longer than what's recommended then you're not working at a high enough intensity.

WHEN?

Do the same workout 2-3 times a week with a day's rest between each. To really put yourself under pressure alternate between the workouts.

A THE BEGINNER'S HIT

WHAT TO DO

Step 1 Warm up for 5 minutes on a spinning bike and increase speed gradually.

Step 2 Do a short warm-up sprint on the spinning bike of 10 seconds at your maximum speed (90-100% of full effort) – this is the pace at which you are going to be doing the rest of the cycling. After this, do a slow cycle for 1 minute to recover.

Step 3 Cycle for 30 seconds at your maximum speed then cycle slowly for 3-4 minutes to recover. Repeat 4-5 times.

Step 4 Cool down with a slow cycle for 5 minutes.

CHALLENGING CHANGE-UP

"Take a recovery ride for 2 minutes after each sprint on the bike and then perform 12 reps of a resistance exercise for your upper body. Try shoulder presses, bent-over rows or dumb-bell bench presses," says Odell.

TOTAL TIME

Approximately 30 minutes.

TIP

"The stationary bike will take time to speed up, so do not count this as part of the sprint time – only start the clock once the machine is up to speed," says Odell.



If you want to shred fat, join the HIT parade



B THE SPORTS SPECIFIC HIT

WHAT TO DO

Step 1 Warm up slowly for 5 minutes.

Step 2 Do a 10 second warm-up sprint at your maximum speed (90-100% of full effort) – the pace at which you will do the rest of the sprints. Jog for 1 minute to recover.

Step 3 Repeat the following circuit 4-7 times. Sprint for 10 seconds, jog for 5 seconds. Sprint for 5 seconds, jog for 10 seconds. Sprint for 15 seconds, jog for 10 seconds. Sprint for 20 seconds, jog for 10 seconds. Mix it up like this for 2 minutes then jog slowly for 3-4 minutes to recover.

Step 4 Cool down with a 5-minute slow jog.

CHALLENGING CHANGE-UP

"Try using a different machine for the warm-up and recovery periods for a more balanced workout," says Odell.

TOTAL TIME

30-50 minutes

TIP

"Perform the drills outside (as the treadmill will take too long to speed up and slow down) while wearing the same footwear you would use in a match," says Odell.

C THE PAIN THRESHOLD HIT

WHAT TO DO

Step 1 Row slowly for 5 minutes to warm up.

Step 2 Do a 10 second warm-up sprint at your maximum speed (90-100% of full effort) – the pace at which you will do the rest of the sprints. Row slowly for 1 minute to recover.

Step 3 Repeat the following circuit 3-4 times. Sprint on the rower for 10 seconds at your maximum speed then row slowly for 20 seconds. Sprint on the rower for 20 seconds, then row slowly for 40 seconds. Sprint on the rower for 40 seconds then row slowly for 3-4 minutes.

Step 4 Cool down with a 5-minute slow row.

CHALLENGING CHANGE-UP

"After each set increase the resistance on the rower by one notch. You'll be warmed up enough to do progressively more work, which will increase the amount of fat you burn," says Odell.

TOTAL TIME

Approximately 40 minutes.

TIP

By the final sets your muscles will be ablaze with pain and calling for you to stop but don't give in. Rowing slowly will help get the lactic acid, the stuff responsible for the burn, out of your muscles faster than if you stop, so you'll recover faster and the pain will disappear quicker," says Odell.

WORDS RAY KLERCK. ILLUSTRATION OLIVER BURSTON

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Cometh the hour...

Your work schedule decides when you can train so here's the best exercise type for each time slot to maximise your results

1 06:00-07:00

BURN FAT

Why? Bleary-eyed exercise helps you fry off fat faster than bacon under a grill. A study in the journal *Medicine and Science in Sports and Exercise* found that a kilo of fat is burned quicker by exercising on an empty stomach in the morning. Also, research by the American Council on Exercise found morning exercisers are more likely to stick to their regimes. As the day goes on, it's easy to make excuses as to why you can't exercise.

What to do? For a full-body fat-zapping workout do 30-40 minutes of interval training on several different cardio machines. Alternate between 40 seconds of all out effort and 2 minutes of rest.

2 08:00-10:00

FIGHT TIME

Why? Put your gloves on and get stuck into the nearest punch bag. A study in *Physiology & Behaviour* found that your levels of testosterone – the hormone linked to male traits such as aggression – are highest in the morning. Not so good if you hate hearing the postman whistling but perfect for fuelling a boxing or martial arts session.

What to do? Punch for 2 minutes then rest for 1 minute – that's one round. You'll burn 24 calories per round so the quantity you do will determine how quickly you drop down to your fighting weight.

3 13:00-14:00

BOOST YOUR PERFORMANCE

Why? Research at the University of North Texas found your aerobic capacity is 4% higher in the afternoon. It's likely this is your lunch hour so you'll want maximum results in minimal time – cue interval training. A study in the *Journal of Physiology* found short bursts of intense exercise have the same results as endurance training.

What to do? Do 4-6 sets of 30-second bursts of "all out" cycling or running separated by 4 minutes of recovery. "It's very time-efficient," said Martin Gibala, associate professor of kinesiology at McMaster University, Canada.



Old Father Time, your ideal spotter

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4 17:00-18:00

ON YOUR BIKE

Why? The best time to cycle is at the end of the working day,and not just because it's quicker than the bus. A University of Wisconsin study had athletes do three 30-minute bouts on a bike at 65% of their maximum heart rate. They did a workout in the morning (5-7am), one at midday (11-1pm) and one in the evening (5-7pm). Evening training raised metabolisms the highest. That's worth a couple of pints.

What to do? Cycle (or run) at an easy pace for 30-40 minutes. Stanford University School of Medicine research found it will ease stress, improve your ability to sleep and reduce the time it takes you to drop off to sleep by half.

5 18:00-20:00

PUMP IRON

Why? A *Medicine and Science in Sports and Exercise* study found more weight is lifted in the evening. A *Journal of Clinical Endocrinology & Metabolism* study found that lower levels of the muscle-cannibalising hormone cortisol make this the ideal time to build muscle.

What to do? Do 3 sets of 10 reps of these as a circuit and rest for 45 seconds after each.

1. Standing lat pull-downs
2. Seated cable cross-overs
3. Arnold presses
4. Single-leg curls
5. Single-leg extensions
6. Seated cable cross-overs
7. Bar-bell curls
8. Incline tricep extensions

ILLUSTRATION OLIVER BURSTON

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Future muscle

Use these experts' forecasts about the shape of things to come and propel your fitness into the next decade

Robot personal trainers? Gyms that look like spaceship sets from *Star Wars*? An eradication of athlete's foot? The future may be uncertain but one thing is for sure: there will be a slew of fitness trends and equipment manufacturers all vying for your hard-earned cash. That's why we asked four experts to read their training tarots and make two predictions each about the future of fitness. These prophecies will let you glimpse tomorrow's world so you'll know what to expect. You'll never have to waste your money on expensive supplements or fancy fitness equipment again.



And you thought *your* current personal trainer had a bad sense of humour...

PREDICTION 1 DATA-LED WORKOUTS

"While you train, computers will tell you how much energy you need and what intensity is right for your body. Feedback will be sent, via your phone, to your remote wellbeing professional or trainer so they can tell you what adjustments to make to your diet and training."

Use it The tech is almost here. Suunto's T6 Heart Rate Monitor (suunto.com) stores data like heart and respiration rate, and can be plugged into your PC so you can fine-tune your performance. Also try a Ki Fit armband (kiperformance.co.uk) to track the calories you burn.

PREDICTION 2 UNUSUAL LIFTING

"Gyms will become performance centres, littered with strength training gear and unconventional equipment such as sandbags, tyres, ropes and chains with areas for plyometrics and sledge dragging."

Use it When you're looking for a new gym, watch out for novel equipment you haven't seen before. London's Ultimate Performance Gym (upfitness.co.uk) already has this but soon it will become the norm. New kit will challenge your body and stop you getting into a training rut.



By BEN JONES
Qualifications Physiologist and personal trainer; director of BlueSkies Fitness Ltd (blueskiesfitness.com).

PREDICTION 1 LIMITS REVEALED

"Before you train there will be a computerised scan to find out what capacity you have to exercise. Harley Street Cardiology already use electrocardiograms to test your heart and lungs' ability to exercise at specific levels. More accessible versions of this will become common in gyms."

Use it Listen to your inbuilt computer: your brain. If you feel sluggish, reduce your training load by 40% and mop up efforts afterwards with a vegetable and protein fix, like a Caesar salad. If you're energetic, push old limits – but that's not a licence to eat Maccy-Ds afterwards.

PREDICTION 2 IN SHAPE FOR LIFE

"Gym-goers will increasingly use free weights and new types of machine exercises to mimic the strength needed in daily life. Technogym has already come up with a machine for this called Kinesis (technogym.com). It's a series of cables placed at four different levels that provides resistance from every angle in every movement possible."

Use it Don't limit yourself to the moves you were shown during your gym induction – get inventive. Think about what you need your strength for and train accordingly.



By DR MARK BELLAMY
Qualifications Doctor of psychology; developer of the Powerbag weight training system; assists the armed forces.

PREDICTION 1 NO MORE MIDDLE MEN

"There'll be a rise in self-skilling thanks to the internet. Ordinary guys will do interactive exercise courses to get unfiltered information so they can decide how to achieve training goals, rather than pay somebody to do it for them."

Use it You're already educating yourself by reading this magazine but take it a step further by doing an i-Course (crossfitlondonuk.com) that'll teach you the skills needed for the price of a single personal training session. You'll buy the fishing rod instead of the fish.

PREDICTION 2 HIGH-TECH WORKOUT SUITS

"Your full-body skin suits will be embedded with sensors linked to your watch or iPod that'll tell you if you're working a specific muscle at its optimum level. Prototypes are being tested at UCLA and are flexible suits loaded with sensors that measure the efficiency of muscle movement. Soon, you'll be able to work a muscle at 100% capacity."

Use it For now, focus on your muscles as you train and if you don't feel a muscle is being properly tested, adjust your form. For example, if bicep curls aren't working for you, adjust to a hammer hold so you lift a greater weight.



By ANDREW STEMLER
Qualifications Sports scientist with 12 years experience in the fitness industry; head trainer for CrossFit, London.

PREDICTION 1 TEST TUBE ASSESSMENTS

"Trainers will use lab tests to assess clients. These will analyse hormone levels, sleep patterns, digestion and your ability to get rid of toxins. This will figure out why you are storing fat or not performing at your optimum. Trainers can then give advice on diet, supplements and training."

Use it Visit genovadiagnostics.com to get info about your body. They'll test to see if your hormones are out of whack and tell you how to correct it so you can perform at your peak.

PREDICTION 2 AFFORDABLE DNA CHECKS

"You'll get your DNA tested to see if you're likely to suffer from physiological imbalances (like weak knees), diabetes or cardiovascular disease. This will tell you what your risk factors are so you can take supplements to lower them and do specific exercise to even out any imbalances."

Use it The price for DNA testing has come down to a few hundred pounds. Visit dna-bioscience.co.uk to get the lowdown on your genetics. For a cost-free option, ask parents and grandparents about their sporting and fitness history to find out if anything runs in the family. In many ways, the future is already here – you just have to find it. MH



By ALLAN COLLINS
Qualifications Technical director for Juice Performance; trainer endorsed by the Register of Exercise Professionals.

WORDS RAY KLERCK. WESLEY DOYLE. PHOTOGRAPHY ADRIAN WEINBRECHT. ILLUSTRATION ANDRÉ KUTSCHERAUER. MODEL DAVID SHEATH AT FLAIR TALENT. TRAINERS ASICS.COM. EQUIPMENT TECHNOGYM.COM. SHOT AT LIFESMART AT THE ALBANY (LIFESMART.CO.UK 020 3214 5038)

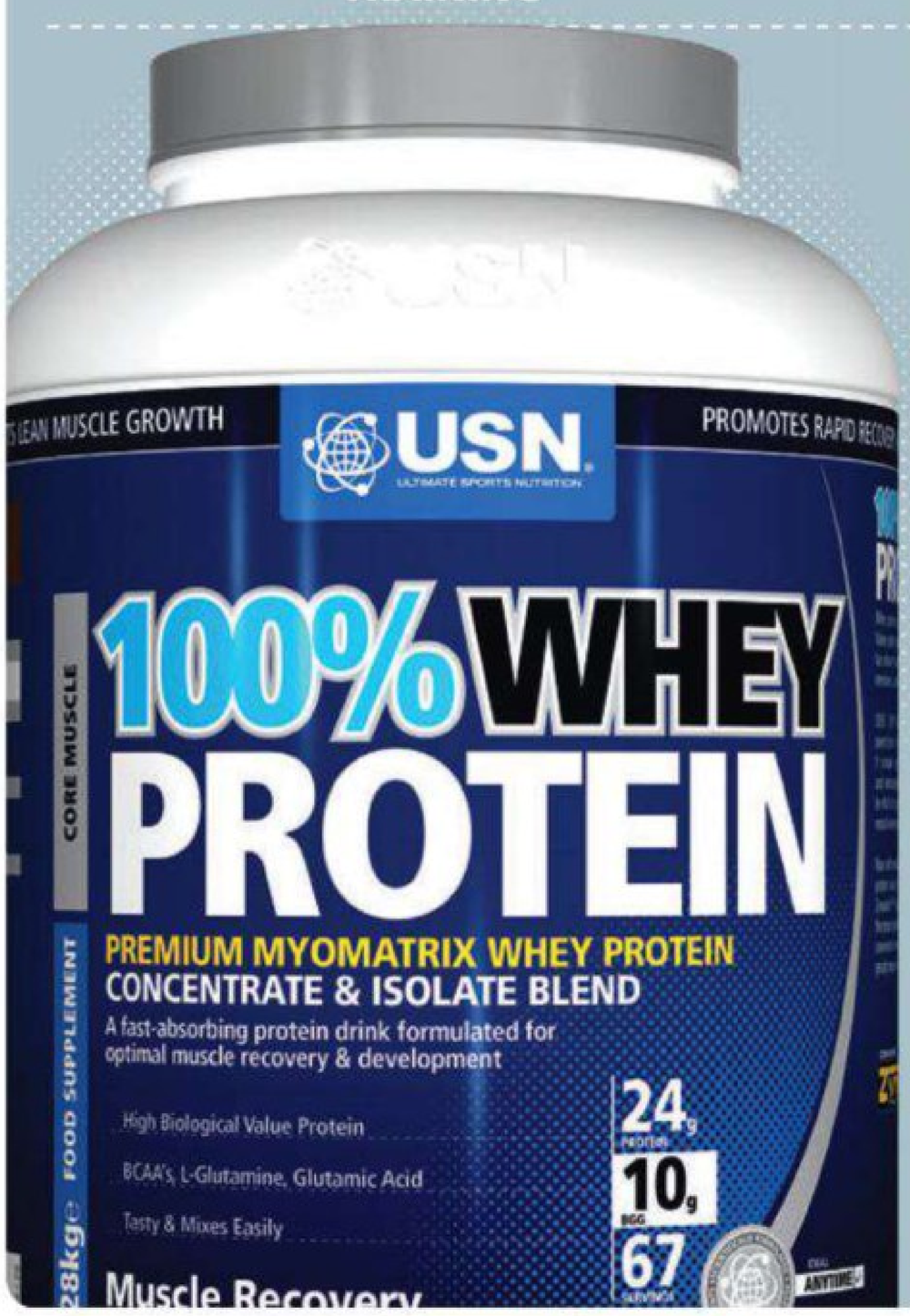
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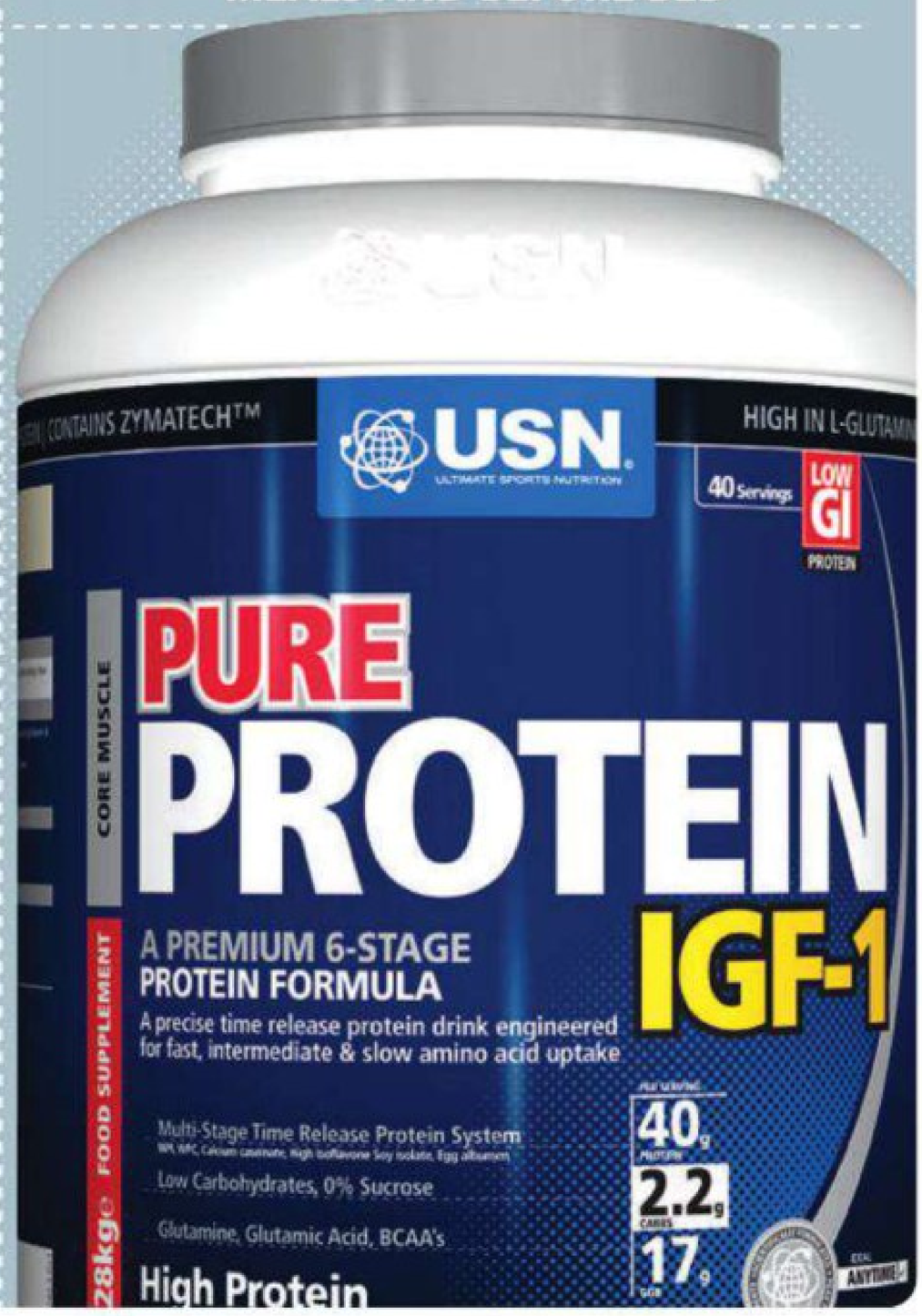
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EXPERT TUITION

Warning: the following pages contain workouts and training tips for serious gym-goers only. Proceed with caution

Here at *MH* we like to think that we accommodate all levels of athlete, which is why this section is aimed at those with a training age of at least 18 months or more. If you're just starting out you won't be strong enough or have a great enough grasp of technique to pull off some of these moves, but take solace in the fact that everyone has to start somewhere and you're only ever a beginner once.

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Monster crunch

Build a brick-hard midriff with the most gruelling abs routine we've ever published



YOUR ACTION PLAN

WHAT? The definitive abs workout, using the most difficult core exercises you can do, guaranteeing you a six-pack with more definition than the Oxford English Dictionary.

WHY? A study by San Diego Swtate University measured the level of muscle activity during various abs exercises, and then ranked them from most to least effective at building abs. But that wasn't enough for us, so we've tweaked the top six moves and put them together in one of the toughest workouts you'll ever perform.

HOW? You perform the moves in this regime in order of most difficult to least. This is because you can shift more poundage and build bigger abs when your muscles are fresh.

WHO? The advanced or intermediate gym-goer who has reached a plateau in his abs growth and wants to add more muscle to his midriff.

WHEN? Do this workout twice a week leaving 2 days' rest between each session. Believe us, you'll need it.

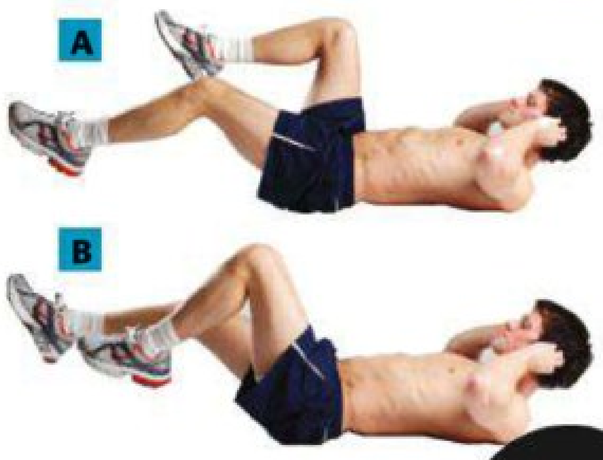
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1 Bicycle crunch

DIFFICULTY RATING 5/5

Lie in the crunch position. Bring your knees to your chest. Straighten your left leg while turning your upper body to the right **(A)**. Alternate sides in a cycling motion **(B)**. Perform 2 sets of 10 reps on each side.



2 Knee raise

DIFFICULTY RATING 5/5

Position yourself in a Captain's chair machine and grip the handles to stabilise your upper body. Press your back against the pad and tense your abs **(A)**. Raise your feet and bend your knees upwards until your knees become level with your diaphragm. Try not to arch your back. Pause for a second at the top of the move, keeping your abs tense and your back flat **(B)**, then slowly lower to the start. Perform 2 sets of 10 repetitions with perfect form.



Make it harder
Place a dumb-bell on the floor in front of you and hold it between your feet while you perform each repetition. Make sure you still maintain the pause at the top of the move, rather than merely swinging.

3 Swiss-ball crunch

DIFFICULTY RATING 4/5

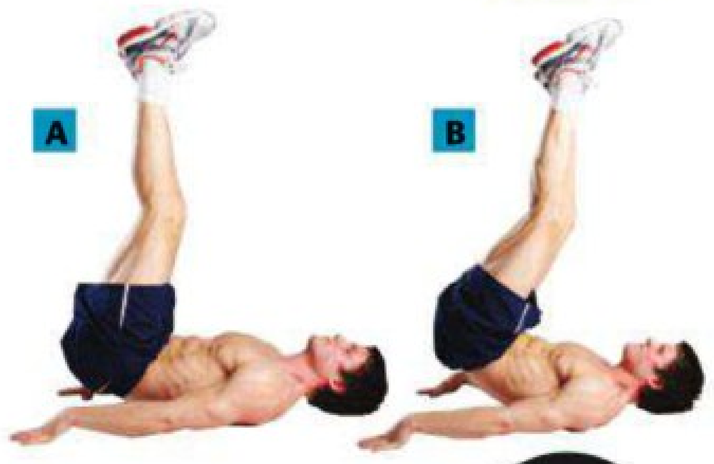
Lie face-up on a Swiss ball so it's under your lower back **(A)**. Tense your abs to lift your torso off the ball, pulling your ribcage down toward your hips **(B)**. Squeeze your abs at the top of the movement; slowly go back to the start. Do 2 sets of 6 reps.



4 Vertical leg crunch

DIFFICULTY RATING 4/5

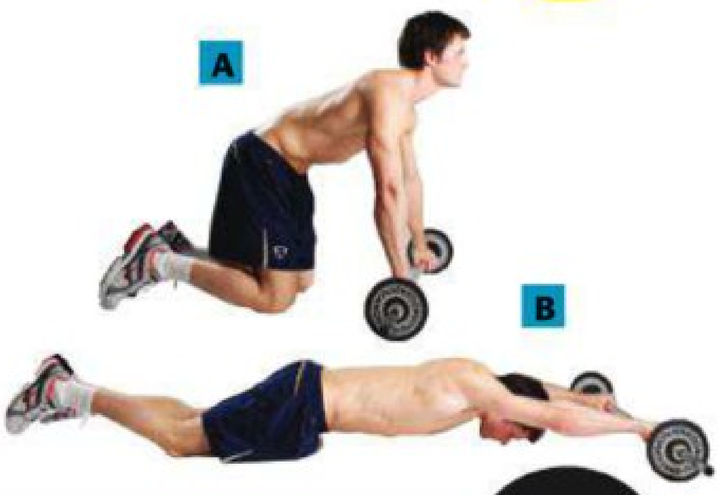
Lie on the floor with your legs up, hips bent 90 degrees **(A)**. Lift your hips off the floor and towards the ceiling **(B)**, inhaling deeply. Slowly lower your hips to floor to start, exhaling slowly. Do 2 sets of 6 reps.



5 Roll-out

DIFFICULTY RATING 4/5

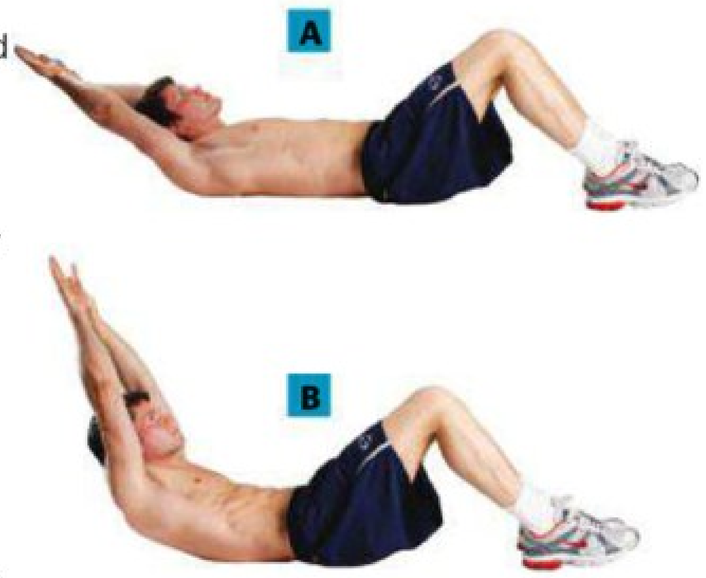
Kneel down holding a bar-bell as shown **(A)**. Roll it out in front of you to lower your trunk to the floor. When you are about 5cm above the ground **(B)** pull back to the start. Perform 2 sets of 6 reps.



6 Long-arm crunch

DIFFICULTY RATING 3/5

Lie on the floor with knees bent and your arms straight out behind your head and next to your ears, hands together **(A)**. Contract your abs and lift your shoulder blades off the floor until your arms are close to 90 degrees to the ground **(B)**. Pause then return the start position. Do 2 sets of 10 reps.



WHERE THE HELL ARE MY ABS?

In 6 weeks you should start seeing your abs. The muscles will be there; they're just covered by a layer of fat. Reduce 500 calories from your daily diet and follow the cardio guidelines below to reveal your hard work:

1 If you have less than 15% body fat, do cardio 3 times a week and you should see results in 1-2 weeks.

2 If you have 15-20% body fat, do cardio 3-4 times a week and you should see results in 2-3 weeks.

3 If you have 20-25% body fat, do cardio 4-5 times a week, and you should see results in 4-5 weeks.

4 If you're over 25% body fat, do cardio 5 times a week and you should see results in 6-8 weeks.

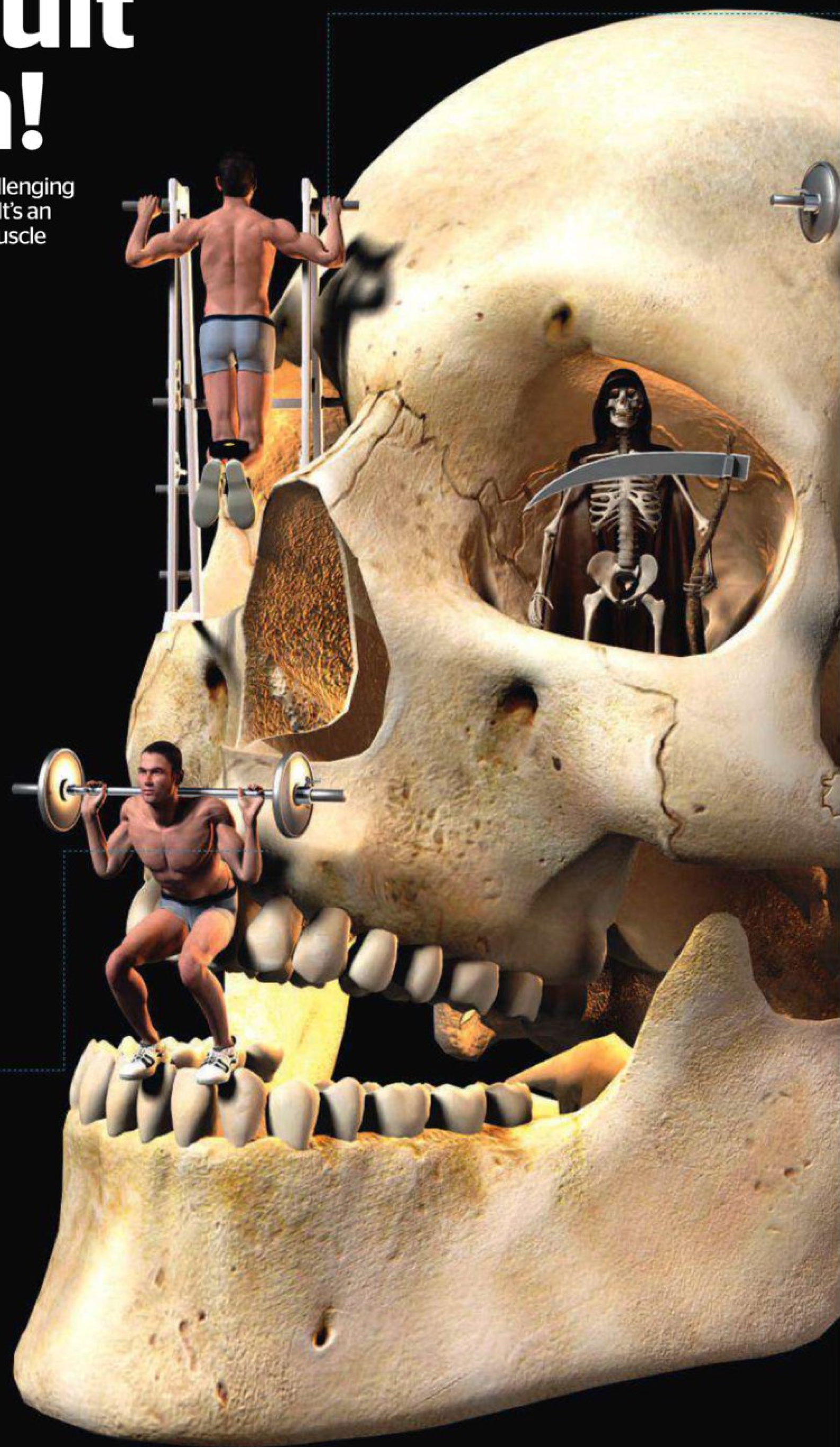
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The Circuit of Death!

Looking to get lean quickly? Then this challenging yet deceptively simple workout is for you. It's an ultra- fast fat-stripper that will also build muscle



YOUR ACTION PLAN

What? Named "The Circuit of Death" by conditioning coach Nick Mitchell (upfitness.co.uk) because of the way it makes you feel, this programme hits all of your muscle groups.

Why? By sticking to the rep range and time under tension (TUT) you'll create a massive metabolic response while stimulating muscle growth. Also, because you're working major muscle groups with minimal rest, you'll be producing a lot of blood lactate. Be warned though – high blood lactate levels can make you feel sick.

How? Find your 10 rep max – the heaviest weight at which you can get out 10 reps. Set your rep tempo to a 1-second explosive positive, 4-second negative, with no pauses at the top and bottom of the moves. "Positive" is the action part of a move, "negative" the return to the start position.

Who? Anyone who wants to replace fat with lean muscle but is not seeing results from their regular programme.

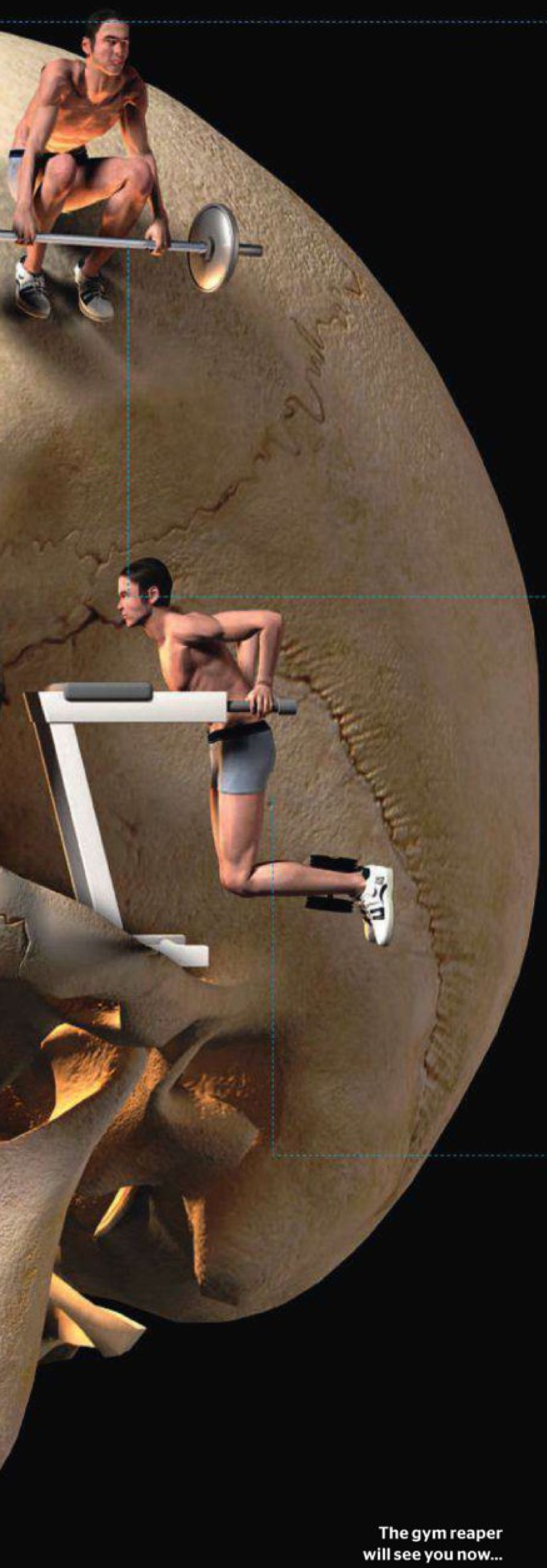
When? 3 times a week for 3-4 weeks, adding the stubborn fat-burning routine (see Active recovery, right) twice a week on days off.

1 Bar-bell squat

Why Squats are the best bang for your gym buck as they work a large percentage of your muscles, in particular your quads, glutes, abs and hamstrings.

How Load a bar and rest it on the back of your shoulders. Bend your knees until your upper thighs are parallel to the floor. Keep your back straight. Push up to the start along the same path but don't lock your knees at the top of the movement.

Perform 10 reps, rest for 60 seconds then go straight into...



The gym reaper will see you now...

2 Pull-Up

Why Pull ups are the benchmark of true strength – entry to various armed forces is based upon how many you can do. They'll focus on your upper body, working your back, biceps and pecs, giving your legs a brief respite before the deadlifts.
How Grab a chin-up bar with your arms slightly more than shoulder-width apart, palms facing away from you. Hang with your arms straight and your elbows unlocked. Pull yourself up until your chin is even with the bar then slowly lower yourself back down.
Perform 10 reps, rest for 60 seconds then go straight into...

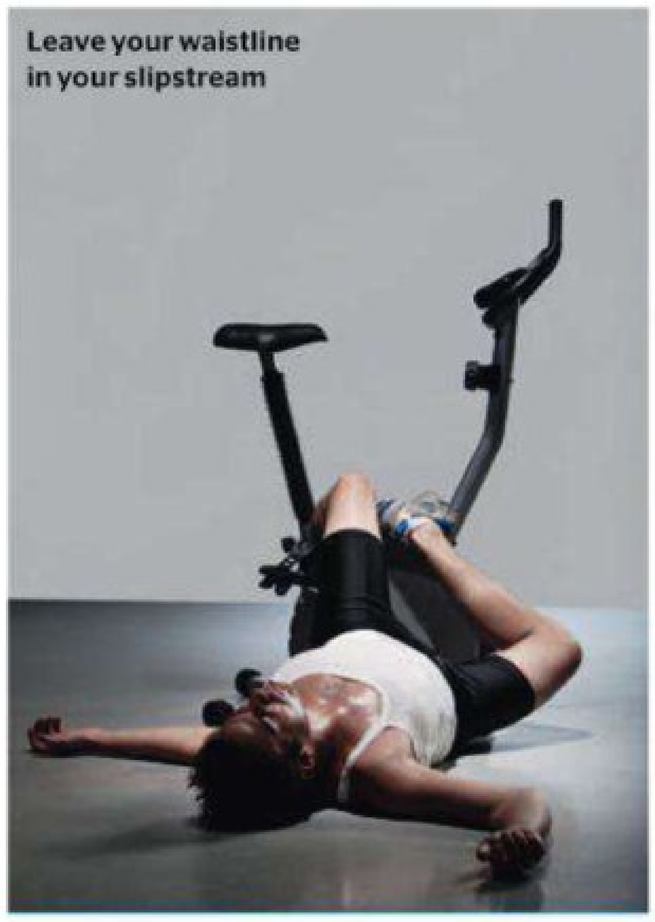
3 Bar-bell deadlift

Why Deadlifts work virtually every muscle, which is why they are used in power lifting events. Here your entire body will be under pressure while the lack of rest will be pushing your cardiovascular system to its limit.
How Standing with your feet should-width apart, grab the bar with an overhand grip. Raise the bar so your legs become fully extended. Slowly lower to the start position, keeping your back straight throughout.
Perform 10 reps, rest for 60 seconds then go straight into...

4 Tricep dips

Why No other exercise will hit your shoulders, chest and arms like parallel bar dips. The more you bend forward, the more you work your pecs. Straighten your torso to hit your arms.
How Grab the bars and lift yourself so your arms are straight but not locked. Keep your legs bent and cross your feet at your ankles. Slowly lower your body until your upper body is parallel to the floor. At the bottom of the move explode back up to the starting position.
Perform 10 reps, rest for two minutes then go back to the beginning...

WORDS WESLEY DOYLE. ILLUSTRATION OLIVER BURSTON. PHOTOGRAPHY GETTY



Leave your waistline in your slipstream

Active recovery

If you're battling to lose that last despicable 5kg, then your days off from "enjoying" this circuit should be used constructively, too.

The following interval training routine can be done in the gym or outside, on a rowing machine, a road bike or simply on your own two feet, running. Try not to eat for at least three hours before doing this programme as you want to metabolise body fat for energy rather than burn what you've just eaten. If your body can handle caffeine then a mug of coffee (approx 100mg of caffeine) can help you finish the workout. If you're in a gym do the warm-ups and short intervals on a machine you don't normally use, changing to your favoured mode of cardio training for the longer section.

Your fat-burning plan

1. **Start with 5-10 minutes easy warm-up on a machine you rarely incorporate into your cardio work.**
2. **6 minutes of short intervals, ie: 6 sets of near maximum intensity for 15 seconds followed by 45 seconds recovery at a low intensity.**
3. **Rest for 5 minutes.**
4. **30 minutes at a constant moderate intensity (60-70% of your max).**
5. **5 minutes of slightly longer intervals, ie: 5 sets of near maximum intensity for 20 seconds followed by 40 seconds easy recovery.**
6. **5 minutes easy cool down to return your heart rate to normal.**
7. **Protein shake immediately after.** MH

Bigger arms in a day

Complete this two-part fitness and eating plan and we guarantee you'll be able boost the size and strength of your arms in just 24 hours

TWENTY-FIRST CENTURY LIVING IS ALL ABOUT INSTANT GRATIFICATION – YOU WANT RESULTS NOW. That's why we've put together a workout that, with a single day's effort , yields results. This programme will require an empty schedule so do it on a Saturday and use Sunday to recuperate. This workout is specific to your arms but it works perfectly well isolating other muscle groups. Sound ridiculous? Free up a weekend, break out a DVD boxset and prepare yourself to be amazed.

How it works

Renowned trainers such as Gunnar Sikh and Charles Poliquin are strong advocates of this programme's ability to produce quick gains. This plan is adapted from their principles by strength coach Colin Allan (zero2xs.com) and has you doing a mini-workout every 30 minutes for an entire day.

"Your muscles are placed under a tremendous amount of stress and their energy stores (glycogen) will be completely drained," says Allan. Studies in the Journal of Sports Medicine and Physical Fitness found training at such a high volume is beneficial, as long as it is done infrequently and rest days are scheduled in.

And if your muscles look smaller, fear not: "Your calorie intake is tremendously high and works to cancel any shrinking due to glycogen depletion. As you rest your body will shuttle all the nutrients to the damaged muscles to aid recovery." You're going to ache for a couple of days afterwards but the good news is you can keep up the hardcore feeding – just stick to the same meals on your regular training days.

The exercises

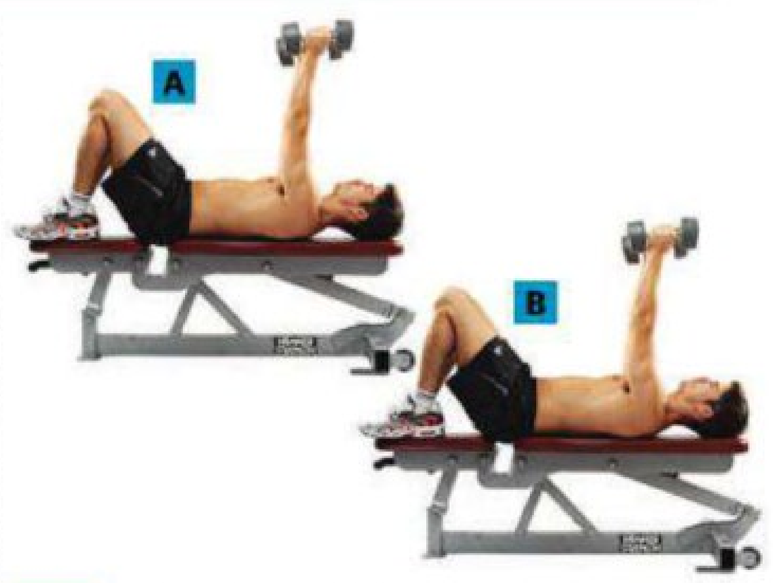


EXERCISE PAIR 1

1 HAMMER CURLS

1 second to raise the weights, 4 seconds to lower them

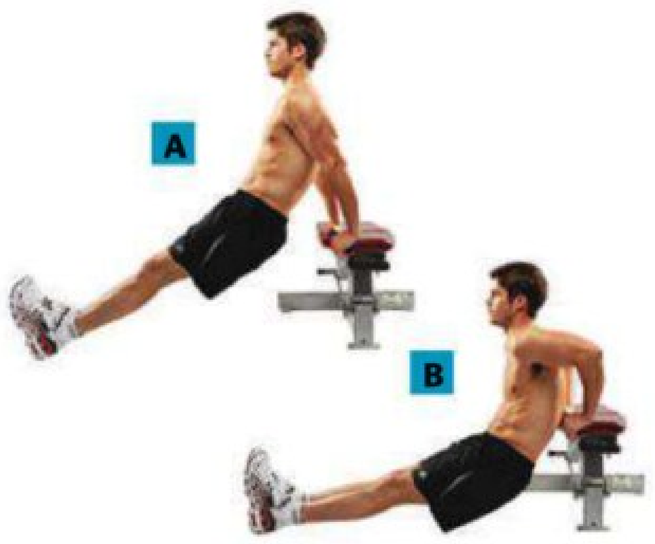
With standard dumb-bell curls you might experience weakness in the wrist on the last few reps of a set. As hammer curls have a neutral wrist position, this is largely eliminated. Stand with your feet shoulder-width apart holding a dumb-bell in each hand with your palms facing in. Quickly curl the weights up one at a time until they reach your shoulders. Contract your biceps, then slowly reverse the motion.



2 LYING TRICEPS EXTENSIONS

2 seconds to raise the weights, 2 seconds to lower them

Lie face-up on a bench or on the floor with your feet flat. Hold a dumb-bell in each hand above your chest. While keeping your upper arms perpendicular to the bench, lower the weights so they end up next to your ears. Pause then straighten your elbows to return the weights to the start.



EXERCISE PAIR 2

3 EXPLOSIVE CHAIR DIPS

4 seconds to lower yourself, explode upwards as fast as you can

Sit on a chair and grasp the sides of the seat with your arms fully extended. Step forward until your legs are extended. Your arms should remain straight, supporting your weight. Bend your elbows to lower your glutes towards the floor. Straighten your arms to press yourself back up to the starting position. Feel free to collapse back into the chair once you've completed your reps.



4 OVERHAND CURLS

1 second to raise the weights, 4 seconds to lower them

These will really emphasise your forearm muscles, which will stop you looking like a pair of biceps on legs. Stand with your feet shoulder-width apart holding a dumb-bell in each hand. Rotate your arms so that your palms face behind you. Curl the weights up until they reach your shoulders. Contract your biceps, then reverse the motion and slowly return to the starting position.

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YOUR 1-DAY PLAN

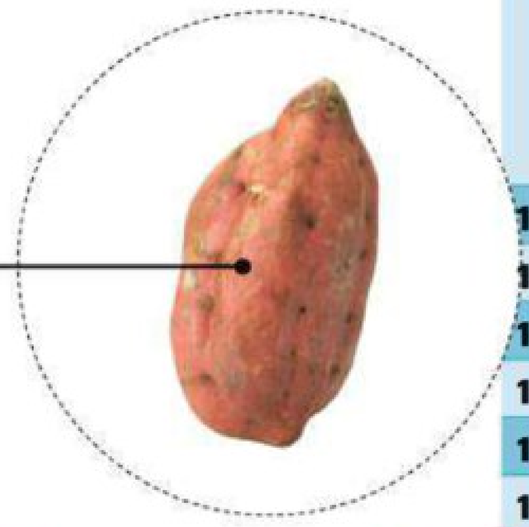


Breakfast smoothie

30g whey protein, 40g oats, 1 banana, 1 cup (136g) mixed berries, 1tbsp ground flaxseeds, 6tbsp plain full-fat yoghurt, 5g creatine
300ml water
Blend and drink
Why? "This smoothie floods your muscles with the perfect balance of protein, carbs and nutrients, enabling you to train at a high intensity," says strength coach Colin Allan.

Lunch

2 turkey breasts
1 head of broccoli
1 sweet potato
2 tbsp olive oil
1 mug of green tea
Grill the turkey, roast the spud, steam the broccoli, drizzle with oil.
Why? "Olive oil is rich in omega-3 fats which have an anti-inflammatory effect, thereby boosting recovery, while the green tea is full of antioxidants," says Allan.



Recovery meal 2

1 tin of tuna
1 avocado
1 tub of salsa
Mix together and eat.
Why? "The protein, fats, antioxidants and omega-3s here mean you have enough fuel to fund the final burst of effort," says Allan.

08:00	Wake up and drink the breakfast smoothie
09:00	Programme A (Exercise pair 1, 4 sets, 60 secs rest) ■ Hammer curls: 8-10 reps ■ Lying triceps extensions: 8-10 reps ■ Hammer curls: 8-10 reps ■ Lying triceps extensions: 8-10 reps
09:30	Programme B (Exercise pair 2, 4 sets, 90 secs rest) ■ Chair dips: 6-8 reps ■ Overhand curls: 6-8 reps ■ Chair dips: 6-8 reps ■ Overhand curls: 6-8 reps
10:00	Programme A
10:15	Recovery meal 1
10:30	Programme B
11:00	Programme A
11:30	Programme B
12:00	Programme A
12:30	Programme B
12:45	Lunch
13:00	Programme A
13:30	Programme B
14:00	Programme A
14:30	Programme B
14:45	Recovery shake
15:00	Programme C (Exercise pair 1, 4 sets, 60 secs rest) ■ Hammer curls: 15 reps ■ Lying triceps extensions: 15 reps ■ Hammer curls: 15 reps ■ Lying triceps extensions: 15 reps
15:30	Programme D (Exercise pair 2, 4 sets, 90 secs rest) ■ Chair dips: 12 reps ■ Overhand curls: 12 reps ■ Chair dips: 12 reps ■ Overhand curls: 12 reps
16:00	Programme C
16:30	Programme D
17:00	Programme C
17:15	Recovery meal 2
17:30	Programme D
18:00	Programme C
18:30	Programme D
19:00	Programme C
19:30	Dinner
20:00	Kick back and get a good night's rest, you deserve it.



Recovery meal 1

2 scrambled eggs on toast
1 glass of orange juice
Why? "The eggs are rich in protein, fats and zinc, which combine with the vitamin C in the orange juice to help your muscles recover more quickly," says Allan.



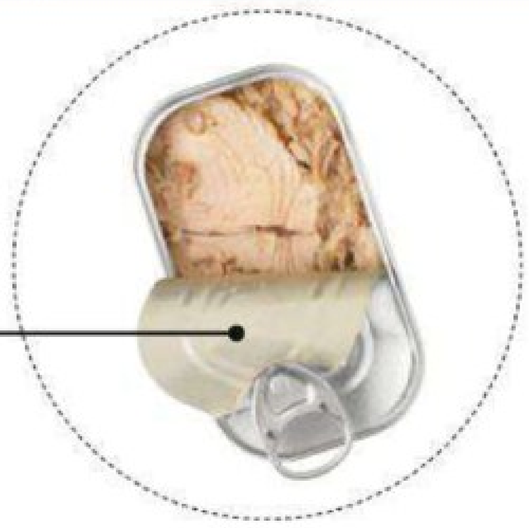
Recovery shake

30g whey protein
5g creatine
2 bananas
100g frozen cherries
2 tbsp of flaxseeds
300ml water
Blend and drink
Why? "The whey provides protein while the creatine gives you energy," says Allan. A study at the University of Vermont found men who ate cherries reported less post-exercise muscle pain than those who didn't.



Dinner

250g salmon
Mixed veg drizzled with olive oil
200g mashed potato
Why? "The salmon is rich in creatine and protein, which are vital ingredients to help you recover," says Allan.



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WE'VE ALL BEEN THERE – the moment a weight comes to a stop, mid-rep. You put everything you have behind it and still it won't budge. All you can do is not let it clatter to the floor or land on you.

This strength-enhancing programme, known as Six & One, is designed to deal with such plateaux. In just 4 weeks you'll increase your power by 10%. It's formulated by Dragomir Cioroslan, Olympic weightlifting medallist and ex-US national weightlifting coach, and has you doing a 1-rep max (1RM) set followed by a 6-rep max (6RM) set.

"You're fooling your nervous system into lifting more weight for higher reps," says Dr Ross Sherman, associate professor of movement science at Grand Valley State University, Michigan. "By overloading your muscles on your first set you trick your body into preparing for more heavy sets, but when you follow with a lower weight you can shift up to 10% more weight than usual."

The *Journal of Applied Physiology* calls this potentiation – when your body produces more force than usual due to previous activity. "The 1RM excites your nervous system so much it recruits all your muscle fibres for the next lift," says Sherman. We've outlined the six rules of Six & One below, but first calculate your 1RM by using this formula from Matt Brzycki author of *A Practical Approach to Strength Training* (McGraw-Hill). Do this for all the exercises because you'll use percentages of this figure throughout the workout.

1RM = (weight used) x 36 / (37 - no of reps)

So, if you can bench press 90kg for 6 reps then the calculation would look like this:

1RM = 90 x 36 / (37 - 6 reps)

1RM = 3240 / 31

1RM = 104kg

1. Sets and reps

Before working on a particular muscle group do a set of 15 warm-up reps at 25% of your 1RM. Rest 3 mins (do so between all sets) then do 1 rep using your 1RM. Follow that with a set of 6 reps using a weight that's 75% of your 1RM (your 6RM). Alternate until you've done a total of 6-7 sets on each exercise.

2. Lifting speed

For the 1RM sets take 1-2 secs to lower the weight and 1 sec to raise it. For the 6RM sets take 3 secs to lower it and 1 sec to raise it.

3. How to get stronger

After sets, increase the weights for your 1RM and 6RM sets – even if it's only a few kg. People report getting stronger as they do more sets.

4. Number of sessions per week

Do 3-5 workouts a week. Alternate between training and rest days.

5. The training split

Train these muscles together on separate days: chest and back (A), legs (B) and biceps and triceps (C). Ignore shoulders and abs – they'll get worked during the other exercises.

6. Number of exercises

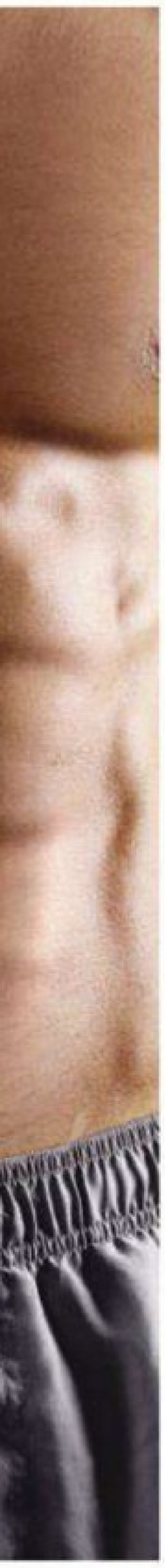
Work through each of the following exercises in order. Avoid isolation or machine exercises and stick to compound multi-jointed moves.

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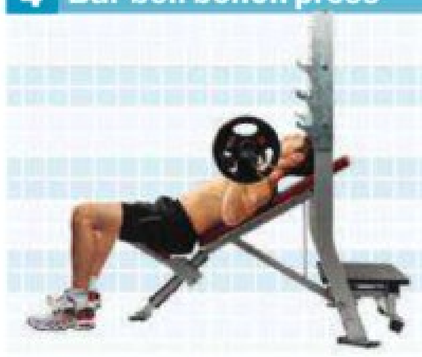


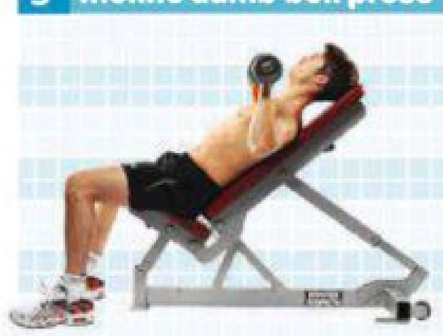
A Workout for back and chest

1 Weighted pull-ups	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

2 Bent over bar-bell row	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

3 One arm dumb-bell row	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

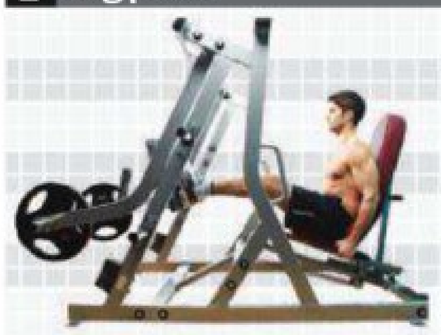
4 Bar-bell bench press	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

5 Incline dumb-bell press	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

6 Dips	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

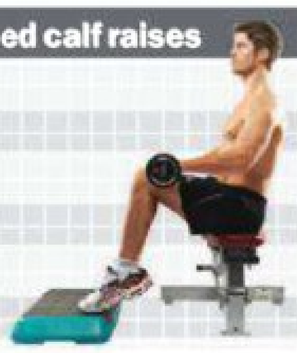
B Workout for legs

1 Bar-bell squats	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

2 Leg press	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

3 Stiff leg deadlift	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

4 Good mornings	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

5 Seated calf raises	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1

6 Standing calf raises	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

C Workout for biceps and triceps

1 Weighted pull-up	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

2 Standing barbell curls	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

3 Hammer curls	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

4 Close grip bench press	Sets	Reps
	1	15
	2	1
	3	6
	4	1
	5	6
	6	1
	7	6

5 Pushdowns	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

6 Upright dips	Sets	Reps
	1	1
	2	6
	3	1
	4	6
	5	1
	6	6

Steroidkage.com



Colossal strength

Use this training plan to replicate the Herculean feats of the World's Strongest Man and take your classic Christmas viewing into the weights room

Along with yet another re-run of *The Great Escape*, the highlights of the year's World's Strongest Man competition are a staple on your TV over the holiday period. You've probably fancied a go yourself as you lie incapacitated on the sofa digesting turkey. Unfortunately, your local gym's lack of Atlas stones and 'tossable' cabers means you've never had the chance to test yourself. Until now. As a former contender and trainer to budding strongmen, Adrian Rollinson (adrianrollinson.com) knows a thing or two about feats of strength, so we asked him to devise 7 gym-based exercises that'll recreate the strongman events. Sticking to this programme for a month will improve your performance when you return to your regular routine. Do it 3 times a week in the order shown and rest for 2-4 minutes between each set. It probably won't be enough to give the competition's legend Mariusz Pudzianowski sleepless nights, but by the New Year you'll have added at least 5kg of muscle and be on your way to world-class strength. Just make sure your car isn't in gear when you attempt to pull it with your teeth.

The strongman workout

1 **THE EVENT ATLAS STONES**
THE MOVE Bent-over rows using a stack of weight plates
MUSCLE WORKED Lats, biceps, back, abs
THE METHOD Stack a 20kg weight plate on top of a 10kg plate so you can wiggle your fingers underneath them. Straddle the stack (**A**). Grab the it and pull the plates to your chest (**B**). You'll be hitting all the back muscles required for a T-shirt hugging V-shape. Then straighten your arms to lower the weights to the start. Do 5 sets of 5 reps using as much weight as you can. Really handy for anyone planning to lay a patio in the near future.



2 **THE EVENT CABER TOSS**
THE MOVE Single-arm dumb-bell snatch
MUSCLES WORKED Back, shoulders, abs
THE METHOD Tossing a large pole in your local gym could affect your membership renewal, so try this instead. Grab a dumb-bell with an overhand grip. Keep your knees bent, back straight, and your head up (**A**). Your weight should start back on your heels. Swing the weight up until it's overhead, snapping your hips forward (**B**). A great exercise for correcting imbalances. Whatever you do don't let go of the dumb-bell. Perform 4 sets of 6 reps on each arm.



3 **THE EVENT FARMER'S WALK**
THE MOVE Bar-bell holds
MUSCLES WORKED
Forearms, abs
THE METHOD Stand with your feet shoulder-width apart and stick a bar-bell on either side of you. Bend down and grab the bars slap bang in their middle. Then stand up and hold them at your sides at arm's length. They'll rock back and forth like a drunk on the Tube so hold fast. Grip the bars for as long as you can before resting and repeating 7 times. You will end up with a cast-iron grip that'll certainly stamp your authority on every handshake.



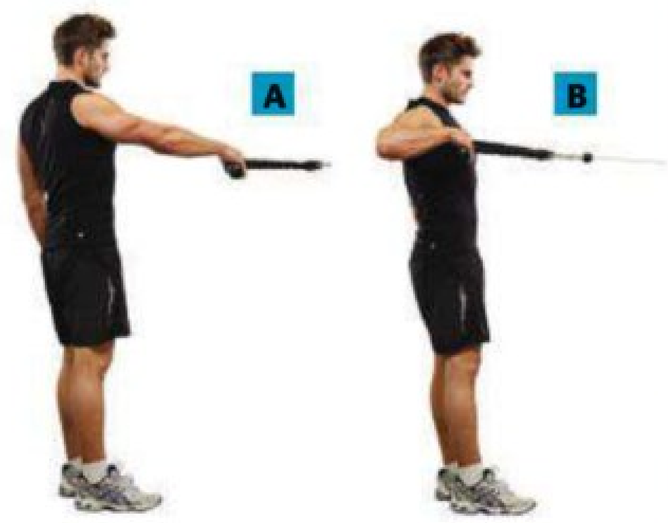
4 **THE EVENT CRUCIFIX**
THE MOVE Lateral raise then hold
MUSCLES WORKED Shoulders, abs
THE METHOD It's easy to forget the origins of the festive season, so this should remind you. Hold a heavy dumb-bell in each hand. Let the weights hang to your sides and keep a slight bend in your elbows with your palms facing each other **(A)**. Say a small prayer for strength then raise your arms straight out to your sides. Stop when the weights are level with the tops of your shoulders and parallel to the floor **(B)**. Pause and hold that position forever and ever, amen – or for as long as you can to build shoulders as broad as Samson's. Rest and repeat. Do this 7 times. Christ almighty, indeed.



5 **THE EVENT LOG PRESS**
THE MOVE Clean and press
MUSCLES WORKED Lower back, hamstrings, glutes, quads, shoulders
THE METHOD Bend your knees and hips to squat down and grip a bar-bell with an over-hand grip **(A)**. Pull the bar up as you stand upright. Once the bar is at shoulder height rotate your elbows and hands around it, so you end up with an underhand grip **(B)**. Push the weight above your head. Tense your abs and take at least 2 seconds to lower the weight along the same path. Need something put in the attic? You're now officially the man to do it.



6 **THE EVENT TRUCK PULL**
THE MOVE One-arm cable row
MUSCLES WORKED Lats, abs, biceps
THE METHOD This move will slap on the strength you need to win a tug-of-war. Stand facing a cable cross-over stack set to chest height and clip on the rope attachment. Grab both ends of the rope with one hand **(A)**. Pull the handle towards your chest so that it ends up just below your right armpit **(B)**. Twist your body slightly to the right for a back wider than your average Humvee. The truck pull is test of strength endurance so pump out 20 reps on each arm. Do 4 sets of this.



7 **THE EVENT TYRE FLIP**
THE MOVE Dumb-bell deadlift to upright row
MUSCLES WORKED Lower back, hamstrings, quads, glutes, shoulders
THE METHOD Tractor tyres are hard to come by, which is a shame because for all-over strength, this event is hard to beat. So instead hold a dumb-bell in each hand with your palms facing away from you. Bend at your knees and hips to lower the weights to the floor **(A)**. Rise and pull the weights as far up as you can. Lower the weights to your sides and repeat **(B)**. Do 5 sets of 5 reps. A month of this an even the Michelin man will be envious.




'This is the last time I take the missus boulder shopping'

THE REALLY BIG NUMBERS

Set your sights high and you will achieve more. Here are top targets from the world's strongest men

1977

Not the greatest amount lifted, but the year of the first competition. It was won by US Olympic lifter Bruce Wilhelm, who began the US domination of the competition.

5

Poland's Mariusz Pudzianowski's record-breaking Strongest-Man title haul. Brtiain's Geoff Capes managed two titles. Bless him.

350

The amount in kg the contestants heave in the Car Deadlift. They have 75 seconds to lift this as many times as possible. Then it's onto the Atlas Stones at 160kg a pop…

140

Weight in kg of the average competitor. That's a hell of a lot of chickens. MH

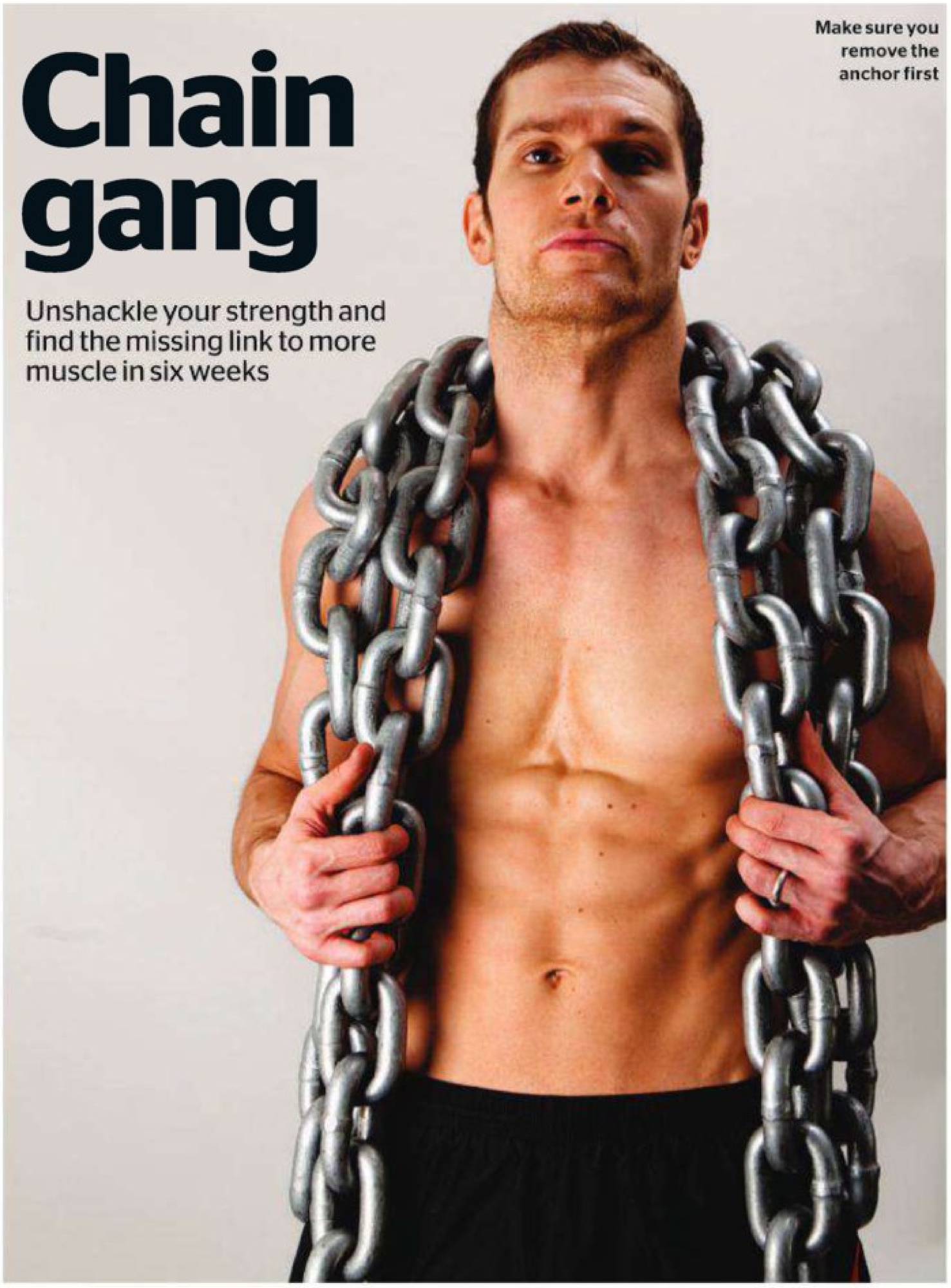
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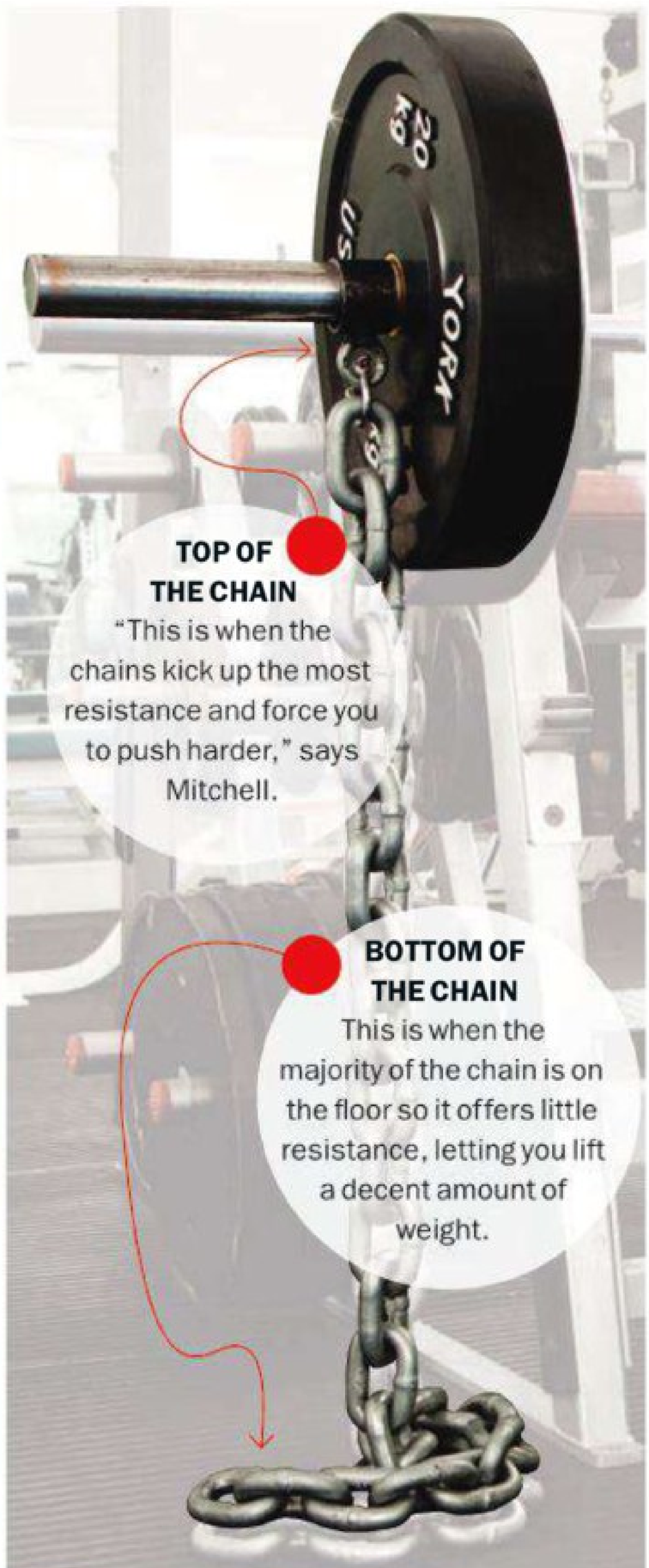
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Chain gang

Unshackle your strength and find the missing link to more muscle in six weeks



Make sure you remove the anchor first



When it comes to chains, most of us think of locked gates, snow driving or 50 Cent's necklaces – not building muscle. But chains are a top-notch workout partner and have been a tool of competitive powerlifters and strongmen for decades. "After just 6 weeks of chain training you can expect to see a 15-20% increase in your bench press maximum," says Nick Mitchell, head coach at Ultimate Performance (upitness.co.uk). The chain is attached to a barbell and as you lift it away from the floor you press up the chain one link at a time. It's simple physics: as you lift the weight higher, more links come off the floor, adding more weight to the bar.

"As the weight gets heavier throughout the exercise, more and more muscle fibres are roped in to finish the lift," says Mitchell. So by increasing the amount of force it takes to move a weight from A to B you'll build denser, stronger muscles that look and perform powerfully. Whether you're a professional athlete after that extra edge or a regular gym-goer looking to mix up his workouts, incorporating chains into your lifting regime will reap untold physical rewards.

THE SUPPLY CHAIN

You can pick up a set of chains from your local hardware store. Get two sets of thin 3/8-inch chains (they should weigh about 2.5kg each) that are 200cm long and 2 sets of fat 5/8-inch chains (weighing approximately 10kg each) that are about a metre long. The former is used to wrap around the bar and hold the latter in place. Alternatively purpose-made weightlifting chains are available from watsongym.co.uk, and what's more they are offering *MH* readers a 10% discount. Just enter discount code o40Z6g3 at the checkout and start a chain reaction to more muscle.

THE CHAIN GANG RULES

Use Mitchell's guidelines to avoid injury and get more from your muscles

1 You should have at least 18 months of strength training under your belt before you join the chain gang. Save advanced techniques, such as chains, for when you've hit a plateau.

2 Employ chains for 6-8 weeks and only use them on every second workout. Lifting chains is very demanding on your nervous system and you should only do it for a short time or you could burn out.

3 Pay attention to the speed that you lift the weights. Take 4 seconds to lower the weight and 1-2 seconds to raise it as explosively as possible to maximise your strength and size gains.

4 Only use chains for your quads, chest and triceps. These can be safely trained with chains because the exercises for them require the weight to be pushed away from the ground.

WORDS RAY KLERCK, WESLEY DOYLE. PHOTOGRAPHY DAVID HARRISON. MODEL RICH PHILLIPS. THANKS TO NICK MITCHELL AT UPFITNESS.CO.UK. SHORTS AND TRAINERS BOTH BY ASICS.CO.UK

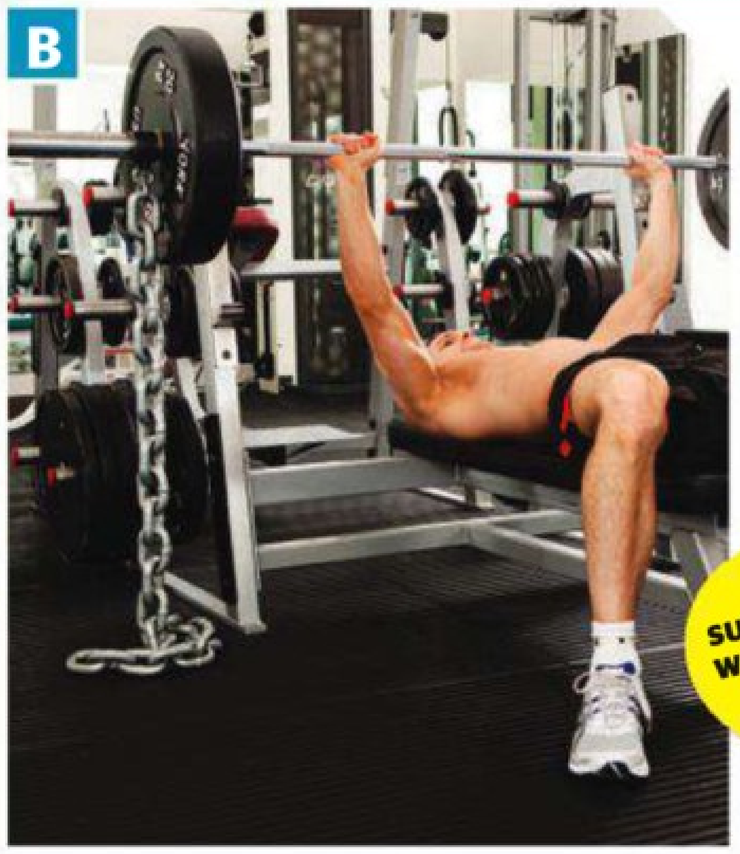
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Workout 1





FLAT BENCH PRESS WITH CHAINS (2 SETS OF 8 REPS)

Wrap the chains around the barbell. To do this coil the heavy 5/8in chains beneath the ends of the barbell. Drape the 3/8in chain over the stem of the barbell then feed one of the climbing clips through the end links so it forms a loop. Now feed the same climbing clip through the links of the heavy chain. Now you're ready to build the best chest in your gym.

A Lie on a bench. Grab the barbell with an overhand grip, your hands slightly wider than shoulder-width apart. Remove the bar from the uprights and slowly lower the bar to your chest, just below your nipples.

B Straighten your elbows to press the weight up until your arms are straight but not locked. Add a mini rep at the top for serious kudos.



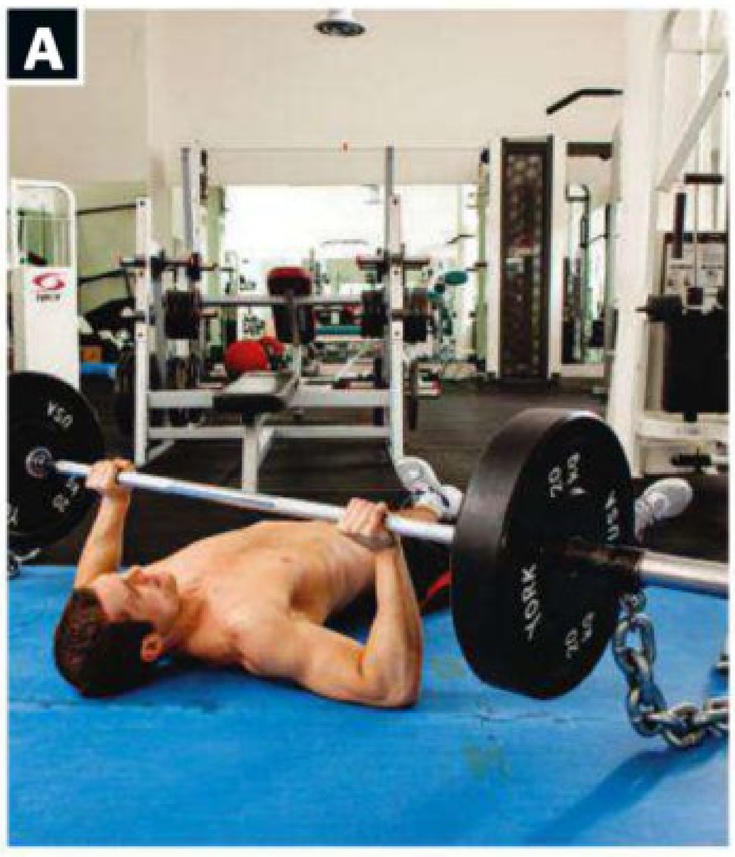


SUPERSET WITH THIS MOVE

DUMB-BELL INCLINE BENCH PRESS (2 SETS OF 10 REPS)

If you tell someone you hit the gym, they'll ask how much you bench. Here's your first step to impressing. Lie on an incline bench set to between 30 and 45°. Hold a dumb-bell in each hand above you at arm's length with your hands shoulder-width apart **(i)**. Keeping your head, torso and hips pressed onto the bench, slowly lower the dumb-bells to either side of your chest **(ii)**. Pause, and then straighten your arms to press the weights up so they finish above your chin. This will give you the strength to push over that dead tree stump that's been sucking up the space in your backyard.

Workout 2



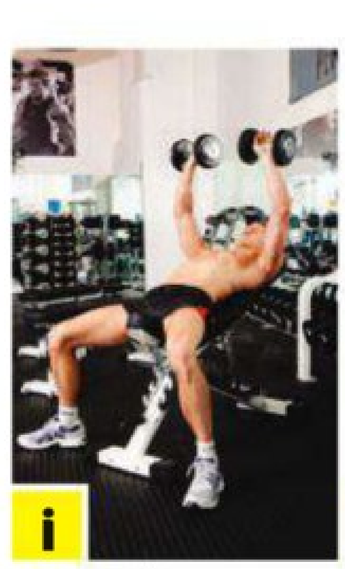


FLOOR BENCH PRESS WITH CHAINS (3 SETS OF 12 REPS)

Go on, start off with a little lie down – just make sure it's under a loaded barbell. Again, set up the chains as instructed above, or if you're using the weightlifting-specific variety, slide the collars onto the ends of the barbell. Wiggle under the barbell until it's in line with the middle of your chest. You can really load up on the weights with this exercise since the distance you have to push the bar is reduced because you're not on a bench.

A Grab the bar with an overhand grip (palms facing away from you), your hands slightly wider than shoulder-width apart.

B Straighten your arms to press the bar all the way up then slowly lower it back to the start position. The negative part of the lift should be slow enough that you can 'feel' each link touching the floor. The limited movement of this press will focus more stress on the fronts of your shoulders and triceps.





SUPERSET WITH THIS MOVE

INCLINE FLY (3 SETS OF 12 REPS)

For a chest of solid sculpted muscle, simply make like a bird flapping its wings. Lie back on an incline bench set to about 45°, hold a dumb-bell in each hand and raise them directly above your chest **(i)**. Maintaining a slight arc in your elbows, slowly lower the weights out to your sides as far as you can while keeping your back flat on the bench **(ii)**. Return to the start position along the same path, squeezing the weights at the top of the move for that extra muscle gain. Keep the same angle in your elbow joints when you lower and raise the weights. The further back you can lower the dumb-bells, the more muscle fibres you will incorporate, leading to a barrel of a chest. MH

Five and direct

This straightforward 5-set, 5-rep regime is a great way to build strength and power. Simple is best, see?



Once you've got a couple of years' worth of training under your belt there's a temptation to overcomplicate things. But there's no need – just look at the 5x5 method. This is 5 sets of 5 reps of 3 simple exercises that give you big results. The man who invented it, former US Olympic Weightlifting champion Bill Starr, used this system to train American football team the Baltimore Colts. The result? They won the Super Bowl, which is no mean feat.

So if you've got a home gym with limited equipment (all you need is a barbell and some weights), or just want to be a little more economical with your gym time, then look no further. Just follow Starr's 3-days-a-week routine for 4-10 weeks and you'll find that adding power and strength with this satisfyingly straightforward technique is as easy as counting your fingers.

Follow this lifting schedule for more muscle everywhere

WEEK 1

MONDAY — **WORKOUT 1: MAXIMUM DAY**

	SETS	REPS
Barbell squats	5	5
Barbell flat bench press	5	5
Power cleans	5	5

Start off light but increase the weights after each successive set. By the final set you should be using the heaviest weights you can manage for 5 reps.

TUESDAY — **REST DAY**

WEDNESDAY — **WORKOUT 2: MINIMUM DAY**

	SETS	REPS
Barbell squats	5	5
Barbell flat bench press	5	5
Power cleans	5	5

Use weights that are about 70-80% of the most weight you can do 5 reps with.

THURSDAY — **REST DAY**

FRIDAY — **WORKOUT 3: MEDIUM DAY**

	SETS	REPS
Barbell squats	5	5
Barbell flat bench press	5	5
Power cleans	5	5

Use weights that are 90% of the heaviest weight you can do 5 reps with.

SAT/SUN — **REST DAY**

WEEK 2

MONDAY — **WORKOUT 1: MAXIMUM DAY**

Increase the weights you used in Week 1 by 2% or just slap the smallest weights in your gym on the bar but always increase the weight you lift in this session.

TUESDAY — **REST DAY**

WEDNESDAY — **WORKOUT 2: MINIMUM DAY**

Use weights that are 70-80% of the most weight you pushed in Week 2's maximum day workout.

THURSDAY — **REST DAY**

FRIDAY — **WORKOUT 3: MEDIUM DAY**

Use weights that are 90% of the most weight you pushed in Week 2's maximum day workout.

SAT/SUN — **REST DAY**

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Week Four

HOW TO DO IT

Always do a quick warm-up on the treadmill or rower before each workout. Do the workout as a resting circuit, so pump out a set of squats, rest a minute, then do a set of bench presses, rest a minute, and so on. And note the weights you've used – they'll increase because 5-rep sets are the fastest way to increase strength and power, according to the *Journal of Strength and Conditioning Research*. You don't have to stop after week 4. Increase the weights by a minimum 2% each week and after 2 months you'll be stronger in every other exercise – even the ones you haven't been practising. There's no simpler way to build muscle.

The exercises

BARBELL SQUATS

Muscles quads, hamstrings, glutes, lower back

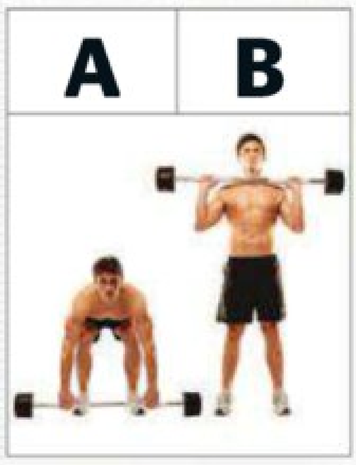
This is the leg exercise that ropes in the most muscle fibres, says the *Journal of Physics*. Stand with your feet shoulder-width apart and rest a barbell on your shoulders **(A)**. Bend hips and knees to lower yourself. Ensure your thighs are parallel to the floor. Keep your back straight and look forwards **(B)**. Rise to the start by straightening your knees. Don't worry about the lack of abs exercises in this circuit – squats will work your core harder than any number of crunches.



POWER CLEAN

Muscles lower back, shoulders, hamstrings, biceps

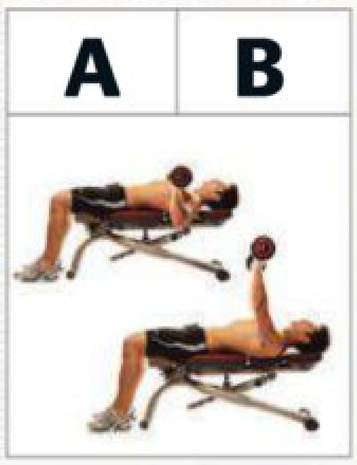
This works just about every muscle group. Stand with feet shoulder-width apart and toes beneath a barbell **(A)**. Grab the bar with an overhand grip by bending your knees and extending your arms. Stand and yank the bar towards your shoulders. Keep the bar close to your body **(B)**. When it is just below your chin, dip under it and rotate your elbows so your palms face away. Pause at the top of the movement then rotate elbows back and lower the bar to the start.



BARBELL BENCH PRESS

Muscles chest, triceps, abs, shoulders

A study in *The Journal of Strength & Conditioning Research* found that the humble bench press uses 98% of the muscles in your chest. Not so humble, then. Lie on a flat bench press station. Grab the barbell with a wider than shoulder-width grip. Lift the barbell off the supports and lower it to the middle of your chest. Keep your head, torso and hips pressed to the bench **(A)**. Pause, then press the weight up **(B)**. Feel that burn? That's what 98% feels like.



WEEK 3

MONDAY	**WORKOUT 1: MAXIMUM DAY** Increase the weights you used in Week 2's maximum day by 2%. Be sure to keep a record of how much you've improved.
TUESDAY	**REST DAY**
WEDNESDAY	**WORKOUT 2: MINIMUM DAY** Use weights that are 70-80% of the most weight you pushed in Week 3's maximum day workout.
THURSDAY	**REST DAY**
FRIDAY	**WORKOUT 3: MEDIUM DAY** Use weights that are 90% of the most weight you pushed in Week 3's maximum day workout.
SAT/SUN	**REST DAY**

WEEK 4

MONDAY	**WORKOUT 1: MAXIMUM DAY** Increase the weights you used in Week 3 by 2% or just slap the smallest weights in your gym on the bar.
TUESDAY	**REST DAY**
WEDNESDAY	**WORKOUT 2: LIGHT DAY** Use weights that are 70-80% of the most weight you pushed in Week 4's maximum day workout.
THURSDAY	**REST DAY**
FRIDAY	**WORKOUT 3: MEDIUM DAY** Use weights that are 90% of the most weight you pushed in the previous Monday's workout.
SAT/SUN	**REST DAY**

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In your grasp

From business to pleasure, all day, every day, your hands are busy. Strengthening them will improve your performance, both in the gym and outside of it



Wrench up your forearm strength for an iron grip

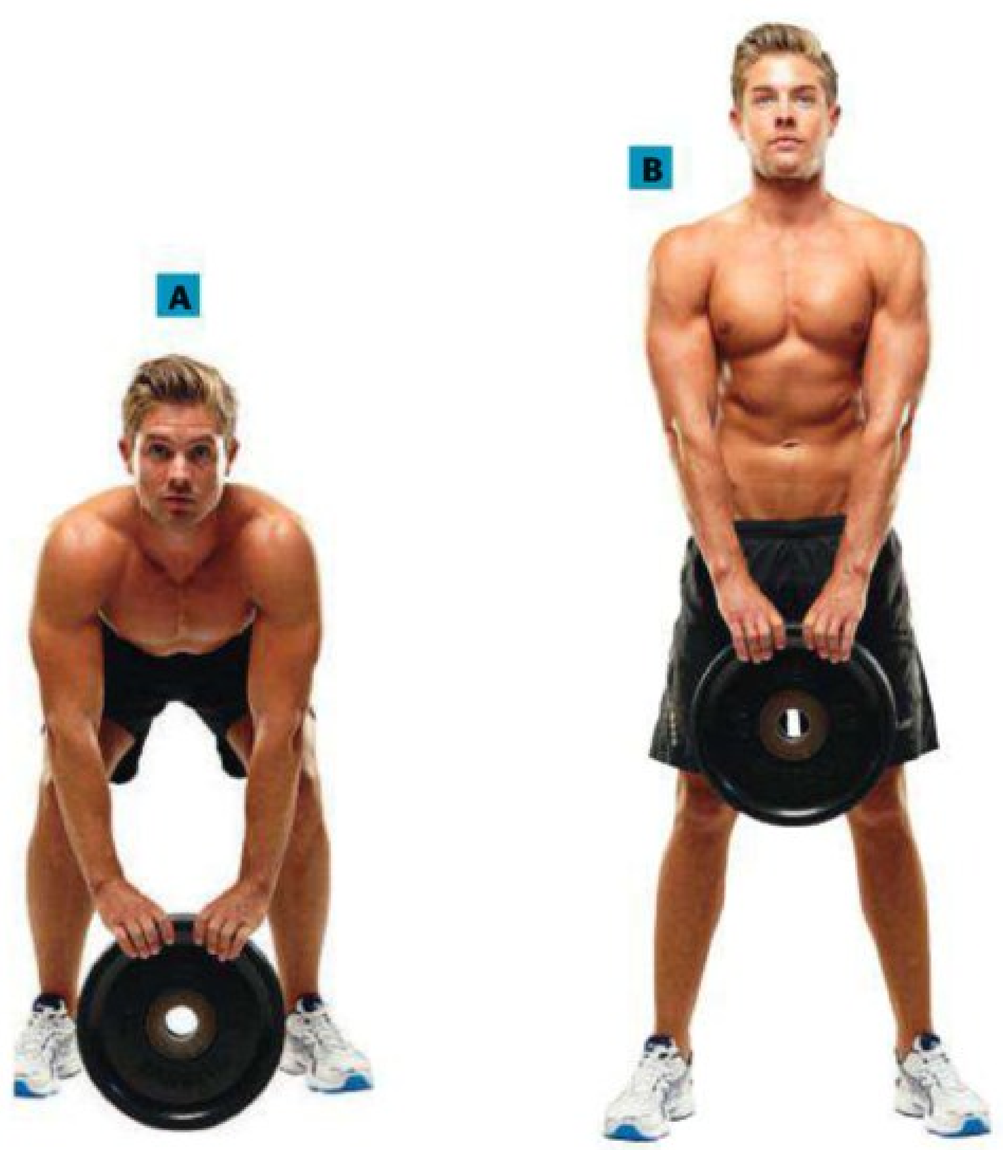
When it comes to working your upper body, your first point of contact with weights is your hands. But the strength from your elbows to your fingers is often the weak link in the exercising chain and stronger hands make a huge difference to realising your full potential.

Racquet, bat and ball games all demand excellent lower-arm and hand conditioning. The same goes for martial arts, where gripping and grappling are vital tools. So, whether you want a Rory Delap throw, a Rafael Nadal backhand, a Brian O'Driscoll catch or a Bruce Lee punch, your grip is key.

In the arguably more civilised arena of everyday life, handshakes are enhanced, carrying heavy shopping bags is easier, and the world of DIY, becomes far less fretful. And let's not forget that the forearms are the muscles which are seen most often – so there's an aesthetic pay-off, too.

Add these four exercises to your normal gym routine to see instant improvements in your workouts, sports performance and day-to-day life.

1 The thumb builder



The Move The Pinch Lift

The Muscles The major thumb muscle (*flexor pollicis brevis*), finger flexors

The stronger the force you can exert between your thumb and fingers, the better you'll be at anything requiring good pinching strength, such as holding a screwdriver. A study at Thomas Jefferson University, Philadelphia, found pinch strength is 20% of your maximum crushing strength, so the benefits go beyond just gripping a rugby ball.

A Place two barbell plates together, with the smooth sides facing out and pinch them between your thumbs and fingers. "Rub chalk on your hands," says grip champion David Horne. "Your palms might be sweating one day and not the next, so chalk ensures an even playing field."

B Lift the plates up to knee height and hold for a few seconds. Go for three sets of 10-12 reps. A tougher variant you might like to try is pull-ups holding the bar in a pinch-grip – useful if you decide to take up indoor climbing, one of the UK's fastest-growing sports.

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2 The wrist blaster

The Move Wrist Curls
The Muscles The wrist flexor and extensor muscles of the forearm

While all the exercises here recruit your forearm muscles, this is the real deal if you're seeking Popeye proportions. As well as looking good in short sleeves, your ability to wield a hammer and nails and put together flat-packed furniture in record time will improve massively.



A Place your forearms on a bench, hold two dumb-bells, with your palms facing down. "You can also do the movement with your palms facing up ," says Horne, "but use a heavier weight".

B Bend the wrists up and down. "Don't let the weight roll to your fingers. and keep the grip constant," says Horne.

IT'S GOOD TO COMBINE THESE WITH RADIAL FLEXION CURLS...

A Hold a dumb-bell at your side, with your palm facing your thigh.

B Now move your wrist in a hammering motion. Ensure you work both arms. A study in the *British Journal of Hand Therapy* found the majority of right-handed subjects were 10% stronger on their dominant side. One forearm bigger than the other and people might start jumping to the wrong conclusion...



3 The lift improver

The Move The Holding Deadlift
The Muscles Finger flexors, thumb muscles, all-over body muscle (to keep the body stable)

Sometimes in life, you have to carry heavy loads for long distances or simply hold them steady for long periods. This isn't restricted to the gym either – DIY, moving house or carrying that new 42in flat-screen TV home from the shop can tax even the strongest arms.

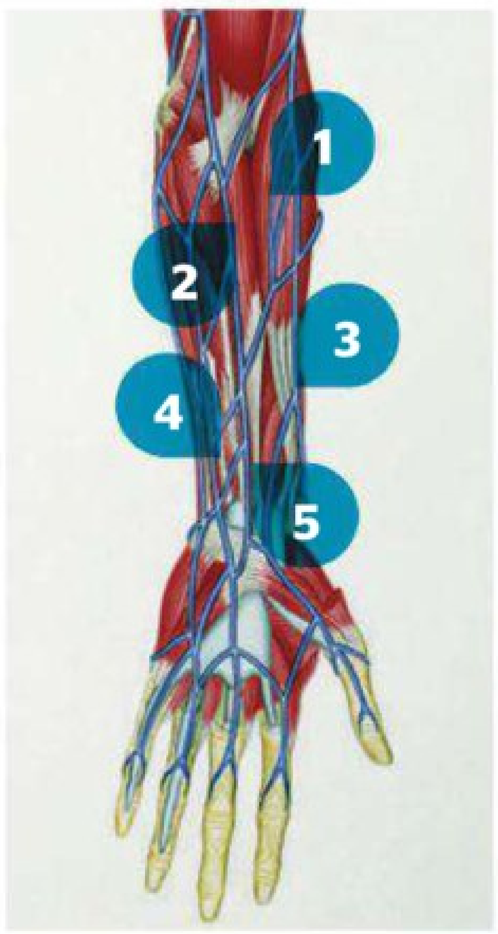


A Grab a barbell that you'd use to warm up for deadlifts. "Some people have problems with a mixed grip (one hand overhand grip, the other underhand)" says Horne, "so stick with both overhand".

B Having deadlifted the bar, hold it for as long as you can. "Don't cheat by squeezing it against your thighs!" says Horne. Add this variation to the last rep of your usual deadlift sets and you can include improved grip strength to the long list of benefits the move gives you.

HANDS OF TIME

Here are the muscles that will help you develop a vice-like grip for the rest of your life



The big grip drivers are...

(1) *Palmaris longus*
(2) *Flexor carpi radialis*
(3) *Flexor carpi ulnaris*
(4) *Flexor digitorum superficialis*
(5) *Flexor digitorum profundus*

The thumb has a holding function, the wrist is supportive, and finger flexion is the key.

"As your hands are always active, you can work your fingers, wrists and forearms more than other muscle groups," says Horne. "And your hands recover quickly, so you can exercise them every day."

Horne has devoted half his life to competing in grip contests and devising equipment (davidhorne-gripmaster.com). He can tear two packs of cards in half, and wrist curl 302.5kg (667lb).

"There's less drop off in hand strength than other body parts as we age. I've met men who are in their seventies and still accomplish great feats with their hands," he says. So you can ensure you've got that crushing handshake ready when you meet your daughter's potential suitors. MH

OPENING SHOT GETTY. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL AT DAVID PETERS AT MOT MODELS. SHORTS & TRAINERS ASICS.CO.UK. EQUIPMENT TECHNOGYM.COM. THANKS TO: VIRGINACTIVE.CO.UK. WRIST SHOTS STUDIO 33. MODEL MARK PEACOCK. SHORTS NIKE.COM.

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15% stronger in 6 weeks

Start counting down to a new, fitter, healthier you. This is your your definitive plan for building strength and power in every body part



The incredible bulk is closer than you think

Your action plan

What?

A 6-week strength-building workout coupled with a must-eat list of the best foods to make you stronger, leaner and fitter than you've ever been before.

Why?

It's all very well boasting about your bench 1-rep max (1RM), but if you're after something more tangible – such as muscle and definition – then increasing your power will deliver. It's simple: pushing more reps than you previously could and using heavier weights increases the stress on your muscles, which triggers growth.

How?

Start by testing your strength (see Test of Strength) to find out what weights to use and then test yourself again after 3 weeks to adjust the weights upwards. Try to stick to the routine for 6 weeks and include the dietary recommendations (listed overleaf) to help your body on its way to more might.

Who?

The routine is designed by strength coach Colin Allan (zero2xs.com) for lifters who already have some experience and want to develop real strength as well as size.

When?

Do workouts 1 and 2 on a Monday and Tuesday, rest on Wednesday then do workouts 3 and 4 on Thursday and Friday. Rest over the weekend or repeat a workout for a favourite body part. Rest for 2-3 minutes between each set and always make sure you're fully recovered before you start your next set. Your body will thank you for it and reward you with a 15% increase in strength in just over a month.

Test of strength

Calculate your 1RM

When testing your strength, don't risk an injury by loading the bar-bell to capacity. Instead use this formula from Matt Brzycki, author of *A Practical Approach to Strength Training* (McGraw-Hill) to find out how strong you really are.

1RM = (Weight used) x 36/(37 - no. of reps)

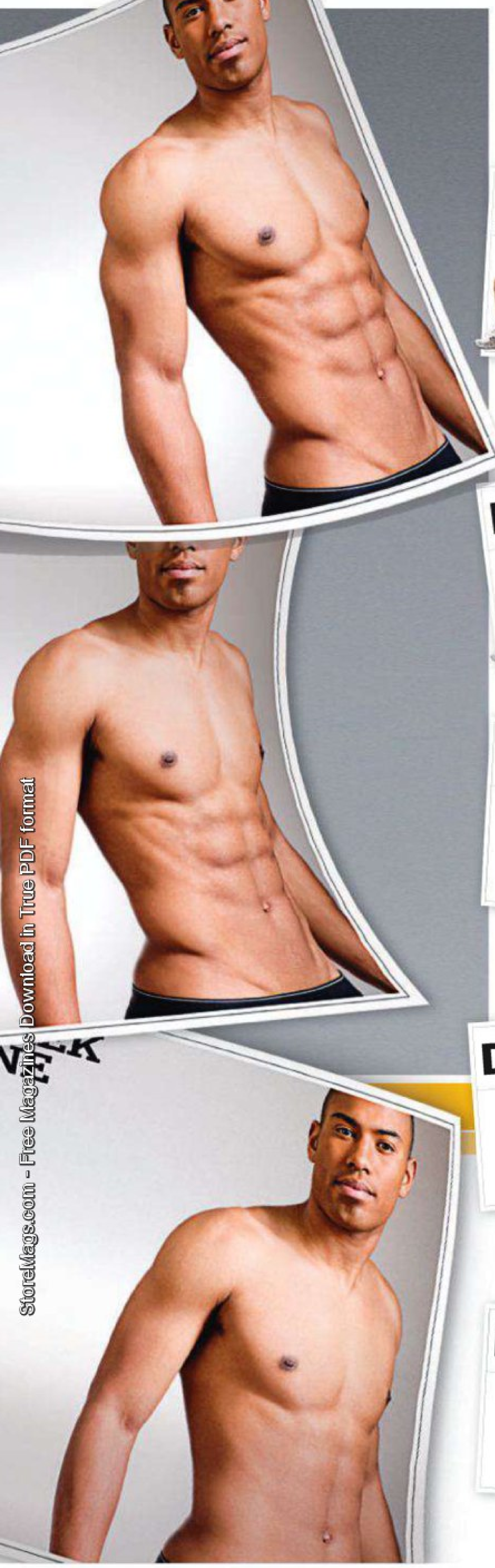
So for example, if you can bench press 100kg for a total of 8 reps (and where you can't complete the ninth) then the calculation would look like this:

1RM = 100kg x 36/(37 - 8 reps)...

Which is the same as 3600/29...

1RM = 124kg

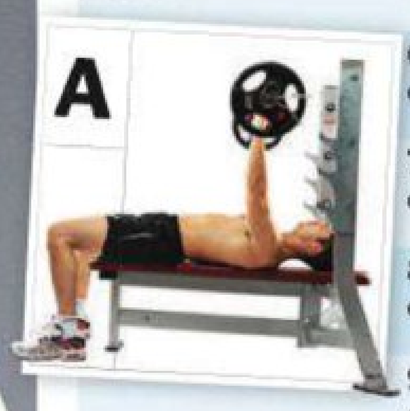
Do this calculation for all the exercises because you'll use percentages of this figure to find out exactly how much weight to use.



Your action plan

Workout 1

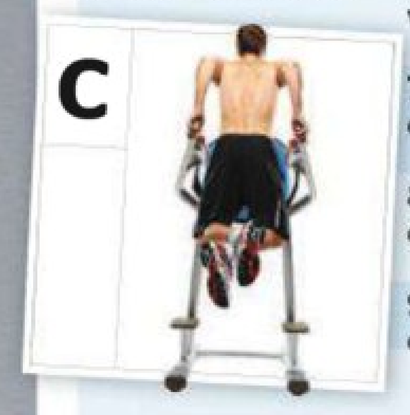
CHEST	WEIGHT	SETS	REPS
BAR-BELL BENCH PRESS	45% of 1RM	1	15
	60% of 1RM	1	7
	75% of 1RM	1	5
	85% of 1RM	1	3
	90% of 1RM	1	2



	WEIGHT	SETS	REPS
INCLINE DUMB-BELL PRESS	60% of 1RM	2	8
	75% of 1RM	1	5
	85% of 1RM	1	4



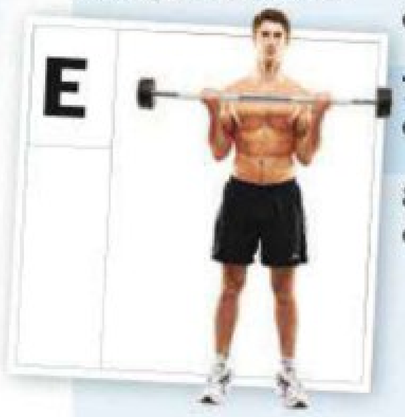
	WEIGHT	SETS	REPS
WEIGHTED DIPS	Body weight	1	10-12
	70% of 1RM	1	8
	80% of 1RM	1	5
	90% of 1RM	1	4



BICEPS	WEIGHT	SETS	REPS
WEIGHTED PULL-UPS	Body weight	1	10
	60% of 1RM	1	6
	70% of 1RM	1	4
	85% of 1RM	2	3

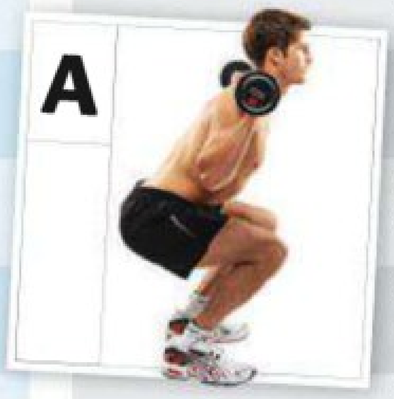


	WEIGHT	SETS	REPS
BAR-BELL CURL	60% of 1RM	1	8
	75% of 1RM	1	6
	85% of 1RM	2	4



Workout 2

LEGS	WEIGHT	SETS	REPS
BAR-BELL SQUAT	45% of 1RM	1	15
	60% of 1RM	1	7
	75% of 1RM	1	5
	85% of 1RM	1	3
	90% of 1RM	1	2



	WEIGHT	SETS	REPS
LEG PRESS	60% of 1RM	2	15
	75% of 1RM	1	8
	85% of 1RM	1	4



	WEIGHT	SETS	REPS
STIFF LEG DEADLIFT	45% of 1RM	1	15
	60% of 1RM	1	7
	75% of 1RM	1	5
	85% of 1RM	1	3
	90% of 1RM	1	2
	60% of 1RM	1	1



BICEPS	WEIGHT	SETS	REPS
GOOD MORNINGS	60% of 1RM	2	1
	75% of 1RM	1	8
	85% of 1RM	2	4

WORKOUT CONTINUES ▸▸▸▸▸▸▸▸

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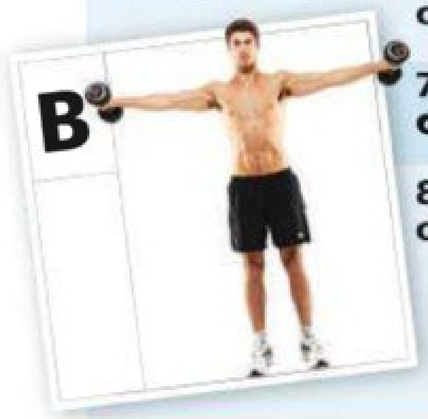
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Workout 3

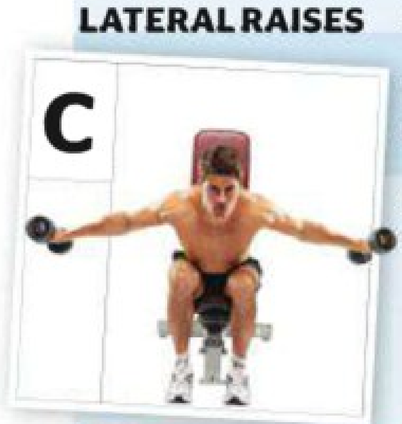
SHOULDERS	WEIGHT	SETS	REPS
CLEAN AND JERK	45% of 1RM	1	10
	60% of 1RM	1	7
	75% of 1RM	1	5
	80% of 1RM	1	4
	85% of 1RM	1	3



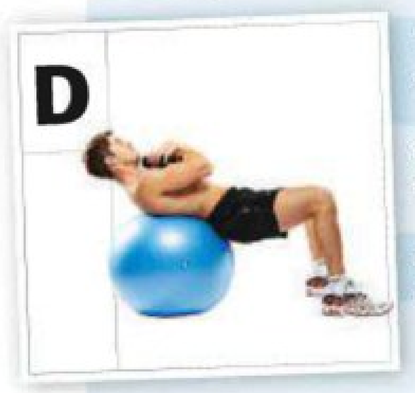
	WEIGHT	SETS	REPS
LATERAL RAISES	60% of 1RM	1	12
	75% of 1RM	1	8
	85% of 1RM	2	5



	WEIGHT	SETS	REPS
BENT-OVER LATERAL RAISES	60% of 1RM	1	12
	75% of 1RM	1	8
	85% of 1RM	2	5



ABS	WEIGHT	SETS	REPS
WEIGHTED SIT-UPS	60% of 1RM	2	10
	75% of 1RM	1	8
	80% of 1RM	1	6
	85% of 1RM	2	4

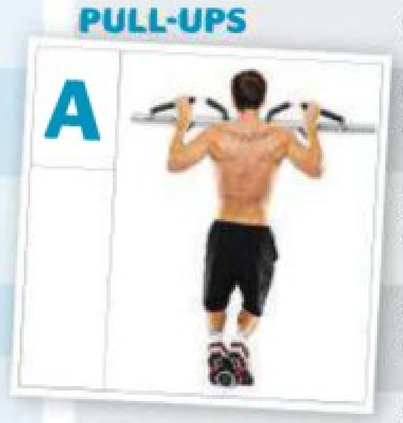


	WEIGHT	SETS	REPS
WEIGHTED LEG RAISES	60% of 1RM	2	10
	75% of 1RM	1	8
	80% of 1RM	1	6
	85% of 1RM	2	4

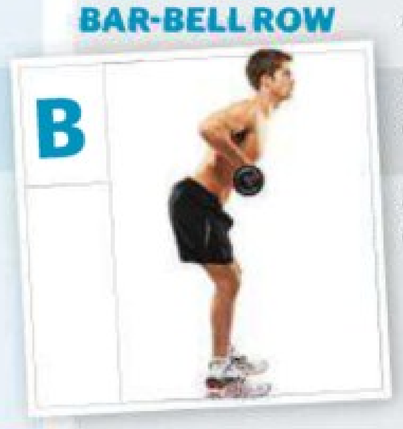


Workout 4

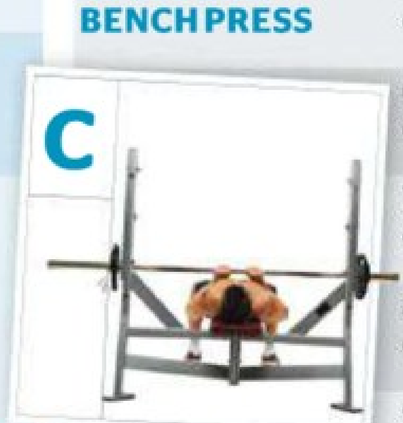
BACK	WEIGHT	SETS	REPS
WEIGHTED PULL-UPS	45% of 1RM	1	15
	60% of 1RM	1	7
	75% of 1RM	1	5
	85% of 1RM	1	3
	90% of 1RM	1	2



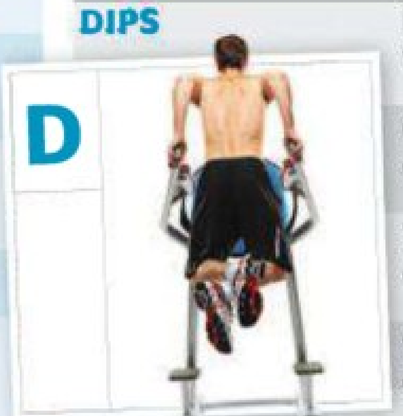
	WEIGHT	SETS	REPS
BENT OVER BAR-BELL ROW	60% of 1RM	2	8
	75% of 1RM	1	5
	85% of 1RM	1	4



TRICEPS	WEIGHT	SETS	REPS
CLOSE GRIP BENCH PRESS	45% of 1RM	1	15
	60% of 1RM	1	7
	75% of 1RM	1	5
	85% of 1RM	1	3
	90% of 1RM	1	2

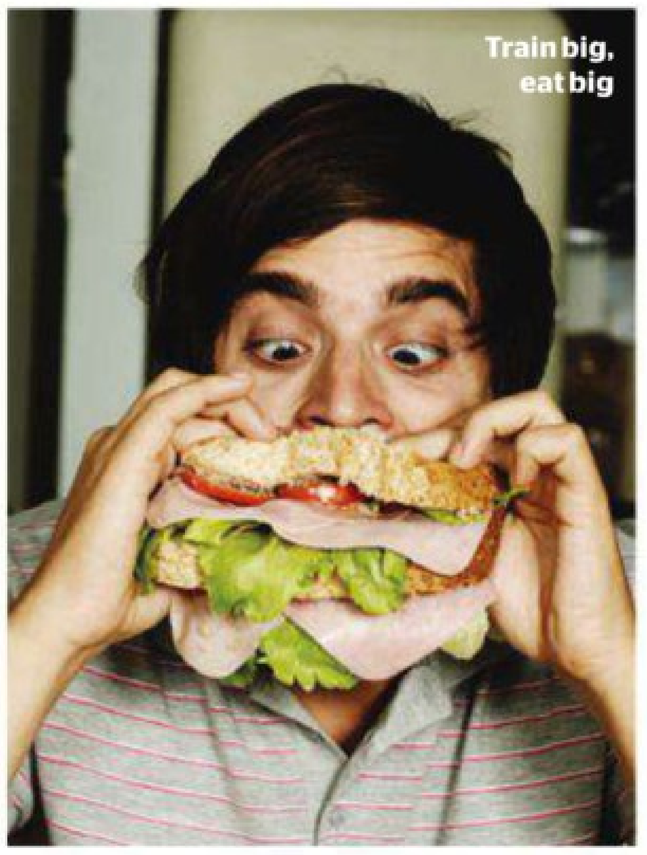


	WEIGHT	SETS	REPS
DIPS	Body weight	1	10
	60% of 1RM	1	6
	70% of 1RM	1	4
	90% of 1RM	2	3



	WEIGHT	SETS	REPS
CABLE PUSH-DOWNS	60% OF 1RM	1	8
	75% OF 1RM	1	6
	85% OF 1RM	2	4



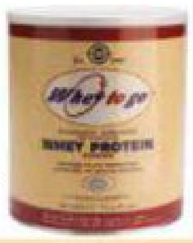


SUPER STRENGTH FOODS

Give your gym mitts a break – use your knife and fork to lift more weight

WHEY PROTEIN

Whey is rich in proteins vital to the manufacture of testosterone, your brawn hormone. Bracket your workouts with whey shakes.



OILY FISH

Salmon, tuna and mackerel are rich in Coenzyme Q10 (which gives you energy), vitamin A and zinc (for testosterone) and protein (for muscle). Eat a serving per day.



CABBAGE

Full of the phyto-chemical IC3. A study at Rockefeller University, US also found when men were given doses of IC3, their girly oestrogen levels dropped while testosterone surged.



EGGS

These protein and zinc-rich orbs provide all the building blocks you need to bolster your bench press. They also offer you a healthy dose of good cholesterol. Aim for 9 a week.



RED MEAT

It offers zinc, iron, protein and fats, the cornerstones of power. A study at the University of Wollongong, Australia found people who ate red meat improved their strength more than those who didn't. MH



WORDS RAY KLERCK. PHOTOGRAPHY ADRIAN WEINBRECHT. MODEL BEN KIRBY AT FLAIR. THANKS TO ESPORTA.COM. ADDITIONAL PHOTOGRAPHY GETTY, STUDIO 33. DIGITAL IMAGING PRE MEDIA

Bolt-on workouts

Got a weaker body part you want to focus on improving? No problem. Simply add one of our bolt-on mini workouts to your weights and cardio sessions for the best body on the beach this summer

BOLT-ON 1: killer calves

Are you ready for summer shorts? Build your lower legs with these 3 simple exercises

ACTION PLAN

Your calves are made up of two major muscles, the *soleus* and *gastrocnemius*. The former is worked when you do seated calf exercises and the latter is when you do standing calf exercises. Simple, right? But calves are notoriously tough to grow and natural genetics play a huge part in how big they get. Don't worry, help is it hand, we've solved your lower leg dilemma and found the fix to defy your DNA.

Do 4 sets of the standing calf bounces – and do them quickly. A study by the College of New Jersey found fast lifting leads to a 5% increase in strength in 2 months.

If you can still walk, make your way over to the bench. Do the seated calf bounces as one long continuous set. "Your calves flex whenever you move making them one of your body's hardest working muscles," says Mark Bellamy strength trainer and designer of the Powerbag (powerbag.com). "To stress them enough to spark growth, you have to overload them, which is why the rest periods are so brief."

Swiss ball curls, will add the finishing touches to your calves to make them strong from all angles. More strength equals more muscle and calves defined enough to transform even the worst pair of summer shorts.



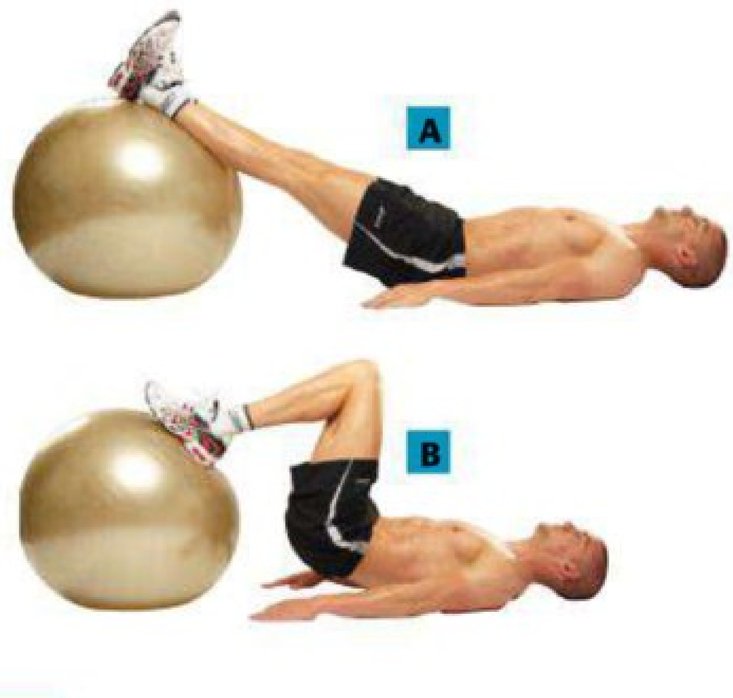
1 STANDING CALF-BOUNCES

Rest the balls of your feet on the edge of a raised platform. Hold onto a support if you need to. Lower your heels to the ground and just before they touch it **(A)** rise onto your toes **(B)**. Do this as quickly as you can so you're bouncing up and down – pogo stick-style. Do as many reps as you can bear.



2 SEATED CALF- RAISES

Sit on a bench with a step in front. Rest a barbell on your knees. Place the balls of your feet on the edge of the step **(A)**. Rise onto your toes **(B)**. Pause then lower as far as you can and repeat. Do 10 sets of 10 reps, resting 10 secs between sets. The technical term for how this should feel is 'killer.'



3 SWISS-BALL CURLS

Lie on your back with your heels on a Swiss ball, arms at your sides for stability **(A)**. Keep your lower back off the ground and use your calves and ankles to roll the ball towards your buttocks **(B)**. Hold for 2 secs then straighten your legs and lower your body to the start position. Do 3 sets of 15 reps. ▶

Bolt-on 2: Arm yourself

Want to bring out the big guns? Add these 3 muscle-building moves to your workout

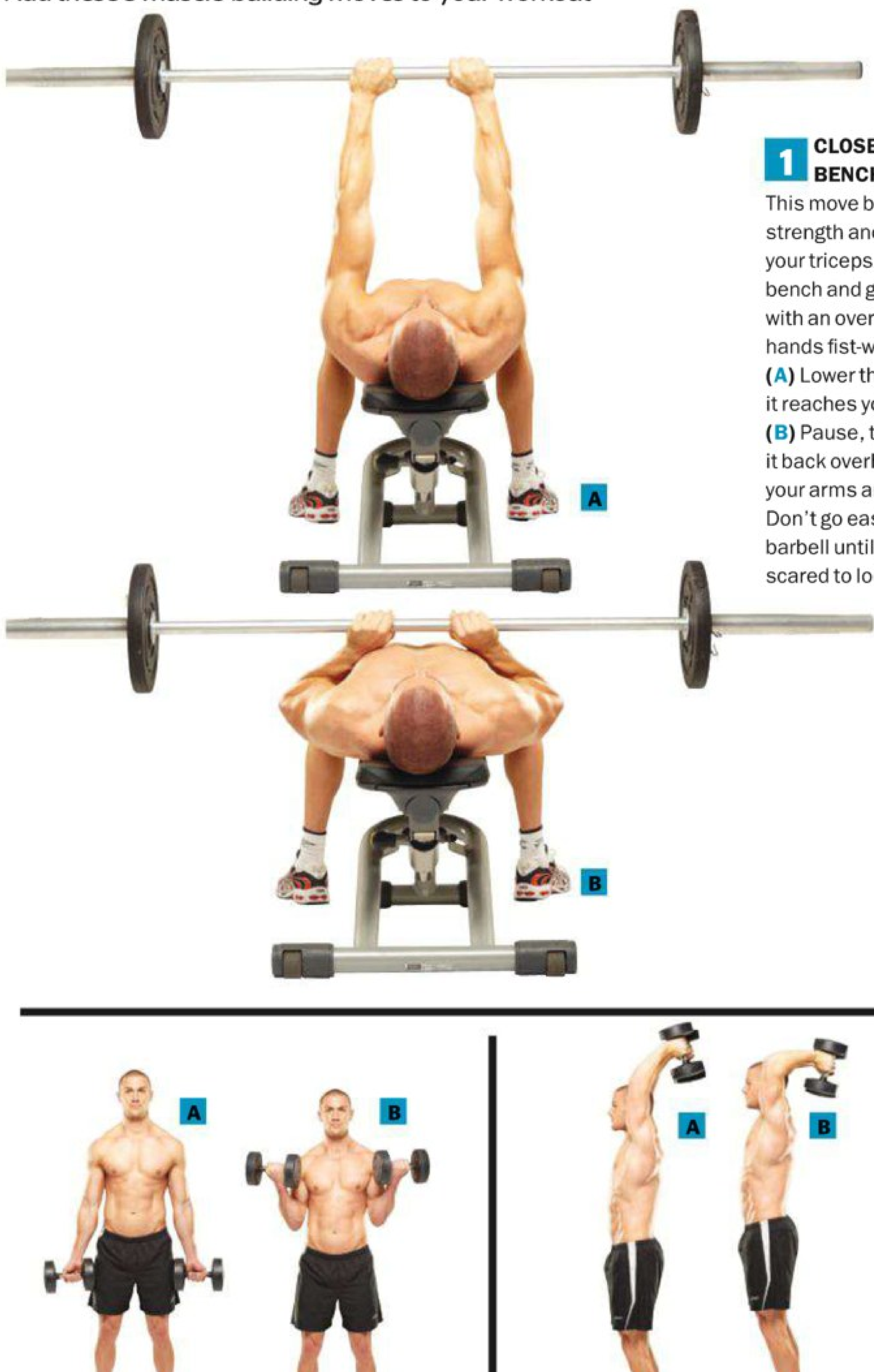
ACTION PLAN

Anatomy explained Your upper arms are made up of two muscle groups: your triceps and biceps. The biggest cause of skinny arms is putting too much effort into the biceps, at the front of your arm, and not enough into the triceps. Triceps make up 66% of your arm muscle so even though they're facing away from you, they add the crucial mass. Fortunately, the solution is simple: train triceps twice as much as biceps.

What to do The muscles in your arms are easy to isolate so you'll quickly pack your sleeves with size without spending hours in the gym. The initial move builds strength and mass in your triceps while you're strong. This is followed by a superset that'll be over and done within 10 minutes. A small exchange for powerful-looking arms.

First do 6 reps of the bench press. Then rest for a minute and do as many reps as you can of bicep curls in 60 seconds. Move yourself into position for the tricep exercise. Then, without rest, do as many reps as you can in another 60 seconds.

Take 1-2 minutes rest, then do the 3 exercises again. Do 3 sets. Researchers in Australia and Canada found alternating sets of antagonistic (opposite) muscle groups like biceps and triceps boosts strength and size more than working just one muscle at a time.



1 CLOSE-GRIP BENCH PRESS
This move builds strength and mass on your triceps. Lie on a bench and grab a barbell with an overhand grip, hands fist-width apart. **(A)** Lower the bar until it reaches your chest. **(B)** Pause, then press it back overhead until your arms are extended. Don't go easy – load that barbell until you're too scared to look at it.

2 STANDING DUMB-BELL CURLS
Avoid big dumb-bells – this is tough. Stand holding two weights underhand **(A)**. Keep arms tucked in and curl the weights until they're at shoulder height **(B)**, swiftly lower to the start. "It's a race against the clock so flex your arms as fast as you can," says strength trainer Mark Bellamy.

3 STANDING TRICEP EXTENSIONS
Hold a dumb-bell in each hand above your head with elbows tucked in **(A)**. Lower the weights behind your head. Straighten your arms to pull the weights back up **(B)**. Lower them as quickly as you raise them. If this doesn't make you the man who takes all your team's throw-ins, nothing will. ►

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Bolt-on 3: Chest to impress

Want to improve your pecs? Follow this additional workout to challenge your chest

ACTION PLAN

Anatomy explained Your pecs are a primary muscle group that requires other, secondary muscle groups – mainly your shoulders and triceps – to help in each and every chest exercise. The problem is that if these secondary muscles are strong they can steal the effort from your chest – depriving it of the stress and the work it needs to grow. But – luckily for you – we've devised a clever workout to trick your pecs into taking their support team out of the game.

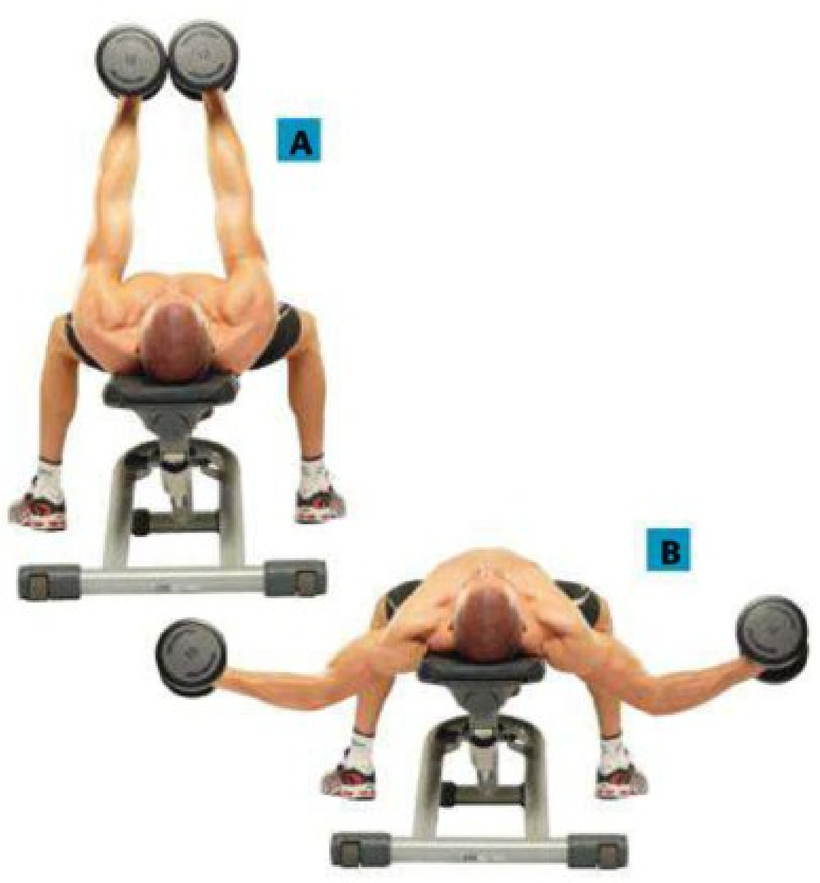
What to do For a chest to impress, your main effort must be to lower the bar slowly. Arizona State University researchers found only doing the lowering portion of a bench press leads to greater gains than performing the full rep. "But make sure you have a spotter around," says study author Kyle Carothers, or you risk getting trapped at the bar, and that's never fun – unless you find yourself with a pint in hand at your local that is. Sit up after each set and do the iso-tension exercise opposite. "This forces blood into your chest, making it recover faster without fatiguing it so you'll be able to lower more weight," explains strength trainer Mark Bellamy. The final exercise isolates your chest muscles with little help from your shoulders and triceps – leaving your pecs to do the work and getting them into perfect T-shirt wearing shape.



1 BARBELL BENCH PRESS
Your old favourite – the bench. Grab the barbell in an overhand grip, (palms facing away from you), hands wider than shoulder-width **(A)**. With the bar above you, take 3-4 secs to lower the bar to your chest, **(B)** then press back up until your arms are straight. Do 4 sets of 8 reps.



2 THE ISO-TENSION
After you've done the bench press, sit on the edge of the bench **(A)**. Place the palms of your hands together and press for 20 seconds to tense your chest **(B)**. Imagine you're trying to crack a walnut between your chest muscles. Remember to breath – this isn't free diving.



3 DUMB-BELL FLY
Hold a dumb-bell in each hand and raise them above you **(A)**. Arc your elbows and lower the weights to your sides as far as you can while keeping your back flat **(B)**. Keep the same angle in your elbow joints when you raise the weights. Do 3 sets of 10 reps, resting 30 secs between each bout. ▶

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Bolt-on 4: Abs blast

Want to turn your beer belly into a solid 6-pack? Hit your core with a mini workout

ACTION PLAN

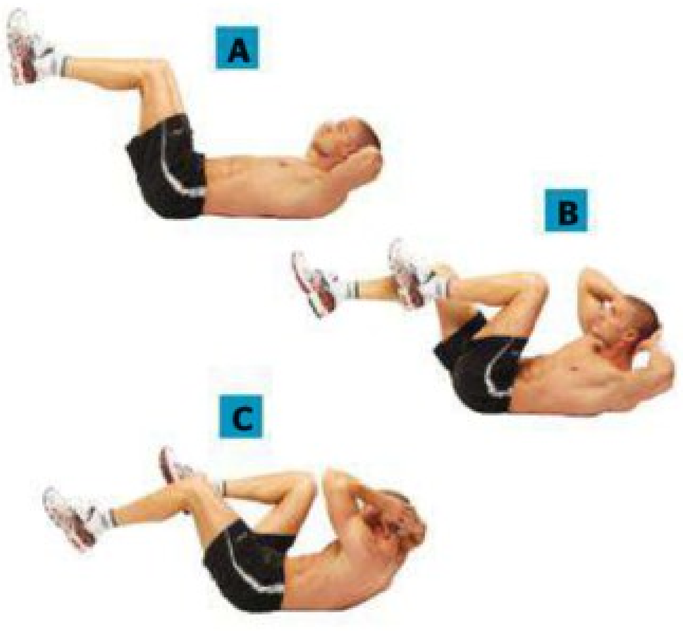
Anatomy explained If you've been diligently working out your middle but remain a few cans shy of a six-pack, there's a simple explanation. You need to do more than the up and down motion of sit-ups. Your abs are a buttress to your spine so to force them to grow you need to make them brace harder – by getting them to tense without bopping up and down. After all you don't want them to only look flexed when you get up from your seat, you want them to look good when you're walking around too.

What to do Guessing games are good for many things – a long car journey, a dull Christmas Day and children's parties to name a few – but they are definitely not good for abs. San Diego State University looked at 13 of the most common abdominal exercises, ranking them from best to worst. Out of all the exercises tested, the much-loved bicycle crunch – if we had a pound for every time we'd seen someone pull out this move in the gym – activated the largest portion of muscles in your core because it worked the upper and lower abs as well as obliques. This is thanks to the combination of the up-and-down and side-to-side motion that the move requires – one hard-working exercise we think you'll agree. So reap the benefits, and start your abs blast with some cycle power.



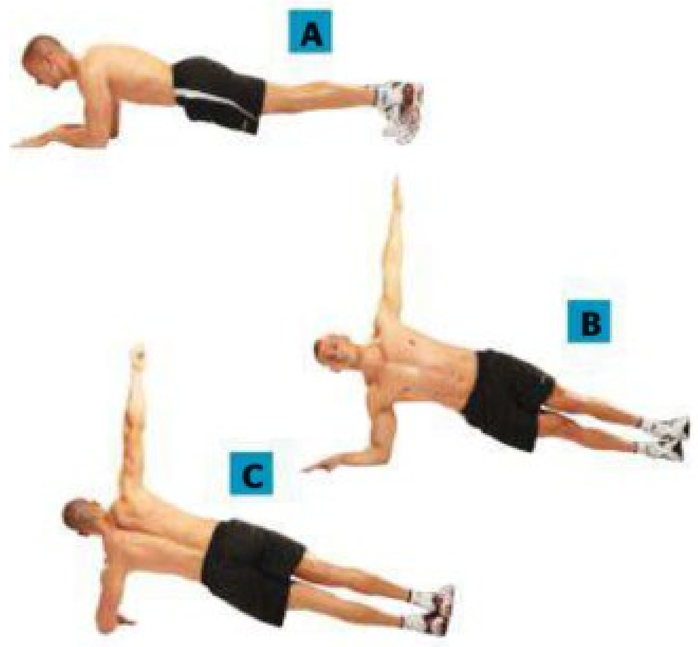
1 MOUNTAIN CLIMBER

Kneel on all fours. Straighten your right leg and lift your left knee to your chest **(A)**. You should be on the balls of your feet, like a sprinter in the starting blocks. Switch leg positions **(B)** as many times as you can for 30-45 seconds and be sure to avoid Usain Bolting into the nearest wall.



2 THE BICYCLE CRUNCH

Lie on your back, with your feet in the air and your knees bent **(A)**. Lace your fingers behind your head and lift your shoulders. Straighten your right leg, turn to the left and bring your right elbow to your left knee **(B)**. Switch sides **(C)**. Alternate as you pedal your legs.



3 SIDE-PLANK TO PLANK

First do the plank – lie face down, raised onto your elbows and toes **(A)**. For a side-plank, shift on to your right arm and roll onto the outside of your right foot **(B)**. Hold for 2 secs. Rotate back to the regular plank, hold for 2 secs **(A)**. Rotate into a left side-plank, hold for 2 secs **(C)**. Do 4 sets of 10 reps. ▶

Bolt-on 5: Bold shoulders

Your body's most versatile joints. Give them some extra support with this 3-step add on

ACTION PLAN

Anatomy explained Having great arms, a muscular back and powerful chest may seem ideal, but without a strong set of shoulders you won't be able to build any of them to their full potential. They assist in most exercises for your chest, back, biceps and triceps and can get over fatigued leaving them too weak to add muscle. So you have to be sneaky if you want to make them stronger.

What to do For wide, powerful shoulders, you need to be able to shift big weights and the rest-pause technique is the fastest way to make this happen. It was developed by former Mr Olympia Mike Mentzer, author of *High Intensity Training* (McGraw-Hill) and the mid-set break gives you the extra energy to push for more reps, so you'll do 10 reps with a weight you can normally only manage 5 reps with. This drives size into your shoulders.

Follow up with some drop sets. By reducing the weight by 15% after each set you'll be able to complete the 6 reps with perfect form and stress the muscle enough to make it grow, found research in the *Journal of Strength and Conditioning*.

The final exercise works the back of your shoulders, to keep them pulled back so they look extra wide. By the end you should struggle to get through doorways.



1 SEATED SHOULDER PRESS

Sit on a bench, grab the weights and hold them either side of your head. Straighten your arms to press the weight up **(A)**. Do 5 reps then put the weights down **(B)** and rest for 20 seconds, then go again. You will be able to do 2-3 reps. When you can't do any more, rest again. Clock up 10 reps in total. Perform 4-5 sets, resting 1-2 minutes between each bout then do the next move. "When you're struggling on the final reps of this exercise clench your jaw – this will give you more power," says Mark Bellamy. You can also rope in a spotter to help with this one.

2 FULL LATERAL RAISES

Stand as shown **(A)** and raise your arms straight out **(B)**, then above your head **(C)**. Lower them to the start. Do 6 reps, then grab dumb-bells 15% lighter and do 6 more reps, then go 15% lighter again, and do 6 more. Do 4 sets, resting 2 mins between each set.



3 INCLINE REVERSE FLY

Lie face down on an incline bench **(A)**. Keep a slight arc in your elbows as you raise the dumb-bells until they are level with your shoulders **(B)**. Hold for a second then lower. Do 3 sets of 12 reps, resting 40 seconds. You'll get shoulders that are effortlessly pulled back and appear much wider. ►

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Bolt-on 6: Max your back

Want to get your V-shape back on track? Improve your T-shirt physique with 3 easy moves

ACTION PLAN

Anatomy explained If you're looking for big muscles to work, there are none larger in total surface area than the ones in your upper back. But your back has a few helpers, your biceps and shoulders. Sharing the load like this reduces the effectiveness of back exercises – narrowing the potential of your V-shape. But there are ways of taking these intruders out of the equation.

What to do To build a back to rival a barn door, your exercise selection is vital. Start with some external rotations. When Australian scientists compared moves that strengthen the *supraspinatus* – a muscle in your back – they found external rotations were best for keeping your back injury free.

Next, the dumb-bell row. A recent study in the *Journal of Strength and Conditioning Research* surveyed strength coaches and found that dumb-bell rows were the best exercise for adding upper body muscle. "They keep your back in good nick so you can widen your taper without any niggles to hamper you," says strength coach Mark Bellamy. Compared to the inverted row, it activates more muscles across your upper and lower back, according to Canadian scientists.

Finish with some upright rows which will hit your traps and delts and put some power in your punch.



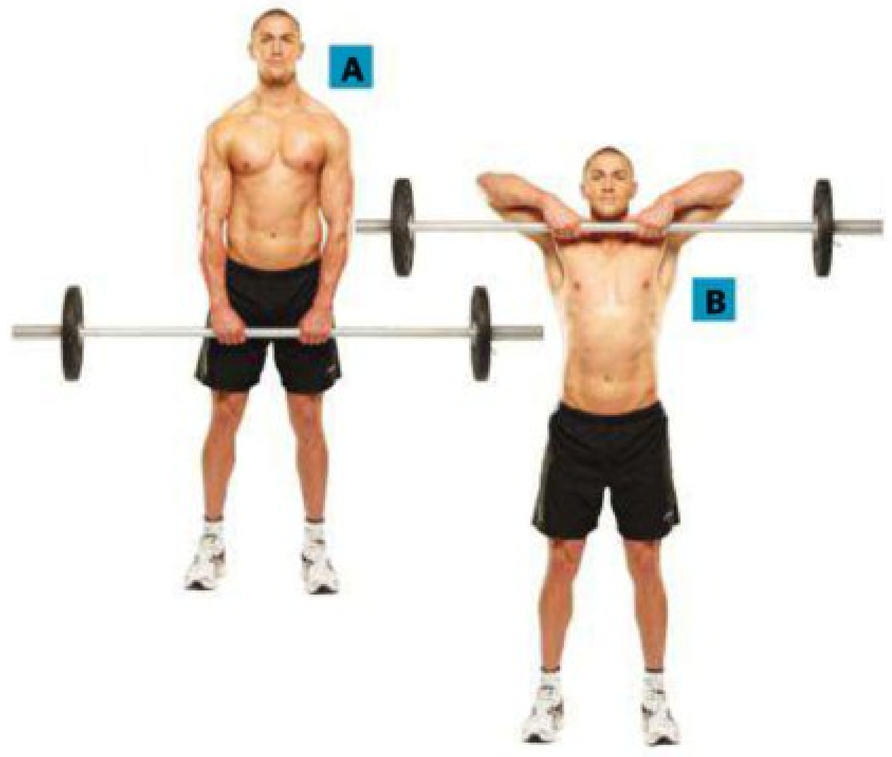
1 EXTERNAL ROTATION

Grab some light dumb-bells and lie face down on a bench. Bend your elbows 90 degrees with your palms facing your feet and squeeze your shoulder blades **(A)**. Rotate your arms upward until your hands are beside your head, palms facing the floor **(B)**. Hold, then lower the weight to the start. Do 2 sets of 12 reps.



2 DUMB-BELL ROW

Stand holding a pair of dumb-bells in front of your thighs. Bend forward at the waist until your torso is almost parallel to the floor. Pull the weights to the bottom of your rib cage **(A)** then slowly lower them **(B)**. Do 3 sets of 10 reps, resting 60 seconds between each.



3 UPRIGHT ROW

With your feet shoulder-width, hold the barbell with a close, over-hand grip in front of your thighs **(A)**. Bring the barbell to your chin by lifting your elbows as high as you can **(B)**. Do 3 sets of 12 reps. This works your traps and deltoids, while adding strength to your swimming stroke. MH

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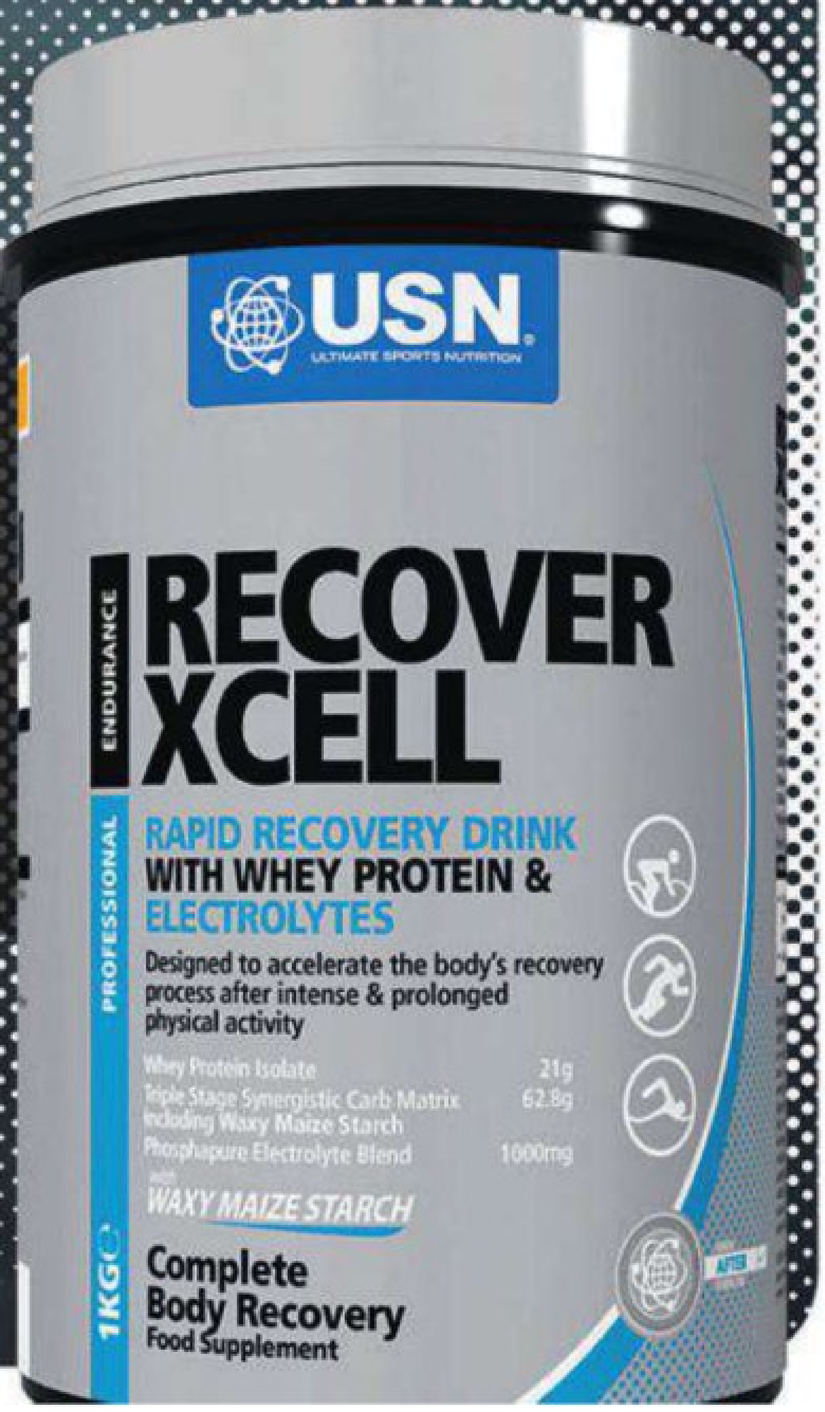
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Olympic Distance Triathlete
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POST TRAINING RECOVERY DRINK AND A COMPREHENSIVE ENERGY, AMINO ACID AND ELECTROLYTE REPLACEMENT DRINK.

The nutrient requirement in athletes is highest immediately after intense and prolonged physical activity. The 30 - 45 minute window after training or events is a crucial time during which the body races to recover as quickly as possible. The body's evolutionary instinct to immediately replace muscle glycogen (our first and main source of energy) means that it will use whatever nutrients are available, including amino acids present in muscle tissue, resulting in muscle wastage. By rapidly supplying carbohydrates to replace glycogen, as well as fast acting protein to replace amino acids, the body recovers quickly, without breaking down existing amino acids.

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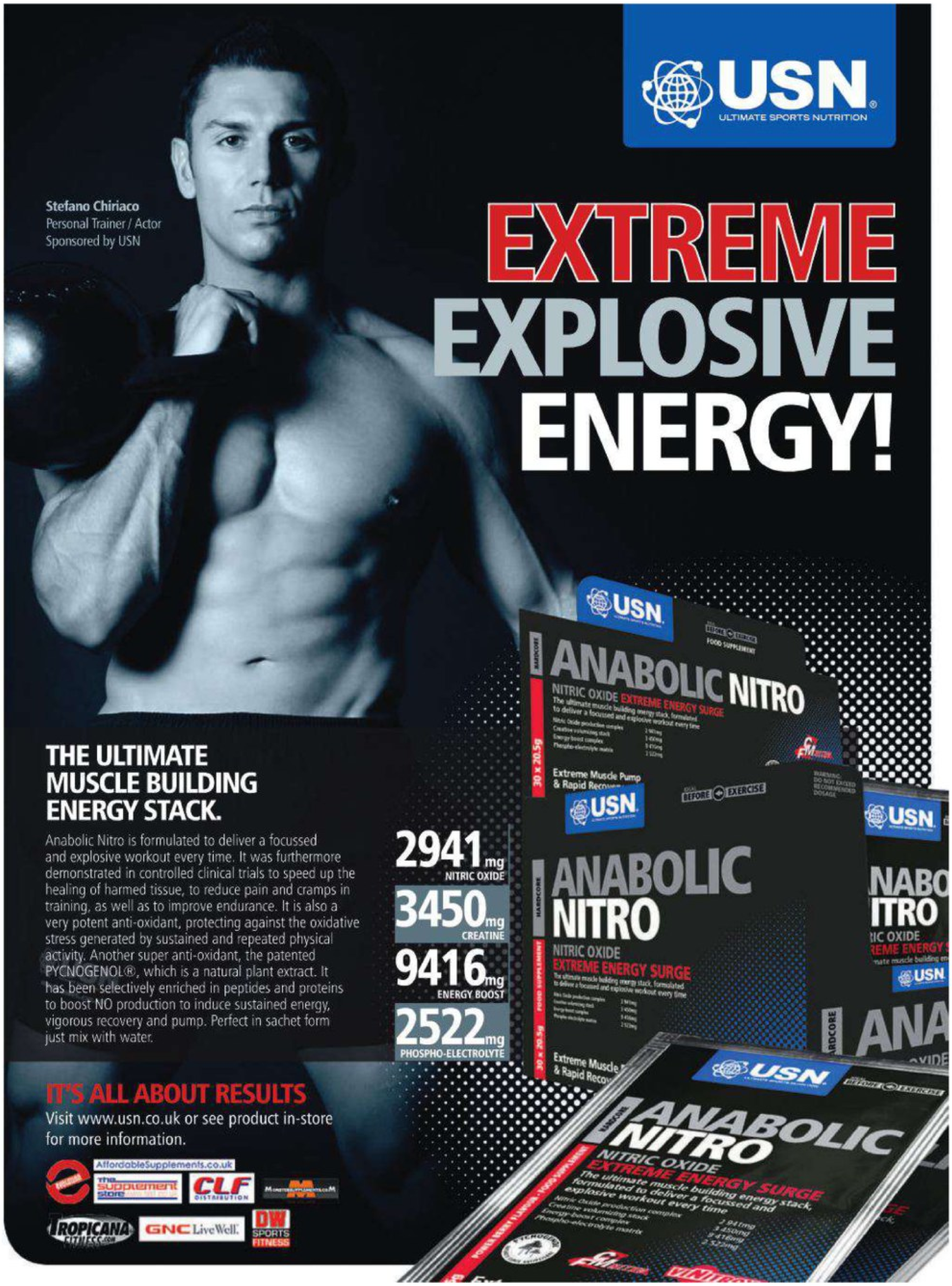
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