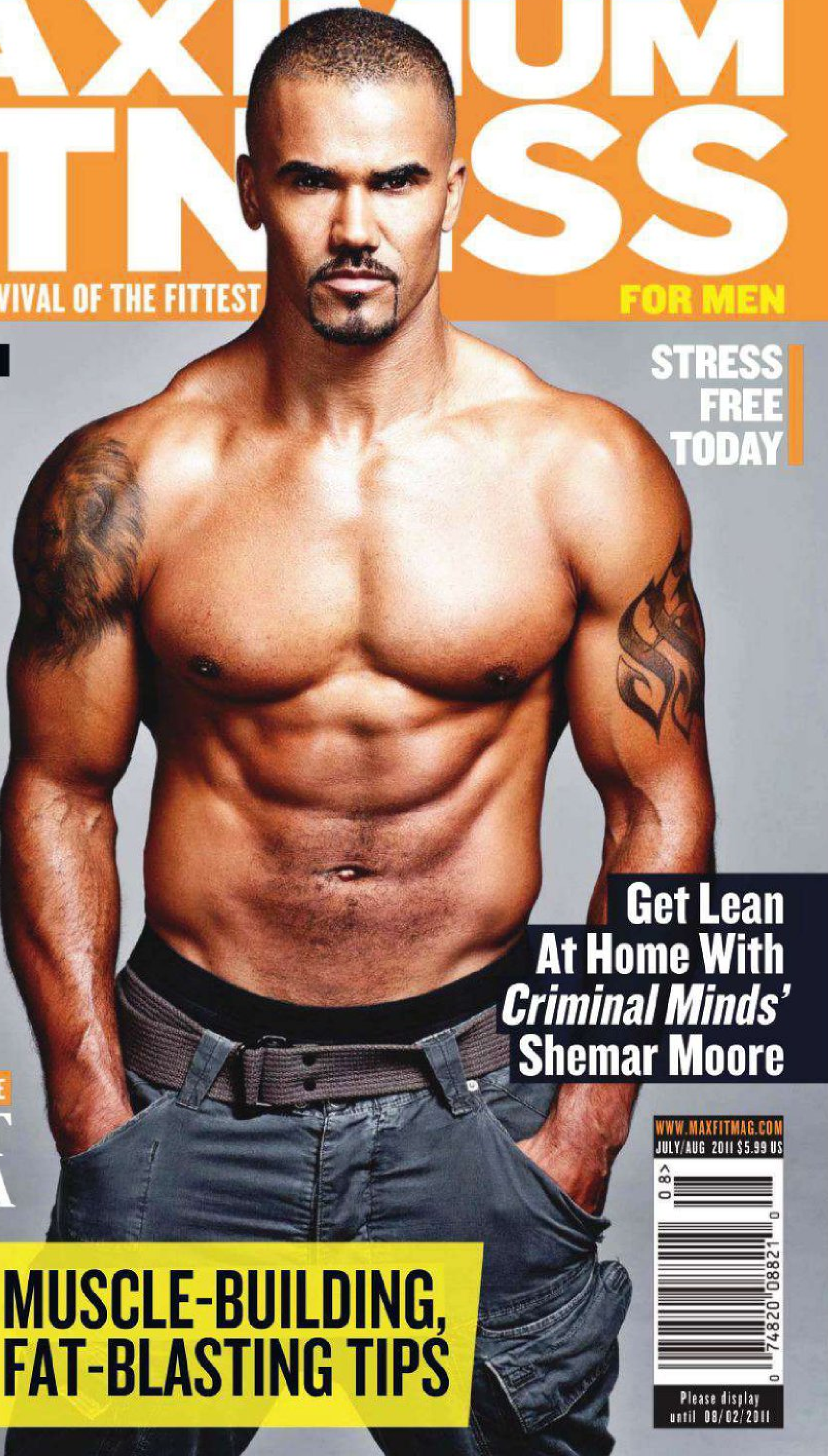
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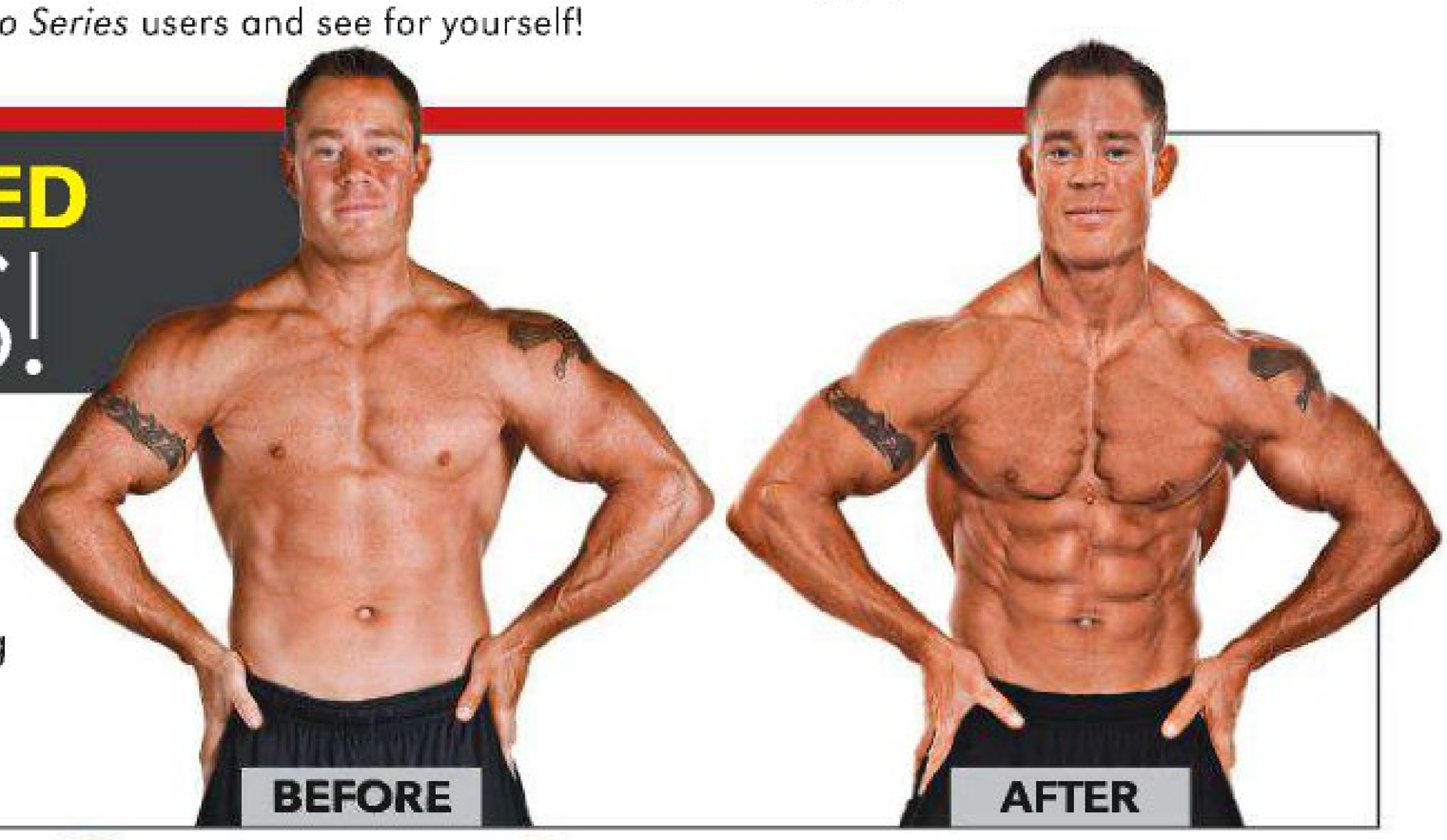
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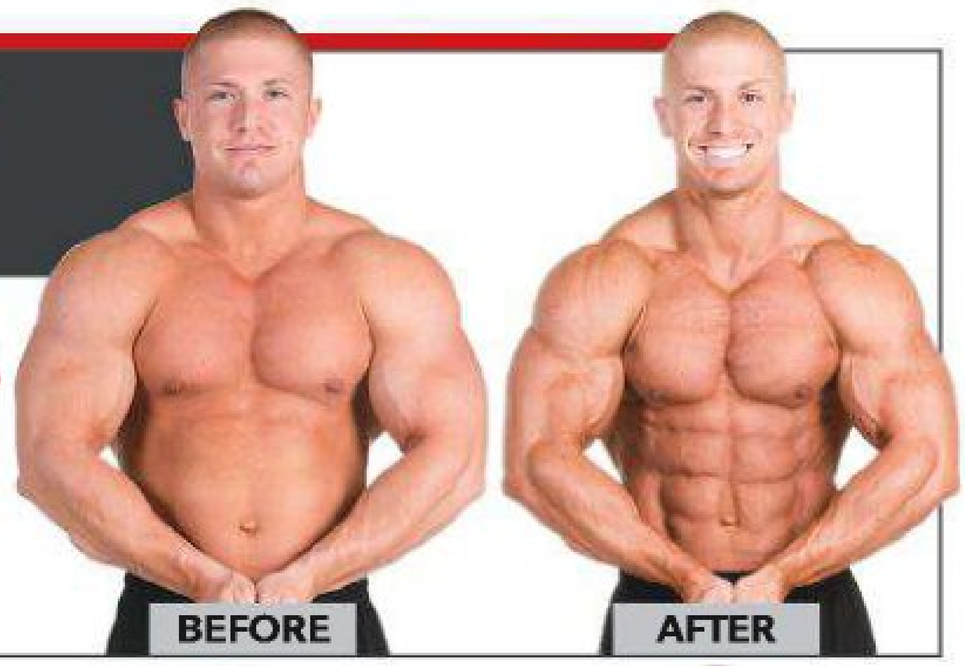


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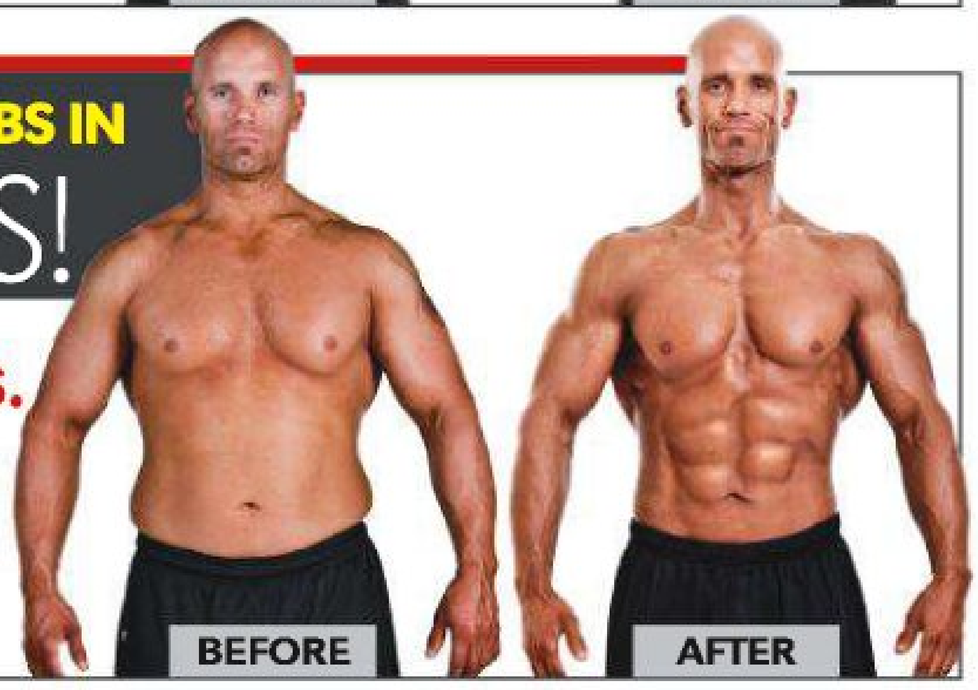


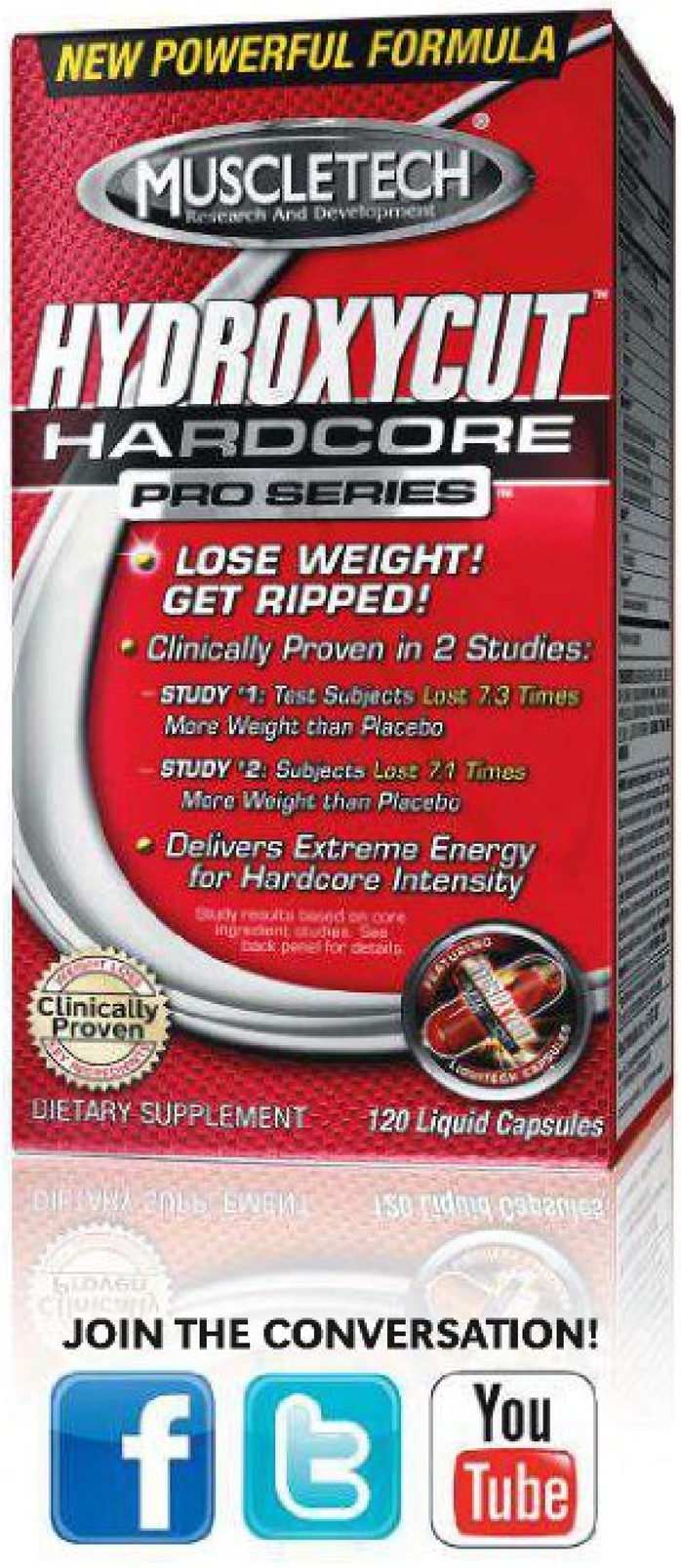
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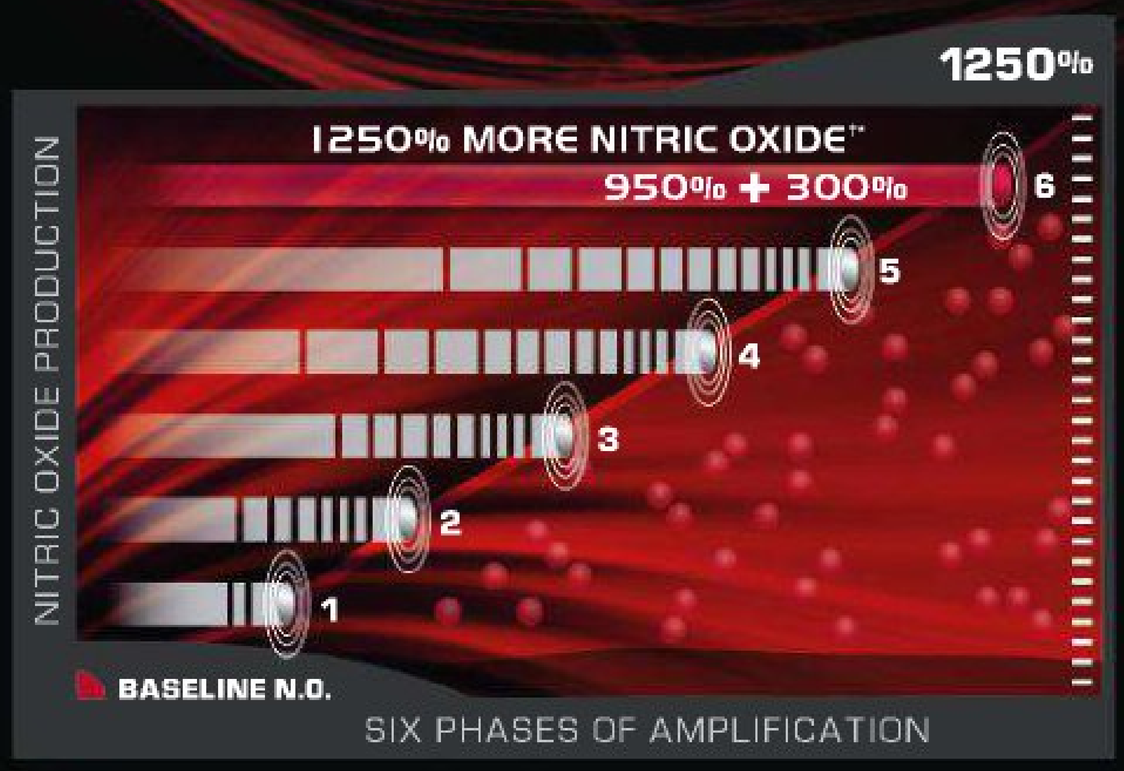
Average weight loss with the key complex HydroxyPro™ (*Alchemilla vulgaris* extract, *Olea europaea* extract, *Cuminum cyminum* extract, *Mentha longifolia* extract) was 16.50 lbs. vs. 1.73 lbs. for the placebo group in one 8-week study. Both groups followed a calorie-reduced diet.

Chad, Jeremy and Christian used *Hydroxycut Hardcore Pro Series* with diet and exercise and have been remunerated. Read the entire label and follow directions. © 2011.

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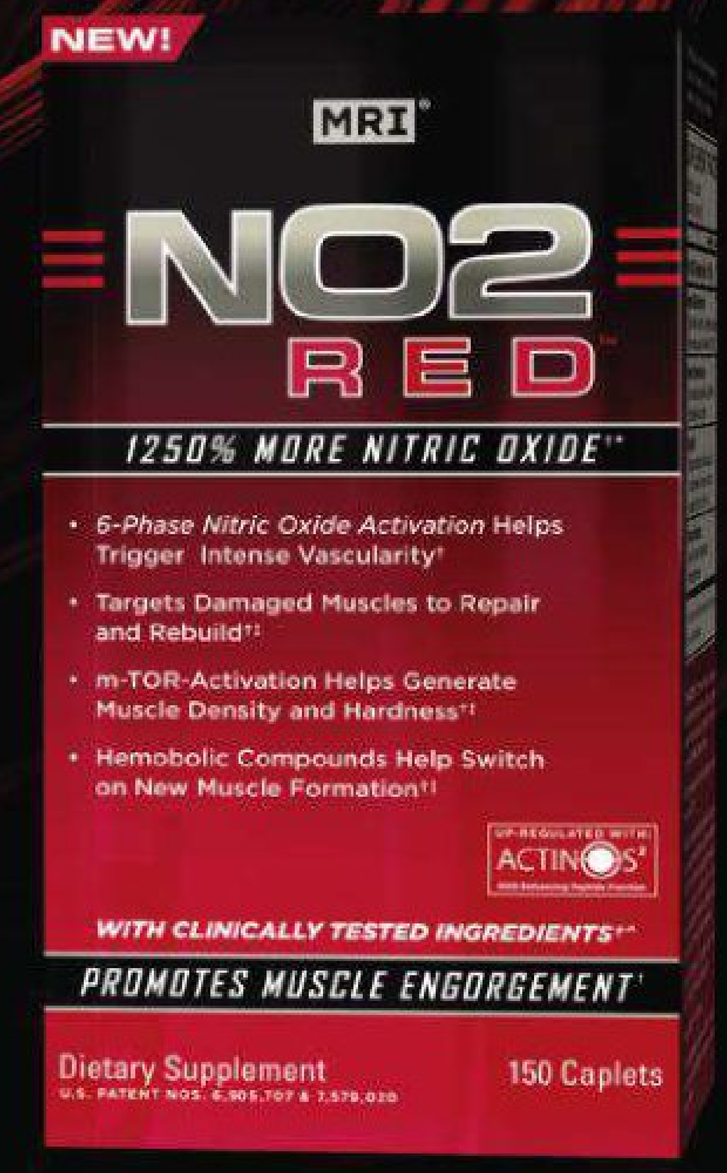
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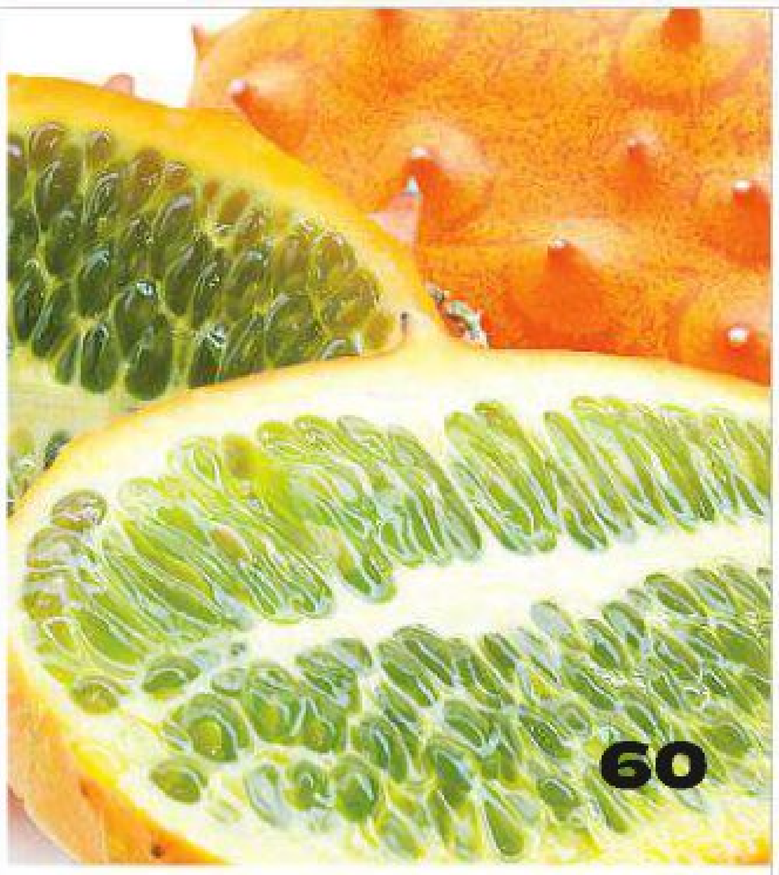


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Check out Shemar Moore's functional-fitness workout

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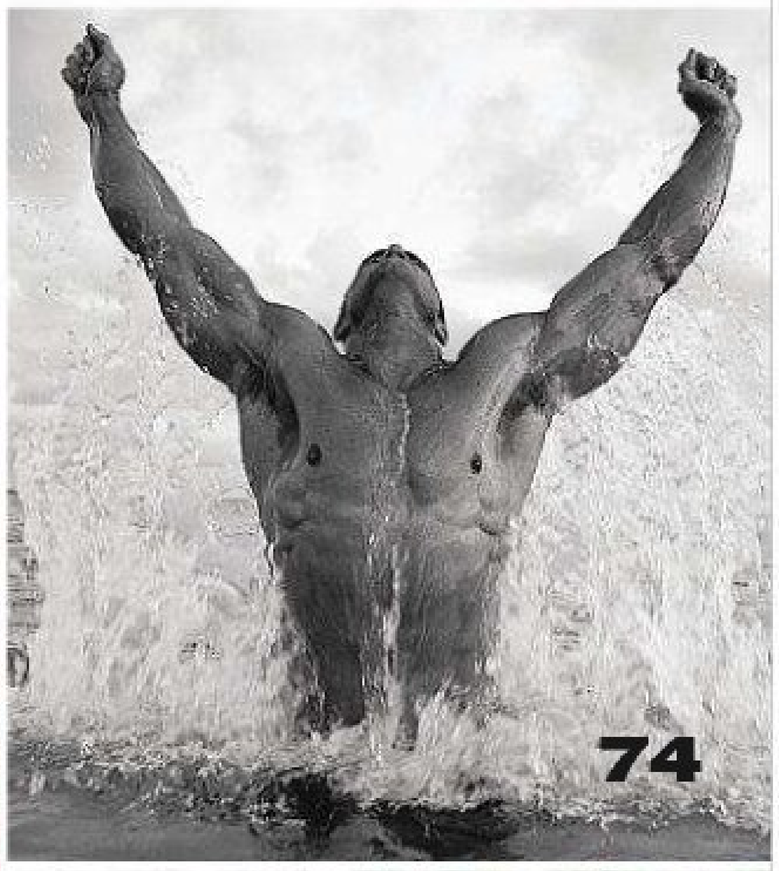
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FEATURES

50 DO THE WORK
After cheating death and making it big, Shemar Moore is the same man he's always been. Now, you can learn from his commitment and drive to look strong and lean—if you're willing to endure the pain.

60 SUMMER SUPERFRUITS
Summertime is a great time for fresh produce, but to get the excitement and variety you need, it's a good idea to branch out from apples and broccoli. We've found eight fruits and vegetables that you've likely never heard of that you ought to add to your grocery list this summer.

66 SUPERSIZE ME
You just can't make some things any bigger in the gym. This MaxFit report gives you the truth behind penile-enhancement surgeries and herbal-enhancement products—and the dangerous lengths men will go to in order to put extra bulk in their boxer shorts.

72 DUMBBELLS VS KETTLEBELLS
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78 BAD BLOOD
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84 MAXFIT GUIDE: BEST BEACHES
Summer is here, meaning that it's time to take your hard-earned body to the beach. The MaxFit team consulted travel agents, property rental companies, authors, athletes and experts of every stripe to come up with the very best beach getaways.

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For our Cover Guide, turn to page 10.

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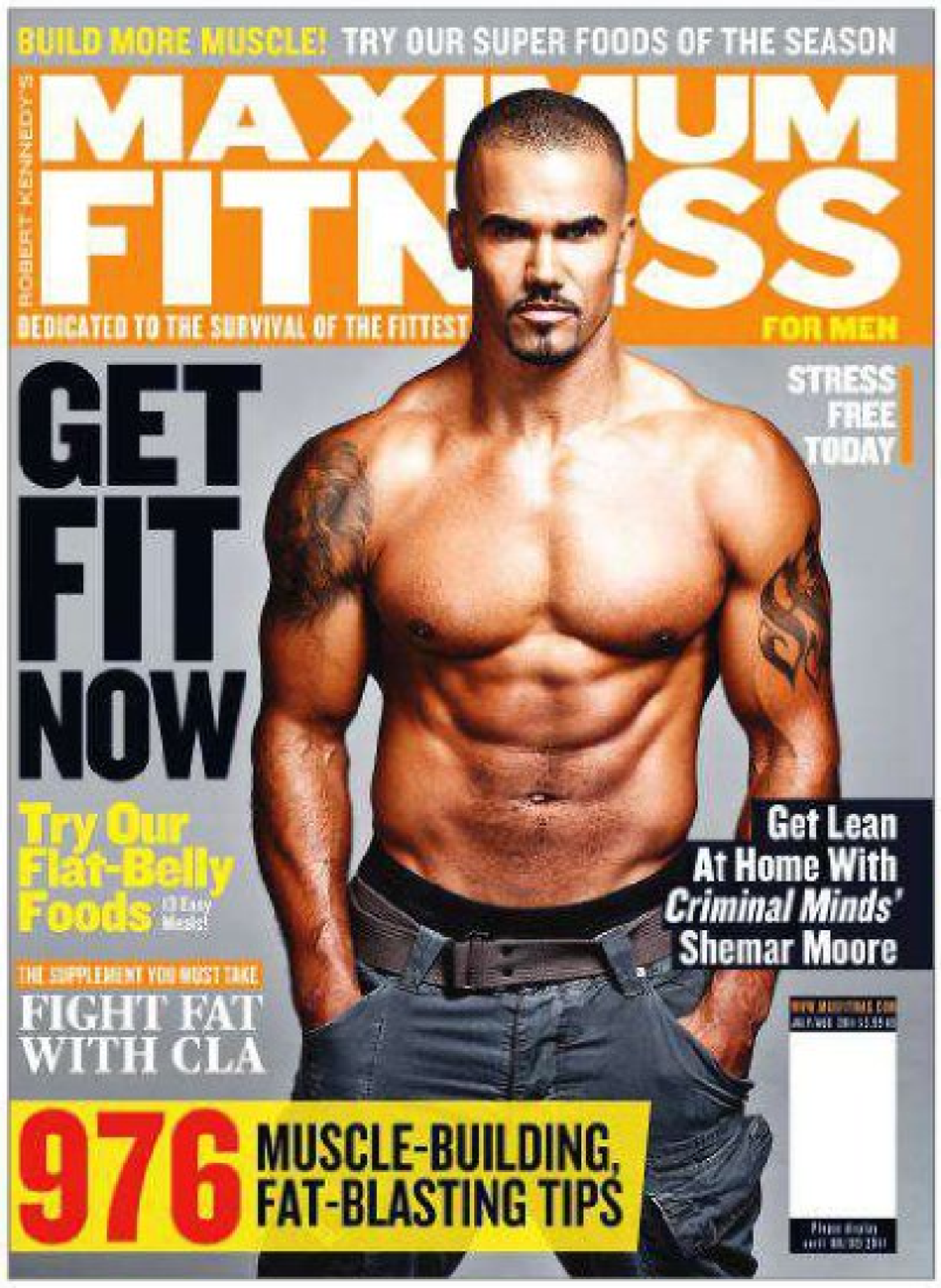
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Cory Sorensen

TIP OF THE ISSUE



"Many people are afraid to use kettlebells for the first time, fearing they'll injure their wrist. There is a phrase called "taming the arc" where you learn to control the way the bell goes over your wrist so you don't bang your arm; once you've mastered this extremely important move, kettlebells can become a staple of your workout."

Find more from "The Biggest Loser" trainer Bob Harper on page 72.

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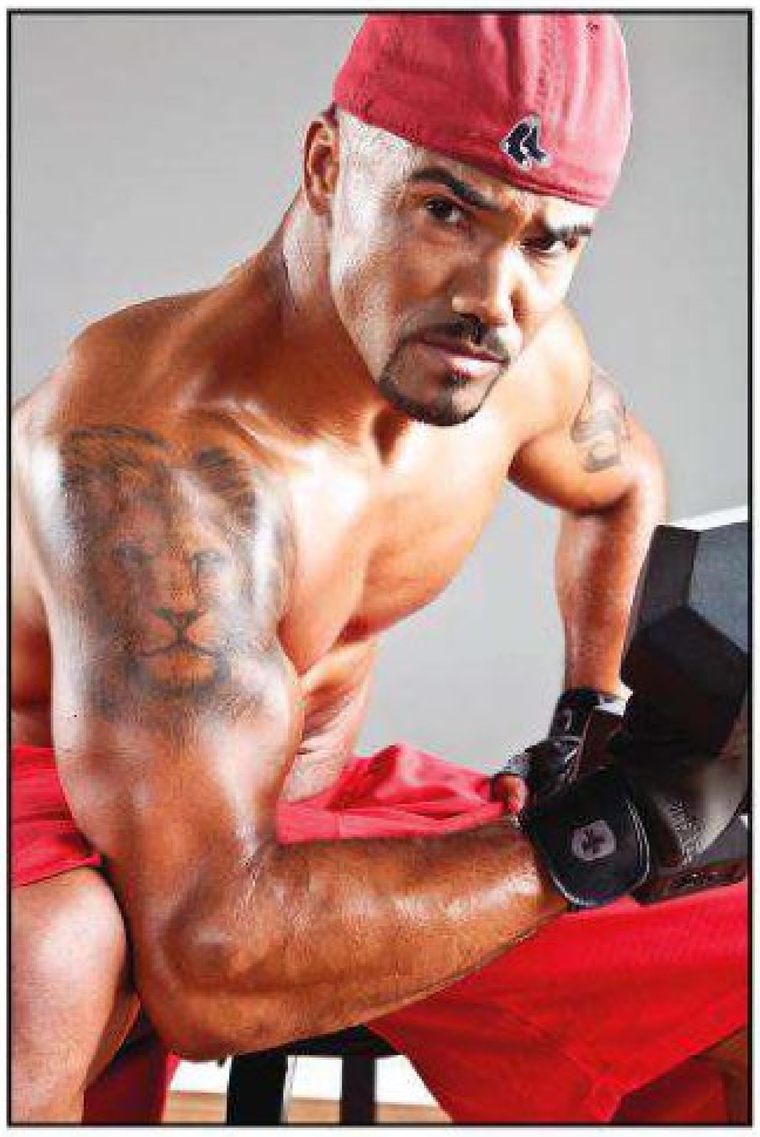
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MORE SHEMAR

From male model to daytime soap heartthrob to FBI special agent Derek Morgan on the hit CBS series *Criminal Minds*, Shemar Moore has maintained his focus on fitness throughout his dizzying ascendancy

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5. I work out and do cardio, period—I don't play sports



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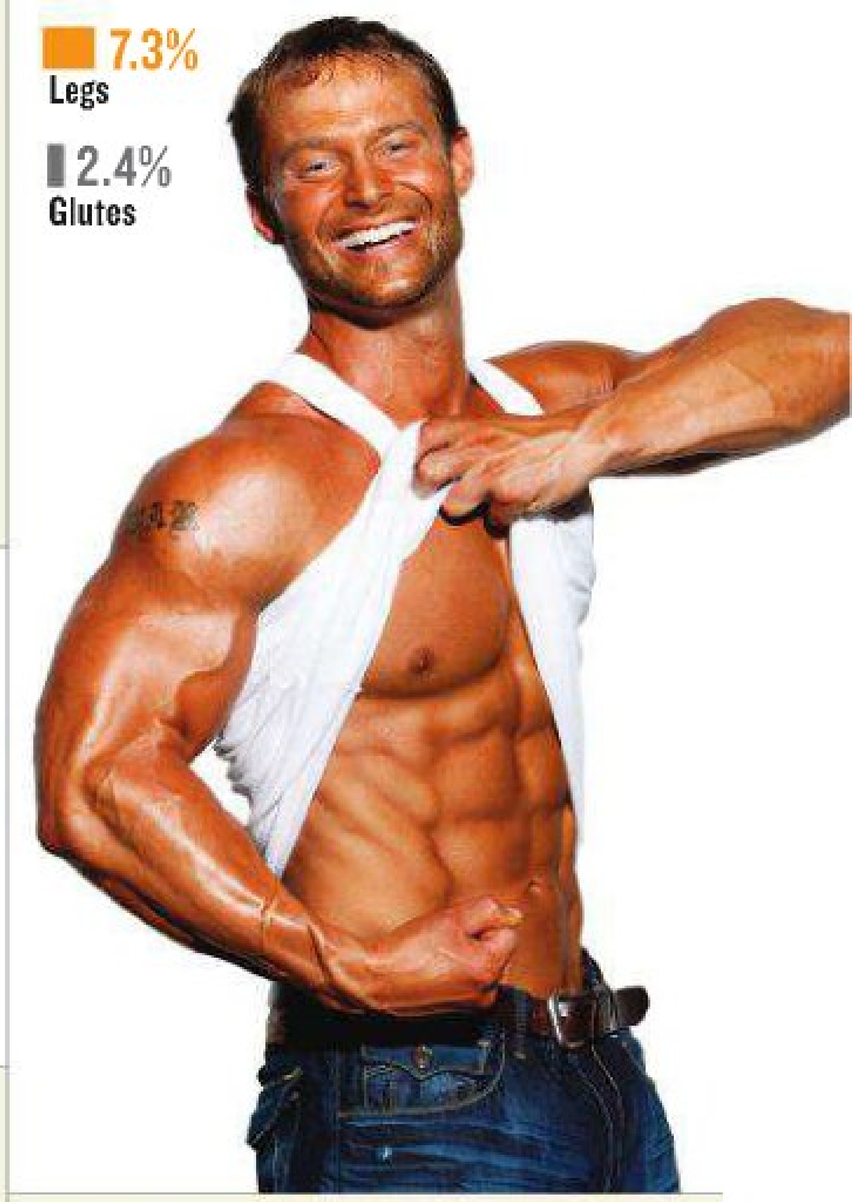
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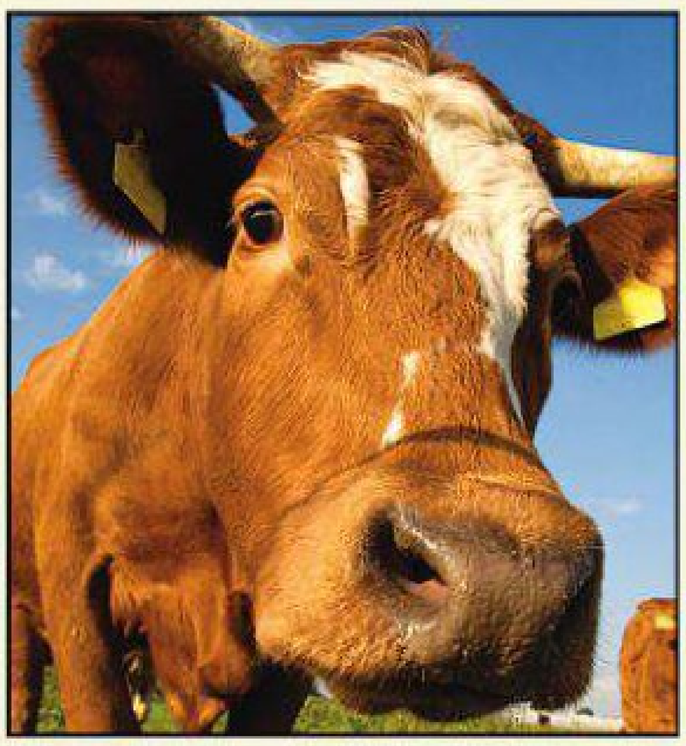


YOU SAID IT...

What body part will you be showing off at the beach this summer?

- Abs — 41.5%
- Arms — 29.3%
- Nothing—I'm hitting the beach in a burlap sack, baby! — 19.5%
- Legs — 7.3%
- Glutes — 2.4%





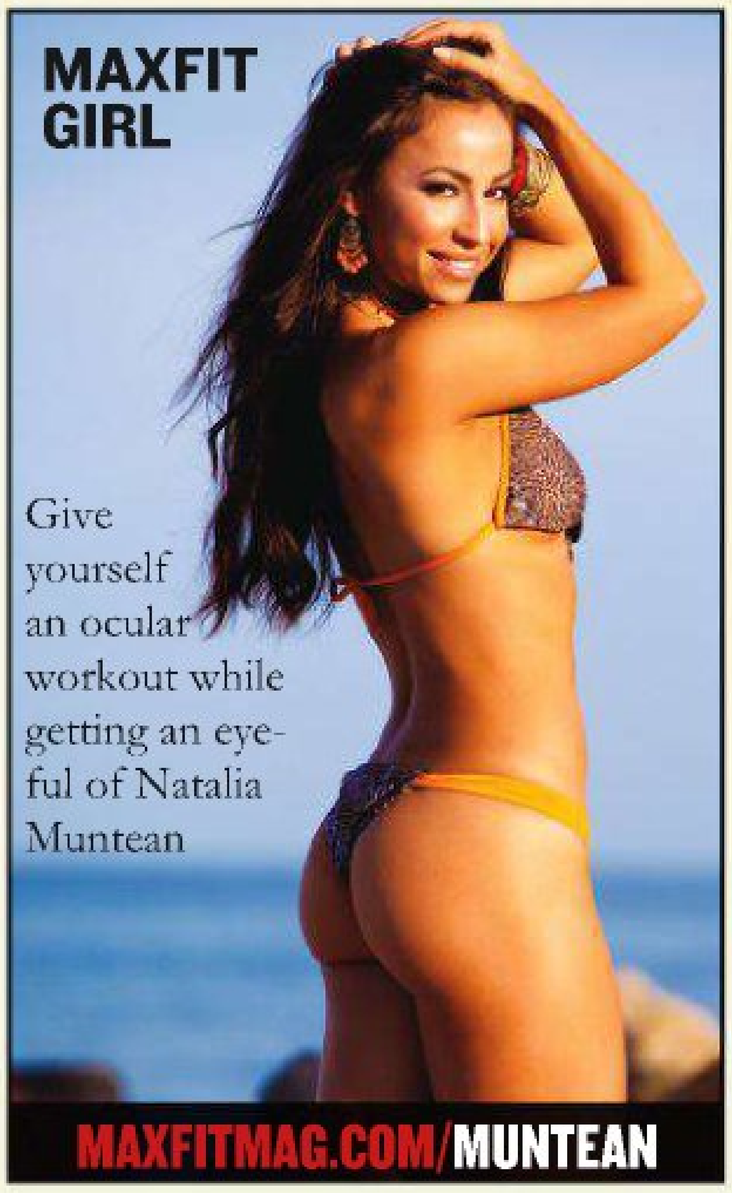
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Cory Sorensen (Shemar Moore): Robert Reiff (model showing abs); Tauseef Asri (MaxFit Girl)

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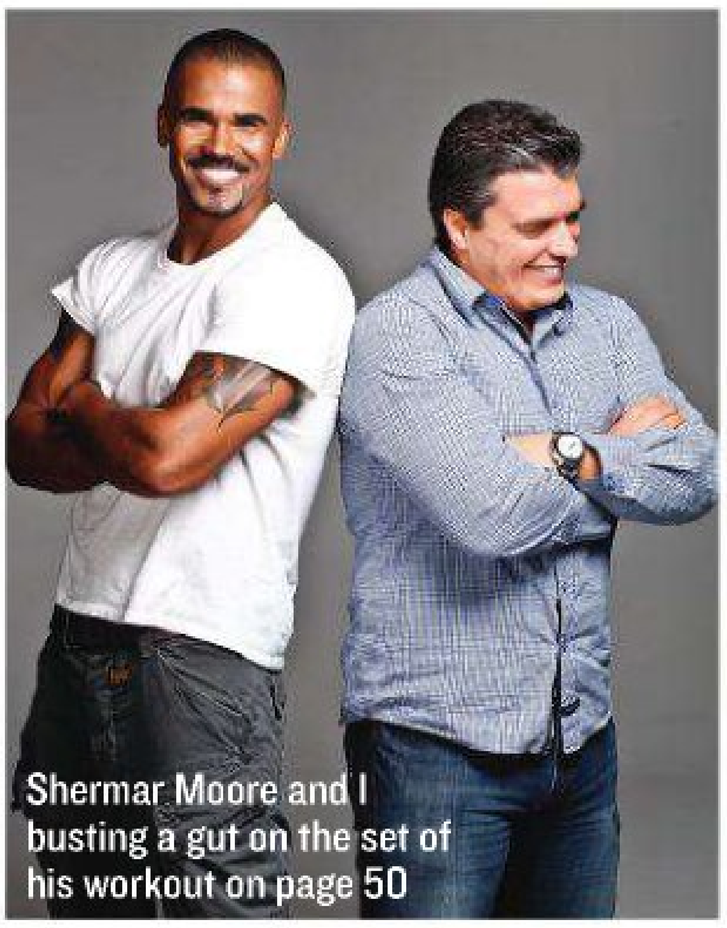
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Are You Worth the Work?

Make a choice: laziness or fitness

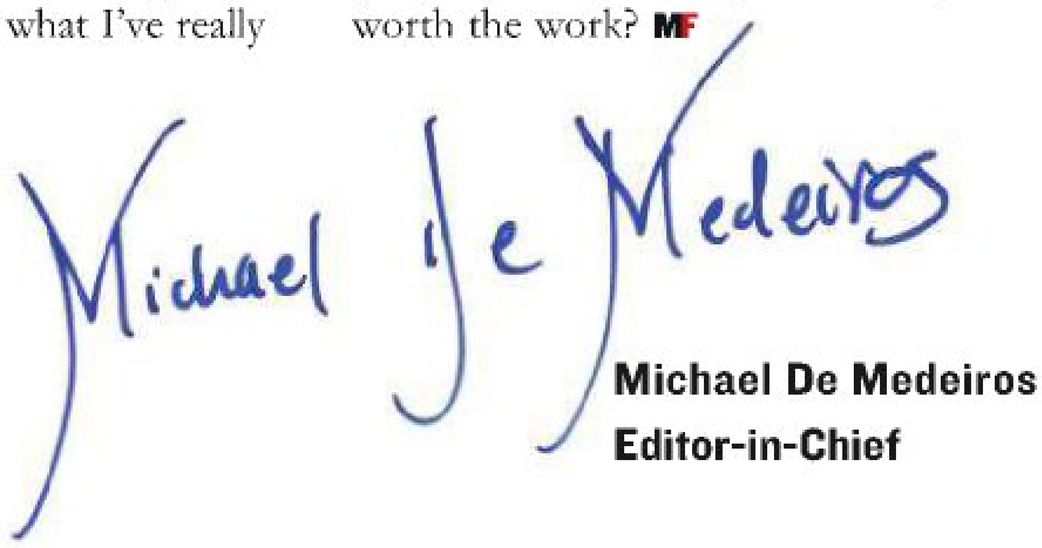
Have you ever woken up in a hotel room and had to take a second to remember where you were? I have. It happened this morning. But don't think I'm describing some kind of Charlie Sheen-like episode. In all seriousness, hotel rooms, airports, rental cars and cabs are all alike in every town, and the morning in question was in the middle of a rather long trip. Case in point: I was in Los Angeles when I woke up. As I write this, I'm en route to Chicago. L.A. was a MaxFit trip; go ahead and tell me if I did good by checking out this issue's cover and corresponding workout with Shemar


Shermar Moore and I busting a gut on the set of his workout on page 50

Moore on page 50. Chicago is a personal trip to visit with family and celebrate my brother's ordination. After that, it's back to Toronto, then New York and Miami for MaxFit and, if I'm lucky, maybe I'll be able to squeeze in some personal time for my birthday in August. But, aside from learning that some airport security staff are OK with me not taking off my shoes and trying to find something edible at an airport food court, what I've really been noticing a lot lately is that people are getting really lazy. It's easy to think that you've faced the most challenging aspects life has to offer. It's a given that you've been through some rather trying times. You've felt remorse, loss and failure. You've felt pain. So have I. We all have. But let me offer this simple pearl of wisdom that I've learned in my years: No matter what you've been through, the hardest and most challenging parts are yet to come.

Don't get me wrong: I have my lazy moments. In fact, I sometimes catch myself deeply entrenched in a contest of how little I can do after forming a jury-rigged Star Trek-like command center on my couch at home. Thankfully, those moments are few and far between, but the point is that we all flirt with self-imposed lethargy from time to time. What I'm commenting on is more than just mailing it in or sleeping through a few hours that could have been productive; what I'm talking about is electronic walkways, valet parking, using the escalator every time, not carrying your wife's or girlfriend's carry-on, ordering online, full-serve gas stations…. I could go on and on.

Where does all the laziness land us? Overweight, tired, out of breath and lacking the drive to even get through the day at times. Seeing all of this around me—and sometimes seeing it in the mirror—really made me think about a conversation that Shemar Moore and I had on set. He kept repeating "I did the work; I endured the pain." It made sense for the story, and it also makes sense for everybody's life. The work may cause us pain or simply force us to do something that requires effort, but doing that work and enduring that pain results in a happier, healthier, better you. Aren't you worth the work? MF

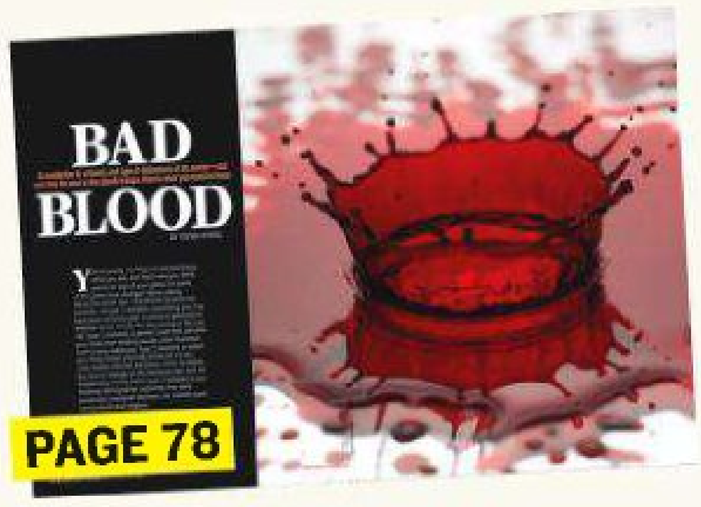


Michael De Medeiros
Editor-in-Chief

MICHAEL'S TOP 3 MUST-READS







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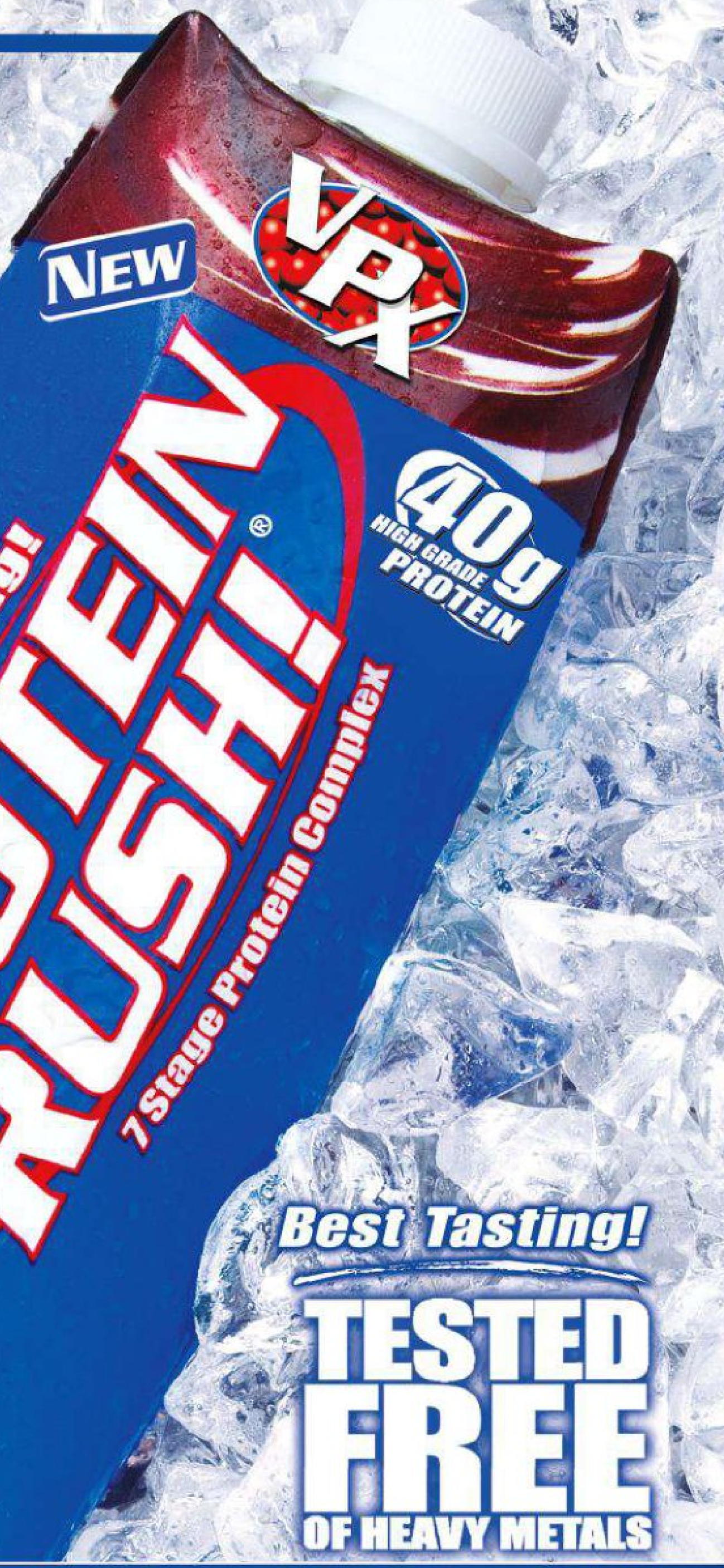
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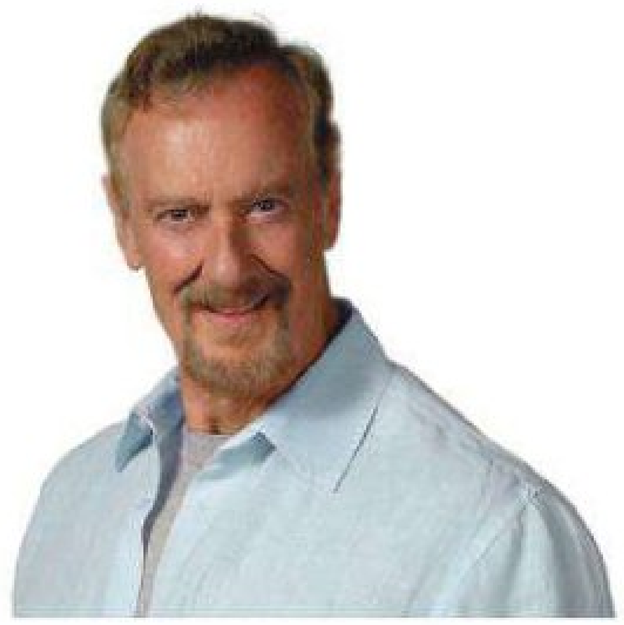
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FROM THE PUBLISHER

Be Safe

Don't fall for new, trendy fitness—the tried, tested and true plans in MaxFit are your ticket to better health

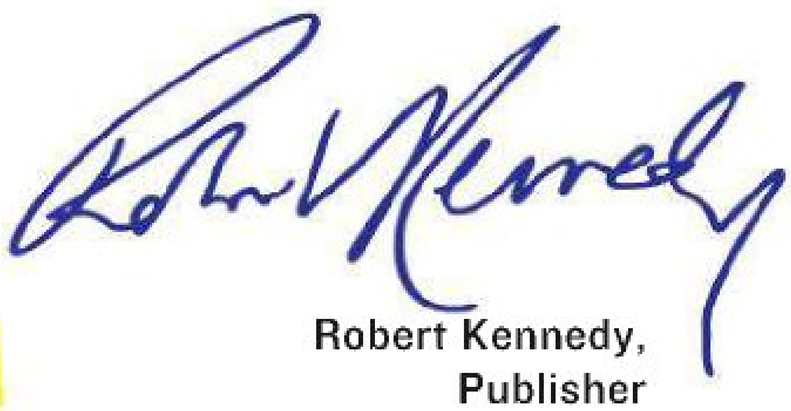
My wife, Tosca, and I do a lot of traveling these days. She's the author of the *Eat-Clean Diet* series of books that have now sold over two million copies—much of this due to the fact that we are constantly promoting the books on various morning TV shows across the United States and Canada.



While on these trips, Tosca and I spend considerable time in hotel gyms, college gyms and commercial gyms, and we never fail to be appalled at the lack of training know-how that abounds in these establishments. You see both men and women doing the most ridiculous things. Last week, I saw a guy doing a one-leg squat with a barbell across his back…on a Bosu ball! Of course, he fell off and ended up facedown on the floor with the barbell across the back of his neck.

There is a dilemma in the fitness-magazine biz: To give readers a never-ending lineup of "new exercises," the photographers for these magazines concoct new positions for the models to demonstrate (yes, the photographers—most of whom have never exercised a day in their lives). They are telling the various athletes how to pose for these images—and, of course, the weirder the exercise, the more it fills the criteria of giving the reader something brand-new to try at the gym that night. No wonder doctors' and chiropractors' offices are filled with injured people these days.

Not to boast—or shove it down your throat in any way—but we send out expert editors to all photo shoots. And, yes, some of our exercise suggestions are new, but they are nevertheless, tried-and-tested movements. We don't make up shit, like so many other fitness magazines. Check out this issue of *Maximum Fitness* and see for yourself. Be safe—I care about you. MF



Robert Kennedy,
Publisher

ROBERT'S TOP 3 MUST-READS



PAGE 60



PAGE 88



PAGE 117

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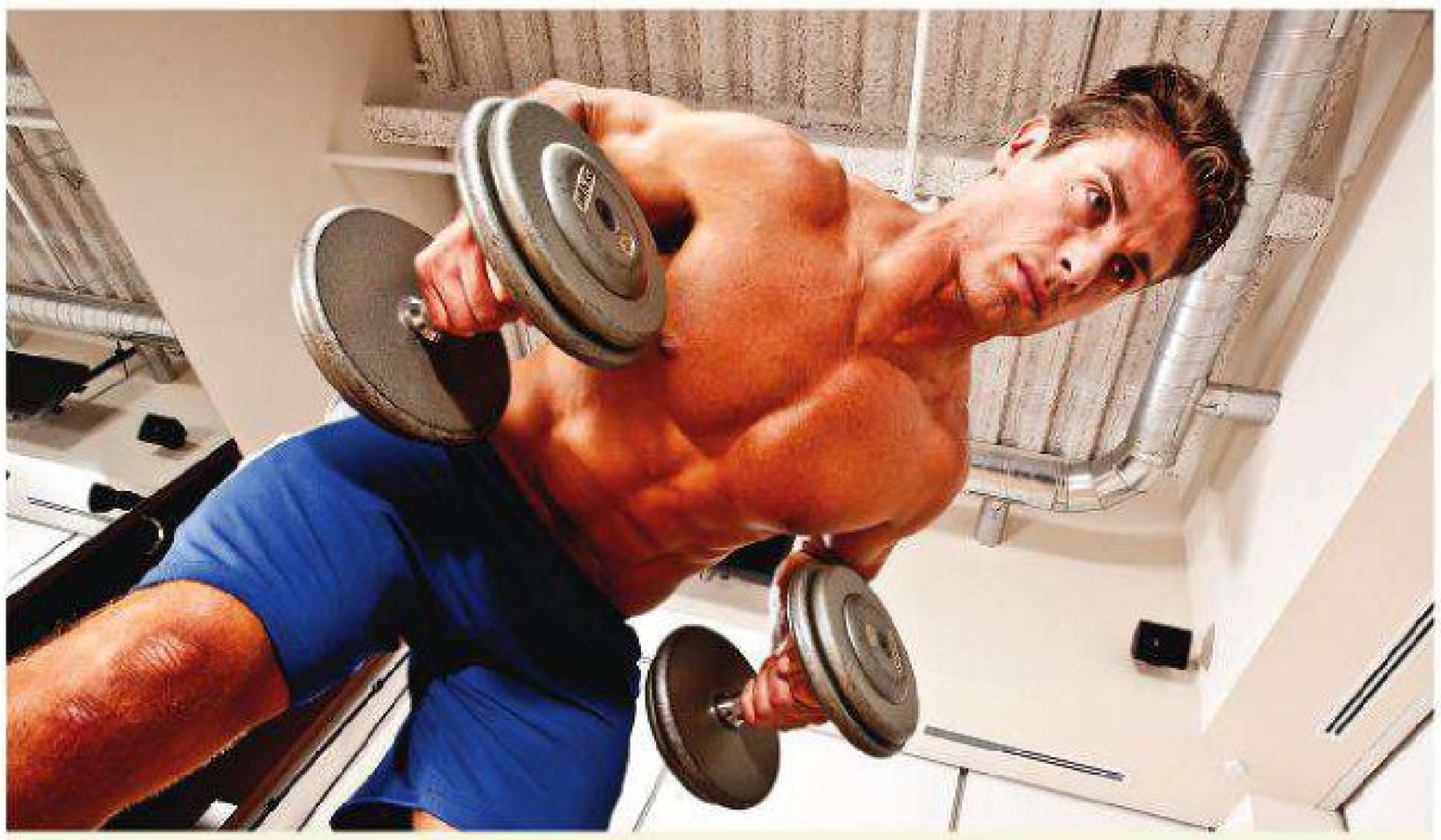
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LETTERS



19 Minutes to Win It

I have a question about the 19-minute article ("19-Minute Fat Burning Muscle Builder," issue 30). How quickly are the exercises done? The time quoted is 12 reps in 30 seconds, which seems pretty quick. Also, depending on the weight lifted, the reps vary from four to six in circuit one to 12 to 15 in circuit four. What is the recommended time to complete an exercise in each circuit? It seems like the times should vary. Also, I want to thank you for your magazine. I am interested in getting in great shape, but I'm not into bulking up. Your publication hits the perfect level for me, has great info and is really inspirational, so thank you!

–Ron, *via email*

To ensure that the 19-minute window was achieved, the rep times per set were averaged. It takes less time to do four to six reps than 12 to 15. As well, you'll be moving more rapidly during the early phase of the circuit—when you have the most energy—and slower as the circuit progress and your muscles fatigue. Taking these variables into account, we used an estimated length of time per set. We suspect that some more-advanced folks will complete the circuit in less than 19 minutes, while others may take a minute or a minute and a half longer.

YOGA = INSTANT RESULTS

I'll admit that I was skeptical about yoga ("Fit Guys Do Yoga," issue 30), but you guys are usually spot-on with your workouts, so I said, What the hell? I was really surprised to find that it was extremely challenging, making me work muscles I didn't even know I had. And by the end of my first session, my flexibility had increased a little, too.

–Danny, *via email*



We're glad you gave it a try, Danny, and we've heard from other readers who have had similar experiences with our yoga workout. It's rare that a workout offers instant results, but you will see an increase in flexibility by the end of a yoga session.

SPANDEX FAUX PAS

I really laughed at your gym etiquette story ("Mind Your Gym Manners," issue 29), but you forgot one. What about the guy who is always wearing the spandex shorts so tight that you can see, well, way too much? I get that you're proud of your body, but come on! Sheesh. Seriously, how could you forget that guy?

–Roger, *via email*

Some truths we hold to be self-evident, Roger....

A REFRESHED READER

What a refreshing choice for a cover story (issue 29, which features ultra-marathoner Dean Karnazes on the cover). Karnazes is a true athlete and sportsman. He struggles mightily at a sport that isn't well known and doesn't come with million-dollar contracts and endorsements, and he is a great ambassador for distance runners and committed amateur athletes of all kinds. Fantastic!

–Liam, *via email*

We at MaxFit are dedicated to covering sportsmen from all levels of sport—from the professional level on down. We're glad you agree with us on Karnazes, whom we were proud to feature on our cover.

IS STRETCHING A WASTE OF TIME?

I dug your SPARQ training workout ("SPARQ Your Fitness, issue 29), but I think that these long warm-ups that everybody is preaching about nowadays are stupid. What if a cheetah is lying in the grass and sees an antelope? Does he go "Oh, I better stretch before I chase it"? No, he just chases the damn thing. Sorry to tell you this, but more than a minute or two of stretching is a total waste of time.



–Owen, *via email*

OK, Owen, you may cut stretching out of your workout, but we'll continue to urge our readers to do whatever stretching our expert trainers recommend and see who ends up in the emergency room with a ruptured hamstring first!

FLAG FLAP

I just started reading Max Fit and I'm going to stop due to the cover on the Mar/Apr issue (#29, whose cover featured ultra-marathoner Dean Karnazes draped in the US flag). Being an Iraq war vet with 27 years of service, I have a deep appreciation for the flag of the United States. Seeing it in the form of a towel is bad enough, but draped

Gregory James (Mark Megna)

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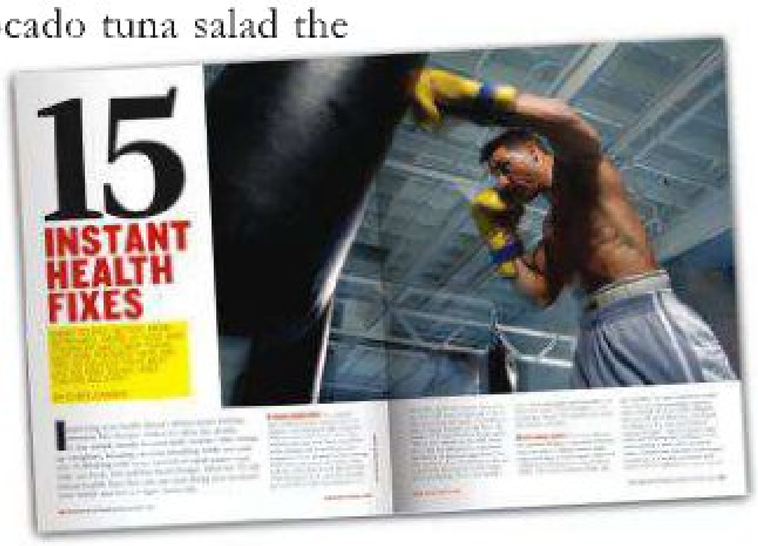
over the shoulders of your fittest man on the cover offended me. I have lost Soldiers and friends who fought for that flag and what it stands for. I cannot patronize those who do not show it the proper respect.

–Steve, *via email*

Thank you for your letter, Steve, and we certainly are sorry to lose you as a reader. Many Olympians, upon winning a medal, also drape themselves in the US flag as an expression of their pride and patriotism—this was the notion we were trying to convey with our Dean Karnazes cover.

TOUGH TUNA

Usually you guys give great, easy recipes that I want to try right as soon as I get my copy of a new issue. Then I tried your avocado tuna salad the other day (15 Instant Health Fixes, issue 29). I had my doubts about the avocado and they were proven right from the first bite. What were you guys thinking? Who pits an avocado and puts tuna in it? What's next: stuffing your Hallowe'en pumpkin with rice as a serving dish when you have company over? Come on, MaxFit, you know better!



–Richie, *Phoenix, AZ*

We do know better, Richie. So, we contacted your mother and she told us to pass this along: "The avocado tuna salad is part of a balanced meal and it wouldn't hurt you to eat more veggies." We're not going to disagree with your Mom, Richie. Are you? We didn't think so. If you want some variety though, check out the meals on page 86.

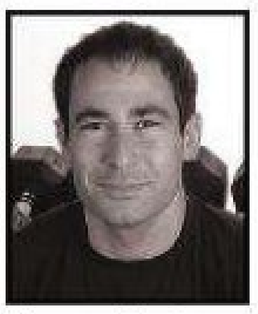
DOUBLE DON'T

I just read your story on the Double Down from KFC (Essentials, Don't Double Down, issue 29). I'm shocked. I always figured eating at fast food places was bad for you, but who knew that there was that much salt in two chicken breasts. Thanks for the head's up, MaxFit. I'm dropping KFC from my menu from now on.

–Dave, *Newark, NJ*

Dave, please consider dropping all fast food from your menu. The Double Down is just a new star in the horrible food drama out of the fast food industry—they're all culinary catastrophes you should miss.

ASK THE ADVISORY



Name: Nick "Coach" Tumminello, personal trainer, founder of Performance University

Q: I want to perform pull-ups, but I'm limited by weak forearms. My forearms actually hurt when performing pull-ups, but I can do chin-ups without forearm pain. What advice do you have to strengthen my forearms so that I can do pull-ups properly?

–R.W., *via email*

A: A lack of grip strength is a common issue for men because most of what we lift in the gym—barbells and dumbbells—are only one inch in handle diameter. I'd recommend wrapping a towel around the pull-up bar to create a fatter bar. The more towel you wrap around the bar, the more difficult it will be.

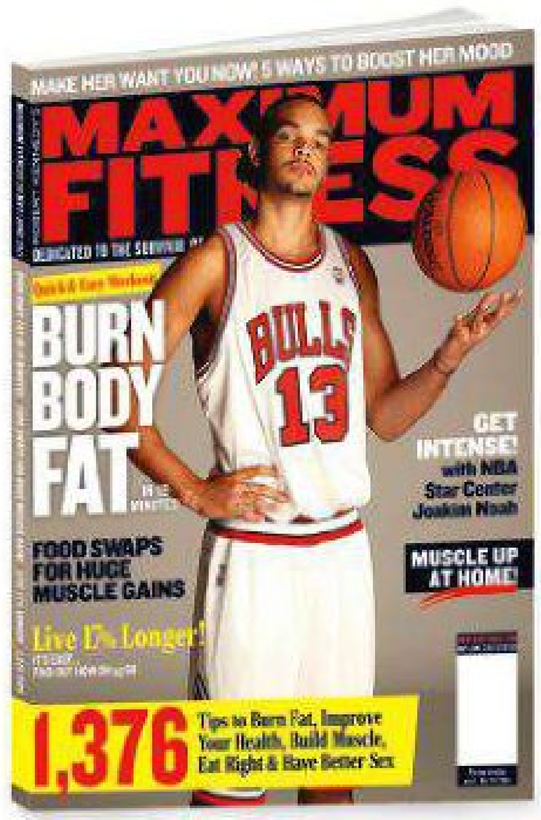
Once you've finished your back workout, do a few sets (two to five) of hangs from the bar with a towel for as long as you can. Not only is this great for your overall grip strength but it will also strengthen your grip in the exact manner in which you need to perform pull-ups.

DEAR MAXFIT

I just wanted to say that what you do is amazing. I'm in basketball season right now, and after that I plan to train my a** off to be on the cover of your magazine.

–Dalton, *via email*

Thanks, Dalton. You've got plenty of competition to make the cover of Max Fit, but it's best to set your goals high!



AMAZING TRANSFORMATION

I was amazed by the change in Joakim Noah's body from his college days to his NBA career. I'm only a rec-league b-ball player, but if those are the results you can get with Noah's basketball workout, I'm in!

–Rick, *via email*

That's great, Rick. Take some pictures and send them to us so you can show off your results!

ONE SIZE DOESN'T FIT ALL

Good for Joakim Noah and all, but I don't know how well your magazine's workout would be for non-basketball players. It seems like a lot of rope skipping and jumping around. I'm not interested in a ropy-looking body—plus, I'm way shorter than Noah. Sorry, but I just don't think it's a workout that covers all body types.

–Sonny, *via email*

You're right, Sonny. But that same fact holds true for almost all workouts. The key is to try out different approaches and find what works best for you.

LETTER FROM A SPORTS NUT

I love your sports workouts! Not only do they give very good tips and tactics to build muscle but you also get to learn a little about the history and motivations of some great athletes. Keep it up, MaxFit!

–Max, *via email*

Thanks, Max. We're definitely striving to talk to both athletes and their personal trainers to give our readers the benefit of their information and experience.

HE-MAN OR WEE MAN?

Is that Skeletor on your cover? That's the boniest human being I've ever seen in a fitness magazine. Don't you want your readers to aspire to have a great body? If you do, why splash that skinny-as-a-post guy all over your front cover? **–Shane,** *via email*

Well, Shane, I guess we can safely assume that you don't make your living as a motivational coach! Noah has built a functionally strong body. If you look at the cover story, you'll see that he has plenty of muscle spread across his long frame.

16

Surf competitions won by 3-time Australian surfing champ Mick Fanning, including the Billabong Pro and Quicksilver Pro. In this issue, Fanning offers tips on how to be a better surfer on (pg 125) and talks about the world's best waves (pg 84).

Source: www.mickfanning.com.au

OUTLOOK IS KEY

Life's challenges are not meant to paralyze you—they're meant to help you discover who you are. Case in point: Laird Hamilton, the pro surfer who invented tow-in surfing, a technique whereby a Jet Ski tows a surfer into huge waves that would otherwise be inaccessible. At 46 years old, Hamilton is still surfing monster waves. Whatever you do, resolve to throw the whole weight of your being into it—as the old surfer's saying goes: Fortune favors the brave.

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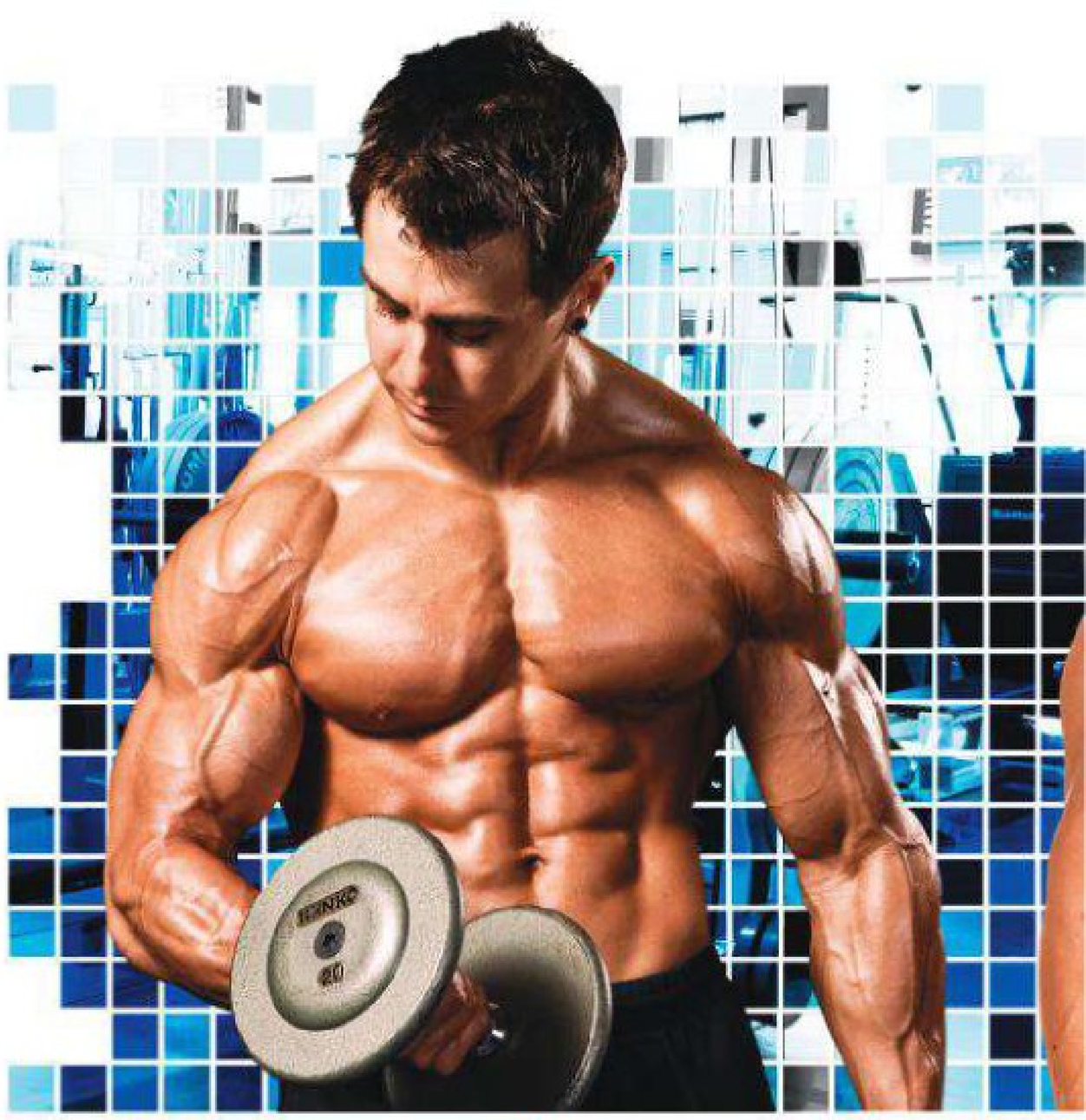
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HARDCORE PRO SERIES

THESE GUYS DID IT

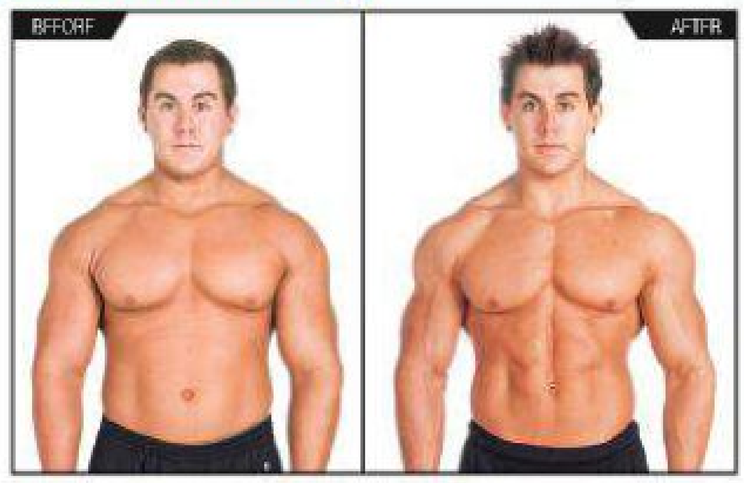


NOW IT'S YOUR TURN TO TRANSFORM!

The athletes you're about to hear from throughout the next few pages show that with hard work in and out of the gym, you can experience a full-body transformation! Read on to find out their best nutrition and training tips, how they get motivated, and what's in their gym bags – PLUS, how you can do it too!

Josh Hyaduck

Transformation: *17 weeks*



In a six-week study on the core ingredients in *Nitro-Tech® Hardcore Pro Series®*, test subjects gained, on average, 8.8 lbs. of muscle.

Q: What was it that made you decide to get in the best shape of your life as a part of Team MuscleTech®?

Josh Hyaduck: Bodybuilding and fitness have always been my passions and being given the opportunity to be backed by the best supplements and biggest team in the industry has really pushed me to be the best that I can be. The results will be limitless.

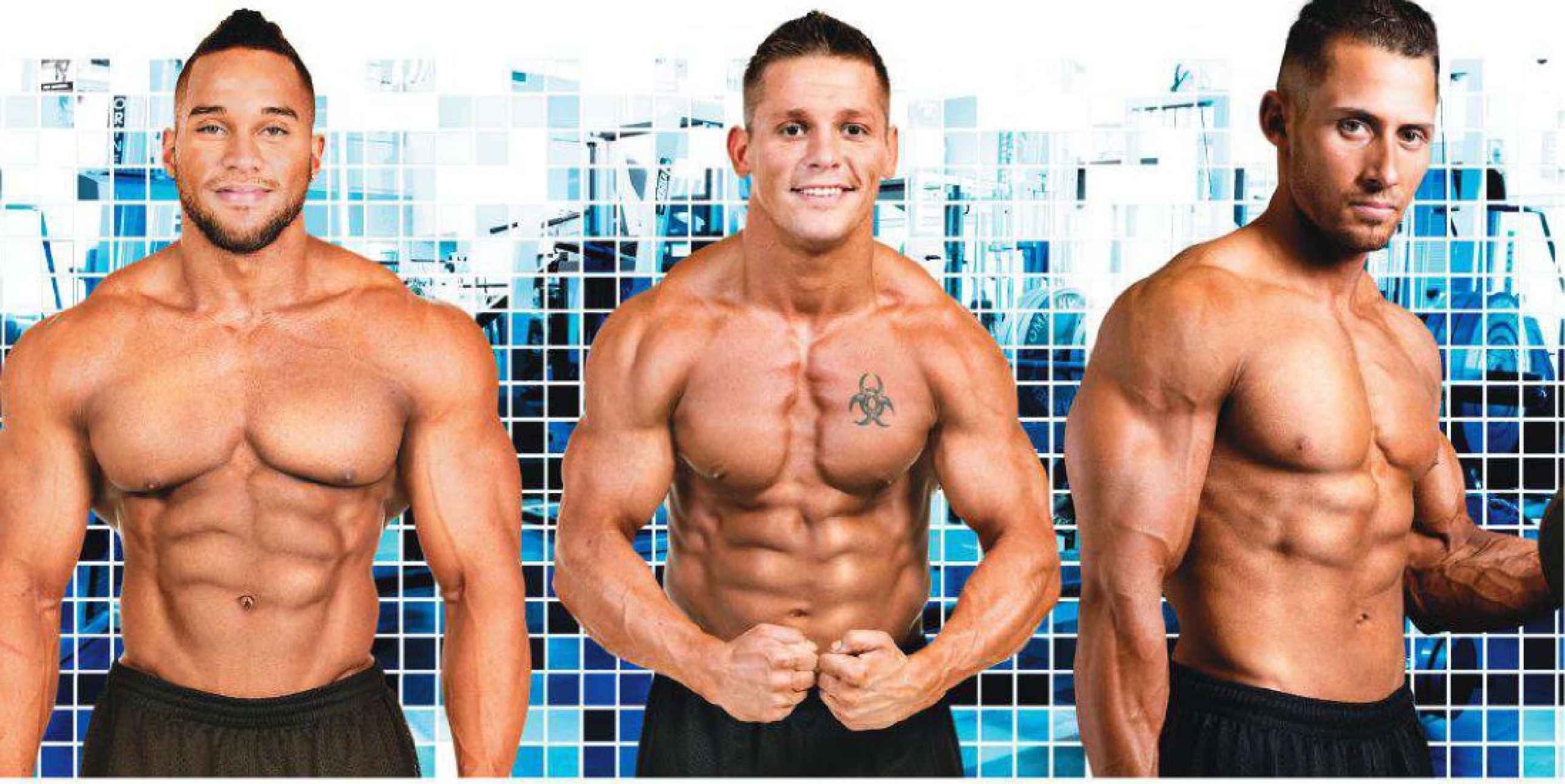


Q: What's your strategy for balancing family, work, relationships and fitness?

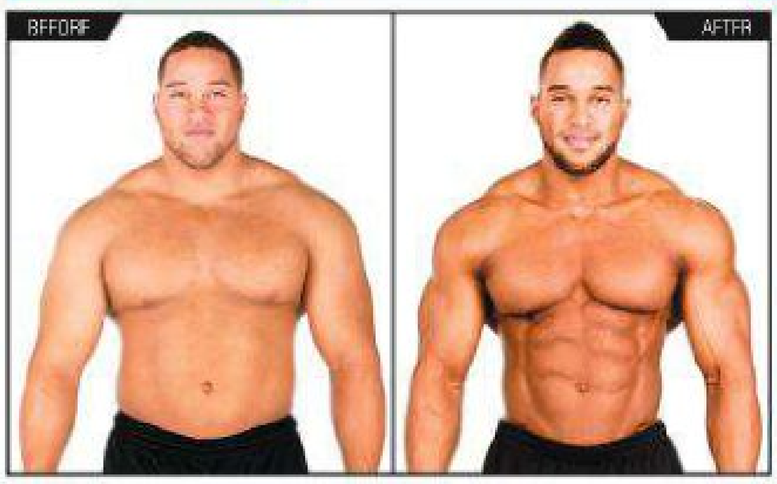
J.H.: Dieting appears to be most people's excuse when it comes to not being able to balance life priorities. But really, timing of meals isn't nearly as important as simply hitting the right macros at the end of the day.

Q: What would you say to someone who was thinking of transforming their body with the help of MuscleTech supplements?

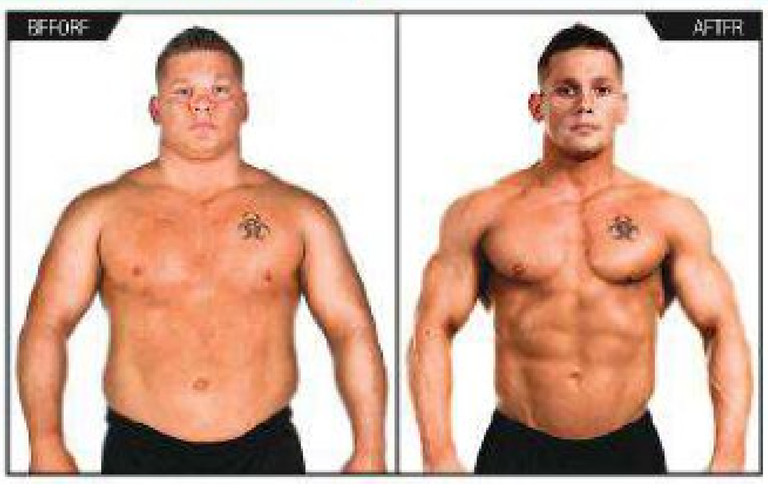
J.H.: Team MuscleTech can cover a wide range of supplemental needs from protein, creatine, multivitamins, amino acids and many different pre-workout formulas all using high-quality ingredients, helping you reach the best shape of your life.



Josh Hadan *Transformation: 12 weeks*



Elijah Levercome *Transformation: 16 weeks*



George Greene *Transformation: 22 weeks*



Josh Hyaduck, Josh Hadan, Elijah Levercome and George Greene took the core ingredients in *Nitro-Tech® Hardcore Pro Series* and also took other MuscleTech® supplements. They have been remunerated.

Q: Who's your role model?

Josh Hadan: I would have to go with Phil Heath! One of my favorite physiques out there and better yet, we are on the same team, Team MuscleTech®!

Q: What's your favorite exercise? Why?

J.H.: Hack Squats are one of my favorite exercises. I love feeling my legs swell with each deep rep.



Q: What would you say to someone who was thinking of transforming their body with MuscleTech® supplements?

J.H.: Set up a regimen and get started! Eliminate the guesswork and use what works – MuscleTech supplements!

Q: How do you feel now that you're in the best shape of your life using MuscleTech® supplements, diet and exercise?

Elijah Levercome: Incredible!!! It's a great feeling to know that you set out to achieve a goal and not only met it but crushed it.

Q: What's your daily nutrition plan like?

E.L.: Meal 1: 8 whole eggs, 3 whites
Supplement: Nitro-Tech shake with 3 tbsp natural peanut butter, 1 tbsp olive oil
Meal 2: 8 oz. red meat, 1/2 cup almonds
Meal 3: 8 oz. chicken, 2 tbsp olive oil
Supplement: Nitro-Tech shake with 3 tbsp peanut butter, 1 tbsp olive oil
Meal 4: 8 oz. red meat or fish, 1 tbsp olive oil, spinach, 1/4 cup cheese
Supplements: *naNO Vapor® Hardcore Pro Series®*, *Nitro-Tech® Hardcore Pro Series®*, and *Cell-Tech™ Hardcore Pro Series®*



Q: How would you compare *Nitro-Tech Hardcore Pro Series* to other protein powders you've tried?

E.L.: I love the taste, and I also feel it's very effective for recovery and muscle growth. Vanilla Milkshake is awesome!

Q: What role did Team MuscleTech® play in supporting your transformation?

George Green: Team MuscleTech has been extremely supportive through this whole transformation. Through progress photos I sent, they were able to give me constructive feedback, as well as supply the supplements necessary to get me in the best shape of my life. They were supportive of any competition I chose to do and made it possible for me to fulfill my biggest goal and get my pro card.

Q: What role did *Hardcore Pro Series®* supplements play in your transformation?

G.G.: The *Hardcore Pro Series®* line was vital for me during my transformation. naNO Vapor® gave me that edge I needed to get through my workouts, especially towards the end of my diet. Cell-Tech® helped me with my muscle mass and my strength. Nitro-Tech® was crucial to help build muscle and recover post-workout.



WHAT'S IN YOUR GYM BAG?



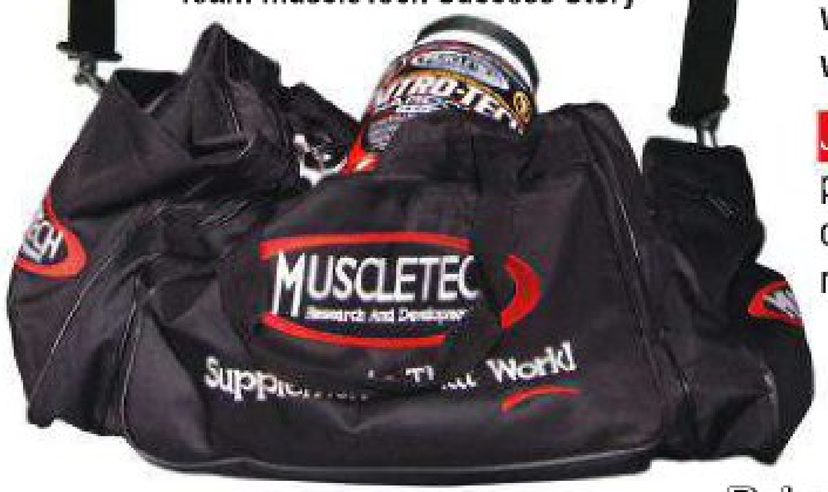
"I always keep *Nitro-Tech*® *Hardcore Pro Series*®, *Cell-Tech*™ *Hardcore Pro Series*®, straps, and an mp3 player in my gym bag."
– Josh Hyaduck,
Team MuscleTech® Success Story



"Water bottle, *Nitro-Tech*® *Hardcore Pro Series*®, LEUKIC® Pro Series, Alpha Amino Prototype 216™, straps, mp3 player, knee wraps, chalk, belt, towel."
– Chris San Juan,
Team MuscleTech Success Story

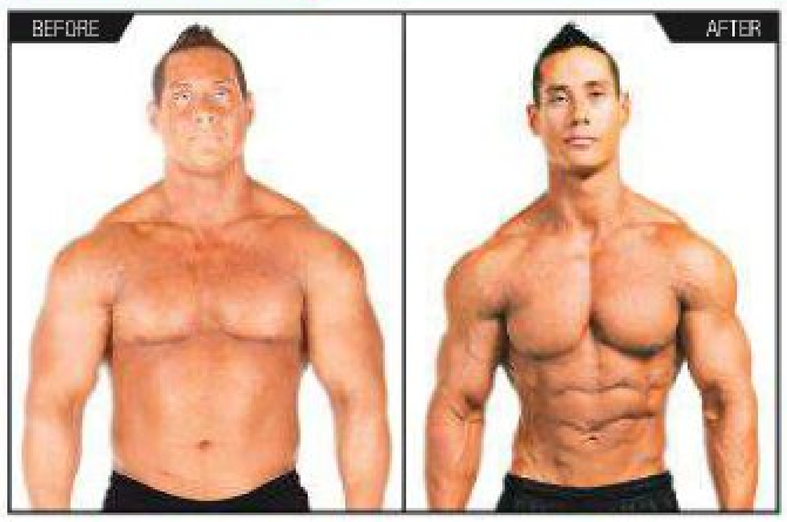


"An mp3 player – I will go home if I forget it or batteries die – it's a necessity, 1 gallon water bottle, belt, gloves, lifting straps, knee sleeves."
– Malcolm Tears,
Team MuscleTech Success Story

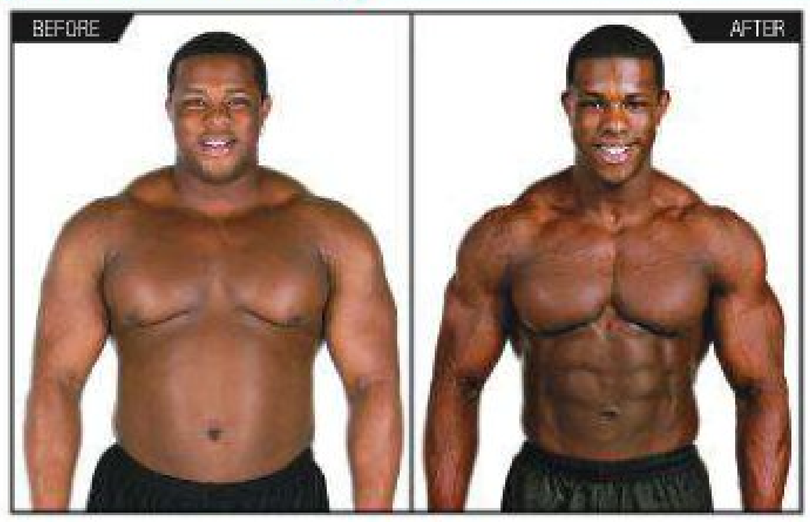




Jerome Dinh — ***Transformation:*** *14 weeks*

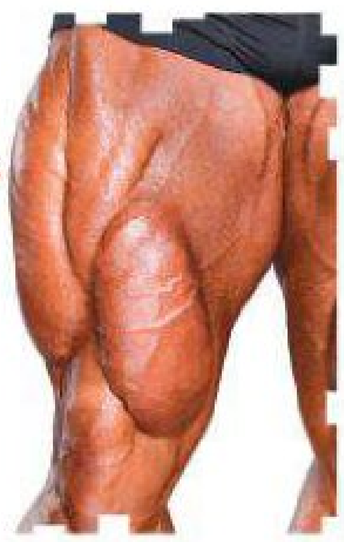


Malcolm Tears — ***Transformation:*** *20 weeks*



In a six-week study on the core ingredients in *Nitro-Tech*® *Hardcore Pro Series*®, test subjects gained, on average, 8.8 lbs. of muscle. Jerome Dinh, Malcolm Tears and Chris San Juan took the core ingredients in *Nitro-Tech Hardcore Pro Series* along with other

Q: Which body part is now your best feature since the transformation? Why?



Jerome Dinh: ***LEGS!!*** My legs have grown and continue to develop like never before. They are more vascular, stronger and bigger.

Q: What's your best nutrition tip?

J.D.: If you're like me, you like to eat. But nothing in life is free, not even a calorie. So if you're going to consume more calories, expect to work for it.

Q: What would you say to someone who was thinking of transforming their body with the help of MuscleTech supplements?

J.D.: If you're looking to transform your physique with MT products you will not be disappointed. I've personally had the best results of my life with them since day one.

Q: How would you compare *Nitro-Tech*® *Hardcore Pro Series*® to other protein powders?

Malcolm Tears: What other protein powders? It mixes without even having to have a filter in your shaker cup and for me, it tastes WAY better than the rest.



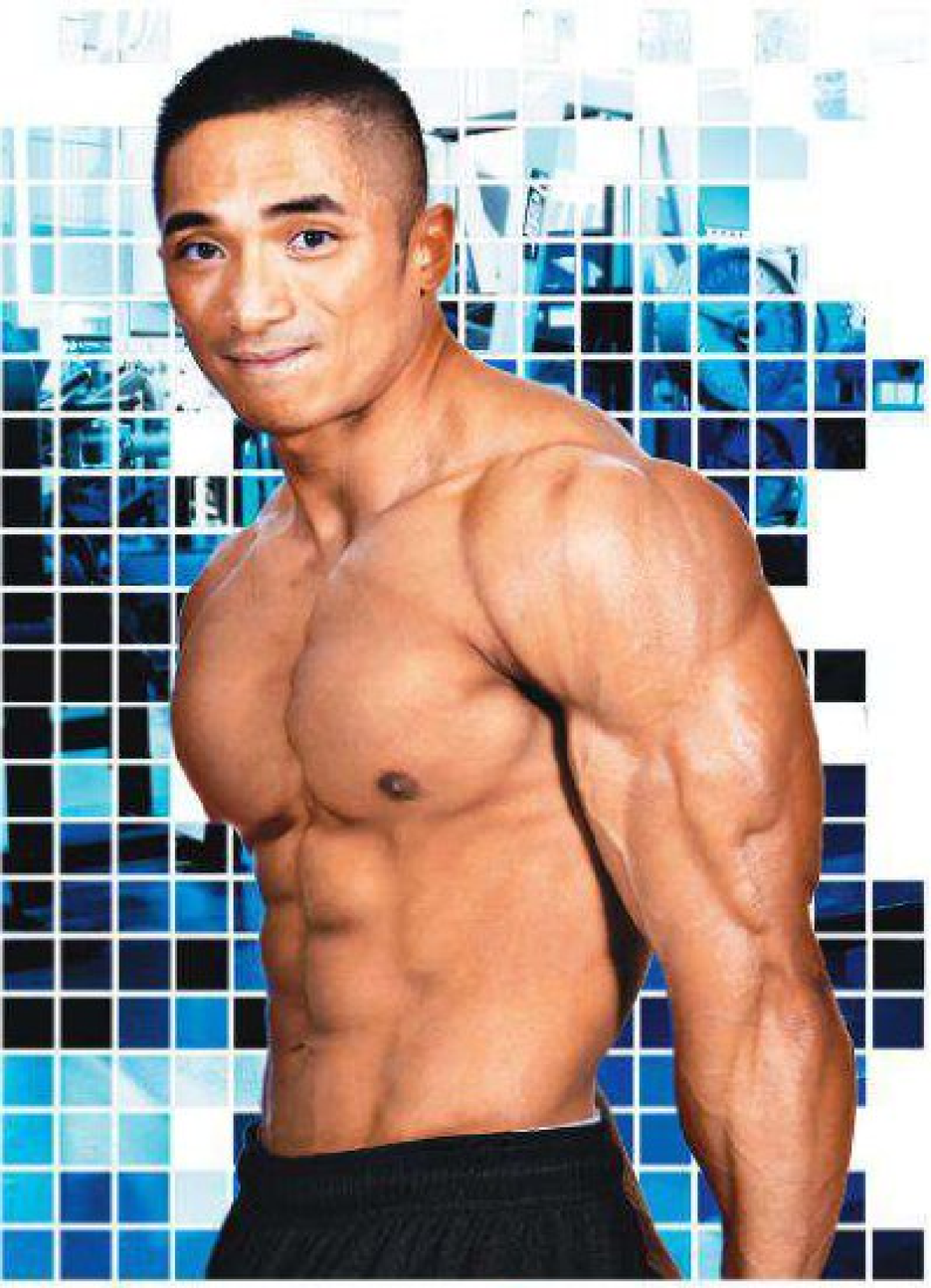
Q: Do you have any special training techniques or strategies for getting/staying in great shape?

M.T.: Be consistent and disciplined and know your body!

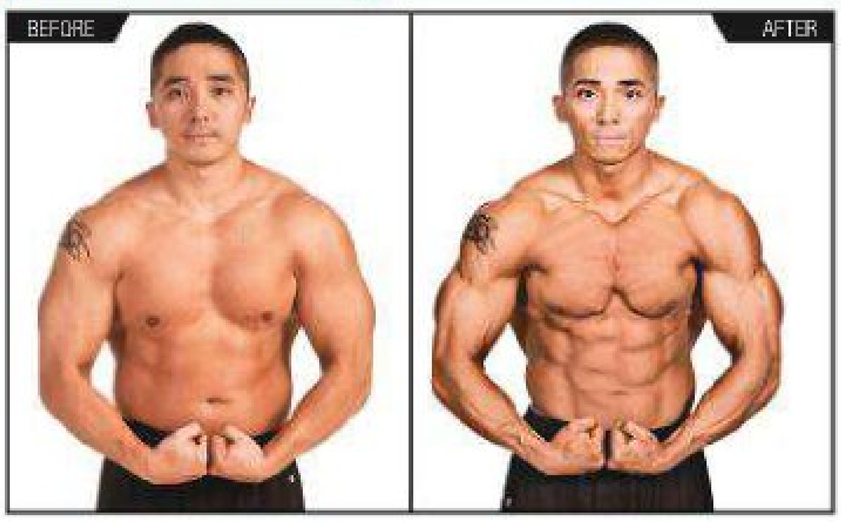
Q: How do you feel now that you're in the best shape of your life?

M.T.: Like I am back where I belong and am going where I am supposed to go; a feeling that is simple to describe but is very hard to accomplish and maintain, yet I am enjoying every minute of it.

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Chris San Juan — ***Transformation:*** *16 weeks*



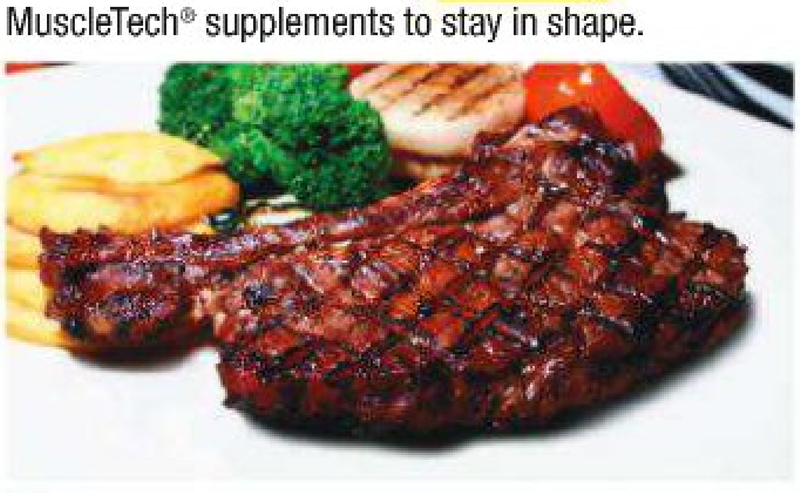
MuscleTech® supplements and have been remunerated.

Q: Who's your role model – is it a pro bodybuilder, fitness expert, family member?

Chris San Juan: My role model is my MOM. She raised me working two jobs and always gave me advice: to follow my dreams and never lose sight of my goals overall in life. I wouldn't be where I am without her.

Q: Do you have any special training techniques or strategies for getting/staying in great shape?

C.S.J.: I don't change my workout routines, only the intensity changes. Also, I eat healthy and use MuscleTech® supplements to stay in shape.



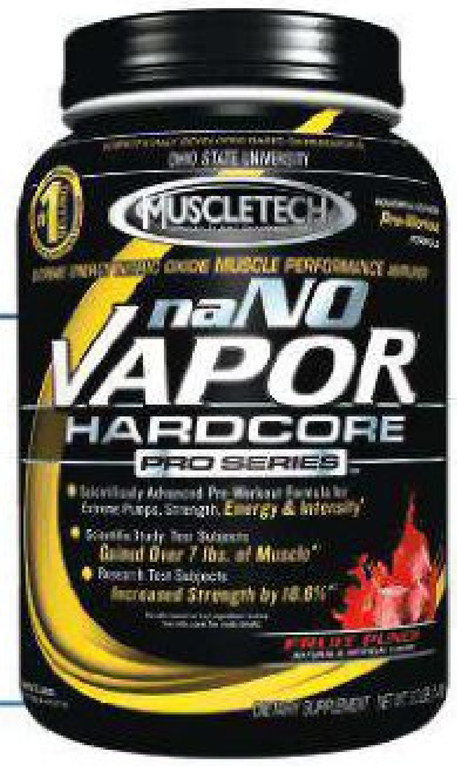
Q: When you take *naNO Vapor® Hardcore Pro Series®* before training, how does it affect your energy level during workouts?

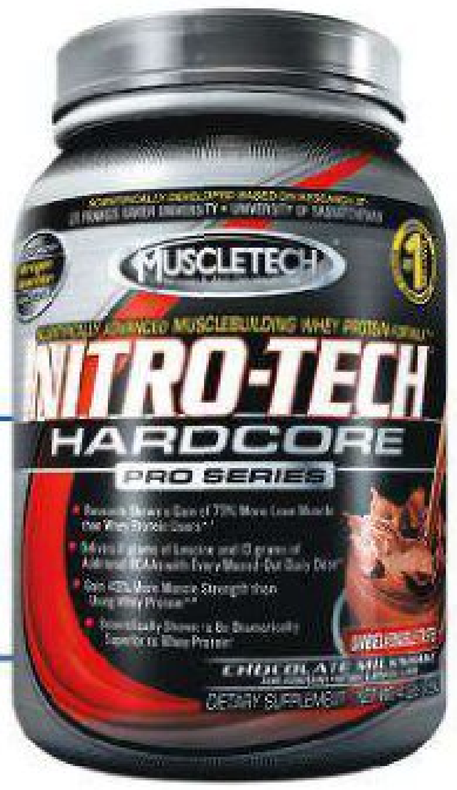
C.S.J.: It's mind-blowing! My energy level is through the roof!

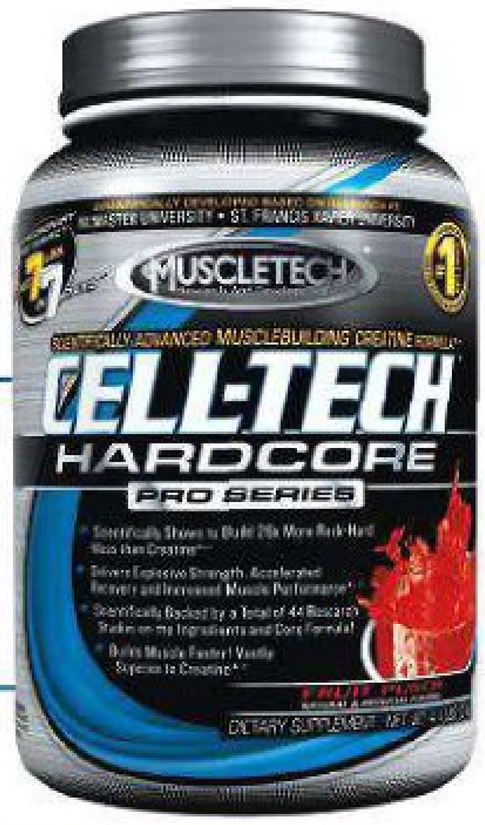
GET THEIR DIET PLANS!

Log onto Facebook and "Like" the Official MuscleTech page and visit the "Notes" section. There, you'll find the diet plans each of these athletes used to get into the best shape of their lives! And, for even more from Team MuscleTech, be sure to follow us on Twitter and YouTube for daily tips from the pros, exclusive videos, training programs, FREE giveaways and much more!

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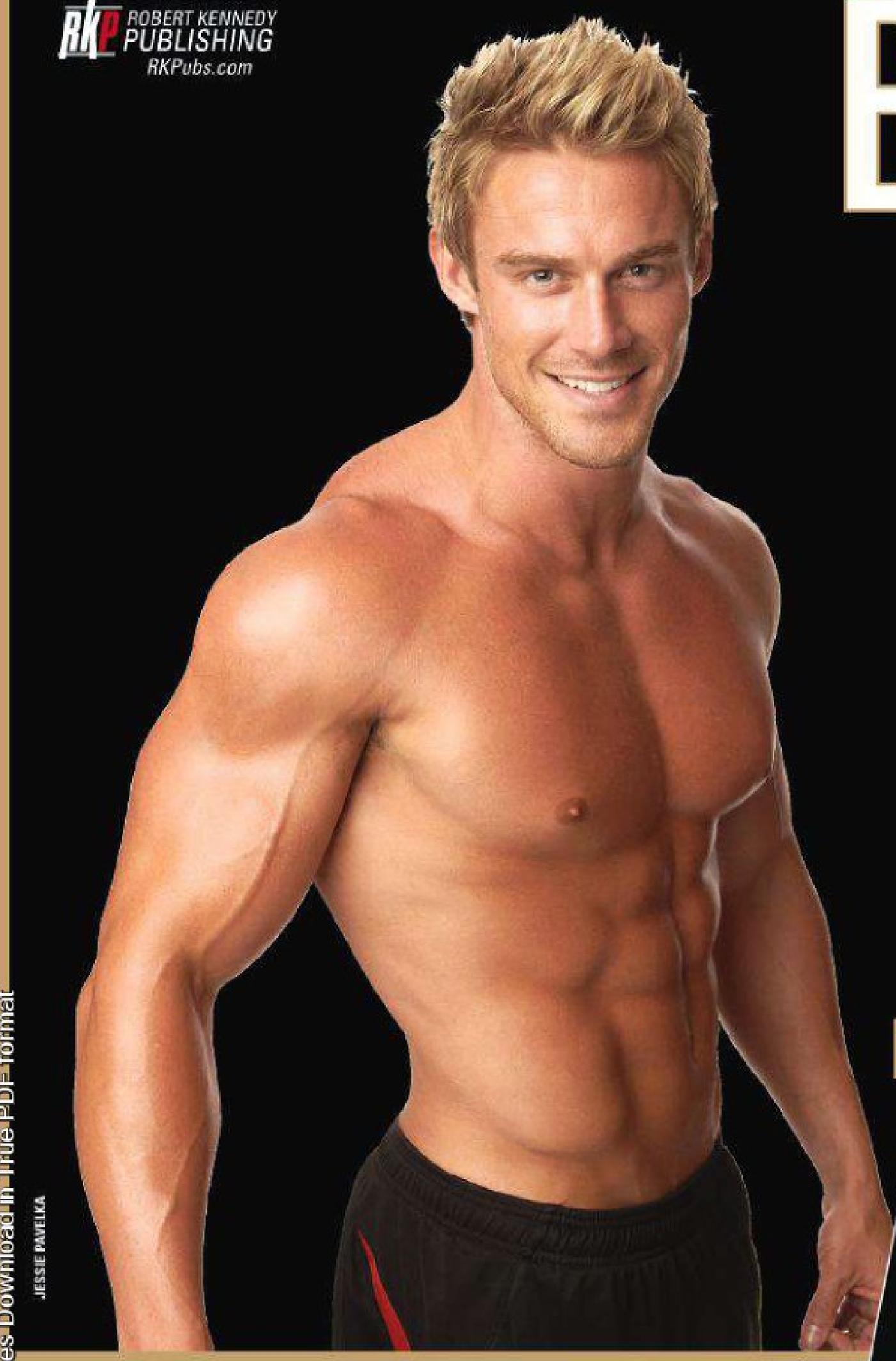
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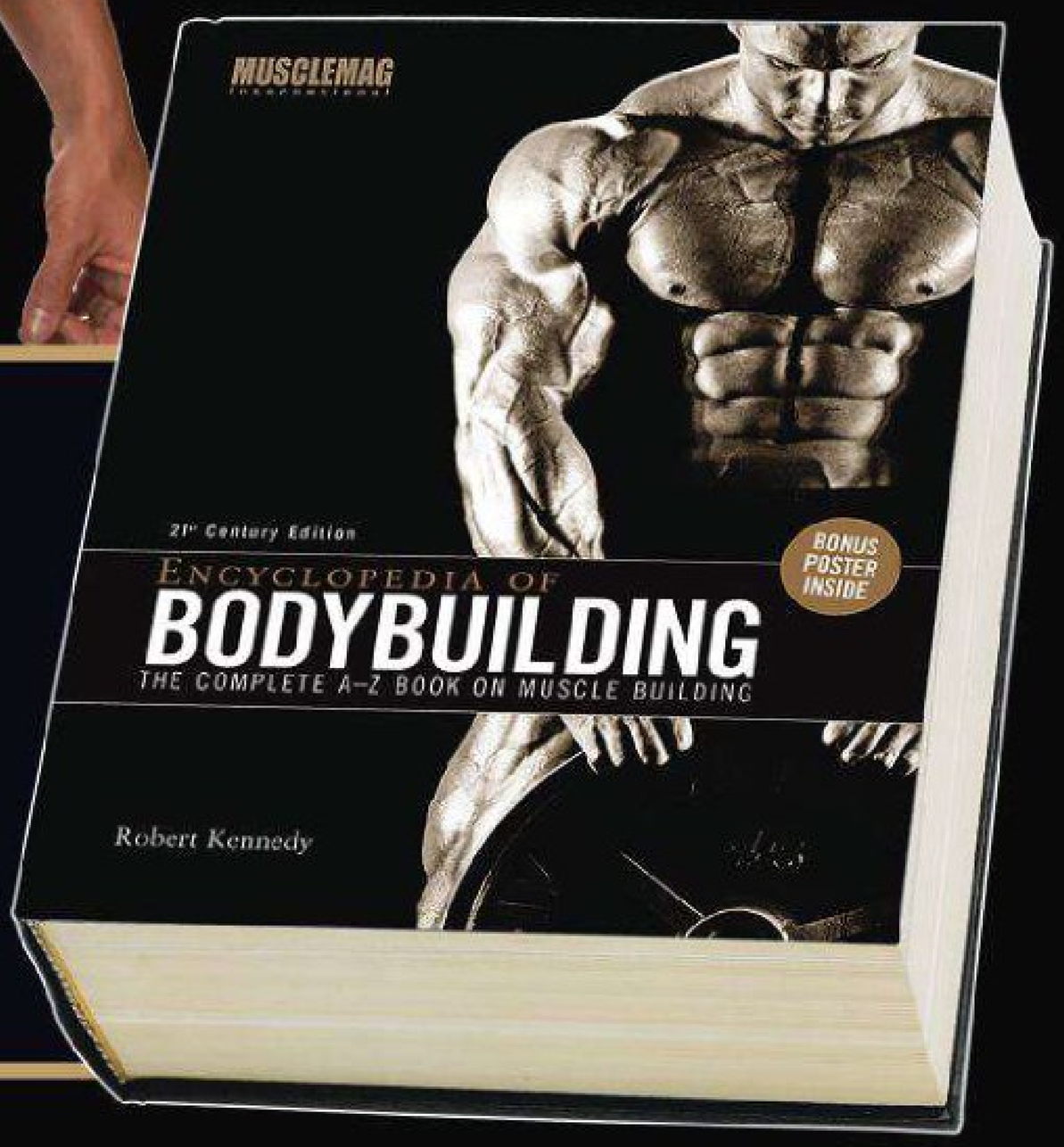
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THE ESSENTIALS

BALANCE YOUR POWER

If you're looking to define and striate your pecs, consider this take on the traditional push-up. It will also give your core a serious workout as you balance yourself on medicine balls. "The medicine-ball push-up requires you to fully engage your core to maintain a plank position," says Marc Megna (shown), CSCS, a trainer with Bommarito Performance Systems—a company that trains young athletes for the NFL Combine. "It forces you to fire your stabilizers and the main muscles used to perform this move." Add this at the end of your chest workout to hit every muscle group and achieve a fantastic finishing burn. (For more on Marc, see page 110.)

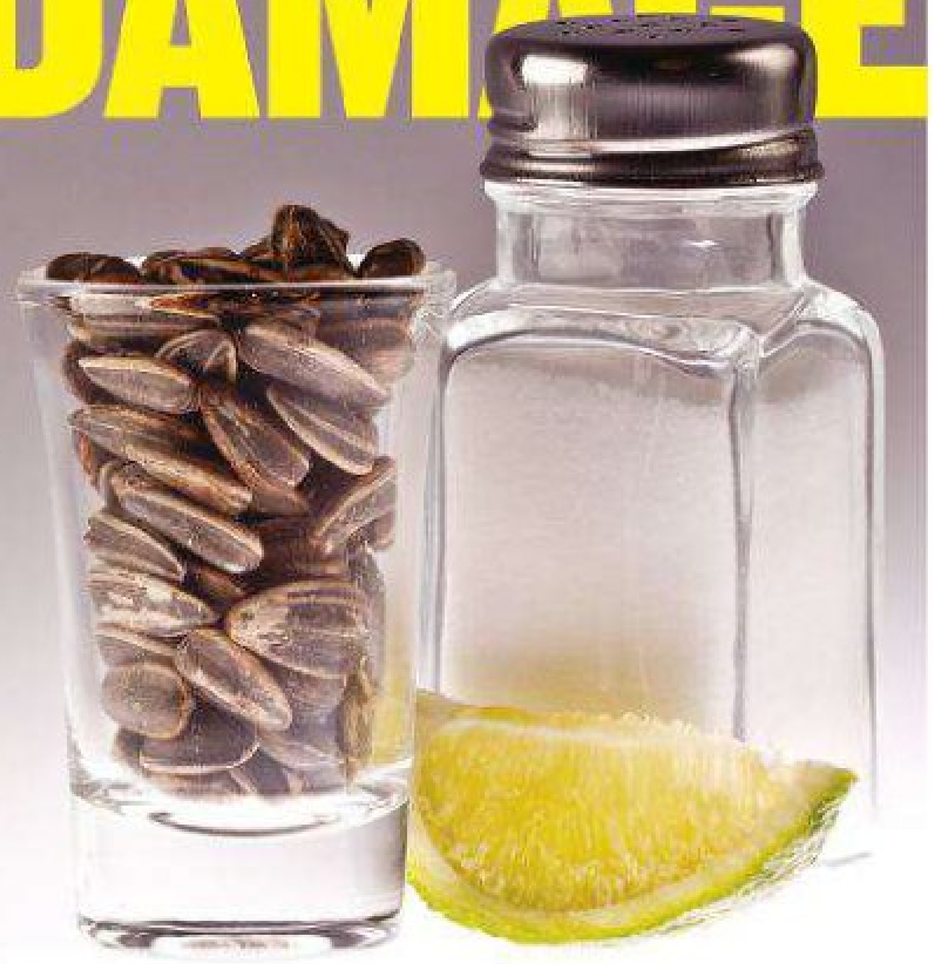
Gregory James

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BEAT LIVER DAMAGE

Research published in the *New England Journal of Medicine* could help even David Hasselhoff's overactive liver. The study, conducted at the University of Virginia, discovered that eating foods rich in vitamin E reduces the ill effects of liver damage because they block RSK proteins, which cause cirrhosis (scarring of the liver and poor liver function). The best choices for foods full of vitamin E are sunflower seeds, olives and natural peanut butter (skip the stuff packed with emulsifiers). So, go ahead and spread some PB on your all-natural sugarless J—it will help your liver almost as much as Kitt helped Hasselhoff in the '80s (in hindsight, we're really glad the car did the driving, aren't you?).



BEST SOURCES OF VITAMIN E

WHEATGERM OIL (1 tbsp) 20.3 mg | **SUNFLOWER SEEDS** (1 oz) 6 mg | **HAZELNUTS** (1 oz) 4.3 mg | **PEANUT BUTTER** (2 tbsp) 2.9 mg | **BROCCOLI** (1/2 cup) 1.2 mg

Note: The recommended daily intake of vitamin E is 15 milligrams.

WORK SMARTER, NOT HARDER

TIPS FOR COMBATING WORK-RELATED STRESS AT THE OFFICE

The great philosopher Confucius once said, "He that would perfect his work must first sharpen his tools." The problem is that guys are working so hard at sharpening their tools that they're burning out left and right. Scientists at Tel Aviv University found that men who suffer from work-related stress and fatigue run twice the risk of developing type 2 diabetes; those who have high blood pressure run four times the risk. So, what's a hard-charging guy to do? According to the study, which was published in *Psychological Bulletin*, you can't just quit, sit under an apple tree and write poetry. Cool your engines with this office-tension-reduction tip from Jacqueline Brodnitzki, a stress-management expert and owner of Conscious Success LLC. "Focus your eyes on something or someone in front of you," she says. "Notice everything you can about the object or the person's face. This will take your focus off stress, calming your nervous system, reducing blood pressure and helping you focus with greater calm."

150

Minutes of moderate-intensity aerobic physical activity that adults 18 to 64 should perform on a weekly basis. You may also perform 75 minutes of vigorous-intensity aerobic activity instead, or any equivalent combination of moderate- and vigorous-intensity activity. *Source: World Health Organization*

STAY FIT

If you've been feeling a little heavier, running out of energy halfway through your day or just generally about as fit as William Shatner, perhaps you should have watched a little less *T.J. Hooker* in your 20s. Research published in the *Journal of the American Medical Association* found that guys who were more active in their 20s tended to be healthier when they were older than those who jogged up and down the dial on their televisions in their youth. In fact, the study reports that the fitter twentysomethings gained six pounds less by the time they reached their 30s than their Trekkie-convention counterparts. But the lesson isn't to get into a time machine like Captain Kirk did in the '60s; the moral of the story is that "people are creatures of habit, and creating a trend early in life leads to long-term commitments later in life," according to clinical psychologist Benjamin Simmons, PhD. Don't worry if you're not in your 20s: "Making a commitment at any age will lead to the same results in time," says Simmons.



Associated Press (Shatner)

fitnessfaqs.com
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SUPERSET YOUR ARM TRAINING

A superset is a pair of exercises that work opposing muscle groups back to back, with little to no rest in between. "This intensifying technique is a way to increase total work performed within the same exercise period, as opposed to a conventional weight training program," says Pete Ciccone, CSCS, owner of 619 Muscle in San Diego, California.

Because the moves are done consecutively, there is little down time, condensing your workout. "Also, with supersets, fatigue typically sets in more quickly, meaning that you can achieve a similar level of muscle stimulation and intensity with lighter weights," adds Ciccone. This means less stress on joints and ligaments.

Pair mass-building barbell curls with skull crushers or concentration curls with one-arm kickbacks. Also, prioritize the body part that needs the most attention, putting it first in each superset. Shoot for eight-12 reps per set and go through each of three or four exercise pairings two or three times for best results.

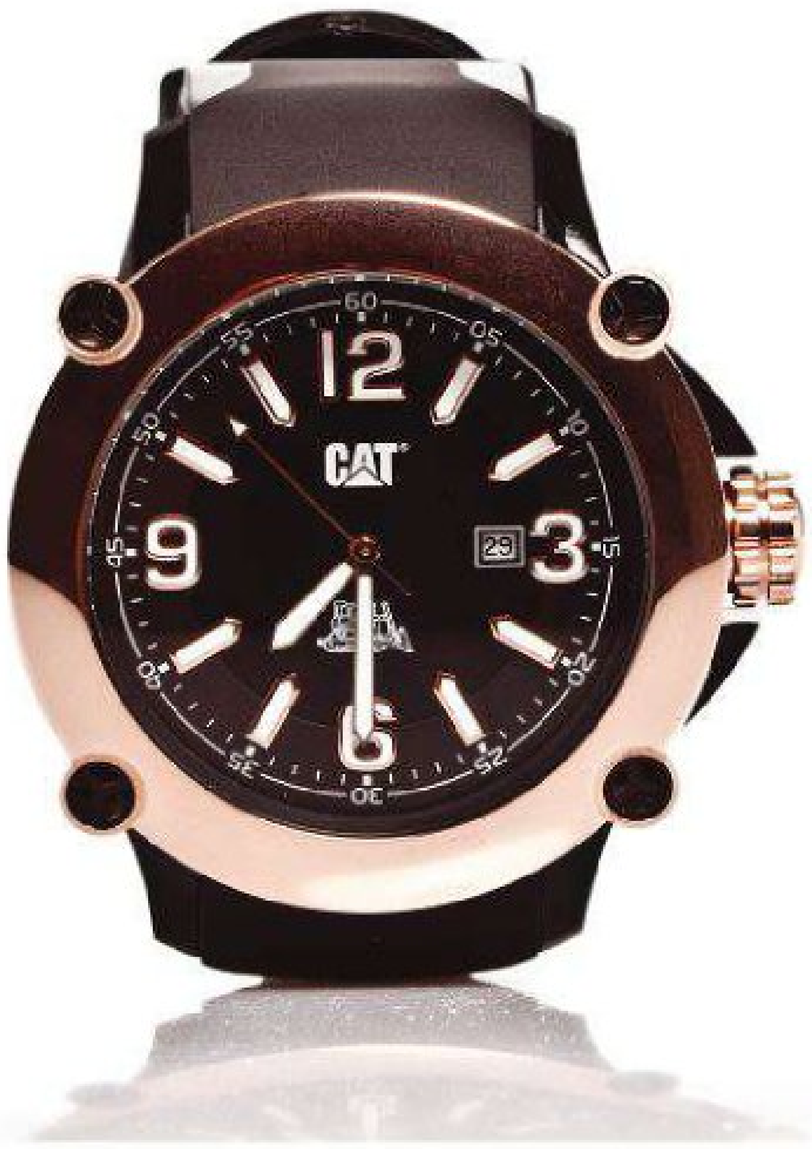
—Lara McGlashan

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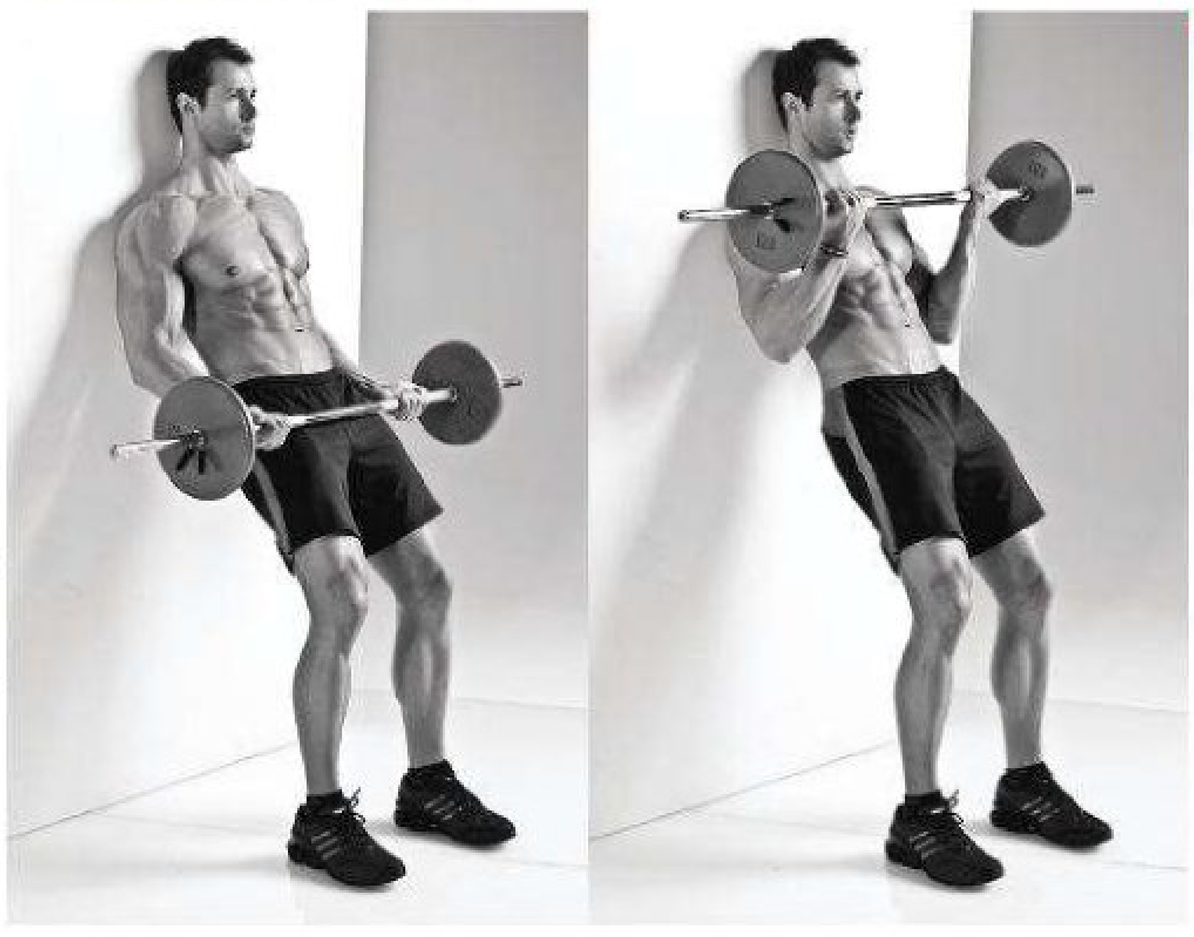


JOIN THE ARMS RACE

The results of a recent MaxFit.com poll are in, and they indicate that when our readers are training their arms, their primary goal is to develop their overall look as opposed to working any specific area. A whopping 71% (to be consistent) of respondents say that they wanted a fully proportioned and symmetrical arm—an arm straight off of Michelangelo's *David*, basically. Nearly 20% said that they craved bigger biceps with a more pronounced peak, while 6% said they wanted to focus on their triceps—as per usual, the triceps is often an afterthought (perhaps a mistake, as it comprises two-thirds of arm mass). Nearly 2% were keen on improving grip strength—the "human fly demographic," perhaps? Try the exercise on this page to build bigger guns for your own personal arms race and don't forget to go to maxfitmag.com today to cast your vote on our current poll.

Lean Back for Bigger Biceps

Leaning Biceps Curl



Cory Sorensen (exercise)

Why You Need to Do This Because your elbows are slightly bent to begin with, this move emphasizes the upper part of a biceps repetition, helping to build thickness and strength in the muscle while reducing the tendency to use momentum.

Targets Biceps and forearms

Set-Up Stand a few feet away from the wall and grasp a barbell with an underhand shoulder-width grip. Lean back against the wall with your shoulders, keeping your abs tight and your back straight to protect your spine. Rest the barbell across your hips, dropping your arms back and bending your elbows slightly so that your upper arms are perpendicular to the floor.

Action Curl the weight toward your shoulders by bending your elbows and contracting your biceps. Keep your elbows pointed toward the floor and your back straight. Squeeze hard in the peak contraction, then slowly lower back to the starting position.

Tip Do this move sideways in a mirror to guarantee good form. Beginners can start with their feet closer to the wall for better stability and assistance with posture.

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34

Percentage of people who die after suffering a coronary attack—more commonly known as a heart attack. There are about 1,255,000 new and recurrent coronary attacks each year, according to stats published by the National Heart, Lung and Blood Institute's Atherosclerotic Risk in Communities (ARIC) study.
Source: American Heart Association

YOUR BEST BENCH PRESS

The bench press is a commonplace move at the gym, but familiarity can lead to poor performance. A lot of guys simply try to press as much as possible. The result? Plenty of flared elbows and overarched spines. If you want a bigger chest while maintaining good form, use less weight and take the advice of researchers at Slippery Rock University: Make sure to tuck your elbows in toward your ribs as you lower the bar. According to Dr. Jonathan Anning, author of the study, this reduces the chances that you'll overstretch your pecs. As an added bonus, it also reduces shoulder stress.

HOUSEHOLD ANGST LEADS TO ANGINA

Stressed out? You may be at risk of a signal that coronary artery disease may be present. A study released in the *Journal of Epidemiology and Community Health* indicates that people who have worrisome or demanding relationships with a partner or child and who have a more strife-ridden home life are twice as likely to be at risk of angina. Want to destress? Go for a walk in the woods. Dr. Eeva Karjalainen of the Finnish Forest Research Institute (yeah, there is one) says that forests—and other natural green settings—can reduce stress, anger and aggressiveness, improve mood and increase overall happiness. Forest visits may also strengthen your immune system by increasing the activity and number of natural killer cells that destroy cancer cells. So, ditch the family (for a little while, that is) and go for a stroll through the pines or a wooded park.

Go Deeper

Box Push-Up

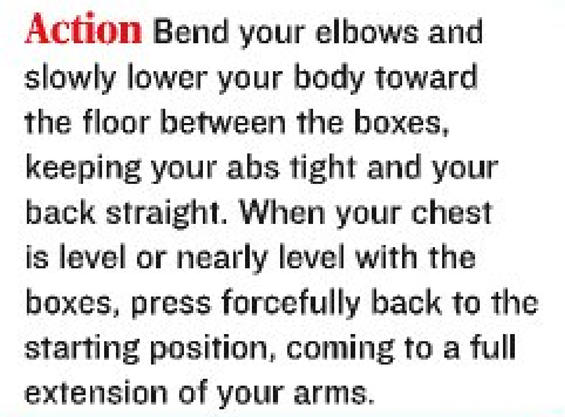
Why You Need to Do This The slight incline of the boxes emphasizes your lower chest a little more, improving muscle separation and definition in this hard-to-hit area. And, because you're working at an increased range of motion, getting a little deeper by using the boxes, you'll activate more muscle fibers, thereby improving growth potential.

Targets Pectorals, anterior deltoid, triceps and core

Set-Up Place two sturdy eight- to 10-inch-high boxes on the floor about two feet apart—wide enough so that your torso can fit between them—and place one hand on each box in the center. Extend your legs behind you and lift your hips into a push-up position, abs tight and head neutral.

Action Bend your elbows and slowly lower your body toward the floor between the boxes, keeping your abs tight and your back straight. When your chest is level or nearly level with the boxes, press forcefully back to the starting position, coming to a full extension of your arms.

Tip Even though you're going a little lower and deeper with this move than you would with a normal push-up, keep your back straight and your abs tight at all times (don't sag in the middle!). (Note: Do not perform this move if you have a shoulder injury or rotator-cuff issues.)

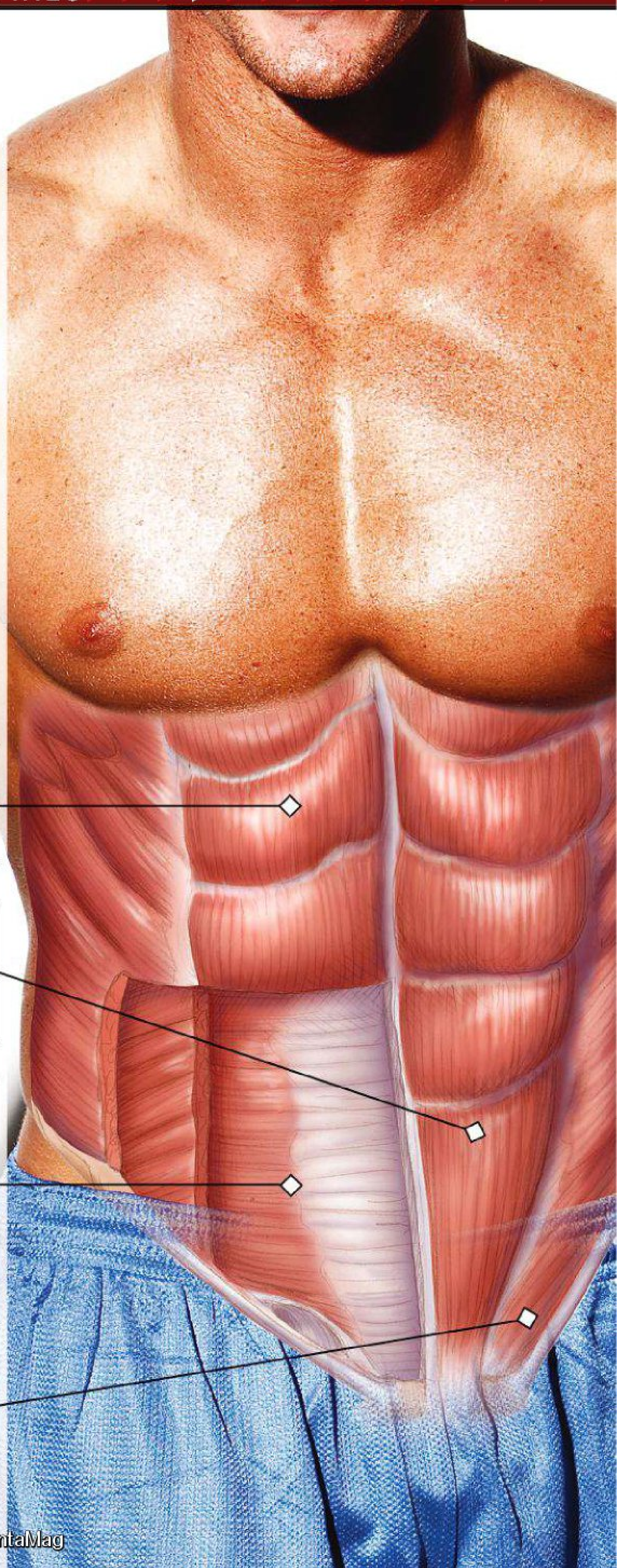




Cory Sorensen (exercise)

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KNOW YOUR ABS TRAINING



OVERALL ABS

Even though you can't completely isolate any single portion of your abdominals, you can involve a particular section over another through exercise selection. Attacking your abs with all sorts of moves means that you're sure to cover your bases for a balanced midsection.

UPPER ABS

Any time you bring your torso toward your legs, you target your upper abs. And, because you're naturally stronger during these moves, adding weight can make a big difference in the way your abs pop. If you want your abs to show deeper cuts, adding weight is one of your best bets.

LOWER ABS

For many weight lifters, the lower abs are the weakest link along the chain of abdominal muscles. The key to targeting your lower abs is to bring your legs toward your torso, as with reverse crunches and hanging leg raises. If your lower abs are a weakness, try doing them first in your abs routine and increase the frequency of these workouts throughout the month.

INNER CORE

While all of these muscles we've been working make up the overall core, here we're specifically talking about the innermost abdominal muscles. You can think of the transverse abdominis as an internal weight belt, helping to provide stability to your spine by producing intra-abdominal pressure. This pressure, much like that provided by a weight belt, helps keep the spine in safe alignment during bent-over and squatting moves, protecting you from injury. A weak inner core is susceptible to injury caused by the spine travelling forward toward the navel.

OBLIQUES

Helping to complete the abdominal package are the internal and external obliques, which are responsible for trunk rotation and lateral flexion of the torso. Strong obliques are also integral to athletic performance, no matter what the genre. If you've neglected your obliques, the imbalance will be detected immediately when you begin these exercises. A dedicated approach will help bring balance to your midsection.

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Robert Reiff (photo); Molly Borman (illustration)

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WILLPOWER IS IN THE CALVES

LINK YOUR MIND AND MUSCLES FOR GREATER RESOLVE

Think your calf muscles are the weakest link in your muscle chain? Think again. Research published in the *Journal of Consumer Research* just confirmed that those often-forgotten calves might actually give you more willpower. When subjects in the study were forced into a situation that required a great deal of self-control, those that clenched their calves exhibited more self-control and resolve than those who weren't tensing any muscles. Whether subjects were told to watch graphic material from the earthquake in Haiti, being forced to choose between meals that were healthy or packed with calories or fat or even leaving their arms submerged in a bucket of ice, each individual that approached the uncomfortable scenario with clenched calves, biceps or hands was able to watch more footage, pick better meals and last longer in ice. What does this mean for you? Take the muscle lesson from clinical psychologist Benjamin Simmons, PhD. "Your mind and body are linked," he says. "By tensing any muscle when you're thrust into an awkward scenario, your mind feels strengthened by the show of strength elsewhere in your body—even your calves." *–Henry Summers*

Step Out for More Power

Barbell Side Lunge

Why You Need to Do This Your legs are designed to work on all different planes of motion, not just forward and backward. Training lunges in a multitude of directions works muscles from new angles, strengthening ligaments, tendons and stabilizing muscles while building size and improving sports performance.

Targets Glutes, quads, inner and outer thighs and calves.

Set-Up Balance a barbell across your shoulders and traps and stand with your feet hip width apart, knees soft and toes forward. Lift your chest and stand up straight.

Action Take a large step to the side with your right leg, bending your right knee deeply while straightening your left leg. When your right thigh comes parallel to the floor, push off explosively with your right foot, bringing your legs back together in the starting position.

Tip In the lunge position, keep your knee over your toes and your tibia (shin bone) perpendicular to the ground. Lift your chest and draw your shoulders back to prevent a forward lean, which can shift the emphasis of the move from your glutes to your quads.



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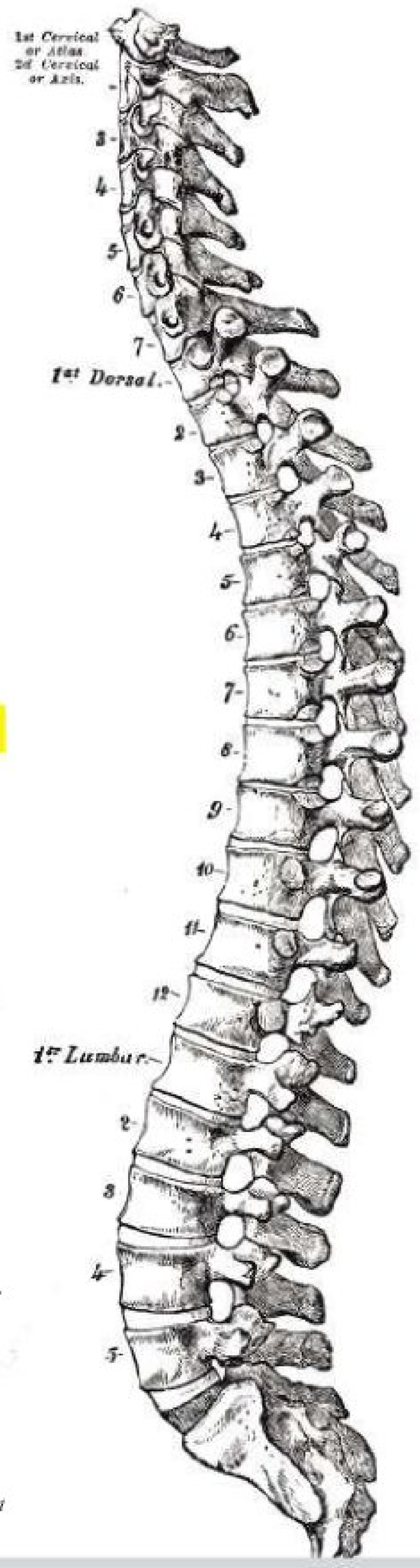
NATURAL SOLUTIONS

Back pain may find relief in a natural supplement. Glucosamine sulphate is a naturally occurring chemical found in the fluid surrounding the joints. In recent studies at the University of Padova in Italy, supplemental use has been proven to stimulate the formation of cartilage, which can be very helpful for people suffering from back pain.

"This isn't a cure-all for all back pain," says Washington D.C.-based back specialist Dr. Rick Swartzburg. "But glucosamine sulphate can be very helpful in treating degenerative joint disease due to injury or osteoarthritis. It's been proven effective in mechanical irritation by making disks stronger and less susceptible to joint pain."

The side effects appear to be minimal, but people with shellfish allergies should avoid this supplement, as glucosamine sulphate often comes from the shells of shellfish.

–Glen Peterson



A BABY BOOSTER

If you'd like to have a baby but seem to be shooting blanks, back problems could be to blame. According to researchers at Columbia University Medical Center, your spine may act as a fertility regulator. A study published in *Cell* found that the male spine in mice releases a bone-derived hormone called osteocalcin. This hormone enhances the production of testosterone. Researchers expect that the results will translate to humans and are designing a drug to mimic the effect of osteocalcin. In the meantime, boost your testosterone with resistance training and foods like asparagus, eggs, bananas and salmon.

–Glen Peterson

ADD MUSCLE AT ANY AGE

Ever feel like you're too long-in-the-tooth to work out with the muscle-strapped whippersnappers at your gym? Turns out, you're only as old as you feel: It's been proven that age doesn't prohibit your ability to grow muscle. A study in *The Journal of Strength & Conditioning Research* compared biceps growth in 18- and 39-year old men and found that both age groups added muscle at the same rate over a 12-week training cycle. They also found that the same rate of development will continue on well into your 40s. Yes, you're going to level off at around 50 and muscle will begin to actively deteriorate at around 65, but until then you can muscle up, stay fit and (metaphorically) punch ol' Father Time right in his grizzled, craggly old face!

Supercharge Your Traps

Behind-the-Back Shrug

Why You Need to Do This Aside from building thick, meaty traps, the shrug also works to improve posture and stabilize your shoulder joints, preventing injury.

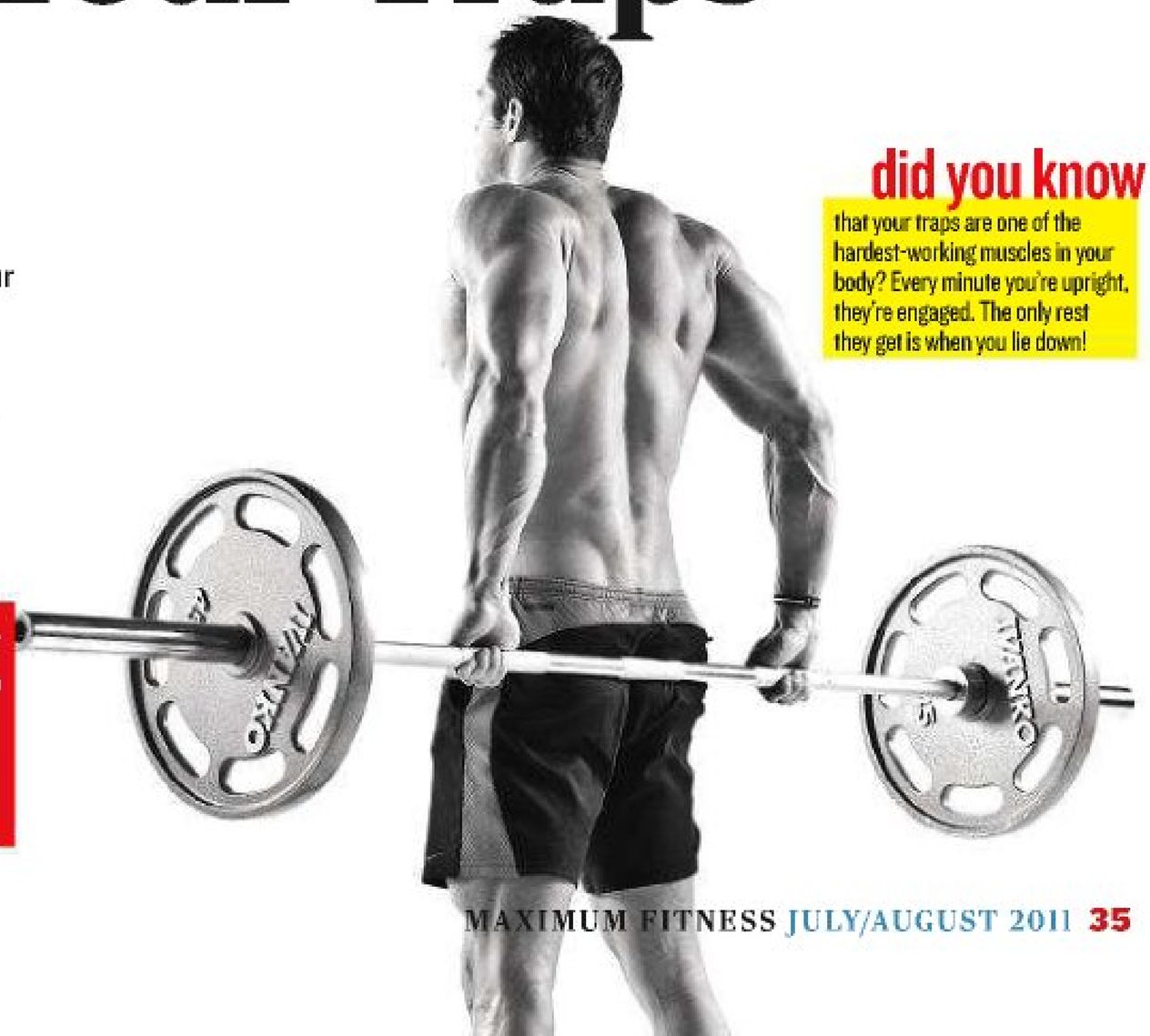
Targets Traps and rear delts

Set-Up Stand with your feet hip width apart, knees soft, and hold a barbell behind you with a shoulder-width grip, palms facing away from you. Stand up tall, lift your chest and relax your neck.

Action Shrug your shoulders straight up toward your ears, dragging the barbell up along your body behind you. When you've come as high as you can, pause for a moment and squeeze hard, then lower slowly back to the starting position, getting a good stretch through your neck and traps at the bottom.

Tip Remember to shrug straight up—not forward or rearward—to best engage your trapezius muscles and protect your neck from injury.

Cory Sorensen (exercise)



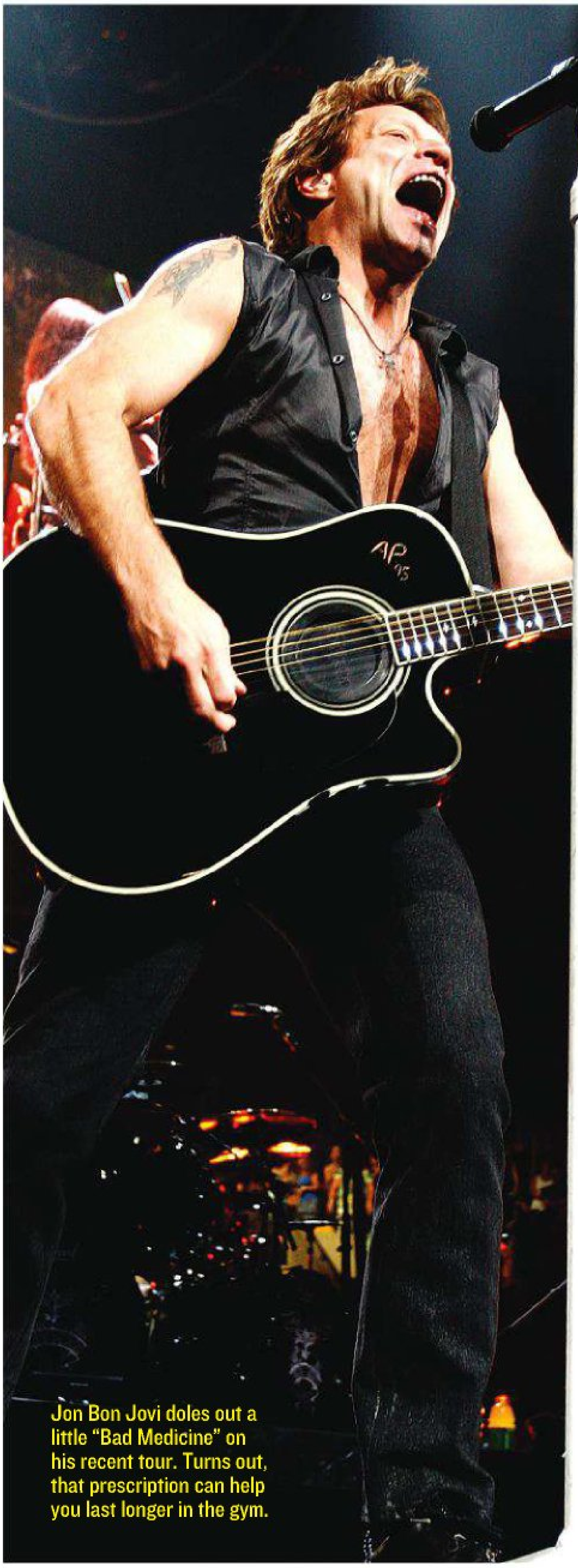
did you know

that your traps are one of the hardest-working muscles in your body? Every minute you're upright, they're engaged. The only rest they get is when you lie down!

See Gains in Your Mind

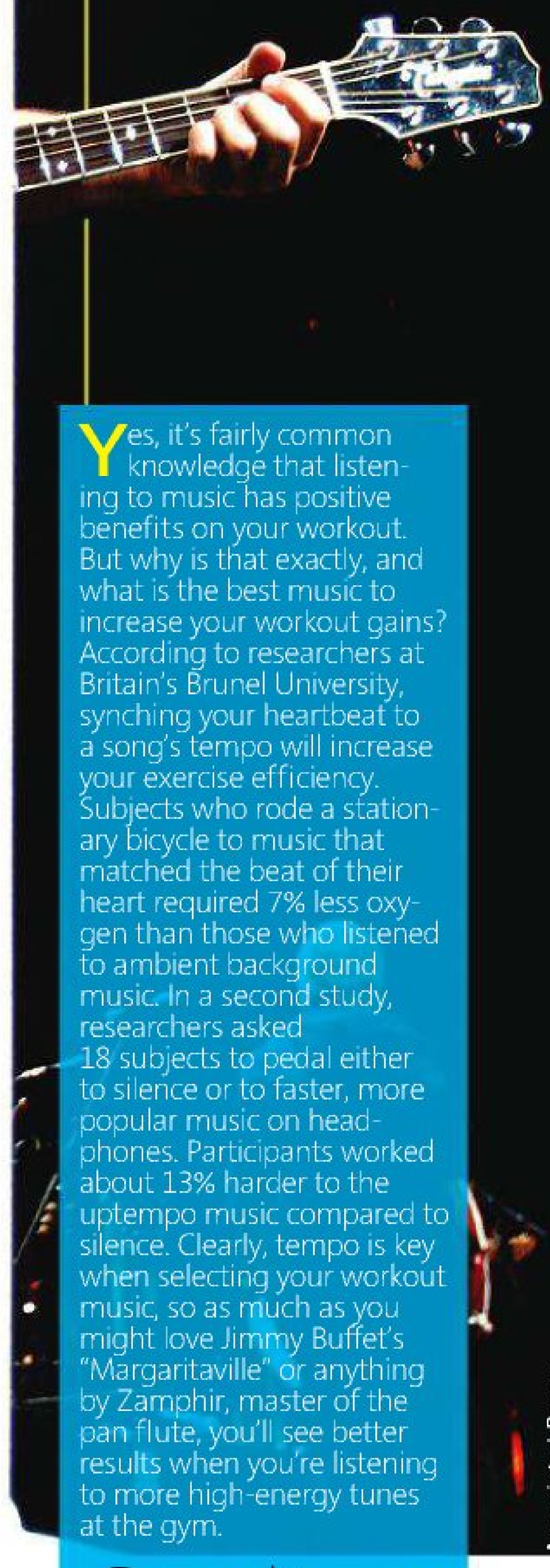
MENTALLY REHEARSING YOUR WORKOUT MAKES YOU STRONGER

We're sure that you've heard personal trainers, athletes and coaches tout the importance of a mind-muscle connection, but new research out of France, published in *The Journal of Strength & Conditioning Research*, proves it: If your head is in the game, your muscles will grow. The study showed that after training for three days a week for a month, men who thought about the motion in a standard leg press were able to press more weight during their workouts by 5%. "Rehearsing the motion of any exercise in your mind before you perform it will take your mind out of the motion when you're actually doing it," says clinical psychologist Benjamin Simmons, PhD. "The result is less thinking and more action, which would logically lead to being able to lift or press more because your preconceived notions on how much you should be able to do are taken out of the equation."–*Henry Summers*



Jon Bon Jovi doles out a little "Bad Medicine" on his recent tour. Turns out, that prescription can help you last longer in the gym.

SPEED UP THE TEMPO TO UP YOUR GAINS



Yes, it's fairly common knowledge that listening to music has positive benefits on your workout. But why is that exactly, and what is the best music to increase your workout gains? According to researchers at Britain's Brunel University, synching your heartbeat to a song's tempo will increase your exercise efficiency. Subjects who rode a stationary bicycle to music that matched the beat of their heart required 7% less oxygen than those who listened to ambient background music. In a second study, researchers asked 18 subjects to pedal either to silence or to faster, more popular music on headphones. Participants worked about 13% harder to the uptempo music compared to silence. Clearly, tempo is key when selecting your workout music, so as much as you might love Jimmy Buffet's "Margaritaville" or anything by Zamphir, master of the pan flute, you'll see better results when you're listening to more high-energy tunes at the gym.

Associated Press

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BLUEBERRIES: THEY'RE FAKE!

Want some berries in your cereal? Let us rephrase that: Would you like some balled-up sugar, corn syrup, oil and food dyes made to look like berries in your cereal? Well, the good folks at some of the largest cereal manufacturers in the world think you do. The Consumer Wellness Center—a non-profit organization based in Tucson, Arizona—recently reported that its study of blueberries in popular breakfast cereals made by Kelloggs and General Mills found so many cases of non-berries that they caution anyone considering buying the fruit-and-cereal concoctions. The study also found evidence of the faux fruit in bagels, muffins and breads. Some companies used fakes all the time, while some mixed the fakes with some real, dehydrated berries. You might be asking yourself: What's the difference between a real berry, a frozen berry, a dehydrated berry and a fake berry? We enlisted the help of Brandon Smitts, a registered dietitian in Atlanta, to help decipher this fruity dilemma. In this case, we tackled blueberries—one of the most common breakfast additions—but the moral of the story remains the same for all fruit.



THE REAL BLUEBERRY

Picked before it's ripe and shipped to the grocery store as it's ripening in a box. When it's out of season, it is expensive and lacks flavor. It's fresher when purchased at your local farmer's market.



THE FROZEN BLUEBERRY

Picked ripe and flash-frozen immediately to preserve nutrients. It's never going to be fresh again. Some nutrients are lost in the freezing process. Make sure that the package doesn't mention added salt or sugar.



THE DEHYDRATED BLUEBERRY

Dried-up berries with fewer water-soluble vitamins than fresh or frozen berries. Less vitamins doesn't mean no vitamins. Make sure to find some that haven't been prepared with added salt or sugar.



THE FAKE BLUEBERRY

Packed full of sugar, artificial flavors, corn syrup, starch, oil and food dyes like blue number 2 and red number 40. The colors are derived from petroleum and much cheaper than real blueberries.

BOTTOM LINE If you don't see blueberries on the ingredient list, pass. If you see blue number 2 and red number 40 (or anything that sounds remotely similar, like artificial colors), pass. Your best bet: Get some fresh or unsweetened frozen berries.

VEGGIES IN A GLASS

29

Do you find it hard to get the seven to 10 servings of fruits and vegetables your body needs in a day? Drinking vegetable juice (homemade in your blender or even low-sodium V8) can help. According to a study at the University of California, adults who drink one eight-ounce glass of vegetable juice each day get nearly twice as many servings of daily vegetables as adults who consume no vegetable juice.

Not only does the vegetable juice provide important nutrients like vitamin C and potassium but it also encourages people to eat other vegetables throughout the day. The study also found that drinking one or two glasses of vegetable juice each day can help you lose weight. Over a period of three months, vegetable-juice drinkers lost an average of four pounds more than non-juice drinkers.

"I advocate eating whole fruits and vegetables to get the full range of nutrition benefits," says Marisa Moore, an Atlanta-based dietitian. But some vegetables are better than none. If drinking your veggies is easier than eating them, go for it. You want to get your veggie count up any way you can.

A recent long-term study in the *Archives of Internal Medicine* showed that men who ate a fiber-rich diet—including whole grains, fruits, nuts and vegetables—were 22% less likely to suffer a sudden mortality shortfall (that is, kick the bucket) than those who ate the least fiber (13 grams per day). To stave off your own sudden mortality shortfall, aim to consume 29 grams of fiber each day.



Looking for a flavorful summer fruit to add fiber to your diet? Check out dragon fruit and our other summer superfruits on page 60.

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WHAT'S IN YOUR NACHO CHIP?

THE ENIGMATIC ADDITIVES AND PECULIAR PRESERVATIVES IN A DORITO

Like plenty of Mexican food, tortilla chips are dead simple: nothing but corn, vegetable oil, salt and water. But when it comes to mass-produced tortilla chips, such as the beloved Doritos, things aren't so simple. Four ingredients balloon to 35, which range from the familiar (corn) to a type of sugar (maltodextrin) to the vaguely sinister (disodium guanylate). What, pray tell, is really in a Dorito? We enlisted the help of Rotimi Aluko, executive director of the Canadian Institute of Food Science and Technology (CIFST), and discovered the following cheesy bits of info.

DISODIUM PHOSPHATE

What, you might be asking, does this happy little ingredient add to Doritos' flavor profile? Nothing! That's right, it's simply an additive to make sure the granules of salt and spices don't stick together—it's also added to table salt to ensure that it doesn't cake together into a solid brick in your salt shaker. This chemical is so versatile that it's even used in commercial sanitizers, fungicides and pesticides with names like Phos-Clean, Leland's Red Ball #11 Sanitizer and Val-A Trisol Egg Cleaner. And, oh yeah, you can also find it in the saline laxatives used to clean out the bowel before a colonoscopy (anti-caking, indeed!).

YELLOW 6 (A.K.A. SUNSET YELLOW)

This food dye is a sulfonated version of Sudan I, an additive often used to colour waxes, oils, solvents and polishes. Sudan I is banned for use in foodstuffs across Europe, but it can be used in the United States.

DISODIUM INOSINATE/ DISODIUM GUANYLATE

Pop question, hotshot: How do you hide an excess of one feared ingredient? You break it up into several ingredients and section it under a bunch of weird names! You might know disodium inosinate and disodium guanylate under their more common—and feared—name: monosodium glutamate (MSG). Like MSG, they offer similar "taste-enhancement" properties; unlike MSG, they don't carry the poor public image. To disguise an excess of MSG, food producers subdivide it under a bunch of wacky alternate names. Sneaky!

YELLOW 5 (A.K.A. TARTRAZINE)

This sodium derivative contains more salt than the human body can tolerate, according to the Centre for Science in the Public Interest. Research has linked it to asthma, skin rashes and migraines, which is why it is banned in Norway and Austria. It is also found in industrial pesticides and coloring products like Aquashade, a substance used for coloring the water in ornamental fountains and pools.

RED 40 (A.K.A. ALLURA RED)

This food dye was originally made from coal tar but is now made from petroleum. It is responsible for the shockingly unnatural reds found in licorice whips, cough syrup and cream soda. (It's even used in tattoo ink.) It has been banned in Denmark, Belgium, France, Switzerland and Sweden.

DORITOS NACHO CHEESE INGREDIENTS

- Corn
- Vegetable oil (contains one or more of the following: corn, soybean or sunflower oil)
- Buttermilk solids
- Salt
- Cheddar cheese (milk, cheese cultures, salt, enzymes)
- Maltodextrin
- Wheat flour
- Whey
- Monosodium glutamate
- Buttermilk solids
- Romano cheese from cow's milk (part-skim cow's milk, cheese cultures, salt, enzymes)
- Whey protein concentrate
- Onion powder
- Partially hydrogenated soybean and cottonseed oil
- Corn flour
- Disodium phosphate
- Lactose
- Natural and artificial flavors
- Dextrose
- Tomato powder
- Spices
- Lactic acid
- Artificial colors (yellow 5, yellow 6, red 40)
- Citric acid
- Sugar
- Garlic powder
- Red and green bell pepper powder
- Sodium caseinate
- Disodium inosinate
- Disodium guanylate
- Nonfat milk solids
- Whey protein isolate
- Corn syrup solids

REGULAR TORTILLA CHIP INGREDIENTS

- Water
- Corn
- Vegetable oil
- Lime

HOW TO PEEL A PINEAPPLE

Cutting up this tropical fruit is easy when you know how. You'll need a cutting board and, ideally, a sharp knife with a thin, serrated blade.



1. Place the pineapple on its side. Cut off the top and bottom.



2. Stand the pineapple on its thickest end. Cut the skin off the sides, following the natural curve of the pineapple and aiming to keep as much of the flesh as possible.



3. Place the pineapple on its side. Cut slices, as you would a loaf of bread.



4. Using the knife (or an apple corer), remove the center, which is too tough and fibrous to eat.

Remie Geoffroi (illustrations)

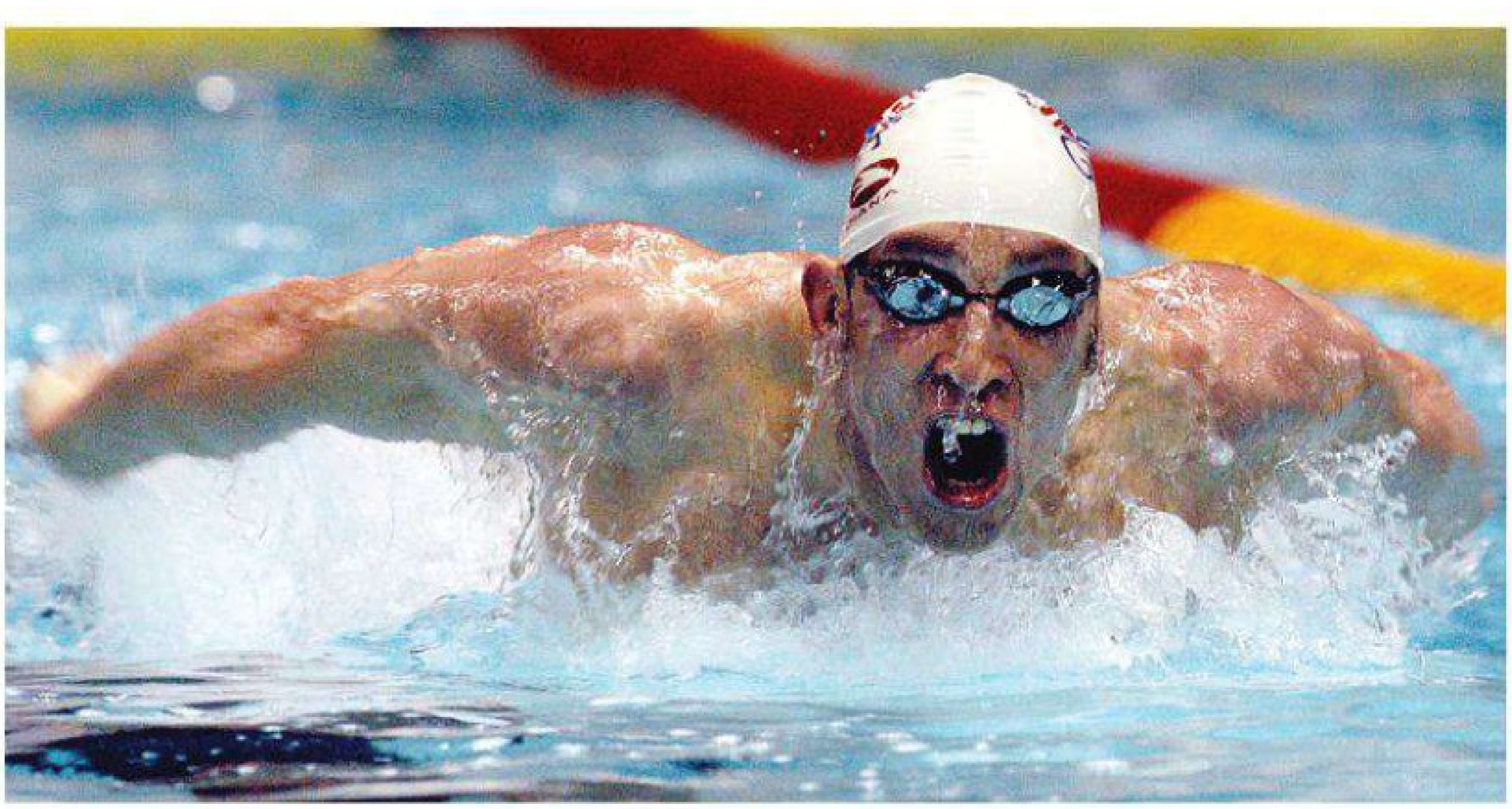
MUST HAVE

NIKE H-2000 SWIM GOGGLES

Whether you're a competitive swimmer or just trying to keep the chlorine out of your eyes while taking a few pleasurable laps at the pool, these goggles fit the bill. They boast UV protection, shatterproof polycarbonate lenses, neoprene gaskets and an adjustable single-piece head strap for a comfortable, adjustable fit.

$8.99 www.nike.com

SWIM FOR BETTER FITNESS



Associated Press (swimming); Jason Stoffer (weight, axe chop)

HIT THE POOL TO LAP THE COMPETITION

Swimming is one of the best ways for you to get in shape. But to maximize your swimming experience and kick butt in the pool, you need to incorporate land-based exercises along with your current swimming program. Here is a workout that will improve your cardiovascular level, increase your overall power and give you the strength to finish every swimming session strong.

Do every exercise one after another (cycle) for 30 seconds—each with no breaks. Once a full cycle is finished, rest for 30 seconds and repeat three more times for a total of four cycles.

—Michael Seril, MS

SUPERPLANK

Get on both your hands and knees, keeping your body parallel to the floor and looking straight down. Lift your right hand and knee off the ground at the same time, straightening each one and keeping your body position parallel to the floor. Hold the position for two seconds.



SQUAT JUMP WITH DUMBBELLS

Hold a pair of dumbbells at your sides and get in a squat position. Squat down and jump up. Land softly, with a bend in your knees.



MEDICINE-BALL THROW

Hold a 10- to 15-pound medicine ball above your head while in a squat position. Throw the ball toward the ground as hard as you can, using your whole body. Catch the ball after one bounce and repeat the exercise.



ALTERNATING DUMBBELL AXE CHOP

Stand shoulder width apart, holding a pair of dumbbells over your right shoulder; chop down across your body, stopping on the outside of your left leg. Bring the dumbbell to your left shoulder and do the same motion but toward the outside of your right shoulder.



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1.8

Amount (in liters) of perspiration released in an hour by an indoor football player *Source:* European Journal of Sports Science

KICKING FOR CURVES

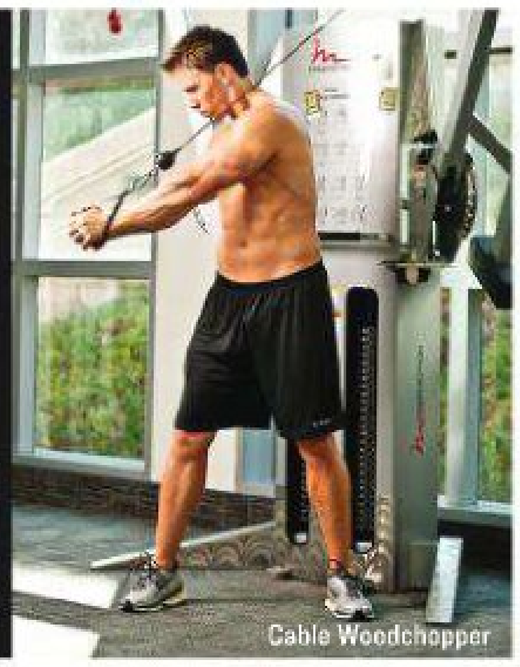
When it comes to curve balls, David Beckham can compete with any MLB pitcher. If you've ever tried to bend it like Posh's hubby but failed, here's the inside scoop. First, assuming that you're hitting the soccer ball with your right foot, position yourself a couple of steps to the left of the ball and a couple of steps back; then decide where you want the ball to go. If you want the ball to curve from right to left, use your right foot instep (use the outside of your right foot bend from left to right). It's a phenomenon that most guys without a degree in mechanical engineering won't be able to describe, and that's why we asked Min Ramjit, PhD, a mechanical engineer in Sacramento, California. According to Ramjit, by kicking the ball on either side of your foot, you give it forward thrust and what's called "spin." When the ball spins through the air with forward momentum, a pocket of air spins with it, which results in a lower pressure on one side of the ball than the other. This makes the ball bend in either direction. Michael Younge, a sports-conditioning coach in Las Vegas, adds that knee positioning is also important: "If you want the ball to go high into the air, lean your knee back slightly; if you want it to stay low, make sure that your knee is just over the ball." Younge also suggests doing lunges and squats to help build the muscles in your legs and increase power in your follow-through. *—James De Medeiros*

BUILD A BETTER GOLF SWING

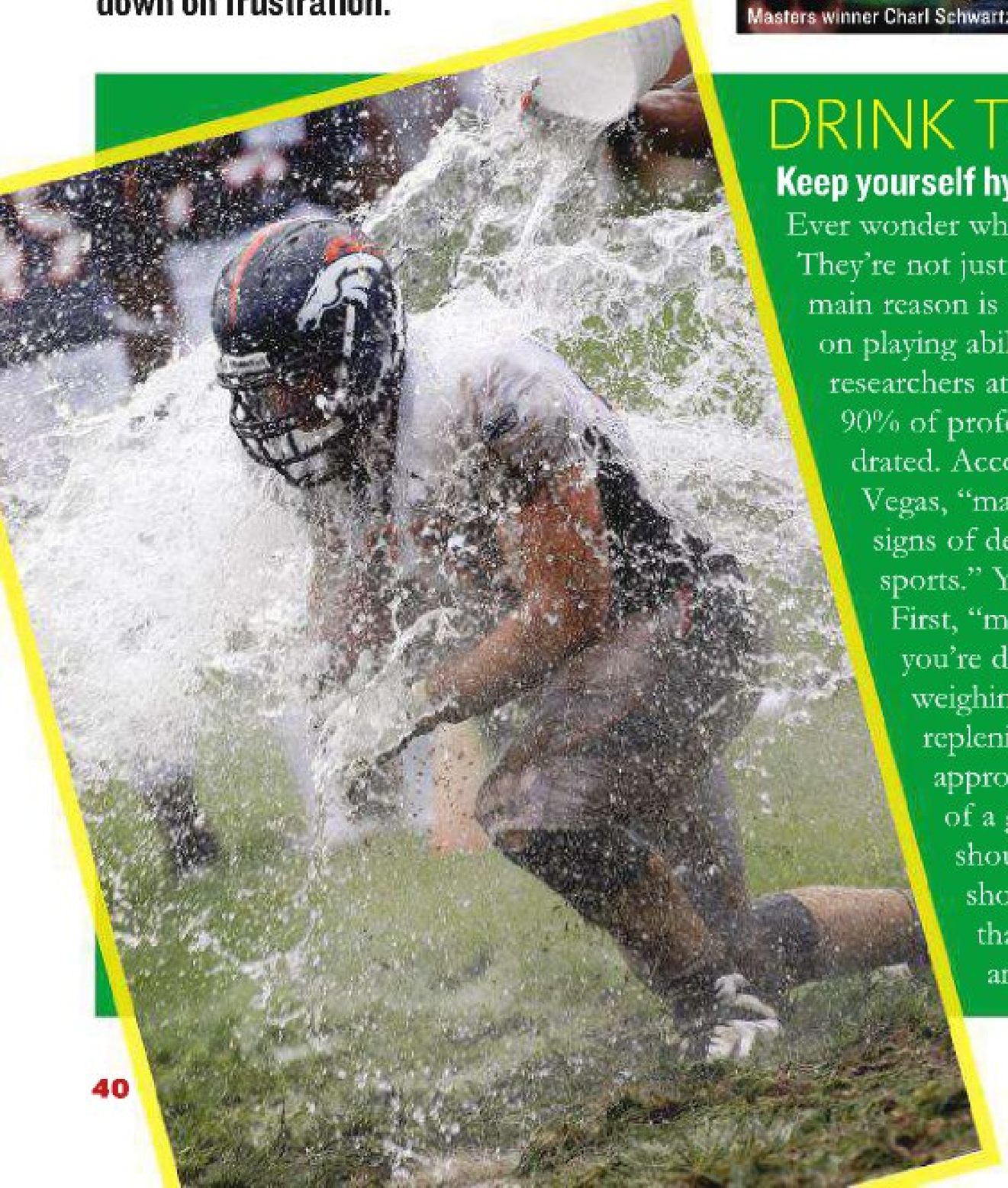
Whether you want to bomb the ball deep down the fairways or find your touch on those tricky approach shots, a few simple tips can add yards to your game and cut down on frustration.

Like most swings in sports, the golf swing is reliant on many body parts working together. You should strive to achieve fluidity of motion between your legs, hips, core, shoulders, back and arms. Also, as with other swings, balance and coordination are as important as pure strength.


Masters winner Charl Schwartzel


Cable Woodchopper

The best way to hone the necessary fluidity in the gym is to perform moves that mimic a golf swing, with added weight to add power. It's much the same as baseball players who add weights to their bats for their practice swings before stepping into the batter's box. The cable woodchopper is a great move for adding strength in the places you'll need it to get greater distance off the golf tee.



DRINK TO WIN

Keep yourself hydrated for optimum performance

Ever wonder why so many athletes appear on camera drinking during a game? They're not just trying to make sponsors happy by showcasing a product. The main reason is because dehydration can have a significantly negative impact on playing ability. However, even with that knowledge, according to researchers at the Universidad de Castilla la Mancha in Spain, more than 90% of professional team athletes still enter competitive play already dehydrated. According to Michael Younge, a sports-conditioning coach in Las Vegas, "maintaining proper hydration on a daily basis and recognizing the signs of dehydration is the unsung hero of success in competitive sports." Younge states that there are two easy ways to accomplish this. First, "monitor the color of your urine—if it's dark, that likely means you're dehydrated." Another way to monitor your hydration is by weighing in before and after your game. Younge adds to "be sure to replenish that lost fluid by drinking water, and if you continue this approach, you'll find you won't wear out as easily during the course of a game." What's a good benchmark for how much water you should be drinking each day? Younge tells us that you should shoot for about an ounce for every pound you weigh but cautions that you should "sip throughout the day—don't chug massive amounts in short periods." *—James De Medeiros*

Associated Press (football, Schwartzel); Cory Sorensen (woodchopper)

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PROTEIN: ISOLATE VS. CONCENTRATE



Whey is a dairy protein, a byproduct of the cheese-making process. Raw whey is filtered to make protein powder, and manufacturers lump the final product into two categories: protein concentrate and protein isolate. The difference is purity: Isolate usually contains 90 to 94% protein, while whey concentrate has anywhere between 40 and 85% protein. This would seem to make isolate the no-brainer choice, right? That depends, according to Tom Venuto, CSCS: "Protein isolate doesn't have some of the valuable immune-boosting protein compounds that exist in protein concentrate." Also, there is the question of just how much protein your body can metabolize. Picture filling a bathtub: Once you reach the top, it makes no sense to leave the tap on, right? For some guys, protein concentrate provides all that their body can reasonably process, so there's no use overloading yourself. Whatever your goals are, it's good to be aware of the difference between isolate and concentrate when you're buying protein.

MUST HAVE

SHAKER PRO 40

What makes this shaker different? The separate powder chamber, which keeps your protein dry until the moment you wish to drink it. No need to cart a tub of powder around with this "all-in-one" shaker. Before your workout you pour your liquid into the cup and put your powder in the chamber above; after your workout, just twist the lid down tight, which releases the powder into the liquid. It's easy, clean and virtually clump-free.

$15.99 **www.4sportlife.com**

MILK: AN ANABOLIC FAT BURNER

Your mom was right when she told you that drinking milk would make you stronger! Recent evidence indicates that milk can increase muscle gain and fat loss in those who weight-train. In a study published in the *American Journal of Clinical Nutrition*, scientists at McMaster University divided 56 young men into three supplement groups and instructed them through a heavy 12-week resistance-training program. After each exercise bout, one group drank two cups of skim milk, another group drank a soy beverage (with equivalent amounts of protein and calories) and a third group drank a carbohydrate beverage (with equal calories). At the end of the study, it was found that the milk group lost twice as much fat (two pounds) as the carbohydrate group; the soy protein group experienced no fat loss. Even more astonishing, those who drank milk after training saw a 40 to 60% greater increase in muscle mass compared to the other groups. *–Dr. Dwayne Jackson*

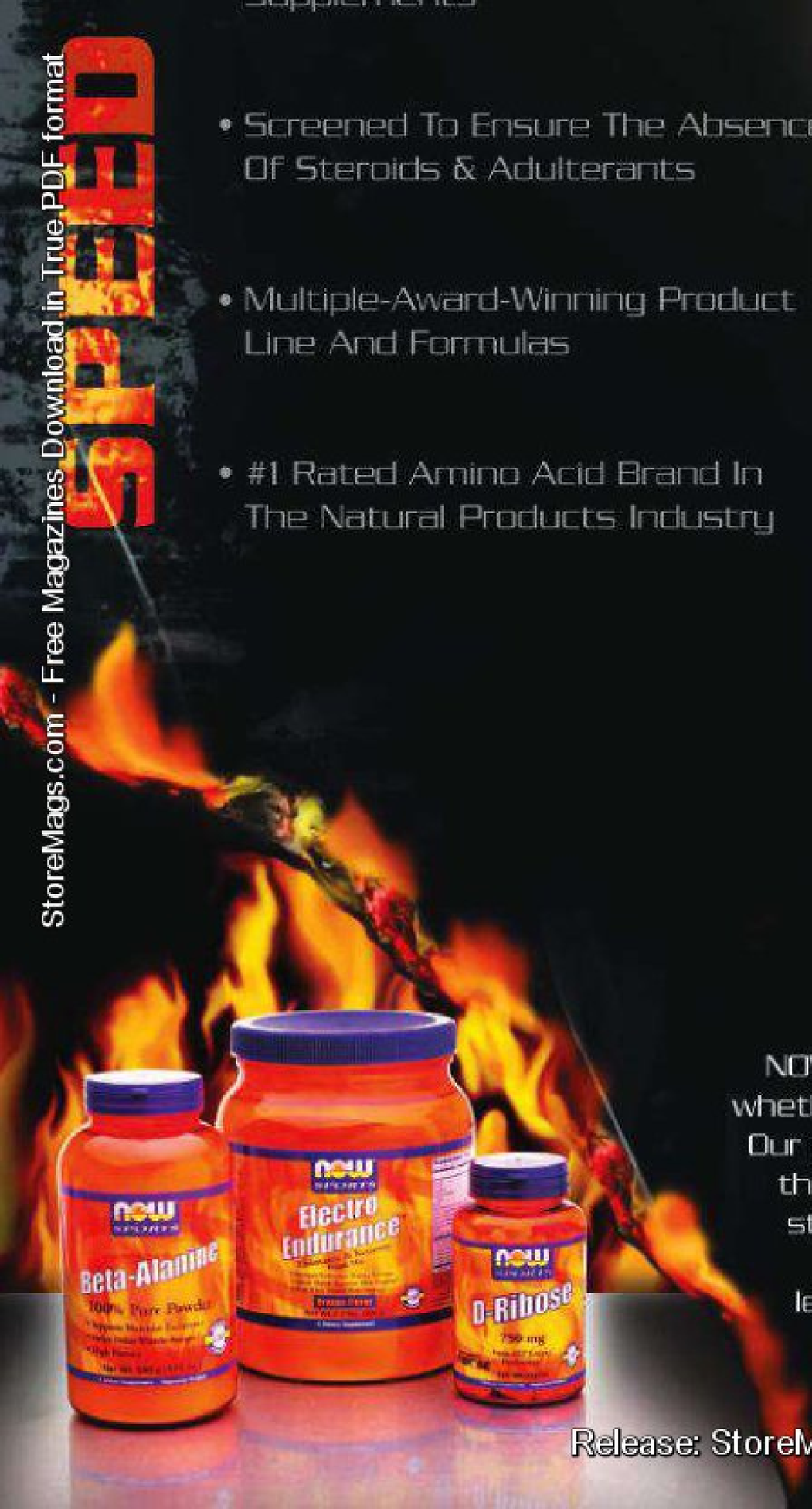
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DITCH THAT OLD BAG

Too many self-respecting, fashion-forward guys will cart around a bag until it's raggedy, frayed, stained and impregnated with many odd aromas. We recommend that you subject your bag to the same hypothetical test that many guys do with their aging jockey shorts: If you'd be embarrassed to die with that ratty old bag slung over your shoulders, it's time to sever ties. These Max-Fit-approved choices will make that transition a whole lot easier. As James Brown sang, "Poppa's got a brand new bag!" Yeow!



UNDER ARMOUR SLING BACKPACK

The sling backpack is a fusion between your traditional backpack and that satchel that Kwai Chang Caine used to carry around in that old TV show *Kung Fu*. It's for bike trips, hikes and other athletic pursuits where you need freedom of movement. Like all Under Armour gear, it is durable and stylish, with a padded carrying strap and a flat black finish.

$49.99 **www.underarmour.com**

PLANK MESSENGER BAG

This is one durable unit. Made out of sturdy cotton canvas, with stout nylon straps and solid metal buckles, this bag would be suitable for delivering messages in a war zone. It can hold about as much as you can fit in a small backpack: your laptop, magazines, iPad and so on. Its nylon-twill lining includes a laundry bag to keep your sweaty gym togs separate from your files, making it the perfect bag for the guy who wants to break away from the stodgy briefcase-and-three-piece-suit businessman's look.

$260
www.plankdesigns.com

ADIDAS KIZUNA DEFENDER MEDIUM DUFFEL

This bag has a ventilated antimicrobial wet-dry shoe tunnel? Yes, please! In addition to providing a sanitary home for your stinky sneakers, this bad boy can handle any number of shorts and shirts, shower sandals and even a large assortment of "product" (hey, we're not judging!). Adidas isn't reinventing the duffel bag here, but what's wrong with remaking a classic? Did anyone give Will Ferrell grief for remaking *Bewitched*? Yes, actually, they did—and rightfully so.

$34.99 **www.adidas.com**

MYTH OF THE "ALL-OVER" TAN

Are you looking for a perfect tan this summer? Sorry to burst your bubble, but just like elves, leprechauns and the tiger blood coursing through Charlie Sheen's bloodstream, the elusive full-body tan is a myth. "It's just not possible for most people," says Jonathan Rees, a professor of dermatology at the University of Edinburgh. His study, funded by the Medical Research Council, disclosed that some areas of the body, such as the buttocks, are simply more resistant to tanning and will color differently than other places on your body. But that doesn't mean that you shouldn't catch some rays this summer—just temper your expectations.

MUST HAVE

AUSTRALIAN GOLD SUNSCREEN

Most of us remember those childhood days at the beach where our mothers kept yammering at us to "Put on your sunblock or else you'll boil like a lobster!" And we also remember that tacky white sunscreen coating us like a greasy second skin. You can banish those distressing memories, thanks to Aussie Gold; this sprayable sunscreen dries fast, with no tackiness, but still provides an optimal UV protection of SPF 30. Plus, it has that familiar piña colada scent—perfect for the beach.

$9.99 **www.australiangold.com**



Gregory James (bags)

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I'D RATHER BE NAKED THAN WEARING MINK

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AND LET ANIMALS KEEP THEIRS

WILLIS MCGAHEE *for* PETA

Photo: Ken Penn/www.kenpenn.com • Grooming: Tomara Watkins for Silista Agency



MAKE HER SEE RED

Fast cars, sexy lingerie, juicy steak—so many good things in life are red, so it makes perfect sense that men respond to a woman wearing red heels or a slinky red dress. But it may come as a surprise to learn that it works the other way, too: Ladies are instinctively drawn to a guy who wears red.

Researchers from the University of Rochester asked 300 women to rate the attractiveness of men who were either wearing different colored shirts or had been photographed surrounded by a border of red or white. Women rated the men's status and attractiveness and how likely they would be to engage in sex with the man. The results were conclusive: Women rated men who were shown alongside red hues as more attractive, powerful and higher in status.

Roman gladiators wore red, so why shouldn't today's man? To ensure that your look says "bold and sexy" rather than "Christmas novelty," follow this advice: "Men with very dark or silver hair and a blue undertone in the skin could do an all-red shirt," says image consultant Michelle Gallant (www.looksimage.com). "If your coloring is more muted and/or you look good in warm autumnal colors, it would be too much to wear a bright-red shirt, so you'd better stick with a tomato-red T-shirt or tie—a little less bright."

—Siski Green

GIGANTIC GROOMSMEN

STUDY FINDS THAT MASSIVE WEIGHT GAINS OFTEN FOLLOW MATRIMONY

What is it about wedded bliss that turns some of us into wedded blimps? According to the journal *Obesity*, getting hitched is a surefire way to pack on the pounds. Researchers charted 11,000 individuals transitioning from singledom to married or cohabitating status and found that the transition doubled a person's risk of becoming obese. Just what is it about a stable, long-term romantic relationship that seems to make us fatter? The main factor appeared to be a marked decline in the desire to maintain body weight or general appearance for the purposes of attracting a mate—and you thought it was only the wife who gains weight after the white dress comes off! Of course, MaxFit can't, in good conscience, support that outlook—you ought to keep yourself in fine physical condition whether you have a ring on your finger or not. For a little help, check out the workout on page 88.

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GET THE PERFORMANCE EDGE

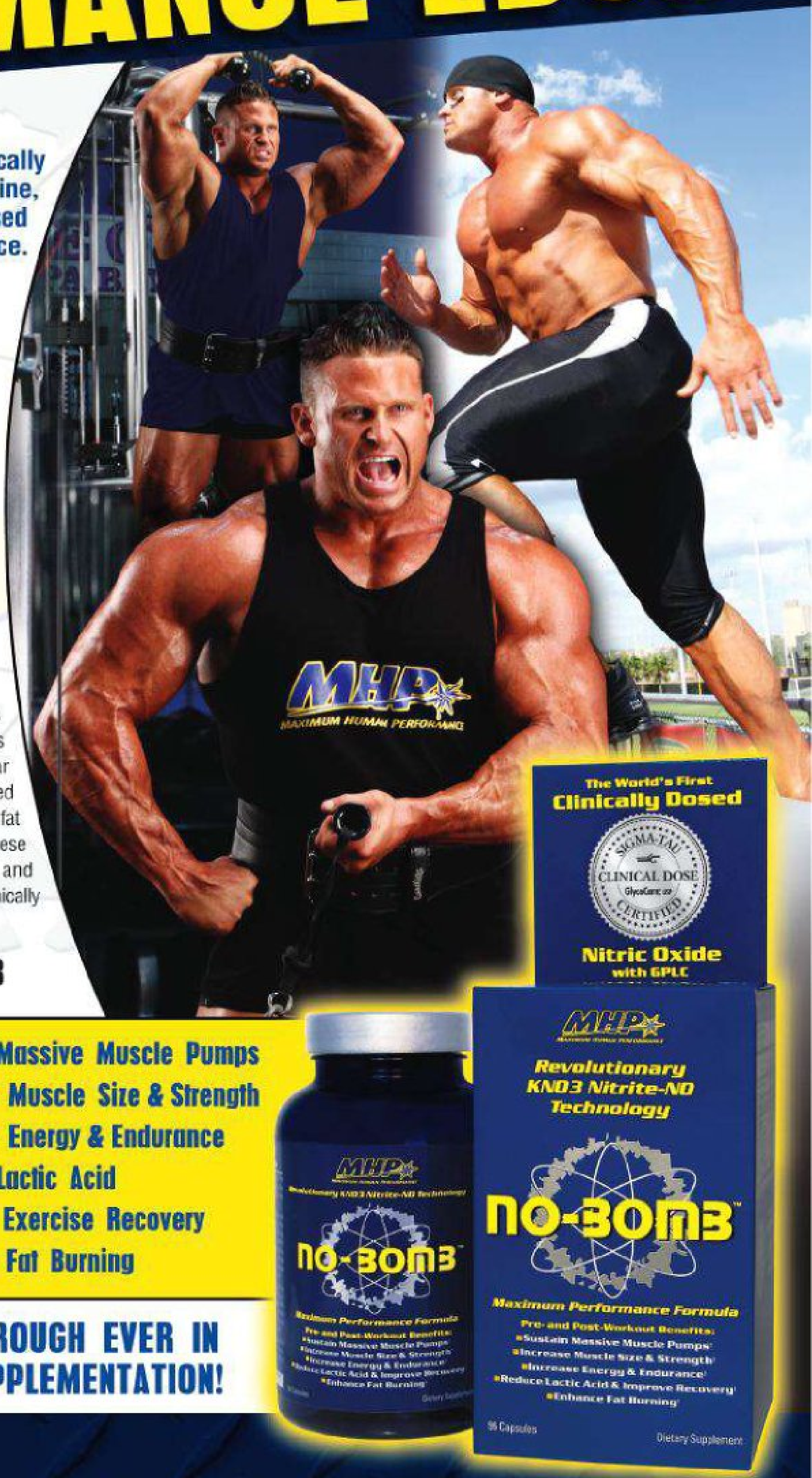
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*Effective NO enhancement requires 30 grams IV dose (Bode-Boger, 1998). Oral dosing at 3-4 grams results in little vasodilation (Adams, 1995; Chin-Dusting, 1996).
**GlycoCarn caused 55% increase in NO at 4.5 grams oral dosing (Bloomer, 2007) and increased peak power with less lactic acid (Bloomer, 2008). †NO-BOMB contains the 4.5 gram clinical dose of GlycoCarn.

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This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Not intended for use by persons under age 18.

AN INSIDE LOOK AT:

SIX STAR PRO NUTRITION

PREMIUM SUPPLEMENTS FOR A SMART PRICE

Six Star Pro Nutrition™ has emerged as one of the fastest-growing supplement brands. What is it that makes them so popular? Find out in this 2-page ad exclusive as we take an inside look at the quality and research behind this breakout brand!

With the abundance of different supplement brands available, it makes it nearly impossible for one to emerge as a fan-favorite. A combination of sound science and high-quality ingredients is a great start, but to further compete in this marketplace, you must provide benefits that can't be obtained just anywhere. Six Star Pro Nutrition has done just that: They've gained the attention they deserve by promising serious results for a smart price! Bold statement, yes. Do they live up to it? You be the judge...

THE ULTIMATE LINE OF PREMIUM PERFORMANCE SUPPLEMENTS

Six Star Pro Nutrition has grown into a true supplement powerhouse and is currently being sold in more locations, and in more countries, than ever before. So why is this line of supplements growing so fast? It offers something for everyone!

Whether you're a body builder, fitness enthusiast or team sport athlete, you can benefit from taking any one of their scientifically advanced sports nutrition supplements. Even top-level athletes rely on Six Star Pro Nutrition supplements every day to build the muscle and strength needed to dominate the competition.



Trusted by Athletes Everywhere

Everyone from former Mr. Olympia Dexter Jackson to MMA Fighter Nate Marquardt and even Figure Competitor Rachel Davis trusts Six Star Pro Nutrition to compete at an extremely high level and build the degree of muscle and strength needed to perform at their best, day in and day out.

Check Out Six Star Pro Nutrition Online





- Six Star Pro Nutrition has revamped their website and exploded onto the social media scene. Follow along on Facebook and YouTube to gain FREE access to breaking news, upcoming event info, athlete interviews, exclusive videos and much more! You're just one click away.

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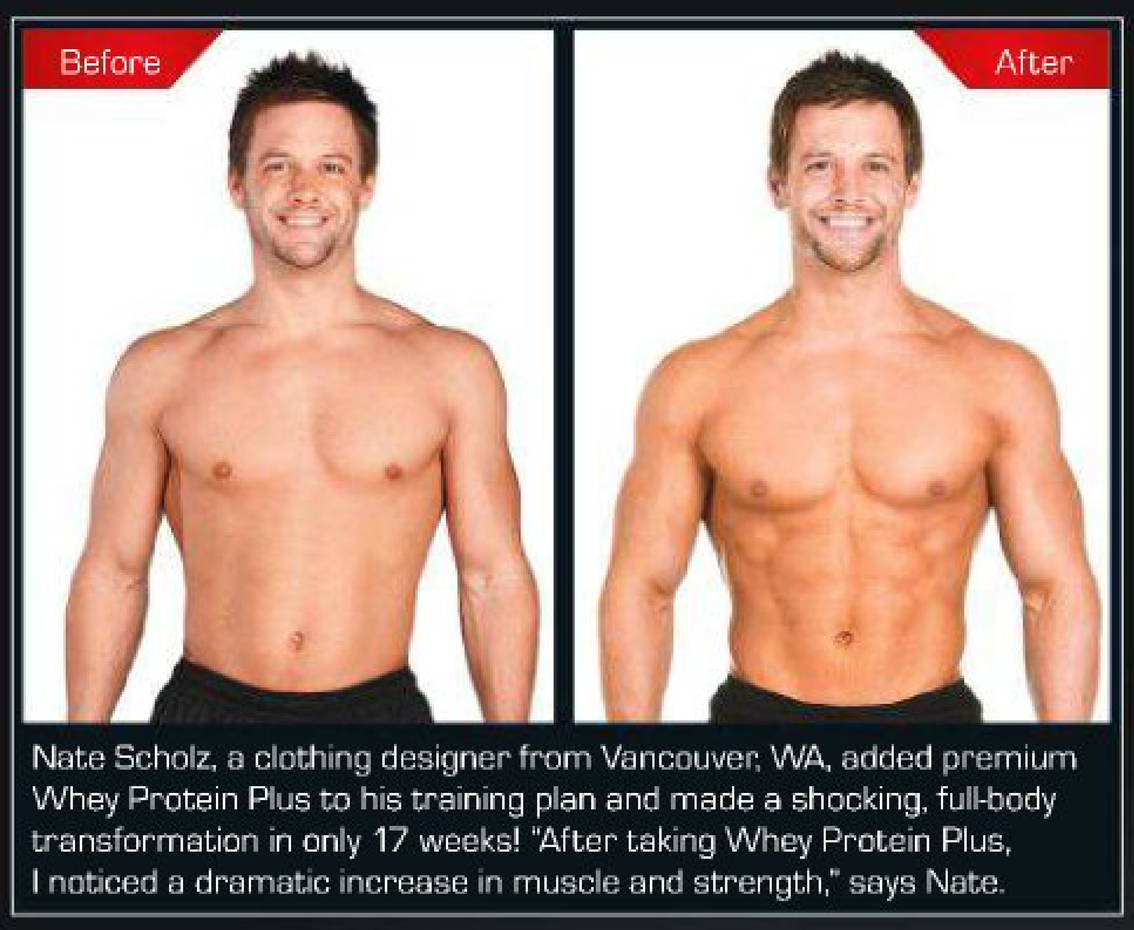
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HIGHEST COMMITMENT TO QUALITY AND RESEARCH

The commitment to quality that goes into every Six Star Pro Nutrition™ product is second to none. All formulas are verified through stability testing, all finished product is tested for purity and all manufacturing is conducted in the U.S. What's more? Six Star Pro Nutrition is brought to you from the very same makers of MuscleTech® – America's #1 selling body building supplement brand[1] – so you know their products work! In fact, Six Star Pro Nutrition researchers are so confident in their premium-grade formulas that each product even comes with a 100% satisfaction guarantee![2]

With key ingredients backed by third-party studies, it's no wonder that they're able to guarantee satisfaction on all of their products. Just look at Whey Protein Plus: This high-quality whey protein formula is designed to help you build the type of body that gets noticed everywhere you go. In one study, its core ingredients are even scientifically shown to be superior to regular whey protein![3]



Nate Scholz, a clothing designer from Vancouver, WA, added premium Whey Protein Plus to his training plan and made a shocking, full-body transformation in only 17 weeks! "After taking Whey Protein Plus, I noticed a dramatic increase in muscle and strength," says Nate.

Nate has been remunerated. In a six-week study, test subjects taking the core ingredients in Whey Protein Plus gained an average of 8.8 lbs. of muscle.

Core Ingredients Shown to Build More Muscle Size and Strength



[3] In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained more muscle than those using regular whey protein (8.8 vs. 5.1 lbs.). In the same study, subjects gained 4 times the lean muscle than those using a placebo (8.8 vs. 2.0 lbs.).

THE RESULTS YOU DEMAND AT A PRICE YOU WANT

Six Star Pro Nutrition supplements are not only satisfaction guaranteed, they're also available for an incredible value! Take Professional Strength Whey Protein Plus and Creatine[X3] for example. Both are formulated with core ingredients scientifically shown to build lean muscle and increase strength ... all at a fraction of the price of other big-name protein and creatine formulas. What else could you ask for?

The verdict is in: Six Star Pro Nutrition supplements are the real deal and worth every penny! The mantra, *Premium Supplements for a Smart Price*, says it all. The smart decision is to use Six Star Pro Nutrition.



To find a Walmart near you, visit SixStarProNutrition.com/locator

[1]MuscleTech is America's #1 selling body building supplement brand based on cumulative wholesale dollar sales 2006-present. [2]If you're not 100% satisfied with any of the Six Star Pro Nutrition supplements, write us at the address on the product label to get a full refund. 25% or more of the product must be returned. Read labels before use. © 2011.

Shemar Moore can fly.

On August 1, 2009, Moore took to the skies and was weightless—for about three seconds—with all the grace of the ill-fated dodo. "It was the scariest moment of my life," says the star of the CBS hit drama *Criminal Minds*. But what could launch the six-foot-tall former fitness cover model, daytime heartthrob, host of *Soul Train* and door-smashing TV FBI agent so perilously, ultimately leaving him fearful for his life? An unstoppable 3,000-pound metal behemoth. This wasn't the first scene of an independent science fiction script with as much chance of catching your attention as *Gigli 2*; this was the scene that Moore faced on a day that began like any other.

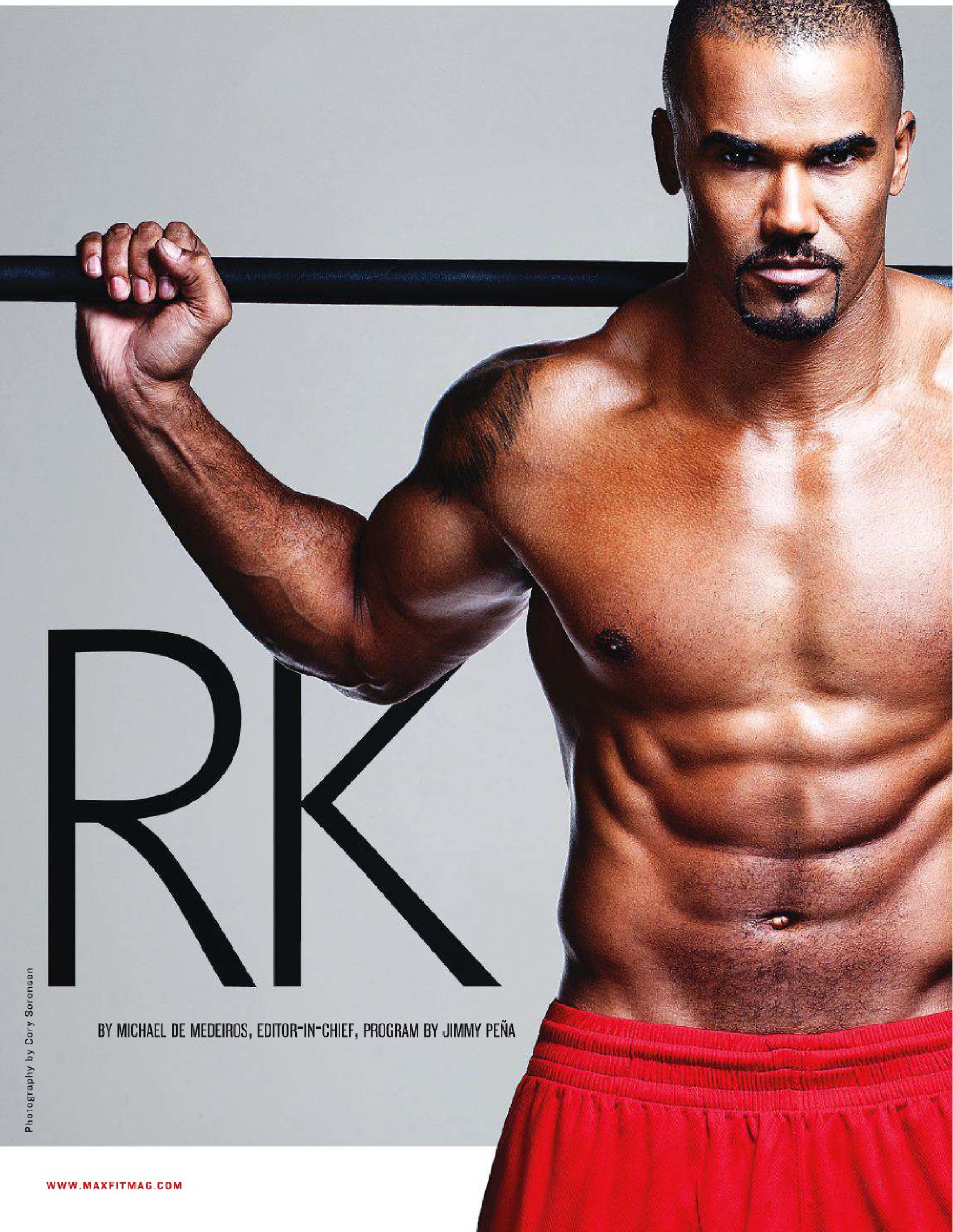


After cheating death and making it big, Shemar Moore is the same man he's always been. Now, you can learn from his commitment and drive to look strong and lean—if you're willing to endure the pain.

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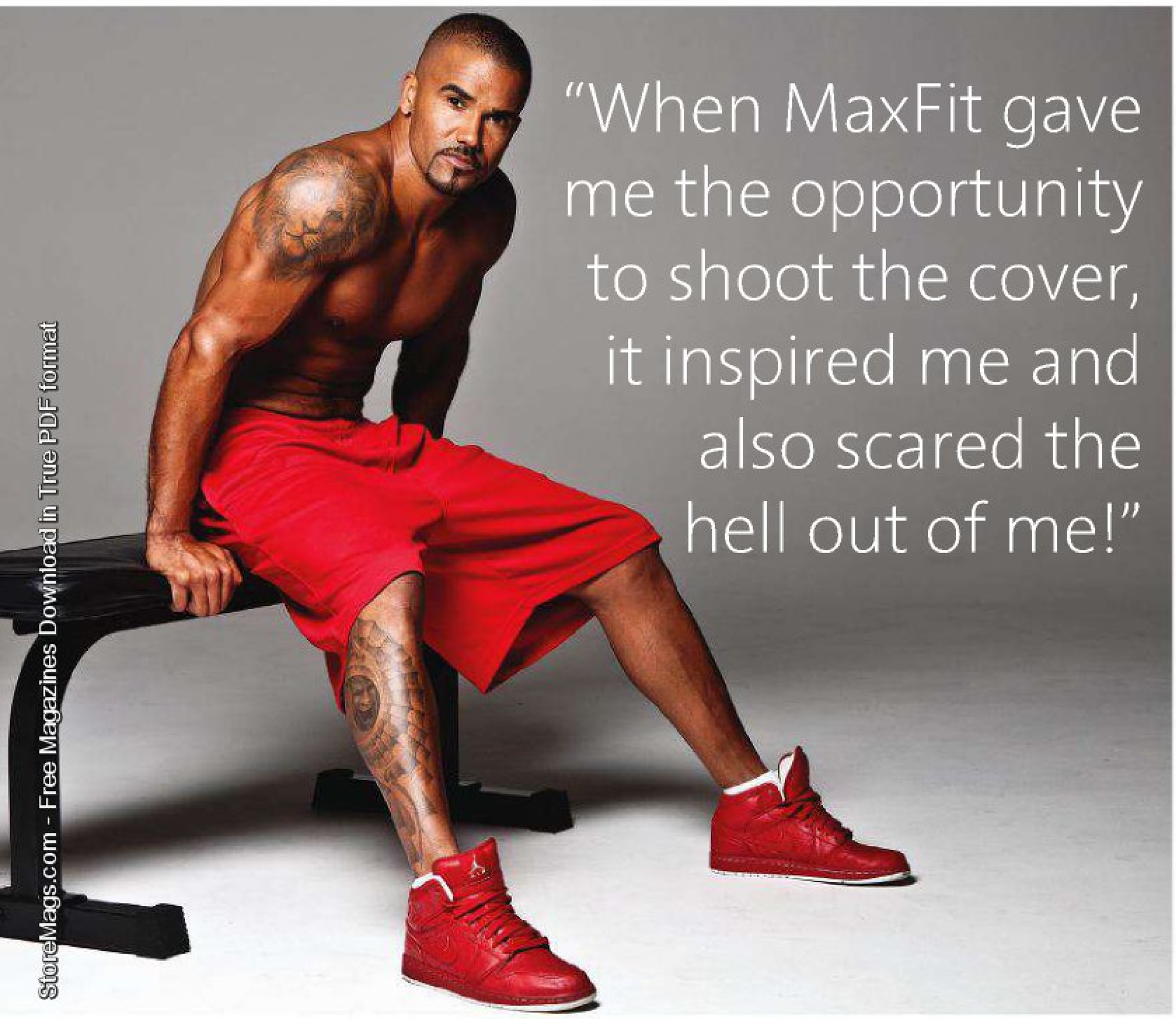


RK

BY MICHAEL DE MEDEIROS, EDITOR-IN-CHIEF, PROGRAM BY JIMMY PEÑA

Photography by Cory Sorensen

"On that day, I did everything right," Moore tells me when we have a chance to sit down and talk on the set of his *Maximum Fitness* cover shoot. "What went wrong was that I got hit by a 70-year-old in an old-school Cadillac going 40 miles per hour!" He goes on to explain that he was out cycling at the time, which isn't uncommon for the actor, who is well versed in most athletic pursuits and has recently been racing in charity cycling events for multiple sclerosis—a topic that hits very close to home because his mother is suffering from the disease.



"I didn't see him or hear him coming—not a thing," says Moore. "I felt him coming," the actor tells me, smiling and trying to inject some humor into a moment that could have left him paralyzed or dead. With his smile fading, Moore quickly jettisons any shred of Hollywood prep and years of screen time, sits back in his chair and furrows his brow. "I don't remember spinning or flipping off my bike—nothing," says Moore. His voice takes on a more serious tone: "I got lucky—and then some."

"All I remember was switching my gears and bang—not even a thud—it was like a slap," says the actor, clapping his hands as loudly as he can.

The accident left him with a broken leg, a broken collarbone, serious flesh wounds and broken ribs. The initial point of impact was actually his leg—another stroke of luck that most people would equate with being lucky enough to be pelted with a bag of horse manure. In the end, though, he *was* lucky. "It knocked my cleat out of the pedal, which dislodged me from the bike and made me basically spin from left to right off the bike," he says.

As the bike hurtled forward for another 30 yards, Moore was tossed onto the side of the road. "It was like a receiver getting hit by a linebacker, so I landed on my shoulder and rolled, but I had no idea that I was doing it at the time," says Moore. "I only know because the paramedics told me." Pausing, he sits back in his chair and tells me, "I didn't pass out." Maybe that's a testament to his toughness or an indicator that it takes a lot more than 3,000 pounds of twisted steel and carelessness to take down Moore. But the pain didn't end with the impact.

"What do you do after getting hit by a car?" he says. This isn't the kind of question I usually ask when I'm interviewing someone or in casual conversation, but Moore is one of those rare personalities who can not only answer but respond with a smile—all while leaving you cringing at the pain he must have been going through. "I was in shock," he says, nodding at me, as if to seek acknowledgement of at least that one commonality—surely everyone can understand the paralyzing fear of being in shock after a physical trauma of some kind. "I didn't know if my back or legs were broken," continues Moore. "The wind was knocked out of me and I was trying to process what had happened."

Then, as Moore pauses and squints at me—a look I've seen him perform on his hit CBS drama—to make sure that I'm following along with his "process," he breaks the silence and flashes back to the moment after he was struck by a car. "'I'm alive,' I said to myself, and I started moving my arms and fingers

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and then my right leg and ankle, banging my toe on the ground to feel the vibrations." All of this sounds reasonable. Not having ever been struck by a motor vehicle, though, I have to make the leap with Moore on this one. But reason steps out when he recounts kicking his left leg on the ground to make sure that he was still able to move the limb. "I was relieved to be able to feel my leg, but when I banged my toe on the ground, I was in immediate pain," he says. This wasn't a prepared statement—he knows what real pain is. But getting through the pain, recovering from the accident and staying on top are what Moore does better than most.

While recovering from his injuries, Moore made one request to the producers of *Criminal Minds*: "Don't give my character a desk job!" He wore a protective boot on set, cringed through the unbearable pain in his ribs and, as he told me, "did the work and endured the pain." The sentiment in his words is very real. Moore approaches everything in life with the same commitment and drive. He really does the work. He endures the pain.

Want proof? Look no further than his training. The workout we're presenting on the following pages is comprised of Moore's key exercises and is crafted with the intensity and drive that the actor puts into each of his own training sessions—specifically the workouts he did prior to the *Maximum Fitness* photo shoot. "When MaxFit gave me the opportunity to shoot the cover, it inspired me and also scared the hell out of me!" Moore tells me on set. "It's flattering as all get out, but it's also a lot of pressure and a reminder to get back into the game."

While Moore admits that the shoot for this workout was a catalyst for his most recent push in the gym, he has many other reasons for being a MaxFit guy. "Life is more fun," he says. "I feel better about myself—I look in the mirror and I like what I see. I know that the better shape I'm in, the better I am all around in my day to day life and in my walk, my talk, my sensibility and thought process." And it's obvious in every rep in the gym and every line on television. In the end, Moore "did the work." Now, it's your turn.

The Workout: Gain Muscle, Burn Fat and Stay Home

When you talk about Moore in the gym, there's really nobody out there who knows the subject better than Jon Aranita, owner and trainer at In Training in Los Angeles. He has seen Moore push himself beyond his limits for the past 15 years. Together, they've mastered a method of working out that focuses on intensity and exhaustion. "We can't put too much size on Shemar because of his contract with *Criminal Minds*, but beyond that, Shemar is looking for functional strength as opposed to bulk, so we do a lot of supersets and circuits with him to make sure that he maintains symmetry," says Aranita.

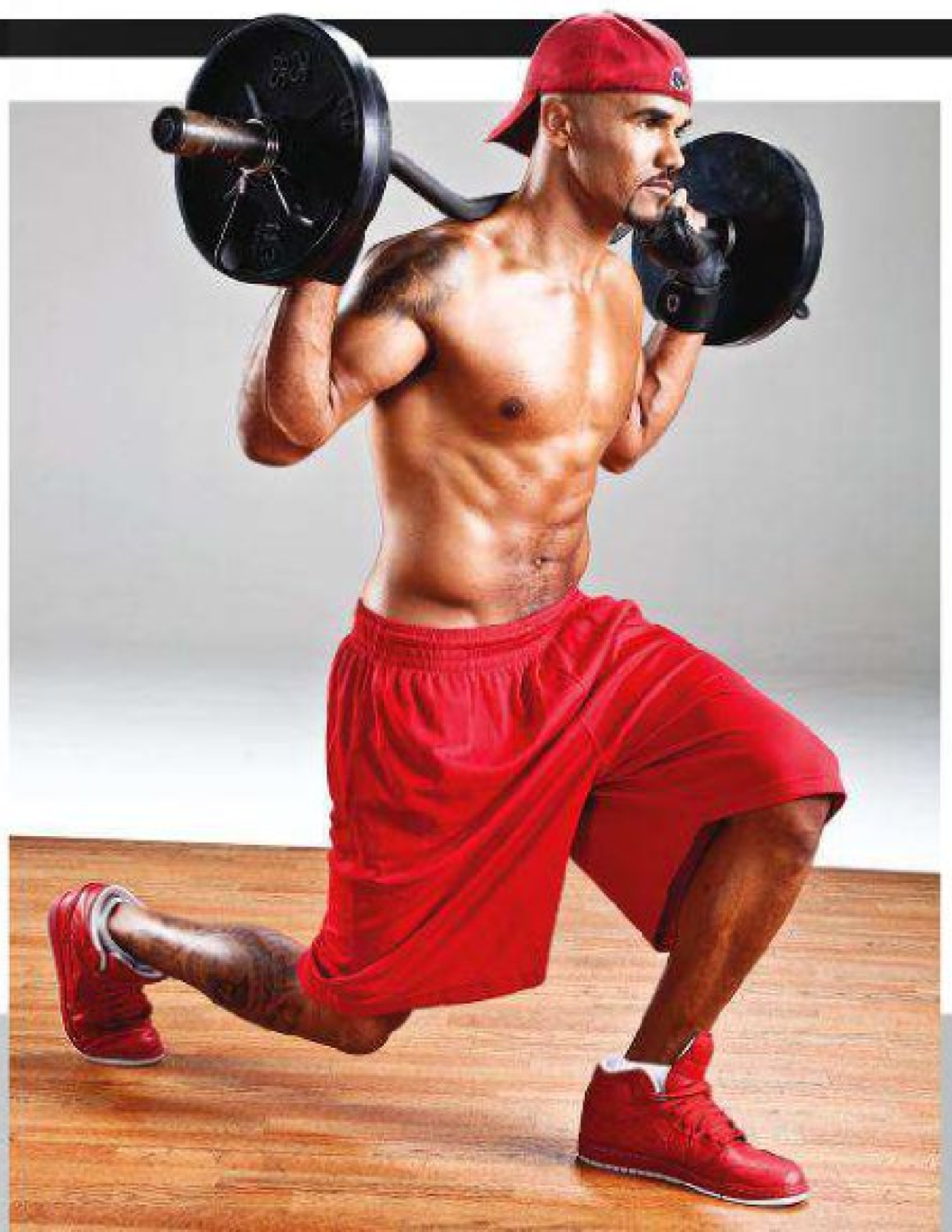
With that in mind, this workout is designed to target specific areas, helping you gain muscle while shedding unwanted fat. We've zeroed in on those two goals by keeping your reps between eight and 12—the rep range most responsible for hypertrophy—and incorporating a number of body-weight moves where failure is your only option. We've also limited your rest periods to burn more calories. You won't have the standard one or two minutes of rest between sets. Instead, as soon as you're set up for the next move, you begin—this will keep your heart racing and your blood pumping.

EXERCISE	SETS	REPS
Barbell lunge	2 or 3	10 (each leg)
Straight-arm plank/dumbbell row	2 or 3	12 (each arm)
Decline push-up	2 or 3	To failure
Decline close-grip push-up	2 or 3	To failure
Alternating overhead dumbbell press	2 or 3	10 to 12 (each arm)
Bench dip	2 or 3	To failure
Overhead dumbbell extension	2 or 3	Eight to 12
Concentration curl	2 or 3	12 (each arm)
V-up	2 or 3	To failure

*For dumbbell work, select a weight that allows you to fail within the designated rep range. Rest only as long as it takes for you to get set up in the next move.

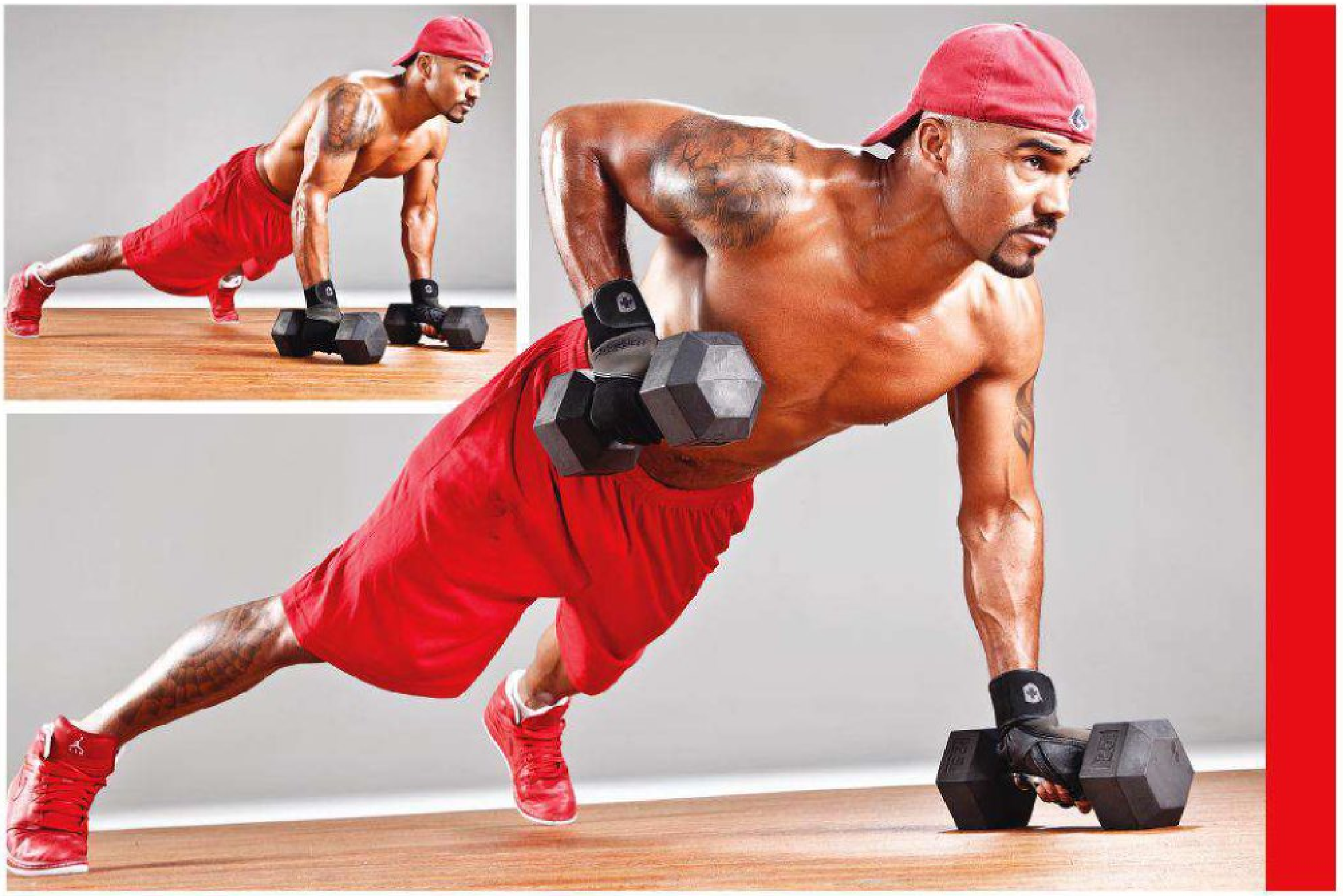
Barbell Lunge

TARGET Legs (quads, hamstrings, glutes)
ACTION Holding a barbell (or EZ bar, as shown) across your upper back, step forward with one foot. Bend both knees to lower yourself, making sure that your front knee doesn't pass your toes. Stop just short of your rear knee touching the floor and reverse direction, driving through the heel of your forward foot to return to the starting position.



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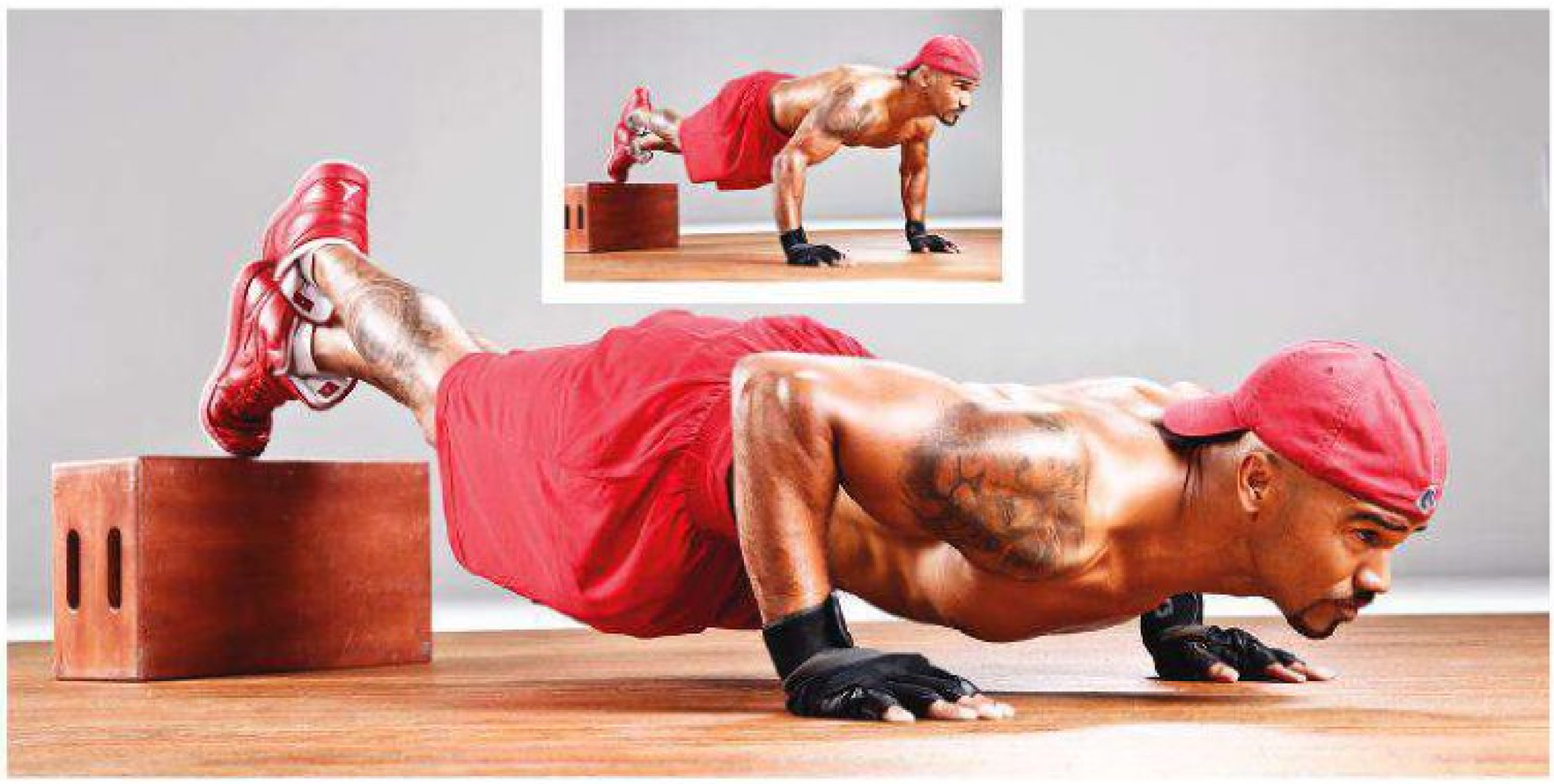
Straight-Arm Plank/Dumbbell Row

TARGETS Back (with emphasis on lower lats), chest, front delts, triceps (isometrically); and core (secondarily)
ACTION Grab a pair of dumbbells and get into a push-up position, with your body straight, abs tight and arms extended. Flex your triceps, chest and shoulders hard to keep yourself in position. Pull one dumbbell up and back toward the same-side hip and squeeze your lat hard at the top. Lower the dumbbell back to the floor and repeat the row with the other arm. Continue in alternating fashion until you've performed the target rep count with both arms.

"I did the work & endured the pain."

Decline Push-Up

TARGET Chest (with emphasis on upper pecs)
ACTION Place your feet on a box or an elevated surface with your hands wider than shoulder width and flat on the floor and your arms fully extended. Keeping your head neutral and your abs tight, lower yourself toward the floor until your chest approaches an inch or so away from the floor. Press through your hands until your arms are fully extended and repeat. (For the close-grip version, which targets the triceps with greater intensity, set your hands an inch or two apart and perform the push-up as described).

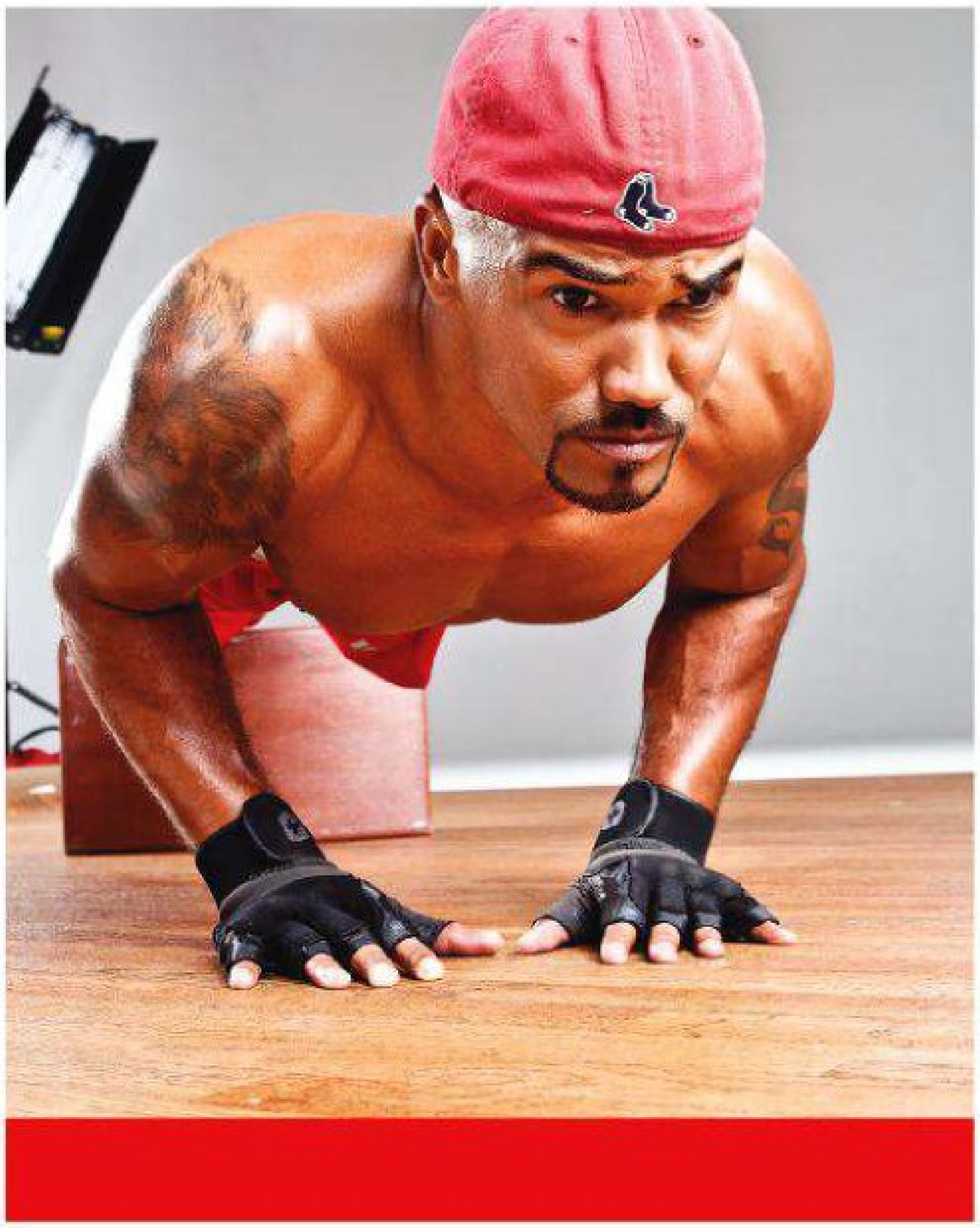


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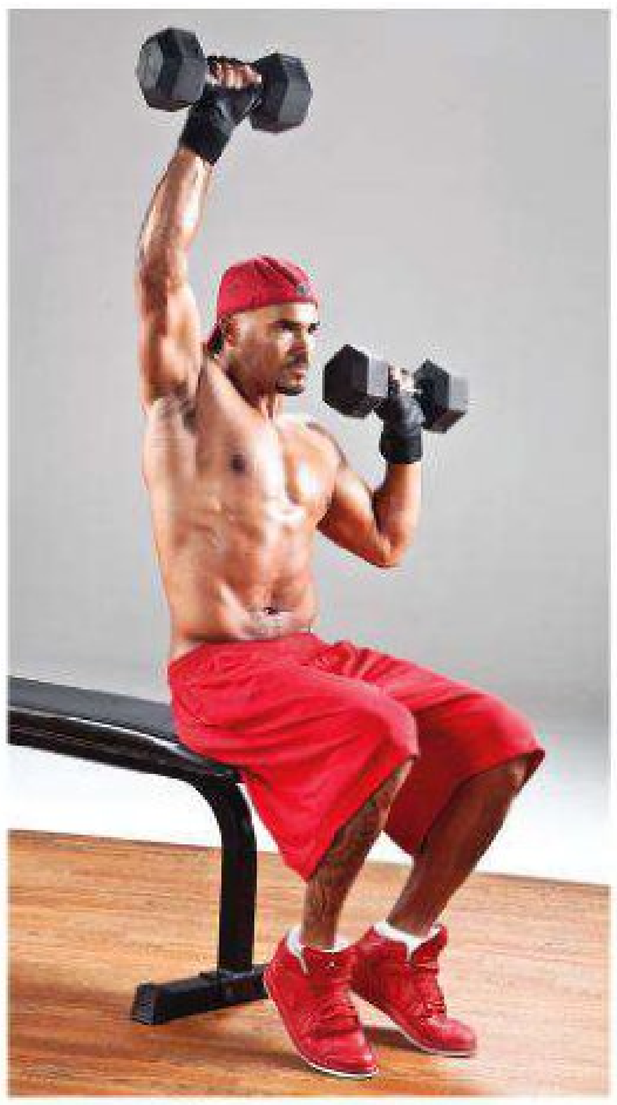
Decline Close-Grip Push-Up

TARGETS Triceps and chest (with emphasis on upper pecs)
ACTION Just like the Decline Push-Up on page 54, the only difference with this move is that your hands are closer together to target your triceps.



Alternating Overhead Dumbbell Press

TARGET Shoulders (all three delt heads, with emphasis on front and middle heads)
ACTION Sit on a flat bench or lower-back bench, holding a dumbbell in each hand above shoulder level with a pronated grip, palms facing forward. Keep your head straight and eyes forward. Keeping your shoulders back, press one dumbbell up and overhead in an arc. Squeeze that arm and shoulder, then slowly lower to the starting position and repeat on the other side. Perform reps.



"I know that the better shape I'm in, the better I am all around in my day-to-day life."

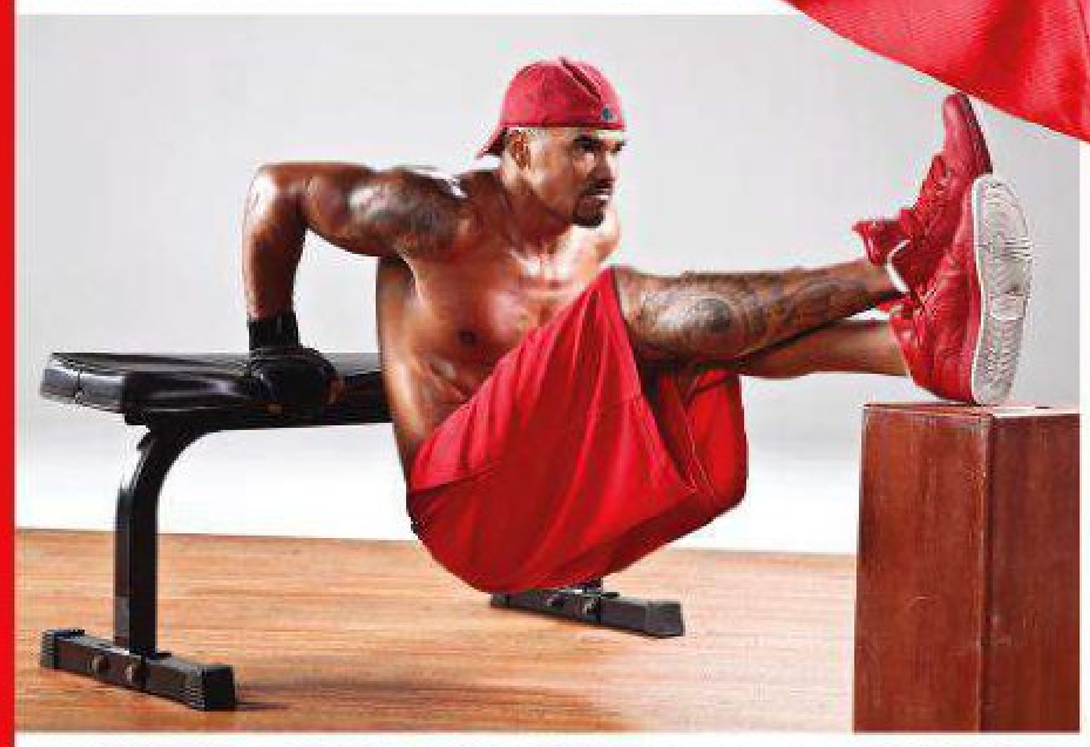


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Bench Dip

TARGET Triceps (with emphasis on lateral head)
ACTION Place a bench and another elevated platform (or two benches) a few feet apart and parallel to each other. Sit on the middle edge of the bench facing the other. Place your hands just outside your hips on the bench, cupping the bench with your fingers. Place your heels on the opposite bench, pressing yourself upward so that your body forms an "L" in the top position. Slowly lower your glutes toward the floor until your arms form a 90-degree angle. Pause, then forcefully press yourself back up to the starting position.



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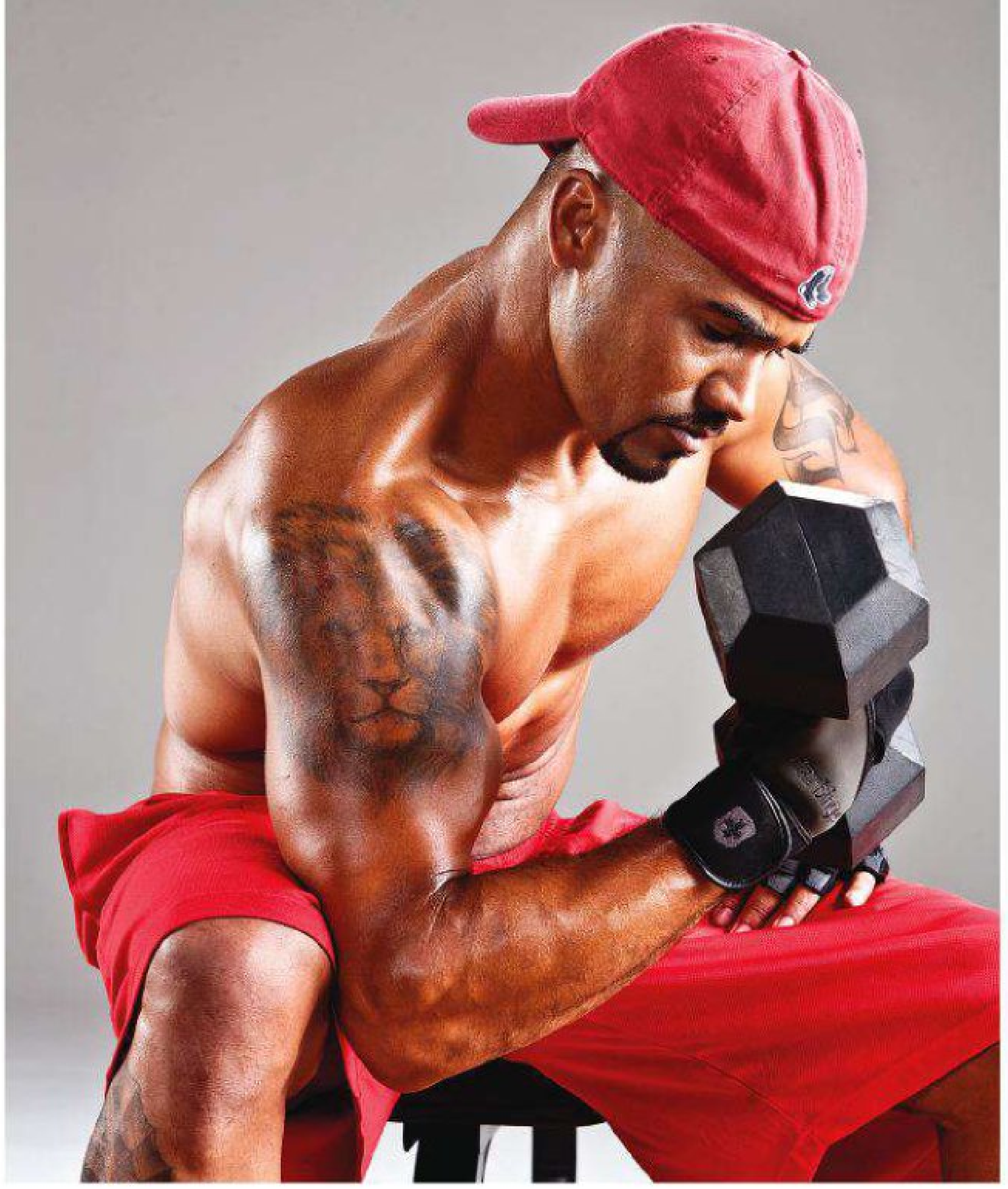
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Seated Overhead Dumbbell Extension

TARGET Triceps (with emphasis on long head)
ACTION Sit erect on a flat bench or lower-back bench with your feet flat on the floor. Grasp the inner plate of a dumbbell as you hold it overhead in a full-arm extension. Wrap your thumbs around the bar. Keep your head straight and abs tight. Bending only at your elbows and holding your elbows in place alongside your ears, lower the weight behind your head until your arms form a 90-degree angle. Hold for a brief count, then press back up to a full-arm extension and squeeze your triceps hard at the top.

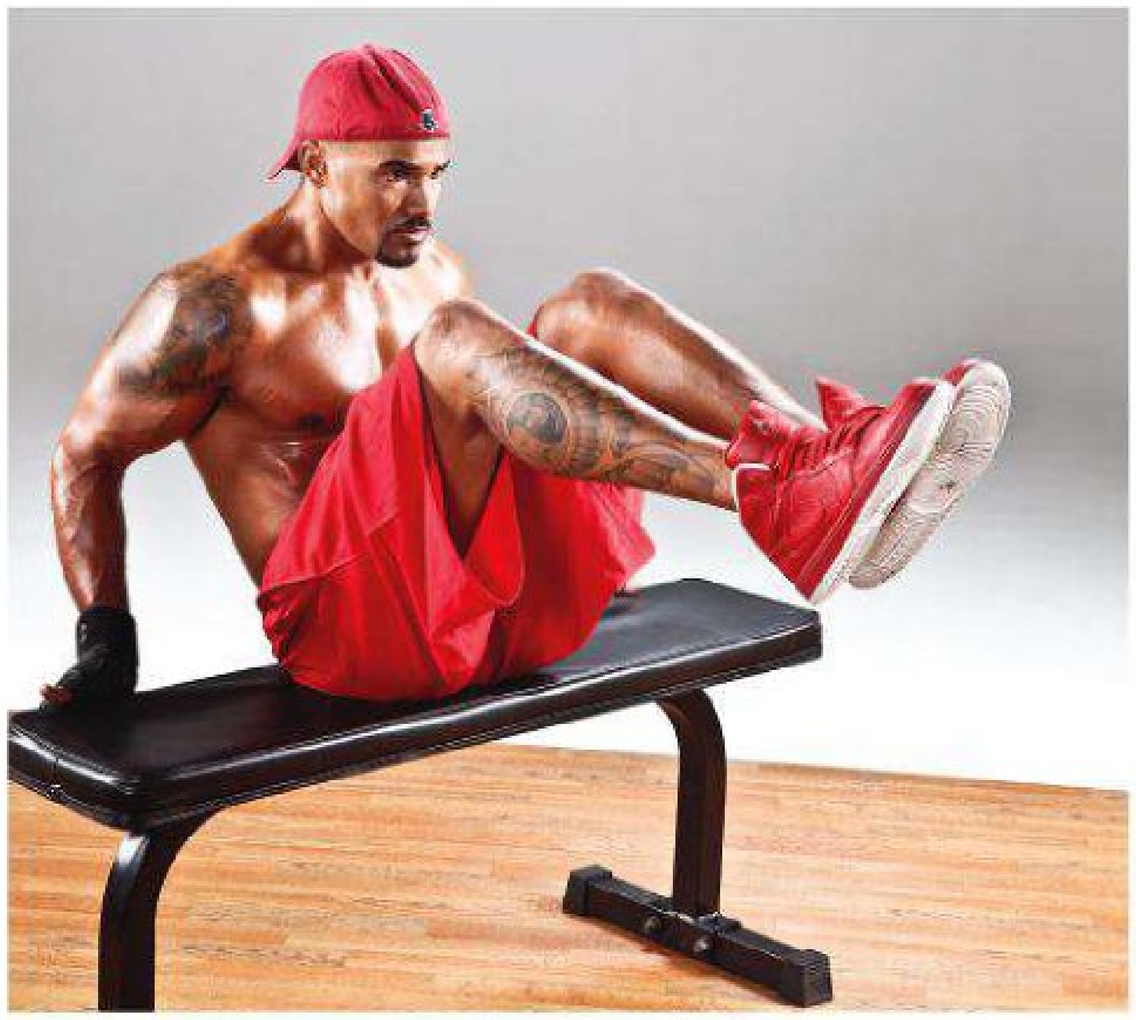


"Shooting this plan is flattering as all get out—and a lot of pressure."



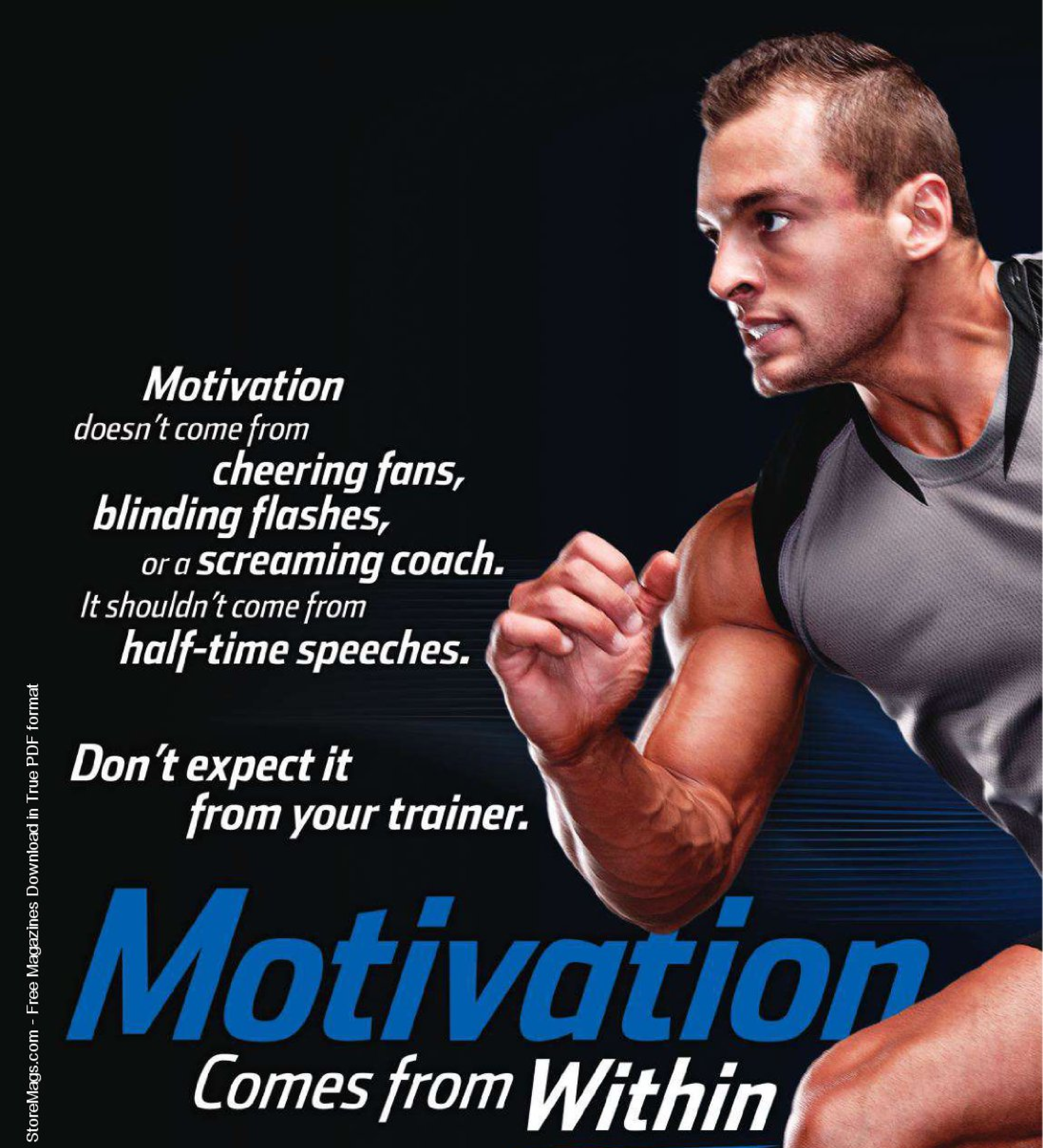
Concentration Curl

TARGET Biceps (with emphasis on short inner head)
ACTION Sit at the end of a flat bench. Bend over and grasp a dumbbell with an underhand grip, locking your working arm against your same-side inner thigh. Place your non-working arm on the same-side leg for balance. Moving only at your elbow, curl the weight as high as you can. Squeeze your biceps at the top before lowering the dumbbell back to the starting position.



V-Up

TARGET Abs (upper and lower abs)
ACTION Sit in the middle of a bench with your hips and glutes fully supported. Place your hands at your sides to help provide balance and raise your legs off the ground, bending them at a 90-degree angle. Lean back slightly, feeling the tightness in your midsection as you extend your legs at the knees. Simultaneously draw your knees to your chest as you sit up slightly. Squeeze your abs and extend your legs, leaning back a few inches. Continue this motion for reps.



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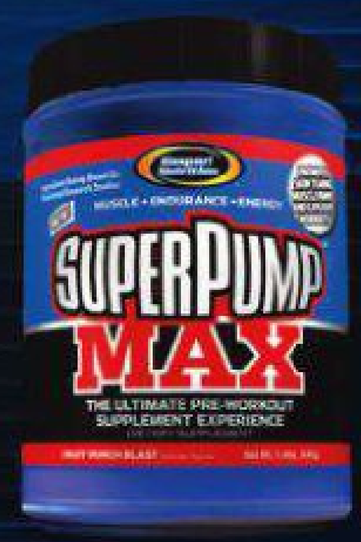
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POWER UP WITH THESE SUMMER SUPERFRUITS

BY GLEN PETERSON

Admit it, you're a typical American and damned proud of it—as you should be. But let's hope that in some ways you're not so typical. According to a recent study, a significant number of us simply aren't getting enough key nutrients and vitamins—and hence aren't as healthy as we could be.

"The best way to ensure that your body is getting what it needs is to eat a variety of fruits and vegetables," says Toby Smithson, an Illi-



Tasty summer fruit or deep sea anemone? Read on to discover the wonders of rambutan.

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nois-based dietitian and national spokesperson for the American Dietetic Association.

"We usually base our meals around protein," says Smithson, "and fruits and vegetables are an afterthought." Challenge yourself to refocus your meals and put fruits and veggies first and meat second. "Half of your plate should be filled with fruits and vegetables," adds Smithson.

Summer is a great time for fresh produce, but to get the excitement and variety you need, it's a good idea to branch out from apples and broccoli.

To make it easy for you to get started, we've found the top eight fruits and vegetables that you've likely never heard of. Here's why you should add them to your grocery list this summer.

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ACAI BERRY

Acai is a Brazilian berry that is low in sugar and tastes like a mixture of red wine and chocolate—no wonder it has become so popular. Although the acai berry resembles a large blueberry, only the outermost layers of acai berries are edible.

WHY IT'S GREAT "Ongoing studies have proven its antioxidant properties," says Smithson. Studies are still ongoing as to how easily humans can absorb the acai berry's nutrients, but it's believed to contain 10 to 30 times the amount of antioxidants found in grapes, pomegranates and blueberries. Acai berries are rich in the omega fats oleic and linoleic acids, which can boost heart health and help with hair loss.

HOW TO EAT IT Since the acai berry isn't grown locally, it's often found in juices. Smithson warns to watch out for too many added sugars in juices and acai berry products and instead seek out the real berries whenever possible. "The whole food is always the best choice," says Smithson.



STAR FRUIT

When cut crosswise, each slice of fruit is shaped like a star, making this fruit a popular garnish—and one you won't want to leave on your plate. The taste varies from sweet to tart, depending on ripeness and variety.

WHY IT'S GREAT Each star fruit has just 30 calories and is loaded with antioxidants and flavonoids. It's high in vitamin A, which is a vitamin that's crucial to cellular health because it makes cells resistant to free radicals. It's also high in iron and a great source of vitamin C, says Smithson. Star fruit is absolutely loaded with fiber, too, which speeds transit time, aids digestion and helps control body weight.

HOW TO EAT IT Star fruit is usually eaten fresh, on its own or as a garnish. Star fruit is said to be a great cure for hangovers and nausea. If you're feeling sluggish from the night before, eat half a piece of star fruit every three hours until you're feeling better.

DRAGON FRUIT

If you've had a bad experience with dragon fruit in the past, chances are it was overripe. Dragon fruit goes bad quickly and, due to its high water content, tastes watery if eaten past its prime. To ensure that you get a flavorful fruit, look for dragon fruit with bright, evenly colored skin with few blotches.

WHY IT'S GREAT Dragon fruit is quite high in vitamin C and helps control glucose levels, making it an excellent choice for people with type 2 diabetes. It also contains a great deal of phosphorus, an important component in the transport of the contraction chemical ATP.

HOW TO EAT IT Slice dragon fruit in half and scoop the black-and-white-specked flesh out with a spoon; chop dragon fruit into cubes and eat it on its own or as an addition to a salad. Dragon fruit also makes great juice.

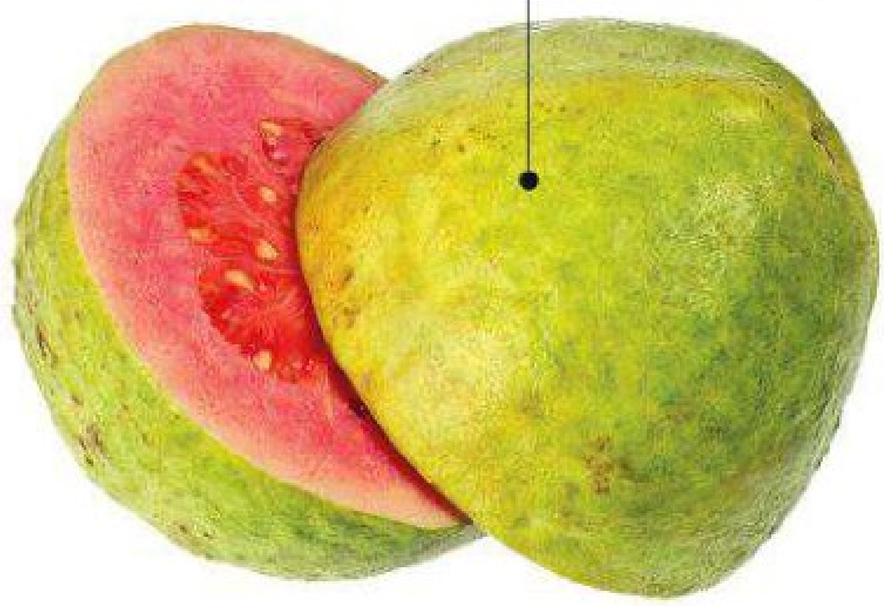
GUAVA

When it comes to exotic fruits, guava is relatively easy to find. To make sure that your choice is ripe, do the fingernail test: Your nails should be able to sink into a guava peel—if it requires too much force, the guava isn't edible yet.

WHY IT'S GREAT Often referred to as a "superfruit," guava is packed with high levels of antioxidants and vitamins. "Guava is one of the best sources of vitamin C," says Smithson. "It has five times more vitamin C than an orange." Plus, guava seeds are rich in omega-3 and omega-6 fatty acids. Need another reason to try guava? It's loaded with heart-healthy benefits and has been proven to keep blood pressure in check and reduce your risk of cancer.

HOW TO EAT IT Guava is great raw or juiced and makes a great addition to curry.





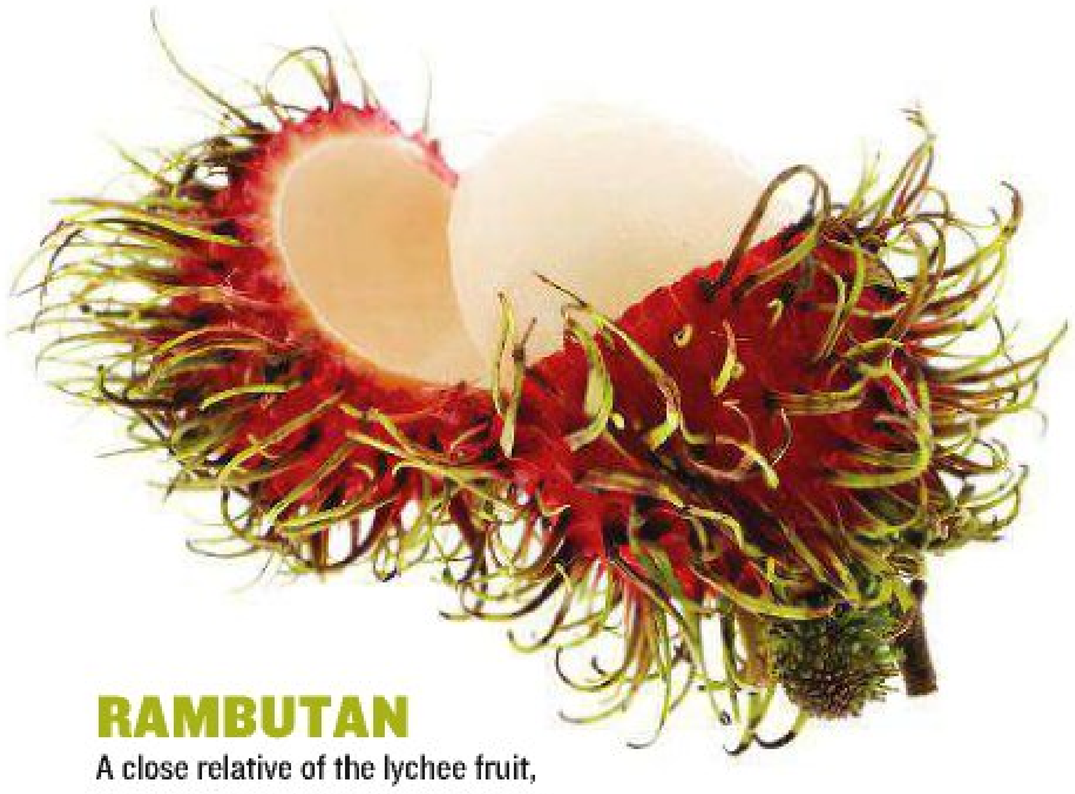
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FOUR

SERVINGS OF FRUIT THAT YOU OUGHT TO BE EATING DAILY

The United States Department of Agriculture (USDA) recommends that you eat two to four servings of fruit daily; four is ideal. You have to dig a little deeper to discover just what a "serving" is—would it be a single fruit or a measurement by weight or volume? Before your head explodes trying to sort it out, let us enlighten you: According to the USDA, one "serving" of sliced fruit

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RAMBUTAN

A close relative of the lychee fruit, rambutan is similar in appearance and taste but not quite as sweet. Rambutans are covered in soft, bristle-like hairs that lose moisture rapidly once picked. To extend the life of your rambutan, place it in plastic wrap in the refrigerator.

WHY IT'S GREAT Rambutan is extremely low in calories, with just seven calories per fruit. It's also loaded with vitamins A and C, magnesium, potassium, zinc and fiber. Studies have found that eating rambutan can help lower blood pressure. Rambutan is a natural curative against gastrointestinal distress, too.

HOW TO EAT IT Rambutan is great canned and in jams and can also be used in stir-frys and salads. A recent study at the University of Veracruzana in Mexico is looking at ways to use rambutan seeds, which are similar to almonds and full of heart-healthy fats.



JACKFRUIT

Each piece of jackfruit (don't snicker at the name!) contains up to 500 edible seeds, which are nutlike in texture. Unlike most fruit, jackfruit is eaten while still immature. Once fully ripened, unopened jackfruit emits a strong odor that resembles decaying onions.

WHY IT'S GREAT Jackfruit is rich in vitamins A and C and boasts magnesium (which helps prevent bone loss), copper (which helps regulate thyroid health) and potassium, an important component of cell and body fluids that helps control heart rate and blood pressure.

HOW TO EAT IT Jackfruit contains sticky latex, so coat a knife and cutting board with a thin layer of cooking oil before peeling. Jackfruit is best eaten before it's fully ripened and is usually cooked first—most often in curries and soups. The seeds can also be boiled or fried in oil.

PASSION FRUIT

There are two types of passion fruit—purple and yellow—and both have excellent health benefits. If you see a green fruit, it means that it hasn't ripened yet, so leave it at room temperature for a few days until the color changes. Once ripe, passion fruit can be stored in the refrigerator for up to one week.

WHY IT'S GREAT "Passion fruit is a great way to get your sweet fix while keeping your calories in check," says Smithson. Each passion fruit has just 16 calories, and it's high in vitamins A and C, potassium and fiber.

HOW TO EAT IT Most people scoop out the tiny seeds and use them to add a low-calorie crunch to salads or turn them into juice. The meaty portion can be eaten by itself or added to salads.

AFRICAN CUCUMBER

Also known as blowfish fruit, this spiky melon is a spotty green color that turns bright yellow or orange when ripe. The melon is grown the same way as a cucumber and fits in the palm of your hand. It tastes like a combination of cucumber, banana and lemon.

WHY IT'S GREAT A 100-gram serving is just 24 calories and provides 40% of your daily recommended intake of vitamins A and C. Its high fiber content promotes the optimum absorption of vitamins and minerals.

HOW TO EAT IT African cucumber chutney is a great alternative to mango. You can add its fleshy interior to smoothies or eat it fresh from the shell with a spoon.





is equal to half a cup, but a single piece of fruit, such as an apple, an orange or a banana, counts as one serving.

Of course, you can always have too much of a good thing. An excess of fruit in your diet can have negative health effects. Terese Scollard, MBA, RD, LD, a regional clinical nutrition manager for Providence Nutrition Services, says that, because fruits are loaded with natural sugars, they can add on those sneaky pounds. Scollard cautions: "If you go overboard on one kind of food—even one as terrific as fruit—you'll miss out on the valuable properties of other healthy foods." As Charlie Sheen said while chugging Tiger Blood and banging seven-gram rocks, "Everything in moderation, trolls!" So be like Charlie and... On second thought, don't be like Charlie at all—you'll live longer. MF

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SUPERS

The truth behind the most common penile-enhancement surgeries and herbal-

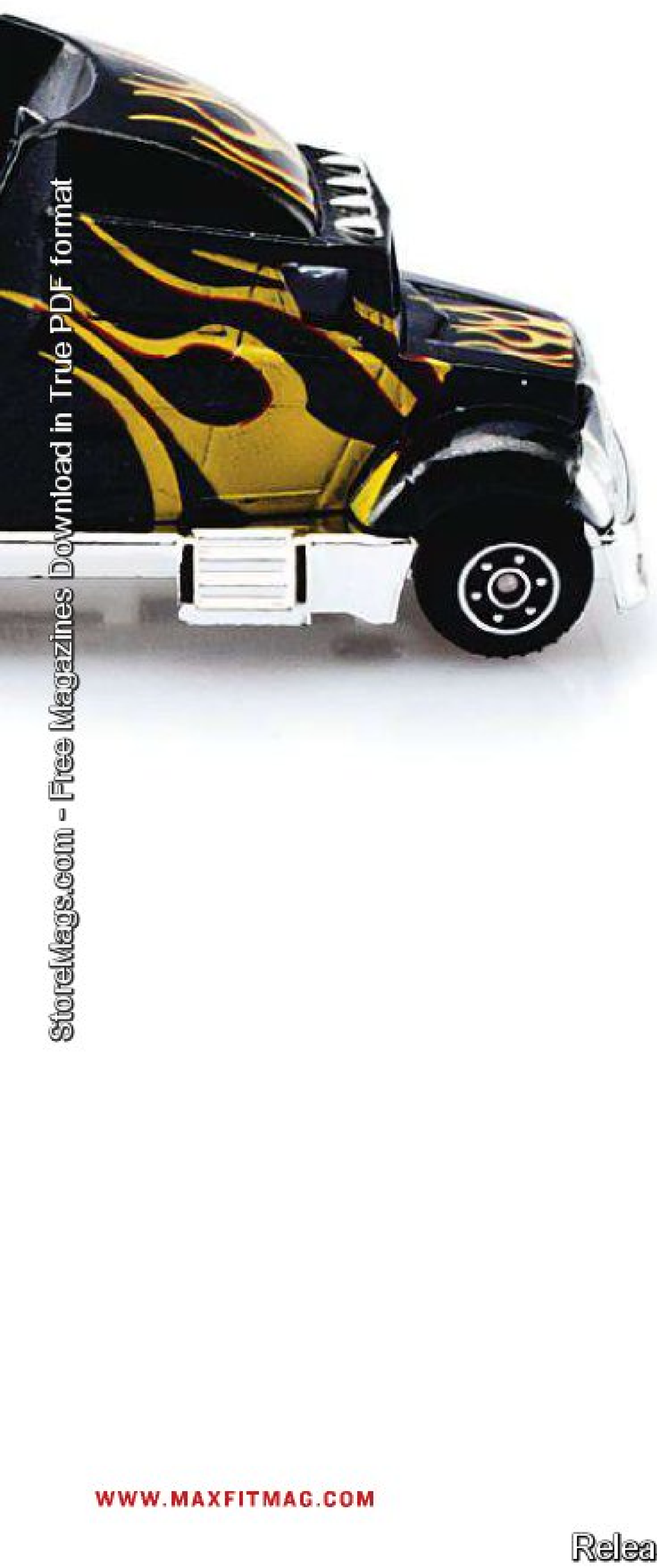


Are you keen on turning your pocket plymouth into a hulking tractor-trailer? Before laying out your hard-earned cash or laying down on the surgeon's table, find out just what you're getting into.

SIZE ME

enhancement products and the dangerous lengths that men will go to in order to put extra bulk in their boxer shorts

BY CRAIG DAVIDSON, SENIOR EDITOR



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Psst… Hey, buddy—yeah, you. Step into this shadowy alley where it's private. Listen, friend: I couldn't help but notice how short your fingers are. Jeez, those things look like baby carrots. You know what they say about guys with short fingers, don't you? But you're in luck: I've got this bottle of pills in my trench coat: You take one of these babies and—presto-change-o!—your fingers will grow two inches longer and a whole lot thicker, guaranteed. Only 50 bucks, man. Change your whole life. Make you a real man. I take VISA, Mastercard or, hell, even Diners Club…

Sounds ridiculous, doesn't it? A pill to make your fingers longer and thicker. No man in his right mind would shell out for such a pill, right?

Before you answer that, replace the word *fingers* with *penis*.

Why is it that so many otherwise-coolheaded, skeptical men abandon common sense when it comes to their "little man"? Why do they opt for surgical procedures that offer limited results or shell out for pills, potions and patches that promise to give them a leviathan love muscle?

"The bigger-is-better notion is endemic to our culture, and it's been around for a while," says Patti Britton, PhD, a board-certified sexologist and author of *The Art of Sex Coaching* (WW Norton, 2005). "Go to a museum and look at the ancient sculptures of these gigantic phalluses attached to tiny bodies. How realistic is that?"

There is something primitive about how most men view themselves in relation to their penises. It's a physical manifestation of power, control and personal surety and the adult version of a safety blanket dangling between the legs—your binky-dingus, as it were. But some men are utterly obsessed: Every aspect of their existence—how they relate to others, how they comport themselves in business or social situations—is tinged with an abiding fear of not being big enough. They'll pay almost any price to get bigger—risks, be damned.

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BY THE NUMBERS

The abiding question is, How big is big enough? According to The Kinsey Institute, the average erect penis is between five and seven inches. If you're reading this, chances are that your Johnson falls somewhere within that range—if you're measuring properly, that is, from your belly to the tip (measuring along the underside is tantamount to cheating!). And as any undermining mother will tell you, average is nothing to be ashamed of—truly, it isn't—yet many men are.

"Nowadays, men are bombarded with penile imagery, mainly from the porn industry, which fosters unreal expectations," says Dr. Michael O'Leary, a Chicago-based urologist. Of course, it's a mistake to view adult-industry actors as normative. Whether it's the heroic hose of John Holmes or the astonishing emissions of Peter North, the porn industry isn't historically known to traffic in average examples of the male member.

"There is a normal distribution of penis sizes," adds O'Leary. "A few men are very small. They have what's called a microphallus, or inconspicuous penis, that measures less than one inch in some cases. On the other end



Fearful that you're driving a mini? Chances are your penis falls in the standard five to seven inch distribution.

of the spectrum are men with enormous penises. But the great majority of men fall in the middle." Think of a bell-shaped curve, where 95% of men fall roughly within the normal five-to seven-inch distribution.

DAMN THE NUMBERS

The problem is, if a man truly believes he's too small, there's almost nothing he won't do to supersize his endowment. "Average" fails to cut the mustard for such men—some want to be a living embodiment of Nietzsche's Übermencsch (or "Superman"), with a titanic tool to match. Others believe that it will provide a much-needed jolt of confidence in the boardroom, on the shop floor or in the gym locker room—those modern-day arenas where a guy's mettle is assessed.

The popularity of penile-enhancement surgeries and herbal-enhancement products indicates that a lot of men aren't happy being merely "average." These companies and surgical clinics sell the most precious commodity of all: hope. They take advantage of that particular brand of male ignorance, appealing to the rogue ganglion cluster deep in our cortex that is constantly sending out the same irrational signal: "Find the miracle cure! Give me the easy fix!"

Here at MaxFit, we can only offer the same age-old advice that was written on placards in the ancient Roman bazaar: caveat emptor ("Let the buyer beware").

But let's say that a man ignores all warnings and finds himself in the market for a bigger bratwurst. Let's explore his options, shall we?

THE CHOPPING BLOCK (SURGERY)

We can rebuild him…bigger. We have the technology. Otto von Bismarck once quipped, "Laws are like sausages—it is best not to know how they are made." The same can be said for penile-augmentation surgery. But if you're considering going under the knife, do yourself a favor and bone up on the procedures for lengthening or adding girth to your own sausage.

Mr. Longfellow

To lengthen your penis, a surgeon can sever its suspensory ligament. He cuts the base of the shaft, exposing the ligament that anchors the penis to the body. When cut, the penis drops down and forward. On average, this procedure can add roughly one-quarter of an inch to your penis, according to Dr. John Dean, MBSS, a British surgeon.

There are several attendant dangers: For example, if you cut too deep, the penis becomes unstable and can rotate around like a helicopter blade in *Apocalypse Now*. Plus, severing the ligament will cause the penis to hang downward, even while erect—a true downer, both in terms of visual appeal and ideal positioning for sex—unless you and your partner happen to be devotees of the ol' "rusty bike pump" position. Post-op treatment involves the use of a stretching device (picture a medieval torture rack for your unit) for up to eight hours a day.



Surgical complications abound, including the proverbial "jackknifed trailer" (ie: a penis that no longer points due north when erect)

According to Dr. E. Douglas Whitehead, director of New York Phalloplasty, the recovery time for this type of surgery is three to seven days. Patients should expect swelling and discoloration of the penile shaft, scrotum and lower abdomen for one to two weeks. They are also cautioned to avoid taking their new jimmy for a test shag for six weeks.

Such procedures usually cost between $9,000 and $15,000, depending on the clinic and the materials used. Widening procedures run roughly the same, but clinics may cut (yep, that word is intentional) you a package deal if you get lengthened and widened concurrently.

According to the American Urological Association, studies have yet to show that penile lengthening is effective.

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There's plenty of heavy construction going on at penile-enhancement surgery clinics—just make sure your tower doesn't end up with a "condemned" sign hanging off it.

Mr. Big

Looking for thickness? You have a choice to make, then: fat injections, silicone spacers or Alloderm (a.k.a. purified cadaver skin).

The first method involves harvesting fat from other areas of the body and injecting it subcutaneously along the penile shaft. It's not injected directly into the spongy mass lying deeper within the shaft. This method is old and rather outdated—the Studebaker of penile-surgery procedures, if you will—and can lead to serious complications. Remember Gonzo, from the Muppet Show? Depending on the doctor's skill, your unit may end up looking like Gonzo's nose.

Whitehead, a proponent of Alloderm, describes his own surgical procedure as follows: "The penile shaft is cut open and surgically degloved [picture pulling a washing glove off your hand] and several layers of Alloderm Dermal Matrix Graft—human skin processed to remove all the cells that may transmit assorted viruses, encouraging it to 'bond' with our bodies—are wrapped around the penile root and shaft, held in place by absorbable sutures."

Other surgeries dispense with Alloderm in favor of silicone spacers (picture a silicone sleeve slipped over the exposed penile stalk). "A 30% increase in penile circumference is reasonable," claims Dr. Whitehead of the procedure. "Of course, patient outcomes vary."



But Toronto-area penile-enhancement surgeon Robert Stubbs won't touch the stuff, saying "A piece of Alloderm is like shoe leather: It's dead—real dead."

While Alloderm has been approved by the U.S. Food and Drug Administration (FDA) for many uses—including dental grafts to combat a receding gumline, nasal septum reconstruction and hernia repair—at this time its use in penile augmentation is considered "off-label" (that is, not FDA-approved). Licensed surgeons can use Alloderm for phalloplasty, but its efficacy and potential side effects have not been closely scrutinized.

SHORTCHANGED

Do these operations work? As every surgeon will tell you, individual results vary. Some men will tell you that they're pleased with the outcome; others, not so much. "There is a high degree of disfigurement with such procedures," says O'Leary. "I've had to reconstruct the penises of men who tried fat-injection surgery. Their penises were mottled and dented. Most of the fat was reabsorbed into the body, leaving fat deposits, or nodules, on the shaft—they looked like cobbled streets."

Penile-lengthening procedures carry their share of risks, too. The FAQ section on the Beverly Hills Surgical Specialists website outlines possible risks, which include "penis skin sloughing, penis shortening, hematoma or seroma formation [collection of blood or serum under the skin], erectile dysfunction and a decrease in penis sensation."

Did I read that right? you may be asking yourself. Penis-lengthening surgery might leave my penis shorter? It's possible, and that's why traction for a number of months is prescribed. This traction device is said to reduce the risk of ligament scarring—and penile retraction—into the body cavity, which can result in a penis that looks shorter than the pre-surgical model.

BOTTOM LINE

"These procedures are optical illusions," says O'Leary. "The penis may look longer in the eye of the beholder, but rarely is it much longer in actuality. Another operation advances the penile skin by lowering the scrotum, removing the soft web that anchors it to the base of the penis: It looks longer to the patient, but it's not longer in actuality. An alternate operation calls for liposuctioning the pre-pubic fat pad—the belt of fat above the penis called the mons pubis—to make more of the penis shaft visible. Either that or lose 30 pounds... you see, for every 30 pounds of fat you add to your body, the mons pubis encroaches roughly one inch over your penis, making it look shorter."

Even surgeons who perform these procedures are frank in their assessment of whether men really need them. One of them is Dr. E. Douglas Whitehead, director of New York Phalloplasty, whose clinic offers a variety of augmentation surgeries.

"Medically speaking, insurance will cover penile surgery if your penis is 2.5 inches or shorter when erect," he says. "That is the length at which it is considered mentally injurious to some men—that is, causing emotional or mental distress. But what I often see are patients suffering from what I call 'perceived penile inadequacy.' Other

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What Women Want

Millions of men are spending billions of dollars and potentially risking their health in order to cork their bats, which begs the question: Will their efforts be amply rewarded between the sheets?

"Men and women are basically meant to fit together," says Susan Hubbard, a licensed clinical social worker and sexuality therapist based in Colorado. "If a person falls outside the normal range of size, it can create mechanical problems. It's hard to fit something too big into a space too small. It can make a woman dread having sex with a man."

According to Lou Paget, a certified sex educator and best-selling author of *How To Be A Great Lover* (Piatkus Books, 2000). "About 5% of the women who come to my seminars are self-confessed "size queens," so, yes, they're out there but not in great abundance."

"In terms of intercourse, a large penis is immaterial," says Patti Britton, PhD, a sexuality coach. "The clitoris—not the vagina—is the seat of pleasure. A man with a longer penis may be able to 'ride high,' as it were, stimulating the clitoris during intercourse, but a man of average size can do so as well if he focuses on it."

There you have it: Most women don't give a damn what you're packing, and many would run for the hills if you were to doff your trousers and reveal a mighty instrument. And what if you yanked your pants down to reveal a surgical disaster that's mottled, dented, scarred, cobbled with papules, permanently pointed downwards or wobbling around like a drunken fratboy at last call? All for what—an extra two centimeters, on average?

men suffer from penile dysmorphic disorder, where they are convinced that their penis is too small—this is similar to anorexia, where a stick-thin person is consumed with the notion that he or she is too fat. To seek out the root of their discontent, we first recommend psychiatric counseling before men schedule this kind of surgery."

HERBAL HELPERS

Products that purport to induce priapism and energize a sluggish libido have been around for centuries. Hucksters have pimped everything from powdered rhino horn to pickled tiger penis to Spanish fly (a.k.a. pulverized blister beetle) to put extra lead in your pencil. But such products were viewed dubiously, consigned to ads in the back pages of porn magazines.

That changed in 1998, when Pfizer introduced the little blue pill. Viagra gave men the ability to gain and maintain an erection, which is a natural physical process that becomes more difficult with age. It restored something men had previously; it didn't *add* anything. Pfizer didn't state that its product would increase the size of your penis, recognizing that such a claim would be scientifically indefensible; what Viagra did was convince men that change could come in a pill. Some companies in the herbal-supplement industry—which likely noted that Pfizer earns an estimated $1.9 billion annually from Viagra—piggybacked this breakthrough. Companies went into overdrive to promote pills that purport to not only do everything Viagra does but also go a step beyond: They would also make you thicker, longer, bigger.

SWELLING POPULARITY

Herbal supplements like ExtenZe pledge to make the impossible achievable. How? They won't say exactly. A proprietary blend of herbs and spices more potent than anything Colonel Sanders ever sprinkled on a drumstick, that's for sure! The ExtenZe infomercial—if you've ever channel surfed at 3 a.m., you may have come across it—features company rep Dr. Michael Nelson, who is asked if ExtenZe "really works."

"Our ingredients suggest that would be the case," the good doctor demurs.

One truth is undeniable: ExtenZe is enlarging its bottom line. The company claims that more than 460,000 customers have bought in the neighborhood of 250 million pills. (In 2006, the company agreed to pay a $300,000 fine for false

Looking to throw some of your hard-earned money away? Just type "penis pills" into your favorite search engine and your pockets will be bare in no time.



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Want to keep your unit out of the junkyard? Avoid surgical chop shops.

"I've had to reconstruct the penises of men who tried fat-injection procedures," says urologist Michael O'Leary. "Their penises were mottled and dented... they looked like a cobbled street."

advertising. At press time, hearings had been scheduled in Los Angeles regarding a multimillion-dollar settlement class action suit brought against ExtenZe for, among other things, deceptive advertising.) The market is saturated with hundreds of similar products—Roaring Tiger Penis Pills, VigRX, Male Extra, Hedonistic 7—forming the backbone of an industry that takes in $26 billion annually, according to an *ABC News* report.

But ExtenZe's corporate practices have earned it a grade of "F" from the Better Business Bureau, which states: "We strongly question this company's reliability for reasons such as that they have failed to respond to complaints, their advertising is grossly misleading, they are not in compliance with the law's licensing or registration requirements and the company's industry [herbal supplements] is known for its fraudulent business practices."

In 2003, *The Wall Street Journal* commissioned a lab analysis of one popular web-sold herbal-enhancement pill that found "alarming amounts of Escherichia coli and other coliforms, along with heavy metals and pesticides." Per gram, the tablets contained 16,300 colony-forming units (CFUs) of E. coli and 48,800 CFUs of coliform bacteria—likely the result of fecal contamination of herbs from animals grazing near harvesting areas. As well, they contained lead and cadmium. Seeing as the industry is exempt from FDA scrutiny, is this terribly surprising?

EXPERTS AGREE

One fact is medically indisputable: It is impossible for a pill to make any part of your body permanently longer or thicker. Every doctor, surgeon and therapist we contacted said that such products had zero efficacy in terms of altering the size of the penis.

"It's a pipe dream," says O'Leary. "A total scam."

"The three Ps—pills, potions and patches—don't work," says Whitehead. "No permanent increase."

"Quackery!" says Dr. Robert Stubbs, a penile-enhancement surgeon based in Toronto.

The Mayo Clinic states that "none of these products has been proven to work, and some may be harmful."

BUILDING A WHOPPER

Perhaps someday science will catch up with human ambition, allowing a man to sport a freakish penis made out of his own spare tissue (see "The Great Hope?," below). Until that halcyon day arrives, though, many men will continue to struggle with what they perceive to be their inadequate proportions. They will attempt to rectify this with the methods that are currently available—meaning that they'll be popping pills, slapping patches on their nethers (and elsewhere), hanging weights off their wangs, stretching their shlongs like country bumpkins at a taffy pull or stuffing their junk into vacuum tubes and pumping away like an eager boy inflating a bike tire. Other men will visit the equivalent of a surgical chop shop: They'll get padded with cadaver skin or injected with syringes full of excess ass fat, their vital ligaments snipped and their scrotums lowered, and their pockets emptied of cash while their pocket rocket stays more or less the same size.

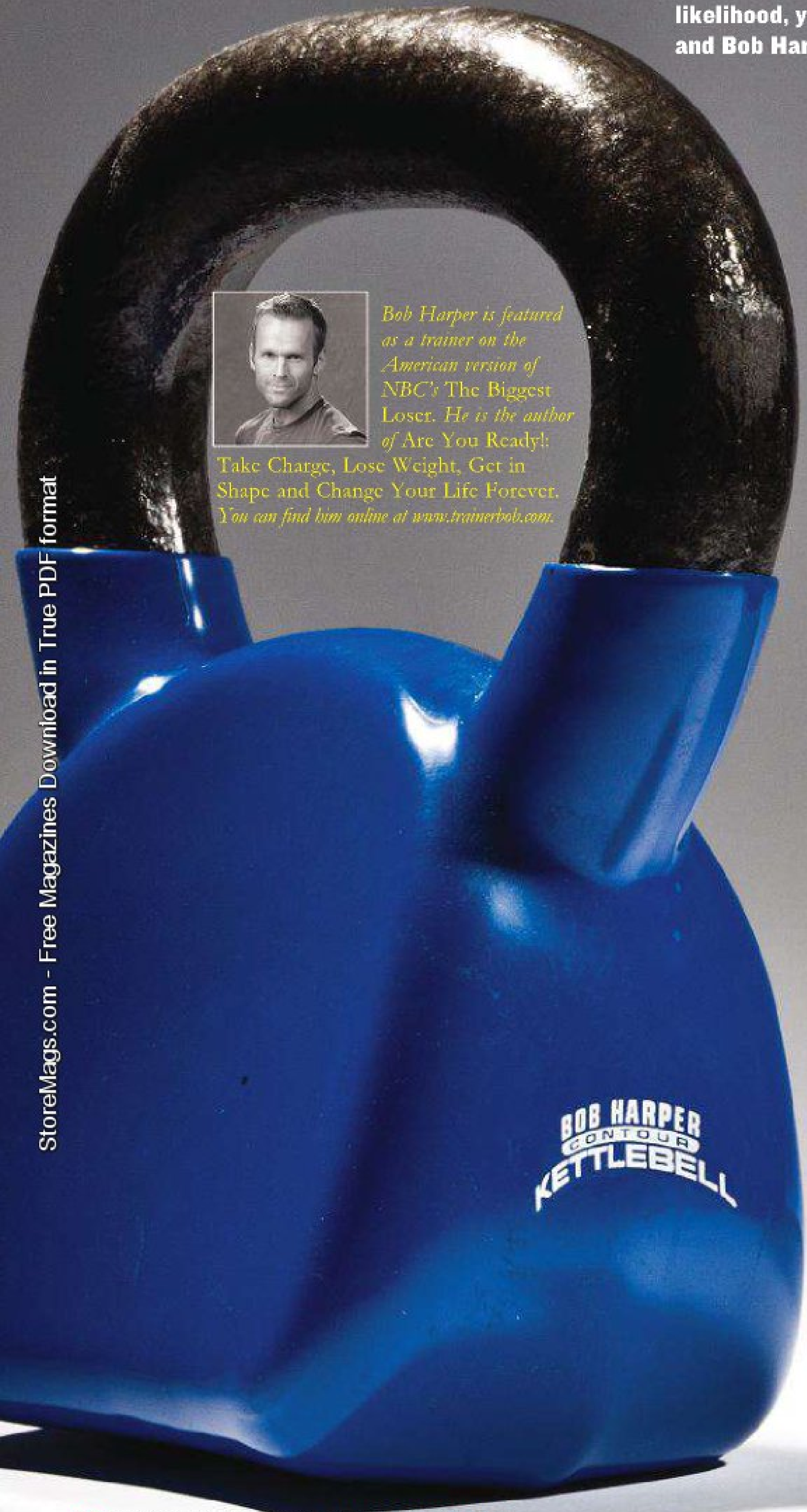
Ultimately, whatever road you choose, get all the facts, seeing as the final decision rests in your hands—that's simply the long and short of it. MF

The Great Hope?

Urologist Michael O'Leary points to work being done at the Bowman-Grey Hospital in Winston-Salem, North Carolina, where tissue engineering may someday lead to "science building a better penis." Doctors at the hospital are experimenting with autologous penile tissue—that is, tissue harvested from other parts of a patient's body and grafted onto his penis to add length and thickness. "But they have yet to perfect the process," says O'Leary, "so until such time as they do, men need to come to grips with the fact that the size God gave them is the size they have."

HEAD TO HEAD:
DUMBBELLS VS KETTLEBELLS

Some debates have raged on for years: Coke or Pepsi? The Rolling Stones or the Beatles? Betty or Veronica? Is it too early to add "dumbbells or kettlebells" to the pantheon of epic debates? In all likelihood, yes. But we still asked two MaxFit experts, Jimmy Peña and Bob Harper, to make a case for their workout weapon of choice.



Bob Harper is featured as a trainer on the American version of NBC's The Biggest Loser. *He is the author of* Are You Ready!: Take Charge, Lose Weight, Get in Shape and Change Your Life Forever. *You can find him online at www.trainerbob.com.*

1. WHICH ARE BETTER: DUMBBELLS OR KETTLEBELLS?

HARPER: "I wouldn't say that kettlebells are necessarily better than dumbbells because they are both beneficial and, I believe, crucial for weight training. Kettlebells give you a great way to not only build muscle but also shred fat when used properly. The handle on my kettlebell creates a longer lever, which makes curling a 25-pound dumbbell seem lighter than curling a 25-pound kettlebell."

2. WHAT ARE SOME ASPECTS OF DUMBBELL OR KETTLEBELL TRAINING THAT ARE UNIQUE?

HARPER: "Training with a kettlebell forces you to use one piece of equipment for your whole body. It's a great addition to a home gym because it has so many functions and doesn't take up much room. This one tool—which originated in Russia as far back as the 1700s—is excellent for building endurance, toning and strengthening almost every muscle in your body, increasing flexibility and stripping fat off your frame."

3. WHAT DUMBBELL OR KETTLEBELL-SPECIFIC MOVE SHOULD EVERY MAXFIT GUY DO, AND WHY?

HARPER: "There are plenty of ways to get creative with the kettlebell, but I highly recommend that if you are new to this piece of equipment, start with the basics. The kettlebell swing, double arm and single arm, is a great fat-burning exercise that incorporates muscles in your whole body. The clean and press is the king of moves to sculpt your shoulders and arms. Finally, the snatch will get your heart rate pumping while helping to redefine your upper-body workouts."

4. WHAT WOULD YOU SAY TO DUMBBELL/ KETTLEBELL NAYSAYERS?

HARPER: "Don't knock it until you've tried it. Also, I would tell people who are looking to switch up their training and have never used my kettlebell to pick one up and check out the kettlebell-workout DVD that I've included for all the basics."

Gregory James (lead image); Associated Press (Bob Harper); Kettlebell provided by GoFit

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1. WHICH ARE BETTER: DUMBBELLS OR KETTLEBELLS?

PEÑA: "If I were to buy a kettlebell, it would be Bob's, but at the risk of offending the kettlebell crowd, the dumbbell is unequivocally better. Of course, like Bob, I am a fan of the kettlebell and have written numerous articles over the years on how, when and why. But when push comes to shove, the straight answer is that the dumbbell is just too versatile. The programming capabilities of a dumbbell versus a kettlebell are as lopsided as the kettlebell itself. From the countless isolation and compound moves to the myriad of intensity techniques that can be applied to the dumbbell, it doesn't come close."

2. WHAT ARE SOME ASPECTS OF DUMBBELL OR KETTLEBELL TRAINING THAT ARE UNIQUE?

PEÑA: "A dumbbell can be used to target your entire body, yet at the same time be manipulated to isolate specific muscles. Nobody will argue the fact that a dumbbell will overload, strengthen or tone each muscle better than a kettlebell. A piece of equipment that can isolate, build and tone, help burn more calories once you leave the gym and target the whole body is an easy winner. And, because it's important to work various muscle groups using different angles, dumbbells are so much easier to manipulate for such tasks while still allowing for stabilizers, which help burn more calories. Again, it's tough to argue that the weight distribution of a kettlebell can prove incongruent with certain angles and the necessary grips of angle-specific exercises."

3. WHAT DUMBBELL OR KETTLEBELL-SPECIFIC MOVE SHOULD EVERY MAXFIT GUY DO, AND WHY?

PEÑA: "To help showcase its versatility, all you have to do is attempt an extended set using a mechanical advantage. Let's pick shoulders. Using the same weight, go from one exercise to the next without rest. Hit the bent-over lateral, then the lateral raise and the front raise and finish with the standing overhead press. Each time you fatigue at a move, you change body positions to one with a better mechanical advantage than the previous one. Even though the weight caused failure in one exercise, because you can change body positions easily, you extend the set. By the time you reach the final move, the weight feels heavier than it would otherwise."

4. WHAT WOULD YOU SAY TO DUMBBELL/KETTLEBELL NAYSAYERS?

PEÑA: "A growing number of people, as well as a lot of trainers, are focusing on functional full-body work—they've lost sight of some of the fundamentals. I'd recommend a good heavy dose of old-school target training with the occasional kettlebell work. Regardless of whether you like dumbbells or kettlebells, it's time to get off the unstable surface and put both feet firmly on the ground. You not only hit body parts with better accuracy but also target your core better on a stable surface than you would on an unstable one because you can force more intra-abdominal pressure with more weight. Too many people have taken balance work, well, out of balance." MF



Jimmy Peña is a New York Times *best-selling author and an exercise physiologist for LL Cool J, Mario Lopez and Tyler Perry. He is the founder of Prayfit.com, and his latest book,* PRAYFIT: Your Guide to a Healthy Body and Stronger Faith, *is available in bookstores everywhere.*

MAXFIT RECOMMENDED 'BELLS

X-baG

Hey, you! Yeah, you! Do you want a big bag filled with a bunch of smaller, weighted bags? Sure you do, when it happens to be the X-baG, by Flextrain. It's a great way to ease into kettlebell training; by unzipping the shell and removing any number of the weighted bags inside, you can manage the intensity of your training. After getting the hang of these starter kettlebells, graduate to the Bob Harper models! $89.95, www.flextrain.net



POWER BLOCK

Want to work out at home, but your apartment's the size of a broom closet? That's no problem with the Power Block. This compact dumbbell system allows you to rachet up the weight in 5-pound increments, up to 50lbs (for the 5.0 model, pictured. Other sets go up to 130lbs). These babies are easy to use and a erase the need for a space-consuming dumbbell rack. $299, www.powerblock.com



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SUPPLEMENT UPDATE

Conjugated linoleic acid is about to break into mainstream consciousness—and for good reason:

CLA just might be your ticket to more muscle and less fat

GET LEAN FAST: CLA

BY GEORGE PAIGE

We are standing on the crest of a wave right now, and that wave is called conjugated linoleic acid (CLA). A little over two years ago, the U.S. Food & Drug Administration (FDA) bestowed Generally Regarded as Safe (GRAS) status on the fat-fighting supplement CLA.

"CLA is one of the few nutraceutical-type supplement ingredients that has received GRAS approval by the FDA," says Michael Pariza, PhD, one of the leading scientists in the field of CLA. "It takes a while for foods to be developed, but you will see a lot of CLA stuff coming out in the next six to nine months."

This means that Joe Obesity—representing nearly one-third of the population in the United States—will soon feel better about himself for drinking a quart of chocolate milk because it contains CLA. But don't let its newfound popularity turn you off: There's plenty of evidence to show that you shouldn't wait for the wave; you should paddle out and get some of your own—ASAP.

IN THE LAB

CLA refers to a collection of fatty acids that are found in meats and milk, and the fact is,

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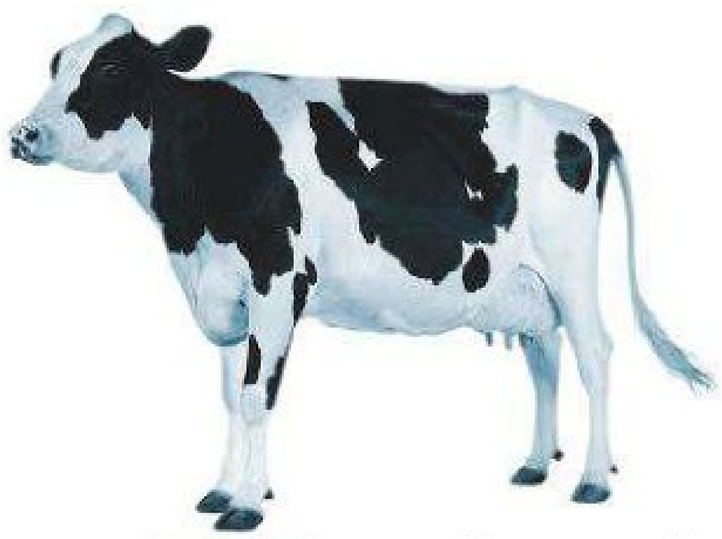
your

body needs CLA. Why? The current CLA journey began in 1987, when Pariza—then a researcher at the University of Wisconsin-Madison—discovered that the fatty acid, which was known to exist as far back as the late 1930s, actually had biological activity. Pariza and his associates found that CLA was an anti-carcinogen and were feeding it to mice in an effort to understand how it suppressed tumor growth. They noticed profound changes in the body composition of the mice they were studying. Since then, CLA has continued to show potent cancer-fighting effects in animal studies, but they haven't been proven in humans. That doesn't mean that CLA is worthless, though.

"[Cancer studies] are hugely expensive and are difficult trials to conduct," says Pariza, who is currently the director emeritus of the Food Research Institute at the University of Wisconsin-Madison. "But there is some interesting evidence to suggest that CLA might work in certain situations. For instance, studies have been done on mice that have been genetically modified so that they carry either a human prostate cancer line or a human breast cancer line. In those cases, CLA actually inhibits tumors. It is promising, but it will probably be another decade before people take CLA as part of a long-term study."

AT THE TABLE

It's easier than ever to get an efficacious amount of CLA in your diet. First of all, two major reputable brands, Tonalin and Clarinol, supply most of the CLA to manufacturers. One makes CLA from safflower oil and one from sunflower oil—both of which are nearly identical in their molecular structure. Secondly, experts have finally agreed on a daily dosage.



Studies show that milk from grass-fed cows contains 500% percent more CLA than commercial milk, while beef from pastured animals has 550% more CLA than conventionally raised grain-fed cows.

"Three grams a day," says Pariza. "When we started, we weren't quite sure, so we were basing it on what we thought could potentially come from your diet if you eat a lot of foods that are high in CLA. It turns out, in clinical trials, three grams a day is the level that seems to produce the maximum effect; if you go up to six or nine grams a day, you're not getting much more benefit."

It used to be nearly impossible to get your CLA from food because the amount of dietary fat you'd need to eat would be counterproductive to trying to get lean. But a few things have changed that make the idea of getting the requisite three grams through food fairly realistic. For one, the nutritional stigma of consuming animal-based fats has slowly gone the way of the rice cake, and most physique-conscious guys have loosened the reins on fat while curbing their carb intake. In fact, adherents of the currently popular Paleo or Primal diets will consume up to 50% of their daily calories from fat (mostly animal sources) while eschewing all grains and consuming less than 100 grams of carbs a day. These so-called "evolutionary diets" also place an emphasis on eating meat and dairy products from grass-fed animals, and studies show that milk from grass-fed cows contains 500% percent more CLA than commercial milk, while beef from pastured animals has 550% more CLA than conventionally raised grain-fed cows.

Pastured meat is a self-fulfilling prophecy when it comes to CLA because grass-fed meat also contains more trans-vaccenic acid (TVA), a

BEST SOURCES OF CLA

Since CLA is found primarily in meat and dairy products, the list of foods with a high concentration of CLA is a short-ish one. You can try both Tonalin and Clarinol—CLA supplements that can be found at most health and fitness stores. Vegans are pretty much stuck with mushrooms and sunflower oil—both of which are high in linoleic acid. Human breast milk is also high in CLA, but you're liable to get arrested if you try to tap that from the source.

If you're looking for high levels of CLA, you'd better ruminate on ruminants. What are ruminants, you ask? They're animals, like cows, that have more than one stomach. Digestion in these animals begins in an organ called the rumen, where CLA is formed. The animal regurgitates and rechews its cud before eventually digesting the CLAs, where they enter the meat and milk. Here are some common ruminant food sources, along with their CLA values (milligrams of CLA per gram of fat).



Commercially produced beef: 4.3 mg
Grass-fed beef: 21.5 mg

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trans fatty acid that has been proven to help fight diabetes, obesity and heart disease. (Don't get thrown off by the word *trans fat*. Naturally occurring trans fats are much different than the ones you've been warned about in margarine and fried foods.) In addition, TVA is a dietary precursor to CLA—meaning that it will convert into CLA in the body. In fact, subjects fed TVA are shown to exhibit more CLA in their system than those who consume the same amount of supplemental CLA.

While the health, environmental and body-altering benefits of consuming pastured meat and dairy products continue to mount, Pariza still recommends supplementing. CLA actually refers to a collection of 28 isomers—compounds that contain the same molecular formulas but different structural formulas. The majority of CLA is composed of two types of isomers, known as cis-9-trans-11 and cis-10-trans-12—or better known as 9/11 and 10/12. The latter seem to be responsible for the beneficial changes in body composition, although both are anti-carcinogens in different ways and a synergy exists between the two. Since the ratios in milk and meat can change depending on feed and the genetics of the animal, Pariza feels that supplements are the best way to guarantee ingesting the optimal ratio.

IN THE WEIGHT ROOM

Multiple studies have shown that CLA helps reduce body fat in obese and overweight populations. But the question has always been this: Though CLA can help the fat guy on the couch go from a size 56 pair of jeans to a size 44, can it help the guy in the gym go from 12% body fat to 8%? A slew of promising research has come to light over the past few years showing that its greatest potential might be for those who are seriously interested in getting leaner and stronger. In contrast to this fatty acid's reputation as a fat burner only for the obese, scientists in Norway conducted a study on healthy subjects who trained in a gym for 90 minutes a day three times a week. At the end of 12 weeks, the group who took CLA lost significantly more body fat than the placebo group. A more recent study showed that CLA is a natural addition for guys who are truly living the MaxFit lifestyle. Researchers at the College of Kinesiology at the University of Sakatchewan in Saskatoon took three groups of strength-trained subjects and gave one group a mix of CLA, creatine and whey protein. The other subjects received either just creatine and whey or a placebo. After five weeks, the group that took all three supplements experienced greater increases in bench-press strength, leg-press strength and lean mass than the other two groups combined.

CLA seems to have similarly synergistic abilities when it comes to burning fat. A study published in the journal *Lipids in Health and Disease* showed that when CLA was combined with green tea extract (one of the main active ingredients in most fat burner formulations), it led to a decrease in body fat.

CLA could also be a perfect complement to caffeine. While everyone's favorite stimulant is a potent fat burner, it's in danger of being overused in our post-ephedra era. After all, there is a limit to how much caffeine your nervous system can handle. The beauty is, caffeine aids fat loss by triggering the release of norepinephrine—a completely different avenue than CLA takes.

"CLA has direct effects on both the fat cell and the skeletal muscle cell," explains Pariza. "When you eat fat, there are only two things you can do with it: burn it or store it. You burn it in the skeletal muscle and you store it in the fat cells. CLA keeps fat cells from storing fat and stimulates muscle cells to burn fat."

IN THE PIPELINE

Ultimately, scientists feel that they have just begun to scratch the surface of CLA's potential. Even though it has been studied vigorously for nearly 25 years, new upsides continue to emerge.

"I'd say one of the most interesting things is the possibility that it has very pronounced effects on the immune system," says Pariza. "One of the things it does in animals—and there is evidence emerging that it does this in humans as well—is reduce symptoms of asthma. It helps with hypersensitivity reactions, so people who have hay fever problems will often report anecdotally that they are taking CLA and feel better."

If CLA has the power to bolster our immune systems, making us feel better more often, that means it will keep us in the gym longer and more consistently. That could be its true power when it comes to helping us build muscle and burn fat. **MF**

PLEASE PASS THE MARSUPIAL



It has long been known that milk and meat are the main dietary sources of CLA. Over the past several years, it has been discovered that pastured animals—cattle and dairy cows that are grass-fed rather than grain-fed—can contain five times more CLA than conventionally raised animals. But even more recently, the single richest source of CLA has been discovered: the kangaroo.

Don't be surprised. Over two million kangaroos are harvested for their meat every year. (They are far from endangered, as there are 48 different species and more than 35 million kangaroos in Australia.) Most of the meat goes into dog and cat food, but kangaroo steaks began popping up in Australian supermarkets with more frequency a few years ago with the outbreak of mad cow disease. Considering that kangaroo meat is loaded with high-quality protein, CLA, iron and zinc, more of us might consider throwing another 'roo on the Bar-B.



Commercial whole milk: 2 mg
Milk from grass-fed cows: 10 mg



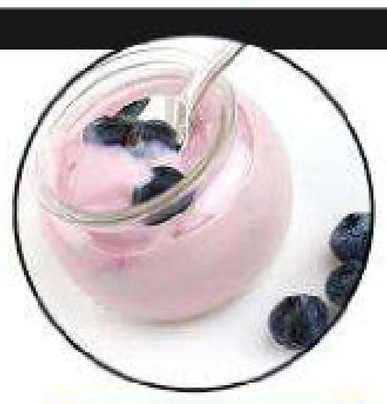
Swiss cheese: 6.7 mg



Turkey: 2.5 mg



Lamb: 5.6 mg



Low-fat yogurt: 4.7 mg



Vegetable oil: 1 mg

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BAD BLOOD

A revolution is at hand, and type 2 diabetes is at its center—and you may be one of the shock troops. Here's what you need to know.

BY STEVEN STIEFEL

You're young, working out and watching what you eat, and that's why you think you're on top of your game. But parts of the game have changed. We're talking about the secret rise—the almost exponential increase—in type 2 diabetes, something you may have (and not know yet). In previous generations, diabetes struck mostly the very young or the very old. Type 1 diabetes, a genetic quirk that prevents your body from making insulin, often manifests itself during childhood. Type 2 diabetes, in which your body resists internally produced insulin, once mainly affected the obese, infirm or elderly. But due to changes in the American diet and the burgeoning obesity trend, type 2 diabetes is now invading demographic segments that were previously considered resistant: the middle-aged, young adults and children.



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Today, more than 25 million Americans have type 2 diabetes, according to the Centers for Disease Control and Prevention. Another 79 million Americans—roughly 35% of adults over the age of 20—have prediabetes, the precursor to type 2 diabetes.

The question is, Are you susceptible to this epidemic and, if so, what should you do about it?

A new book, *Sugar Nation* (Hyperion, 2011), addresses these concerns. When author Jeff O'Connell was diagnosed with prediabetes, his world was rocked. "In 2006, I learned that my father—whom I hadn't seen in 20 years—had lost his leg to diabetes. Almost immediately thereafter, my own bloodwork revealed that I was staring into the same abyss."

At six foot seven, O'Connell is athletic and an avid exerciser; he is also a health journalist, having worked as executive writer for *Men's Health* and immersing himself in the literature and lifestyle of being fit for most of his adult life.

"Leprosy and typhoid fever ranked higher on my things-to-be-concerned-about list than diabetes," he says. Nevertheless, he wasn't immune to the diabetes epidemic.

CURE VERSUS MANAGEMENT

After his diagnosis, O'Connell reached the same discovery as millions of his fellow Americans: that the prognosis and treatment for prediabetes and diabetes is a classic good news/bad news scenario. The good news? If you have the discipline, you can fight back and win against prediabetes, or the early stages of diabetes. The bad news? The medical and pharmaceutical industries assume that the average sufferer will lose the fight and, as such, typically treat patients how to manage the disease rather than show them how to overcome it.

Instead of accepting his unfortunate diagnosis, though, O'Connell launched a ferocious counterattack. "I changed everything about my lifestyle at once," he says. "I totally re-engineered my diet, began working out daily, started taking 10 dietary supplements a day and switched to a more blood-sugar-benign blood pressure med and then none at all."

O'Connell went even further, launching a journalistic investigation into the health crisis of diabetes. "It took me a full year to really understand the best course of action to take," he says, "and I had the best medical minds in the country at my disposal."

This led O'Connell to consider how the average American was supposed to beat diabetes when even the top medical experts had all but given up. His answer was to write *Sugar Nation* to help inform people of the disorder.



OGTT: THE ULTIMATE TEST

If your initial fasting blood glucose test registers abnormally, your doctor may want to determine how your body metabolizes glucose. In this case, the doctor will request an oral glucose tolerance test (OGTT). After fasting overnight, a fasting blood sample will be taken, after which you'll be asked to drink a solution of glucose. Thereafter, additional blood draws will be taken at intervals tracking the blood glucose levels over several hours. How your body responds to this glucose "challenge" will help the doc determine whether or not you have diabetes. The OGTT takes approximately three hours.

GETTING PERSONAL

With more than 100 million Americans suffering from prediabetes and diabetes, odds are that there's a relatively good chance you may be one of them. Based on this, I had my own blood sugar levels examined to see where I fall. I've always needed to eat every few hours to keep my blood sugar in check, but my type of blood sugar crash—hypoglycemia—isn't necessarily related to type 2 diabetes. Still, I wondered if there might be a hidden connection.

I fasted the evening before my blood sugar test, eating my last meal at 7 p.m. Then I had my blood drawn the following morning around 10 a.m.—you're supposed to fast at least eight hours before taking a fasting plasma glucose (FPG) test. My blood was shipped to a lab and my blood glucose levels were assessed. My results were 89 mg/dL—squarely in the center of the normal range of 70 to 105 mg/dL—but what does that mean?

"Based on this single result, it appears that you do not have diabetes," says David Kawashiri, MD, an internal-medicine physician at Cedars-Sinai Medical Centre in Los Angeles. "Prediabetes is when blood glucose levels are higher than normal but not high enough to diagnose diabetes. For the FPG test, this level is between 100 and 125. Diabetes, by definition, is when your FPG results are 126 or above on two different days."

While this indicates that I am unlikely to have the precursors of diabetes, the results are inconclusive. The test doesn't provide all the data necessary to diagnose the condition. Of additional significance is the rate at which your body responds to sugar that you've just consumed, and the FPG doesn't take this into consideration. To determine that, I'd need to take a glucose tolerance test.

"The glucose tolerance test may be recommended for individuals in whom diabetes or prediabetes may be suspected and in those who are at higher risk of developing diabetes," says Kawashiri. During this test, you take a significant amount of sugar (glucose) into your body. Your blood is tested at various intervals to show how high your blood sugar levels rise and how quickly—or slowly—they come down. This test is a much better predictor of diabetes than the A1C (a non-fasting test that reports blood glucose levels) or FPG test.

TAKING CONTROL

So why is it that doctors frequently elect to manage this disease rather than

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Many doctors will simply advise you to take medication rather than address the root cause of prediabetes symptoms.

cure it? The answer is that the medical and pharmaceutical industries are set up to control diabetes, not cure it. Today, when you're diagnosed with significant prediabetes (the transition stage between healthy glucose metabolism and full-on diabetes) or diabetes (obviously a more advanced and eventually devastating state of metabolic dysfunction), your doctor is likely to give you some lifestyle tips and a prescription for metformin, the most widely prescribed diabetes drug.

With more than 100 million Americans suffering from prediabetes and diabetes, odds are that there's a relatively good chance you may be one of them.

When your doctor gives you a prescription, though, he's assuming that you won't alter your lifestyle enough to effectively stop—and even reverse—the onslaught of diabetes. While following the proper diet and exercise program will help many people overcome prediabetes, electing to take a prescription drug to fight diabetes virtually assures that you will contract it. Why is that, you might ask? These drugs will initially coax more insulin out of your beleaguered pancreas, at which point you'll then need more of the same drug and/or additional drugs to achieve the same effect.

"What you haven't done by taking these drugs is solve the underlying problem," says O'Connell. "Diabetes drug treatments essentially manage your demise." Among their myriad side effects, many of these drugs also pose heart risks in certain diabetics. "Given that most diabetics die from the heart disease wrought by diabetes, that's a tragic trade-off to make," says O'Connell.

WHAT DOCTORS DON'T KNOW

So why aren't doctors giving more sound nutrition advice? Another dirty little secret of the American health system is that many doctors don't know much more about nutrition than you do. Many of us assume that our doctors are all-knowing about all aspects of health, but the average doctor takes only one dedicated nutrition course at most in med school—and often not even that. Some doctors spend less than an afternoon of their time learning about nutrition in medical school. In other words, you get more nutrition information from a year's subscription to *Maximum Fitness* than many doctors get during their entire medical education.

O'Connell's *Sugar Nation* is sure to inflame many in the medical community—just as Michael Pollan's *The Omnivore's Dilemma* enraged those who mass-produce our food supply. *Sugar Nation* will also start a healthy debate—as Pollan's book did—about the best ways for the medical community to most effectively address the diabetes epidemic that already affects more than one of three Americans. **MF**

MOUNTING RESISTANCE

HOW TO FIGHT BACK AGAINST DIABETES

Old sayings sometimes have a lot of merit. One of our favorites is "An ounce of prevention is worth a pound of cure." Here are eight tips you should follow to either avoid contracting type 2 diabetes or manage pre-diabetes symptoms.

PAY ATTENTION TO YOUR GENETICS If someone in your family has developed diabetes, it means that you're more likely to as well. You should monitor your blood glucose levels throughout your life. Don't assume that type 2 diabetes won't strike until you're of advanced age.

GET A BLOOD GLUCOSE TEST AND DISCUSS IT WITH YOUR DOCTOR A fasting plasma glucose (FPG) test gives you a snapshot of your blood sugar, but a glucose tolerance test (GTT) or an oral glucose tolerance test (OGTT) provides a 3-D panoramic view of your insulin response.

CUT BACK ON CARBS Reduce your carbs, especially sugars and processed carbs, such as those that contain bleached white flour. Emphasize whole fruits and vegetables and avoid sugary drinks, including fruit juice.

EAT MULTIPLE MEALS A DAY Instead of using hunger as a guide for eating, consume more smaller meals a day, spaced every two or three hours, so that you're getting in about six to seven meals a day.

EXERCISE DAILY Regardless of your fitness level, you should perform some exercise nearly every day. A combination of anaerobic and aerobic activity is best. Shoot for at least 20 minutes each day and it will not only safeguard against diabetes but also keep you lean and strong.

INCLUDE INTENSE CARDIOVASCULAR CYCLES IN YOUR EXERCISE Studies have shown that you can fight off diabetes better by including short, intense bursts of aerobic activity. This can be as simple as riding a stationary bike at a very intense level for one minute three to five times during your 30-minute session. Talk to your doctor and work up to including intensity cycles.

EAT DIETARY FATS Many Americans consume too many calories, adding to obesity levels. But the calories that are most vilified—dietary fats—are not the most harmful. Those would be carbs. You should consume about 20 to 30 percent of your daily calories from dietary fats, split evenly between healthy fats (found in salmon and other fatty fish, olive and canola oils, nuts and seeds and avocados) and saturated fats (found in dairy products, egg yolks and meats).

CONSUME PLENTY OF FIBER Fiber is great for helping to modulate blood sugar levels. Make sure that you get plenty of fiber from whole fruits and vegetables, and consider a low- or no-carb supplemental form of fiber.

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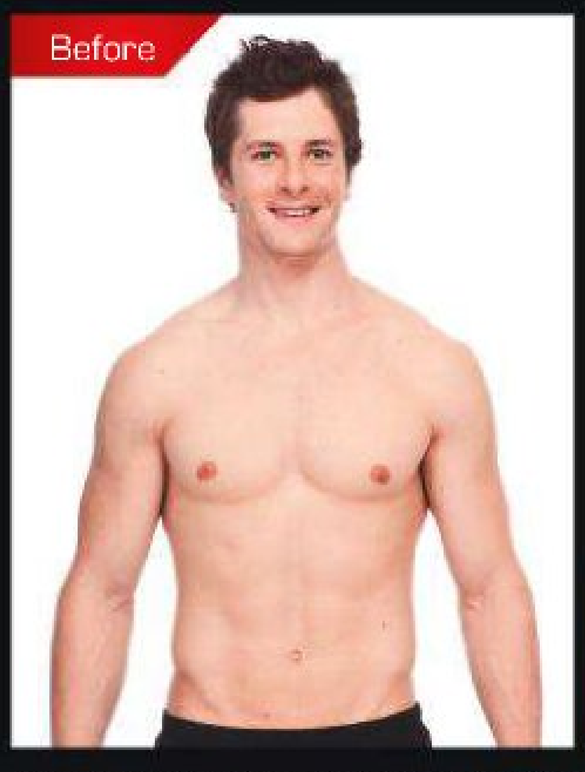
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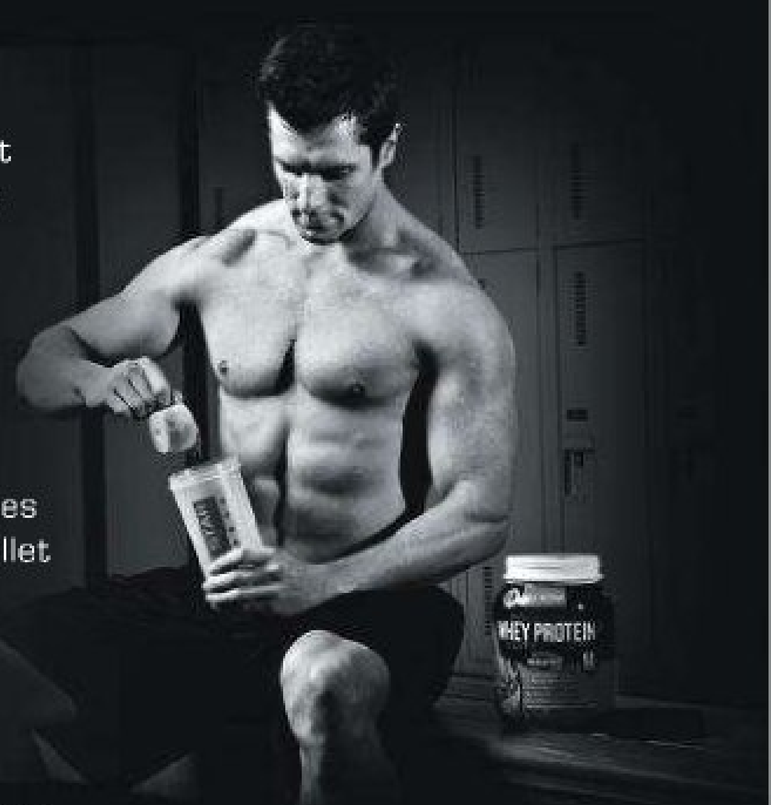
- JUSTIN KLEIN





"With Six Star Whey Protein Plus, I have built more size and strength than ever before. I'm getting way more looks and I've even had more people come up to me in the gym asking me for training advice. Whey Protein Plus tastes great, is light on the wallet and really works!"

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Student
New York, NY



All individuals combined Whey Protein Plus with diet and training. Their transformations lasted 17 weeks and they have all been remunerated. In a six-week study, test subjects taking the core ingredients in Whey Protein Plus gained an average of 8.8 lbs. of muscle.

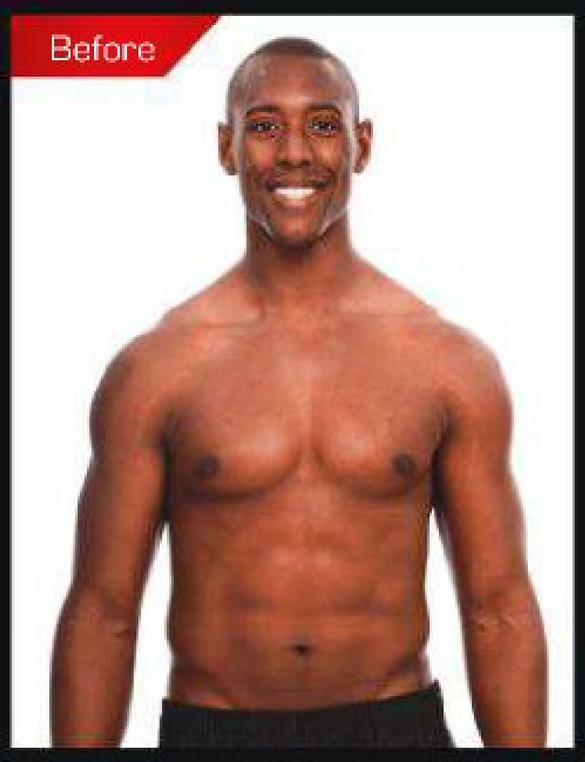


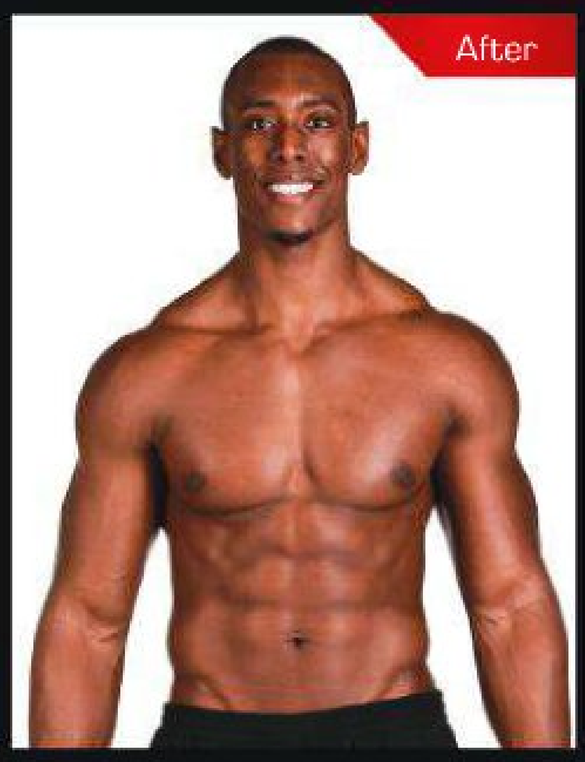


"After taking Six Star Whey Protein Plus, I noticed a dramatic increase in overall strength. With my new body, I feel confident, happy and more energetic. Even everyone around me has noticed the changes."

- Nate Scholz
Clothing Designer
Vancouver, WA







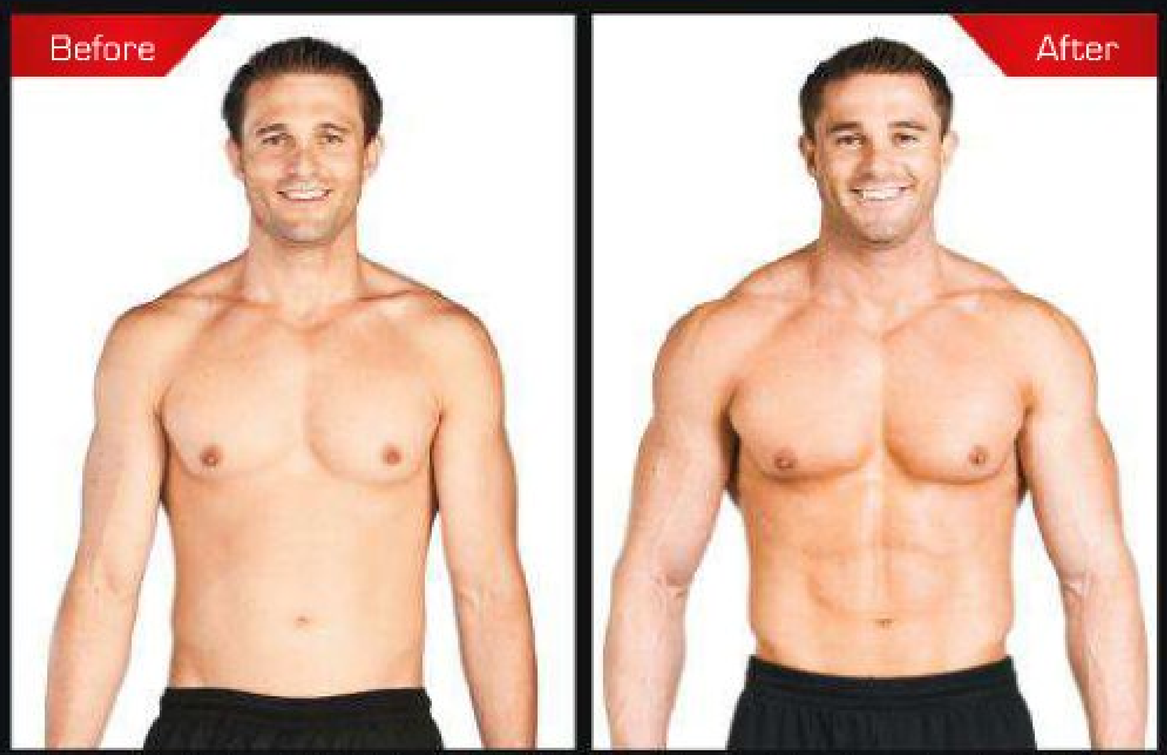
"Six Star Whey Protein Plus definitely exceeded my expectations. It tastes great, it's so easy to use and it delivered results. I'm stronger and in better shape now than when I was playing college football. Everyone keeps complimenting me and asking me what I'm doing!"

- Jerrin Holt
Bison Rancher
Cleveland, OH



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"Before, I was always active, but never looked the way I wanted to look. But since taking Six Star Whey Protein Plus, I feel and look amazing! I've been able to add size, which definitely helps in action role castings. I'm truly in the best shape of my life and people are noticing."

- Nick Wilcox
Action Movie Actor
Hollywood, CA

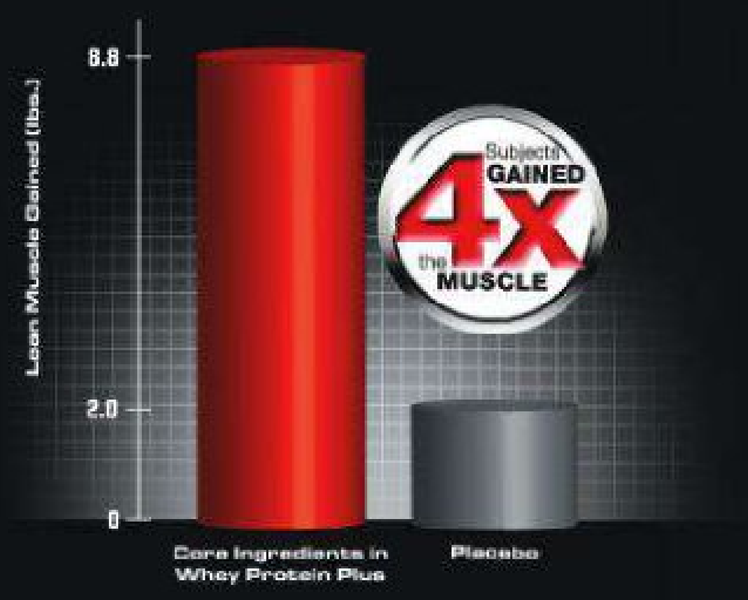


Nick combined Whey Protein Plus with diet and training. His transformation lasted 17 weeks and he has been remunerated. In a six-week study, test subjects taking the core ingredients in Whey Protein Plus gained an average of 8.8 lbs. of muscle.

RESULTS YOU CAN TRUST AT A PRICE YOU WANT

All of these athletes have seen incredible results with the help of one ultra-premium protein formula – Whey Protein Plus from Six Star Pro Nutrition™. This high-powered protein powder delivers core ingredients that have been shown to build more muscle and more strength versus regular whey protein. The best part? Whey Protein Plus costs less than other big-name protein formulas.

It's time *you* get into the best shape of *your* life. You can find Whey Protein Plus along with the entire Elite Series line from Six Star Pro Nutrition for a smart price in the Sports Nutrition aisle of a Walmart near you, today!



See the study results for yourself:

In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.) and increased their bench press more than those using regular whey protein (34 vs. 14 lbs.).

In the study, subjects also gained 4 times the lean muscle versus those using a placebo (8.8 vs. 2.0 lbs.).



Other Six Star Pro Nutrition Products To Help You Reach Your Goals:



Answers For Every Body

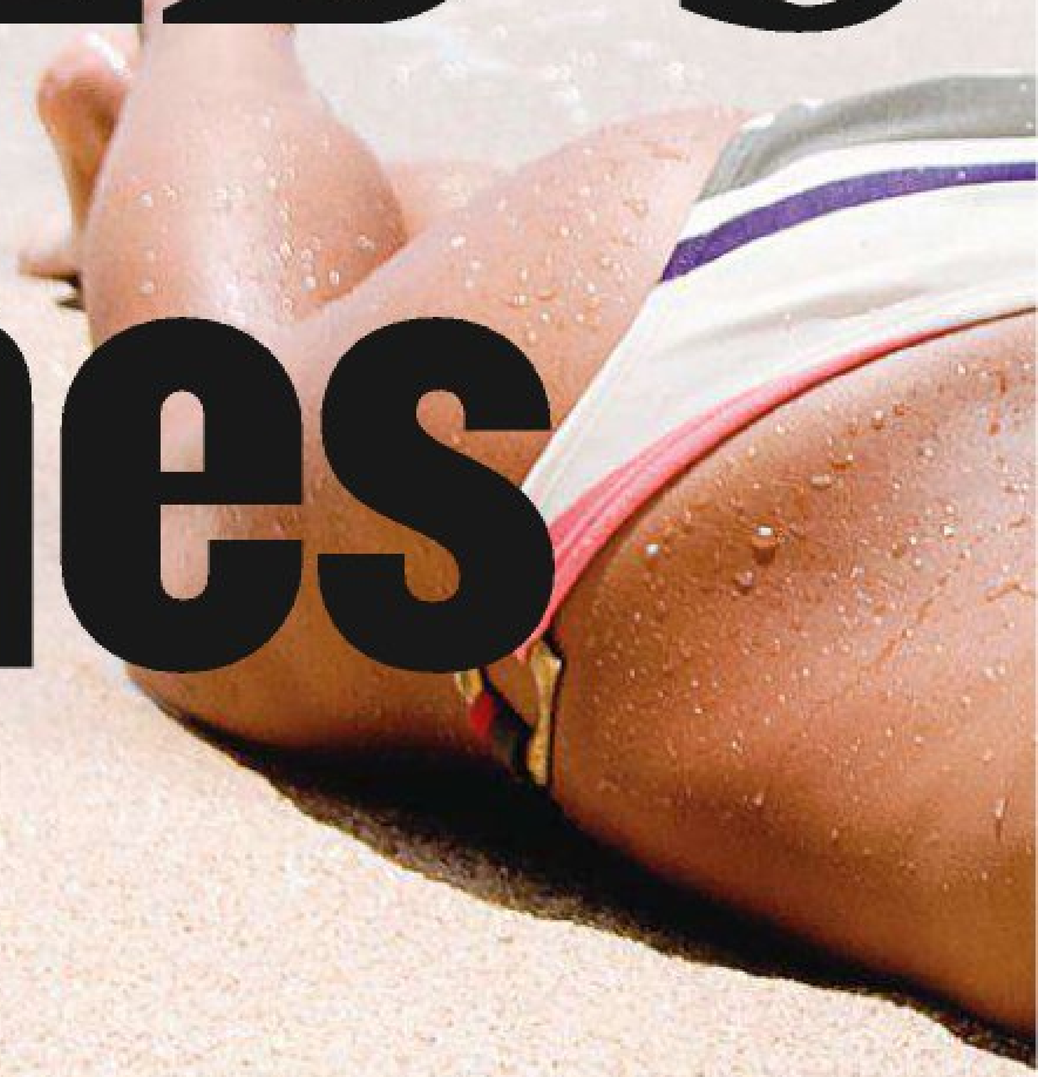
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THE WORLD'S BEST beaches



Summer is here,

meaning that it's time to take your hard-earned body to the beach. The MaxFit team consulted travel agents, property rental companies, authors, athletes and experts of every stripe to come up with the very best beach getaways. Whether you're looking to pump iron, hook a lunker, liquidate your savings account, eyeball celebs or go au naturel, we've got you covered.

TOP 5 nude beaches

Want to see naked people? We asked Nick Mayhew, author of *The World's Best Nude Beaches and Resorts*, for his top 5. But hold this maxim in mind: Those with the most revolting physiques are often the most keen to bare them. Best of luck, but keep some eyeball bleach on hand just in case.

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1. HAULOVER BEACH, FLORIDA

"Half a mile of pure white sand, southern sunshine and thousands of happy, bare bodies make Haulover the beach of choice for America's nude bathers in the know," says Mayhew. "With all the facilities of a regular urban beach, it is easily reached on the north side of Miami."

2. ORIENT BAY, CARIBBEAN

"A tropical dream for those who dare to bare, Orient Bay in Saint Martin has a mile of turquoise water where birthday suits are always in vogue," says Mayhew. "Club Orient, at the southern end, is a fully naturist holiday resort if you can't get enough of wearing nothing."

3. LA JENNY, FRANCE

"The country that invented au naturel bathing, France is the first choice for connoisseurs of that perfect tan," says Mayhew. "La Jenny Resort in Bordeaux offers a sandy beach and laid-back accommodations amid pine trees, attracting sun-loving families from across Europe and beyond."

4. ES TRENC, SPANISH BALEIRIC ISLANDS

"This unspoiled haven on the popular island of Mallorca showcases three miles of pristine sands that are almost entirely clothing-optional," says Mayhew. "The harmonious mix of the clothed and the unclothed makes nudity feel like the natural choice."

5. URETITI BEACH, NEW ZEALAND

"Embrace the South Pacific just as nature intended on this long stretch of undeveloped shore," says Mayhew. "Few beaches in New Zealand ever get crowded, and Uretiti is no exception, but it ranks among the country's most popular place for freedom-loving Kiwis and tourists enjoying the trip of a lifetime."

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TOP 4
ungodly expensive beach getaways

Ready to cash in your 401K early, or perhaps you're willing to sell a few semi-vital organs to finance your next vacation? We tallked to Tim Roney, manager of the ultra-exclusive LaCURE Villas—a property rental company that caters to the über-wealthy—who is no stranger to insanely posh beach locations. Here are his top 4 beachfront properties where price is no object.

1. VILLA CONTA-NENTA, MIAMI BEACH

Here's the all-star budget-buster: a six-bedroom Spanish colonial villa on the beach, complete with a 130-foot swimming pool, backyard grotto and waterfall ($18,800 per night).

2. LA PLAGE, ST. BARTS

Just steps away from the white sand and turquoise waters of the Caribbean, this retreat has a moatlike swimming pool that keeps the hoi polloi at a safe distance ($17,145 per night).

3. VILLA JASMINE, MIAMI BEACH

Located on private Sunset Island, this Moorish-style villa offers waterside views of the Miami Beach inlet ($13,300 per night).

4. COVE SPRING HOUSE, BARBADOS

Boasting 10 bedrooms and 10 bathrooms and furnished in Balinese style, this property overlooks a pristine white-sand cove that opens up to the Atlantic ($10,625 per night).

TOP 2
couples resorts

Here are a pair of MaxFit-approved resorts with diversions for both of you.

1. CEIBA DEL MAR BEACH & SPA RESORT, MAYAN RIVIERA

Hit the links at the PGA-level golf course while she enjoys the famous Top'nitke (cocoon) massage, where her body is encased in layers of herb-infused cotton cloth.

2. CALABASH COVE, WEST INDIES

Partake in a full slate of cardio-boosting activities like scuba diving and rainforest ziplining while she relaxes with a sea-salt scrub, complete with a spectacular view of the Piton mountain range.

TOP 3
pro surfer beaches

Looking for a great spot to catch some waves? We asked Association of Surf Professionals world champion Mick Fanning to list his top 3. For a great surfing workout and more tips from Fanning, see our Sports Workout on page 124.

1. KIRRA, GOLD COAST

"I have surfed incredible waves all around the world and had a lot of memorable barrels, but none of them measures up to a good Kirra pit. I remember some special days at Kirra: I'd be out there surfing with my heroes, my mates and total strangers and everyone would be buzzing because we were all scoring the best waves of our lives."

2. TEAHUPOO, TAHITI

"I love Tahiti. There is a lot of variety in the waves. There are small reef passes and beach breaks with really fun waves and then there's Teahupoo, the scariest wave I've ever surfed in my life. It's really challenging."

3. MENTAWAI ISLANDS, INDONESIA

"There isn't just one spot; there are hundreds. Every time I'm up that way, I get to surf a spot I've never seen before. The place is like a big surfing playground."

MOST PLASTIC BEACH

There is no real way to pinpoint the beach with the highest concentration of silicone, Botox, saline, platinum bleach, hair plugs and assorted non-biodegradable plumping and toning agents. But, according to the 2010 stats released by the American Society of Plastic Surgeons, 37% of all breast-augmentation surgeries are performed in the Pacific states (Alaska, California, Hawaii, Oregon and Washington). We can safely guess that the scalpels swing most frequently in the Golden State—because, really, who is getting a boob job in Alaska? Your best bet to see a sandy strip of beachfront packed full of tummy tucks, facelifts, augmented breasts, Brazilian butt lifts, top-notch rhinoplasty, Botoxed lips and the odd plastic-surgery disaster may be Newport Beach. Or try Laguna Beach, which legend says is haunted by the ghost of Heidi Montag's old face.

MaxFit's favorite muscle beach

THIS BEACH WILL PUMP YOU UP!

MUSCLE BEACH, CALIFORNIA (VENICE) Located just off the boardwalk, the Venice Beach Weight Pen may be the world's best-known beachside gym. It took the place of the original Muscle Beach in Santa Monica, which used to draw the weight-worshipping celebs of yesteryear, such as Kirk Douglas, Mae West and Jack Lalanne. Venice's version was no slouch in the celeb department either: In its heyday, bodybuilding gods like Dave Draper, Larry Scott, Steve Reeves and Arnold Schwarzenegger could be seen lifting alongside the likes of actor Danny Trejo. It also has several full-size basketball courts, paddleboard and handball courts, a skate park and other fitness amenities. You can still work out there now for a fee.



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TOP 4
celeb-sighting beaches

Get your gawk on at these hot spots, which are often crawling with celebs.



"We're in Seaside, bitch!" Snooki and J-WOWW bring some much-needed class to Jersey Beach.

1. SETAI HOTEL, SOUTH BEACH
All the celebs are taking their talents to Miami these days. Many of them have washed up like diamond-encrusted, Cristal-soaked flotsam at the glamorous Setai Hotel. Dust off your binoculars to catch Jay-Z, Chris Brown, Lindsay Lohan, Bono, Paris Hilton and Madonna sunning themselves on the hotel's beachfront patio.

2. BOULEVARD DE CROISETTE, CANNES
Every May, this quaint town on the French Riviera is beset by the glitterati during the Cannes Film Festival. The beaches bordering the iconic Croisette are strung with acres of bronzed skin—some of it belonging to celebrities like Charlotte Gainsbourg (she's big in Europe, trust us) and Hayden Panettiere.

3. MALIBU BEACH, CALIFORNIA
Located only a short Escalade (or Prius) drive away from the studio lots of southern California, Malibu is the spot where Kate Hudson, Courtney Cox, John Cusack and Charlize Theron kick back to catch some rays.

4. JERSEY SHORE, NEW YORK
Hang around Seaside Heights and you may catch Snooki, The Situation, JWOWW and DJ Paulie taking a break from their gym, tan and laundry routine to hit the beach, where they broil their skin to match the color of a smoked tangerine.

TOP 5
dangerous beaches

Want to get stung, bitten, electrocuted or sucked out to sea? Try these masochist-friendly beaches.

1. QUEENSLAND BEACHES, AUSTRALIA Australia is home to one of the world's most dangerous creatures, the box jellyfish (also known as the "sea wasp"), whose venom is the deadliest in the animal kingdom. Unlike normal jellyfish (known as "the cockroaches of the sea" in many coastal communities), a box jellyfish's stinger is shaped like a tiny harpoon; once it enters the skin, the venom causes instant pain and cramping and can lead to cardiac arrest within minutes. Over 5,500 deaths have been attributed to box jellyfish stings since 1954. Vinegar is the only known remedy.

2. BOA VIAGEM BEACH, BRAZIL
This beach is really popular: Tourists love it, and so do sharks. From 1992 to 2007, there were some 50 reported attacks—including 19 fatalities—at Boa Viagem. Reduced biodiversity has forced the shark population to snack on whatever is at hand—which includes blundering, buttery bathers. The area is also a breeding ground for bull sharks, a species that is notorious for its fatal attacks on humans.

3. CLEARWATER BEACH, FLORIDA
You know those eggheads who say "You're more likely to get struck by lightning than eaten by a shark"? Turns out, they aren't just whistling Dixie. According to the National Oceanic and Atmospheric Administration, there were 71 lightning-related deaths in Florida between 1997 and 2006. The popular Clearwater and New Smyrna beaches are usually closed during lightning storms.

4. PLAYA ZIPOLITE, MEXICO
Located in Oaxaca, the southern state of Mexico, Zipolite literally translates to "the beach of the dead." Talk about truth in advertising: The water's powerful undertow and fierce rip currents make it dangerous to venture even a few feet into the water during the rebalses ("rebel") periods following a full moon, when the sea is so volatile that even good swimmers may find themselves in mortal danger.

5. HACKS POINT BEACH, MARYLAND
Hey, want to swim in a microbiotic stew? It may just grant you wondrous superpowers, like in the comic books. More likely, you'll emerge covered in an unseen coating of bacteria, protozoa and other delightful pathogens. If you take a dip at Hacks Point, which *Forbes* magazine adjudged to be the most polluted beach in a 2008 poll, your skin may exude a radiant green glow for several days.

TOP 5
fishing beaches

Fishing isn't just a good measuring stick for the average outdoorsman; it's also a great workout. Here are a quintet of fantastic beach destinations to satisfy the serious fisherman.

1. KYOQUOT BEACH LODGE, VANCOUVER
Located on Canada's West Coast, this is the best place to catch the mighty chinook salmon. These mammoths can grow up to 130 pounds, so make sure to stretch those shoulders and have plenty of tiger balm on hand—getting a chinook into the boat is a test of patience and strength.

2. PLAYA LINDA BEACH, FLORIDA
Find your way to this oasis, located not far from Cape Canaveral, and you'll be treated to nothing but sandy dunes, saw palmettos, sea oats and nature for miles around. No condos or tacky tourist shops. Fish in quietude for pampano, whiting and bluefish.

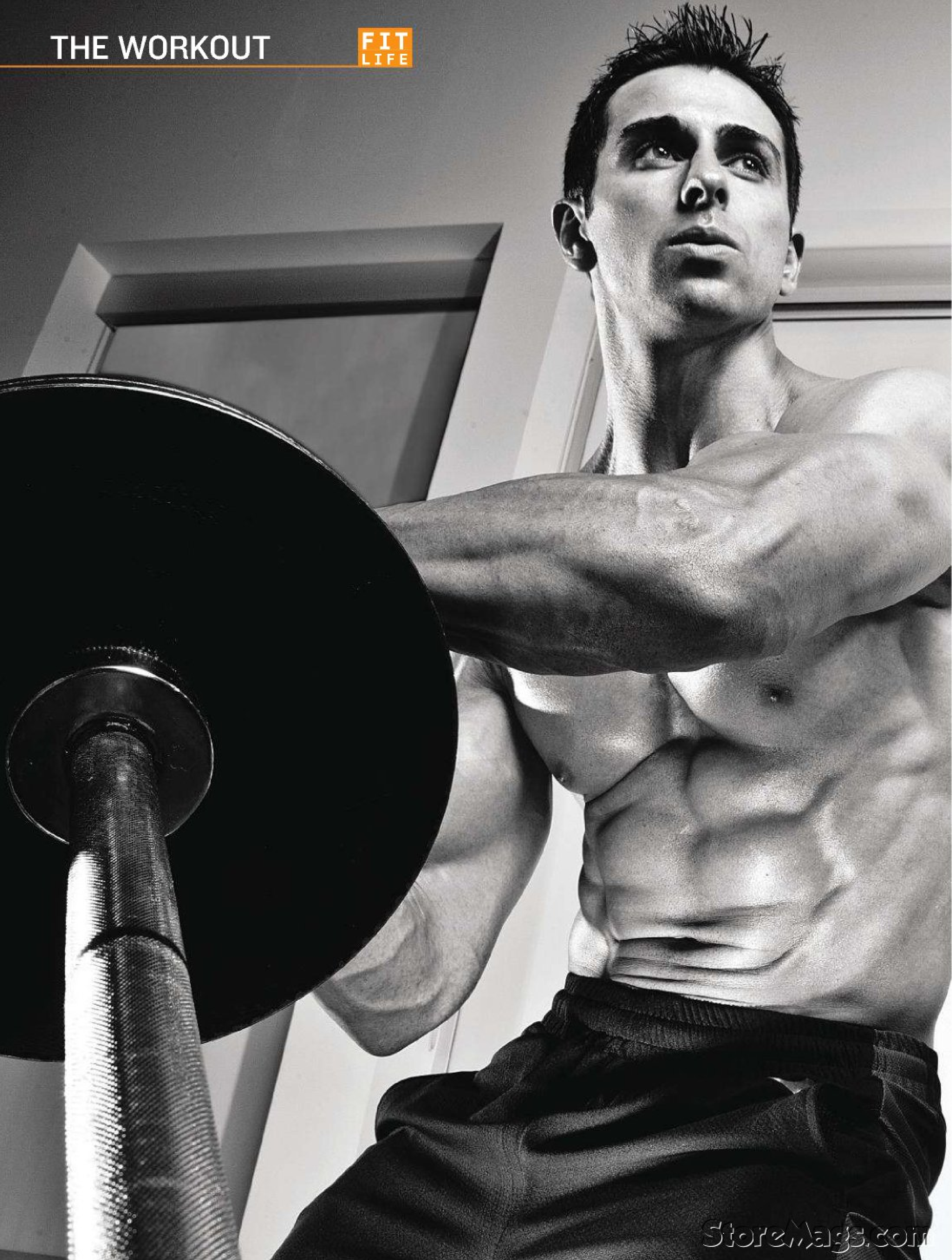
3. NARRABEEN BEACH, SYDNEY
This beach, just north of Sydney, is known for salmon, bluefish and bream, as well as the gigantic mulloway (also known as butterfish), a delicious brute that can reach 60 pounds. The best bait is right below your feet: Dig into the sand and you'll find plenty of wriggling bloodworms. Revolting, sure, but it's free, so cowboy up!

4. KONA BEACH, HAWAII
Rent a kayak and paddle offshore to experience the Aloha State's best fishing. You'll hook mahimahi, trevally and even barracuda. Apply a good coat of sunscreen, though: The sun's reflection off the water increases your risk of sunburn.

5. MYRTLE BEACH, SOUTH CAROLINA
Want to catch a shark? Find a stout rod and cast away at any area beach where it's legal to do so. You won't hook a great white, but blacktips, sharpnoses and even hammerheads may bite your bait. Just make sure that you know what you're doing or your bait won't be all they bite.

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Marc Romanelli (muscle beach); Associated Press (Jersey Shore)

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FIVE NEW WAYS TO USE A BARBELL

Build serious muscle and strength with these unique barbell moves

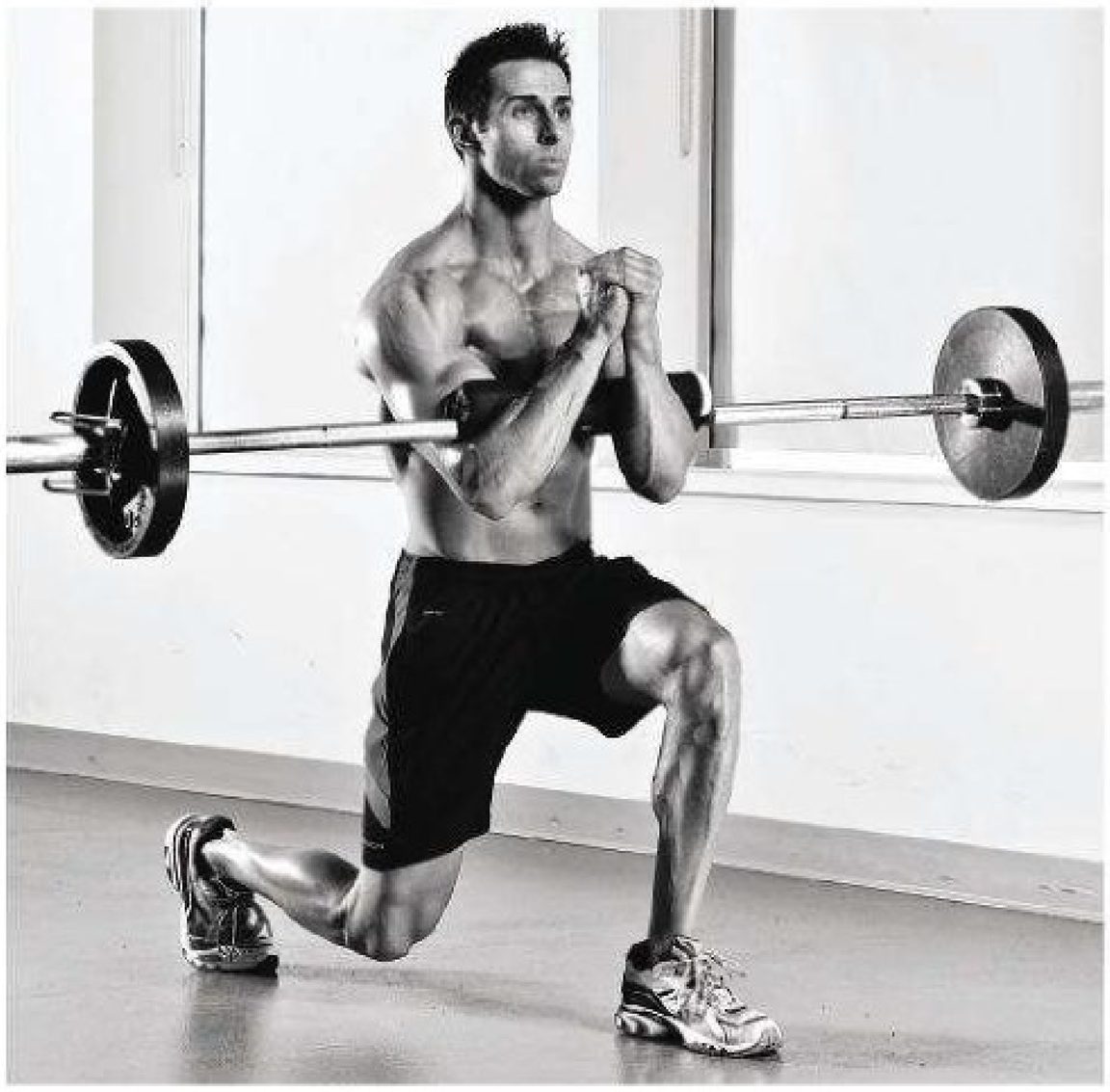
BY "COACH" NICK TUMMINELLO

When it comes to strength training, the barbell is as old school as it gets—except perhaps for the calf-that-grew-into-a-bull Milo of Croton, who hefted it for years, resulting in a strong physique for this earliest of athletes. The fact is, no matter how much scientific research is generated or how many modern training methods are developed, basic resistance training continues to reign supreme, with the barbell serving as one of the most effective pieces of exercise equipment available in any gym today. As world-class power lifter Dave Tate says, "Fads come and go, but the barbell remains the same. Respect it accordingly."

Here, I'm presenting five new ways to use the good ol' barbell to build muscle, increase strength, improve conditioning and impress the know-it-alls at your local gym (we can agree that most gyms have more than their fair share of know-it-alls).

NEW EXERCISES WITH AN OLD PIECE OF EQUIPMENT: THE BARBELL

Up front, please don't consider these five new barbell exercises as replacements for long-time, battle-tested lifts, such as traditional back squats, dead lifts, bench presses and overhead presses. There's little question that traditional barbell exercises should form the foundation of any comprehensive strength-training program. That said, there's no reason why you shouldn't blend the new with the old to increase the effectiveness of your training. The five innovative barbell exercises featured here are designed to bring about new muscle while adding some physiological benefits and psychological variety to your workouts.



Zercher Reverse Lunge

ABOUT Traditional-style lunges, with a barbell across your traps and back or dumbbells in your hands hanging at your sides, are great exercises and should be staples of any comprehensive strength-training, physique-building program. Having noted these benefits, I'll ask you to think about how and where you carry most heavy objects during the normal, functional activities of everyday life. Broadly speaking, it's usually in front of the body in a position similar to how you hold the barbell during the Zercher squat or Zercher lunge: The barbell rests in the crook of your elbows (see Set-Up).

Sure, you could do a Zercher walking lunge in your average commercial gym, but it would be difficult to find adequate space to do it in. And if you choose to monopolize that much space in your gym, you'll clearly upset a number of other trainees who would rightly see you as a narcissist. The reverse lunge eliminates these concerns, enabling you to stay in one place without taking up a large amount of space in your gym. With the Zercher reverse lunge, everyone wins.

TARGETS Legs, glutes, abs, spinal erectors and biceps

IDEAL FOR Great for grappling and mixed martial arts (MMA) floor work

SET-UP Wrap a towel or thick barbell pad around the center of a barbell. With the barbell resting in the crook of your elbows and your hands at chest level, hold the bar while standing tall.

ACTION Step rearward and drop your rear knee toward the floor, but don't let it touch. Your front knee should form a 45-degree angle. To return to the standing position, push off with the trailing leg while simultaneously pushing upward with the thigh and glute muscles of your forward leg. To complete one rep, mirror the movement with the other leg.

COACHING TIPS

- Keep your elbows wide to create a stable platform for the barbell to rest on.
- Be sure to avoid rounding your shoulders and/or back—keep your back straight through the full range of motion.
- Breathe normally throughout the movement.
- Your arms should not become fatigued. If they do, move your elbows in a way that the barbell rests in the crook of your arms, with minimal effort to keep it there.

USING THIS EXERCISE IN YOUR LEG PROGRAM

- Perform Zercher lunges as part of your lower-body workout.
- This exercise is very demanding on the body, so it should appear early in your workout, when you have the most energy to spare.
- Perform three or four sets of six to 12 reps per leg.



Farmer's Squat

ABOUT First off, you might guess that any exercise with the name "farmer's" in it has to be tough—and your guess would be dead-on! The nice thing about the farmer's squat is that it allows you to change the angle of the traditional squat, from vertical to (more of a) diagonal, hitting your leg muscles in new ways.

TARGETS Legs, glutes and lower back

IDEAL FOR Driving forward diagonally is an extremely functional movement, and it's exactly what a football lineman does to throw a block, what a sprinter does to get a quick start off the blocks, what a basketball guard does with a quick first step and what an MMA fighter does to shoot a takedown.

SET-UP Place one end of a barbell in a corner to prevent it from sliding from side to side. Load up the end closest to you with weight plates, according to your strength levels (you'll need to experiment a bit to establish the correct poundage). Hold the weighted end of the barbell with both hands at chest level and take a small step backward (away from the barbell) so that you're now leaning forward slightly into the barbell. Spread your feet slightly beyond hip width apart and make sure to keep your heels planted.

ACTION Sit back onto your hips as you drop into a squat position. Drive upward through your heels out of the bottom position and back to a standing position. That's one rep!

COACHING TIPS

- Keep your back straight throughout the exercise.
- Be sure to drive with your thighs and calves.
- Don't allow your heels to lift up off the floor.
- Hold the barbell with both hands in a fashion that doesn't limit the exercise by generating arm fatigue. The barbell should be supported by your upper body; it should not be supported solely by your arm muscles.
- Keep your elbows tight to your body to create a strong table for the barbell to rest on.

USING THIS EXERCISE IN YOUR LEG PROGRAM

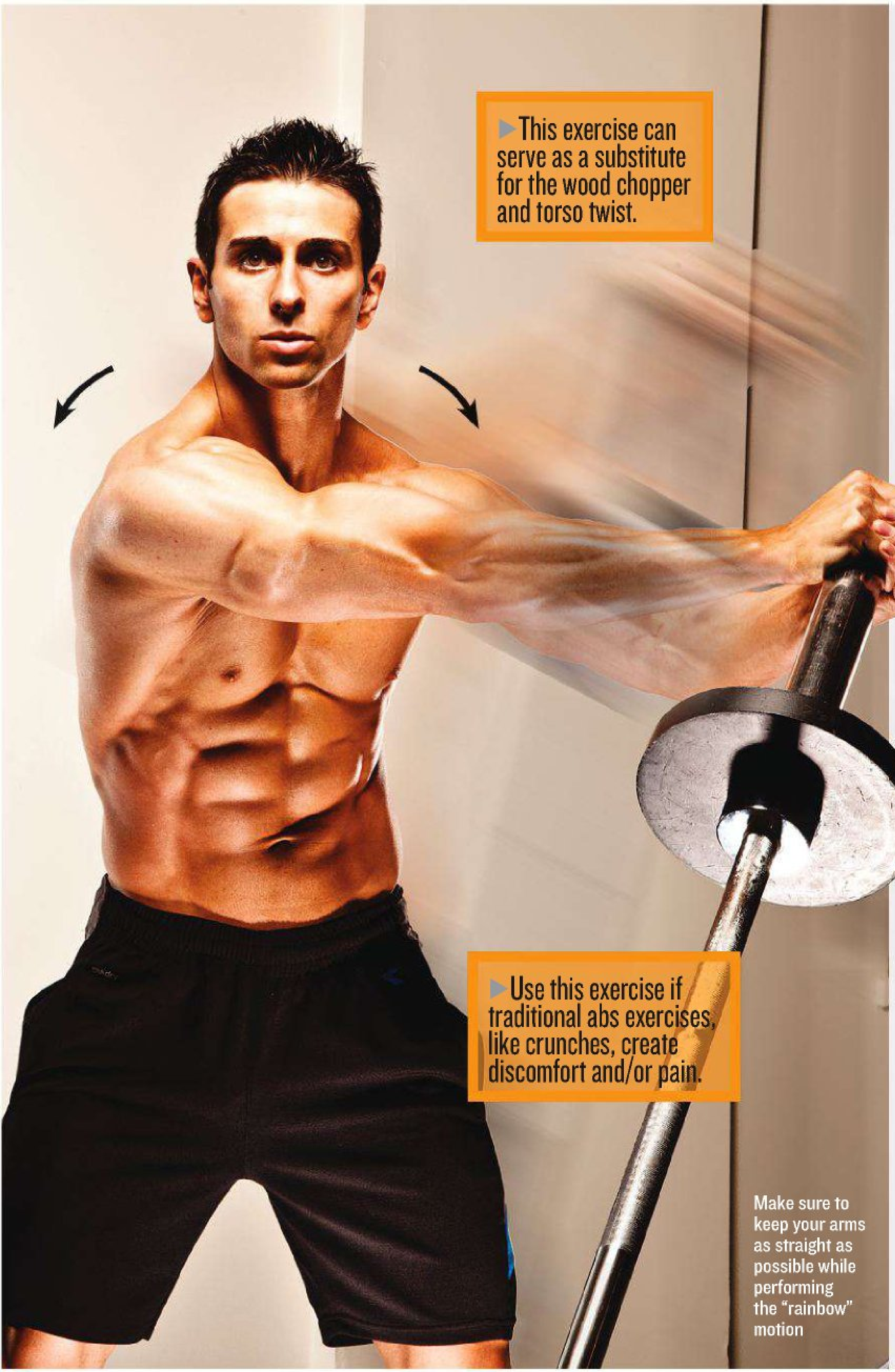
- Perform farmer's squats as part of your lower-body workout.
- This exercise should be performed after traditional-style squats or dead lifts in your workout.
- Substitute this exercise in place of any other traditional-lunge variation.
- Perform a total of three or four sets of six to 12 reps each.

M@X Find out about the Zercher Squat by going to maxfitmag.com/zercher

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Barbell Rainbow

ABOUT Here's a great back-friendly movement that aids in training your core muscles from a standing position. The core needs strength in the upright position if you want to maintain good posture and perform well in numerous sports. Remember, if you're on your back, you probably stink at your sport (MMA athletes excluded).

TARGETS Internal and external obliques and shoulders

SET-UP Stand tall, with your feet shoulder width apart. Using both hands, grasp the top of a barbell—the other end of which has been angled into a corner. Keep your arms straight at eye level.

ACTION Without moving your torso, move the barbell in an arclike motion toward the right side of your body, stopping at shoulder level. Pause for one second and move the barbell in a rainbow pattern to the left side of your body, stopping at shoulder level. That's one rep!

COACHING TIPS

- Don't allow your torso to move throughout the exercise—only your arms should move.
- This movement is deceptively difficult on the oblique muscles. For the best benefit, only rotate your arms as far as you can while controlling the bar, but your torso shouldn't move.
- To increase resistance, add plates to the bar.
- To make this exercise easier, reduce the range of motion (or reduce the load on the barbell if you've added plates).

USING THIS EXERCISE IN YOUR PROGRAM

- Add the barbell rainbow to your abs/core workout.
- Perform a total of two or three sets of 10 to 15 reps per side.



Angled Barbell Press

ABOUT This one is a badass upper-body exercise that all your friends are sure to copy once they see you doing it.

The angled barbell press acts like a standing incline chest press. The added bonus to this exercise, though, is the heavy involvement of the torso (core) muscles: Their activation helps control your posture and prevents your torso from rotating, despite the unbalanced load.

TARGETS Chest, arms, shoulders and core

IDEAL FOR This is another very functional exercise that can help any athlete who needs the strength and power to push an opponent away from him.

SET-UP With one end of the barbell in a corner, hold the weighted end (the end closest to you) in one hand—your elbow should be tucked against your torso and your forearm should form a 90-degree angle with the barbell. Your feet should be hip width apart.

ACTION Extend your arm, pressing the barbell upward and slightly away from your body. Pause briefly, then lower the bar toward you. That's one rep! After repeating the required number of reps, switch arms and repeat.

COACHING TIPS

- Stand tall and don't twist or bend your torso to the side as you rep.
- Be sure to keep your wrist straight while pressing the barbell—keep it locked in place.
- You can use a staggered stance to give you a better base of support when using heavy loads.
- Lower the barbell with deliberate control on each rep.

USING THIS EXERCISE IN YOUR PROGRAM

- Perform the angled barbell press as part of your upper-body (chest, shoulders, arms) workout.
- This exercise can serve as a substitute for the incline press.
- Use the angled press if traditional overhead shoulder presses give you pain and/or discomfort.
- This movement can also serve as an excellent core-training exercise to build stronger abs and obliques.
- Perform a total of three or four sets of eight to 15 reps per arm.

Angled Barbell Dead Lift to Press

ABOUT The angled dead lift is an awesome combination exercise—that is, as long as you are at the intermediate to advanced level, have enough experience with basic pulling and pressing exercises and are ready for a new challenge!

This movement hits the posterior-chain muscles—your backside—that you would use in a traditional dead lift, along with the shoulder and arm muscles that you'd employ with a shoulder press. As a bonus, it works the same core muscles you'd hit with a cable reverse wood chopper, so it's three exercises in one, working many muscles for all three planes of movement.

TARGET Total body

IDEAL FOR Though it's a great multi-muscle builder, this exercise offers more than that; it's also a ball-buster, great for total-body conditioning and fat loss if used for that purpose over time. After a few sets of these bad boys, you won't just want to rest; you'll want to go home and take a nap.

SET-UP To begin, load the bar using a couple of 25-pound plates or smaller—the circumference of 45s takes up too much space, forcing you to stand too far away from the bar, which impedes the movement.

Stand at the end of the bar as it runs parallel to your shins (the end of the bar is at your right side). Set up sumo-style (feet wide and toes angled outward, with your hands inside your legs). Use a mixed grip: Your right hand grasps the end of the bar with an underhand rip (your thumb goes over the outside edge or the flat side of the bar). Your opposite hand should grasp the bar, with a palms-down grip adjacent to your right hand.

ACTION Drop down into a traditional dead lift starting position, with your hips back and your spine at its optimal alignment. As you drive upward through your legs, pull up the bar explosively toward your chest. Twist your hips slightly so that your torso faces the anchored end of the barbell and simultaneously press the bar forward, away from your body, extending your arms to complete the movement. At the end, you want to have your rear (right) heel up off the floor, toes pointing toward the bar. Reverse the action to complete the rep. After finishing the required number of reps, reverse positions and repeat with a mirror-image set facing the other way.

COACHING TIPS

- Keep your back straight and don't allow the barbell to pull you forward.
- Begin the movement by driving upward and pushing through your heels.
- Use the strength of your legs to help your arms lift the barbell all the way to the top of the move.
- Be sure to maintain good rhythm and timing as you perform this movement.

USING THIS EXERCISE IN YOUR PROGRAM

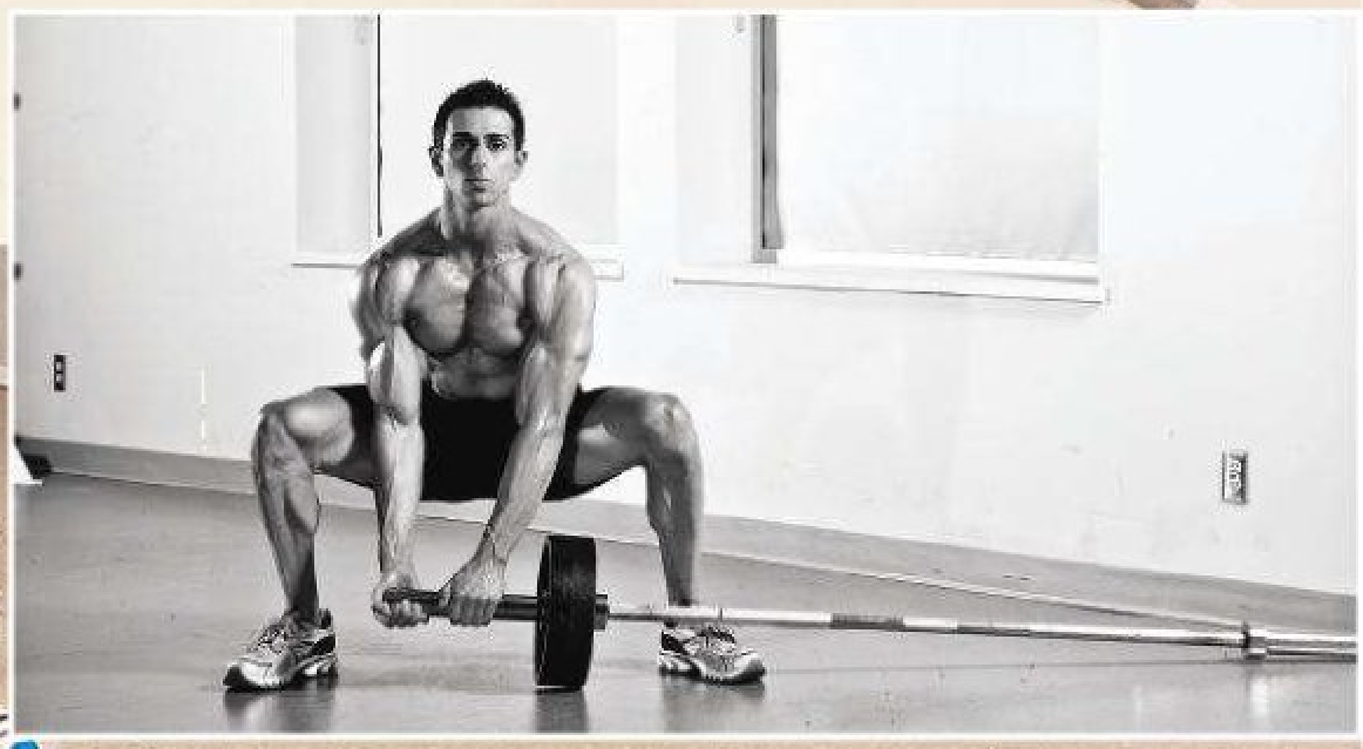
- Perform a total of three to five sets of six to 15 reps per side.



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▶This exercise is very demanding metabolically and neurologically, so be sure to recover well between sets.



▶Perform this exercise during the early portion of a total-body workout or use this exercise as a finishing move, at the end of a lower-body or upper-body strength workout.

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Savor the Flavors of Summer

Try these easy muscle-building meals that take advantage of fresh summer ingredients

Keep your kitchen cool this summer by preparing meals with seasonal produce and grilling outside in the beautiful weather. Use the bounty of colorful, fresh fruits and vegetables to make delicious, phytonutrient-rich meals without slaving away in a hot kitchen for hours. Pump up your protein with lean meat, poultry and fish, low-fat dairy and eggs while fueling workouts with whole grain breads and cereals and healthy fats from olive oil, nuts and avocado.

–Nova Cochran, MS, RD, LD

Peaches help improve the health of your skin and add color to your complexion. Be sure to also eat the skin to take advantage of all of its nutrients and fiber.

This multigrain thin bun provides five grams of fiber and only 100 calories per serving. Whole grains also boast antioxidants, B-vitamins, vitamin E and iron.

Peter Chou; assistance with meal plan and food facts provided by Amber Vlietstra, dietetic intern

BREAKFAST

SUMMER EGG SKILLET

INGREDIENTS:
2 eggs, beaten
2 tbsp each chopped mushrooms, tomatoes, bell peppers and summer squash
¼ cup shredded low-fat cheddar cheese
1 100-calorie multigrain thin bun
2 tbsp honey
1 peach

INSTRUCTIONS:
Scramble eggs and vegetables in a nonstick skillet over medium heat. When almost done, add cheese and continue cooking until done. Toast bun and spread with honey. Serve peach slices on the side.

Calorie count: 440; Protein: 26 grams
Carbs: 54 grams; Fat: 16 grams
Sat fat: 6 grams; Fiber: 7.5 grams
Total prep time: 10 minutes

COOL BERRY BREAKFAST

INGREDIENTS:
1 cup nonfat plain Greek yogurt
½ cup fresh blackberries
¼ cup rolled oats
2 tbsp each walnuts and raisins
2 tsp honey
¼ tsp cinnamon

INSTRUCTIONS:
Combine all ingredients in a bowl and stir together.

Calorie count: 445; Protein: 31 grams
Carbs: 60 grams; Fat: 10 grams
Sat fat: 1 gram; Fiber: 7 grams
Total prep time: 5 minutes

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TORTILLA CHIPS AND GUACAMOLE

INGREDIENTS:
1 spinach tortilla wrap
½ ripe avocado
1 tbsp each chopped green onion and cilantro
2 tbsp chopped tomato
hot sauce to taste

INSTRUCTIONS:
Cut tortilla into triangles and heat in toaster oven until crisp. In a bowl, mash avocado and stir together with onion, cilantro, tomato and hot sauce.

Calorie count: 315
Protein: 8 grams
Carbs: 49 grams
Fat: 16 grams
Sat Fat: 2 grams
Fiber: 8 grams
Total prep time: 10 minutes

ALMONDS AND A PEACH

INGREDIENTS:
⅓ cup dried almonds
1 peach

Calorie count: 300; Protein: 8 grams
Carbs: 21 grams, Fat: 24 grams
Sat Fat: 2 grams, Fiber: 6 grams
Total prep time: 5 minutes

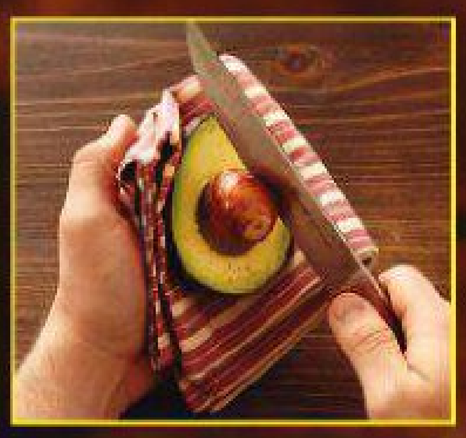
You should avoid letting tomatoes ripen in direct sunlight, as they will lose most of their vitamin C.

One spinach tortilla contributes 10% of your daily value of calcium and iron.

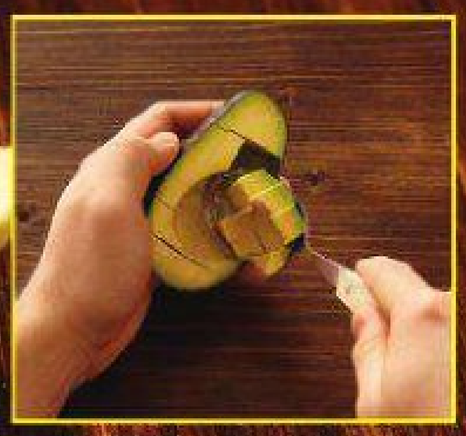
HOW TO CUT AN AVOCADO



1) Grip the avocado gently on one side with your hand. With a large, sharp knife in the other hand, cut the avocado lengthwise around the seed. Open the two halves to expose the pit.



2) Gently tap the pit with the blade of the knife. Make sure that you use enough force so that the knife edge wedges into the pit but not into your hand. For safety, use a folded kitchen towel to hold the avocado half and protect your hand. Twist the pit out of the avocado with the knife blade and discard. Be careful when removing the pit from the knife.



3) Scoop out the flesh by taking a small dinner knife and gently making cuts in the avocado half in a cross-hatch pattern. Be careful not to break through the peel. Then use a spoon to scoop out the pieces. If you are making guacamole, it's OK to mash the slightly discolored or brownish sections in with the rest.

LUNCH

FRESH VEGGIE AND HAM SANDWICH

INGREDIENTS:
1 100-calorie multigrain thin bun
2 tsp Dijon mustard
3 oz fresh deli ham
1 oz mozzarella cheese
¼ cup each mashed avocado, summer squash and tomato slices
1 mango

INSTRUCTIONS:
Spread bun with mustard and layer ham, cheese and veggies. Serve mango slices on the side.

Calorie count: 450
Protein: 25 grams
Carbs: 64 grams
Fat: 14 grams
Sat fat: 5 grams
Fiber: 13 grams
Total prep time: 10 minutes

OPEN-FACE TUNA MELT

INGREDIENTS:
4 oz water-packed tuna, drained
1 tbsp nonfat Greek yogurt
1 tbsp chopped green onion
2 tomato slices
2 oz low-fat cheddar cheese
1 toasted 100-calorie multigrain thin bun
1 cup watermelon

INSTRUCTIONS:
Mix tuna with yogurt and onion. Spread equally on each half of bun. Top each with tomato and cheese; heat in toaster oven or broiler until cheese is melted. Serve watermelon on the side.

Calorie count: 420
Protein: 52 grams
Carbs: 38 grams
Fat: 12 grams
Sat fat: 6.5 grams
Fiber: 6 grams
Total prep time: 10 minutes

TURKEY WRAP

INGREDIENTS:
1 spinach tortilla wrap
1 tbsp Dijon mustard
4 oz fresh sliced deli turkey
¼ cup shredded low-fat cheddar cheese
2 romaine lettuce leaves
4 tomato slices
1 cup blackberries

INSTRUCTIONS: Spread tortilla with mustard and layer with turkey, cheese, lettuce and tomato. Roll tortilla into a wrap and cut in half. Serve blackberries on the side.

Calorie count: 450
Protein: 35 grams
Carbs: 69 grams
Fat: 10 grams
Sat Fat: 5 grams
Fiber: 11 grams
Total prep time: 10 minutes

The amino acid tryptophan, which is found in turkey, is responsible for making the brain chemical serotonin, which helps improve mood.

Known as "cabernet" berries for their earthy, winelike taste, blackberries are packed with heart-healthy polyunsaturated fats (especially in their chewable seeds), antioxidants and minerals. They are a great source of vitamin A, potassium and calcium.

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DINNER

GRILLED SHRIMP WITH CORN AND BLACK BEAN SALAD

INGREDIENTS:
15 large raw shrimp, peeled
2 tsp extra-virgin olive oil
½ cup each low-salt canned corn and black beans, drained and rinsed
1 tbsp each chopped red bell pepper, green onion and cilantro
1 tbsp balsamic vinegar
½ cup low-fat vanilla frozen yogurt
½ cup sliced strawberries

INSTRUCTIONS:
Preheat gas grill or prepare charcoal grill. Place shrimp on skewers and brush with 1 tsp olive oil. Cook on grill for 2 to 4 minutes on the first side. Turn and cook for 1 to 3 more minutes or until done. Toss together corn, black beans, bell pepper, onion, cilantro and vinegar. Top frozen yogurt with strawberries for dessert.

Calorie count: 500
Protein: 36 grams
Carbs: 64 grams
Fat: 13 grams
Sat fat: 2 grams
Fiber: 10 grams
Total prep time: 15 minutes

GRILLED ZESTY BURGER

INGREDIENTS:
4 oz raw ground sirloin
1 tbsp each diced mushrooms and green onion
2 tsp Worcestershire sauce
1 medium potato, sliced
1 summer squash, sliced
1 tsp extra-virgin olive oil
1 100-calorie multigrain thin bun
2 tsp Dijon mustard

INSTRUCTIONS:
Preheat gas grill or prepare charcoal grill. Combine ground sirloin with mushrooms, onion and Worcestershire sauce; shape into patty. Cut each potato and squash into 6 pieces and place on 2 skewers. Brush with olive oil. Cook burgers and vegetable skewers on grill over high heat for 5 minutes per side or until burgers reach 160°F and potatoes are done. Place each burger on a bun spread with mustard.

Calorie count: 500
Protein: 27 grams
Carbs: 62 grams
Fat: 19 grams
Sat fat: 4 grams
Fiber: 10 grams
Total prep time: 20 minutes (plus time for heating grill)

STEAK AND PASTA

INGREDIENTS:
4 oz raw sirloin steak (or bison strip steak)
⅓ cup uncooked 3-minute pasta (Skinner Quick Cook)
1 tsp extra-virgin olive oil
2 tbsp fresh cilantro, chopped
½ tsp minced garlic
8 cherry tomatoes, halved
2 cups romaine lettuce,
2 tbsp Parmesan cheese
2 tbsp balsamic vinegar

INSTRUCTIONS:
Preheat gas grill or prepare charcoal grill. Cook steak for 10 to 15 minutes or until done (until center reaches 160°F for medium). While steak is cooking, prepare pasta according to package instructions. Drain and toss with olive oil, cilantro, garlic and tomatoes. Toss together romaine, Parmesan and vinegar for a salad.

Calorie count: 500
Protein: 39 grams
Carbs: 46 grams
Fat: 16 grams
Sat fat: 6 grams
Fiber: 4 grams
Total prep time: 20 minutes (plus time for heating grill)

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PEANUT BUTTER CUP

INGREDIENTS:
2 tsp natural peanut butter
1 cup unsweetened almond milk
½ banana
½ cup unsweetened granola
1 scoop chocolate whey protein
2 tsp natural honey
1 cup ice

INSTRUCTIONS:
In a blender, combine ingredients and process for 1 minute or until completely blended. Add ice and blend until smooth.

Calorie count: 315; Protein: 8 grams
Carbs: 49 grams; Fat: 16 grams
Sat fat: 2 grams; Fiber: 8 grams
Total prep time: 10 minutes

BERRY-MELON SMOOTHIE

INGREDIENTS:
½ cup each blackberries and watermelon chunks
½ cup nonfat plain Greek yogurt and 1% low-fat milk
1 scoop whey protein powder
Ice cubes

INSTRUCTIONS:
Whip all ingredients together in a blender until smooth, adding ice as needed to achieve desired consistency.

Calorie count: 300; Protein: 41 grams
Carbs: 29 grams; Fat: 2 grams
Sat fat: 1 gram; Fiber: 6 grams
Total prep time: 5 minutes

Eight ounces of almond milk contains 70 calories, two grams of protein, 10 grams of carbohydrates and 2.5 grams of fat.

Peanut butter contains more than 30 essential nutrients and phytonutrients. Peanuts have a higher antioxidant capacity than grapes, green tea, tomatoes, spinach, broccoli and carrots.

Peanut Butter Cup shake provided by Jim White, RD, ASCM Health Fitness Specialist

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KENYATTA WILSON
Network Administrator
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Read the Study Results for Yourself:

[1]In a three-week, double-blind study conducted on 41 weight-trained subjects divided into two groups and conducted by researchers at St. Francis Xavier University and the University of Saskatchewan, subjects using the creatine in Professional Strength Creatine[X3] with a weight-training program gained, on average, more than 4 times the lean mass than subjects using a placebo. Researchers in this Six Star Pro Nutrition-funded study determined these results using estimates from calibrated skinfold caliper measurements (4.84 vs. 1.1 lbs.).

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The Superbug You're Living With

Protecting yourself from a potentially dangerous infection can be easy—here's how

Once upon a time, the prevalent preoccupation of any good mother was to safeguard her rough-and-tumble young boys against a host of hazardous germs.

While it consumed our mothers' thoughts, it never really mattered to us boys. Germs were nothing to be afraid of; they were just the byproduct of being a boy. In those fond sepia-toned memories, a Band-Aid cured every wound and boogers were harmless things you flicked at good friends. Like home-delivered milk, models with natural body parts and reasonable gas prices, those days are now a distant memory. Today, there are consequences to not taking your handwashing seriously, and simple snot—a once-harmless substance—has become potentially lethal.

DANGER ZONE

Methicillin-resistant Staphylococcus aureus (MRSA) is a highly evolved form of staph infection that is extremely resistant to most common antibiotics. Both staph and MRSA appear as sores on the skin and are painful and annoying, but if the bacteria are allowed to enter your bloodstream, your body lands in very dangerous turf, flirting with the fatal. You can get MRSA by touching someone or something touched by someone who carries the bacteria. The problem, though, is not as simple as avoiding people with open sores, because you can be carrying staph without even knowing it. "Regular versions of staph are common bacteria that can live on our bodies," says Jason Phillips, PhD. "Because of this, many perfectly healthy people could be carrying staph without actually being infected. Some estimates indicate that 25% of us have staph bacteria in our noses at any given moment."

When your immune system is low (which can occur when you're training hard) and you come in physical contact with others and equipment that has been handled frequently by others (like in a gym), your risk of getting a staph infection or MRSA becomes exponentially higher. Since the cure can be expensive and very difficult—due to MRSA's resistance to many antibiotics—prevention is worth a whole lot more than a pound of cure. The best way to avoid getting MRSA is to wash your hands with hot, soapy water or an alcohol-based hand sanitizer after you handle things that have been touched by others. Don't share razors or personal grooming items and, if you puncture your skin, make sure that it's immediately disinfected and covered properly with a bandage.

The Centers for Disease Control and Prevention have provided us with this handy guide on cleaners, sanitizers and disinfectants that will be invaluable in your fight against MRSA.

1. Cleaners or detergents are products used to remove soil, dirt, dust, organic matter and germs like bacteria, viruses and fungi. Use these products for the routine cleaning of surfaces.
MRSA-busting detergent: Allersearch Allergen Wash ($21.99)

2. Sanitizers reduce germs from surfaces to levels that are considered safe. Many are hand-cleaning products to prevent the spread of MRSA.
MRSA-busting sanitizer: Viraguard antibacterial hand wipes ($25.79)

3. Disinfectants are chemical products that destroy germs, preventing their growth. Disinfectants have no effect on dirt, soil or dust.
MRSA-busting disinfectant: Clorox Pro Quaternary All-Purpose Disinfectant Cleaner ($21.95)

Unlike the carefree days of our youth, don't flick boogers and make sure to wash your hands thoroughly. And if you develop any kind of sore, don't just leave it or threaten to rub it on a friend; see your doctor immediately. **MF**

–Terry Goodlad

DO YOU HAVE A STAPH INFECTION?

Staph skin infections normally result in swollen, red and painful-to-touch areas of the epidermis. That much you probably figured. Here are more symptoms that you need to be on the lookout for.

- Drainage from sores
- Skin sores
- Fever
- Warmth around the infected area

More-serious infections can lead to graver symptoms. Symptoms of a more-serious staph infection can include:

- Chills
- Chest pain
- Cough
- Fatigue
- Fever
- Headache
- Muscle aches
- Rash



94,360

Estimated number of people who developed a serious MRSA infection (that is, invasive) in 2005, according to a 2007 study by the American Medical Association. Approximately 18,650 persons died during a hospital stay related to these serious MRSA infections during that same year.

Source: Centers for Disease Control and Prevention

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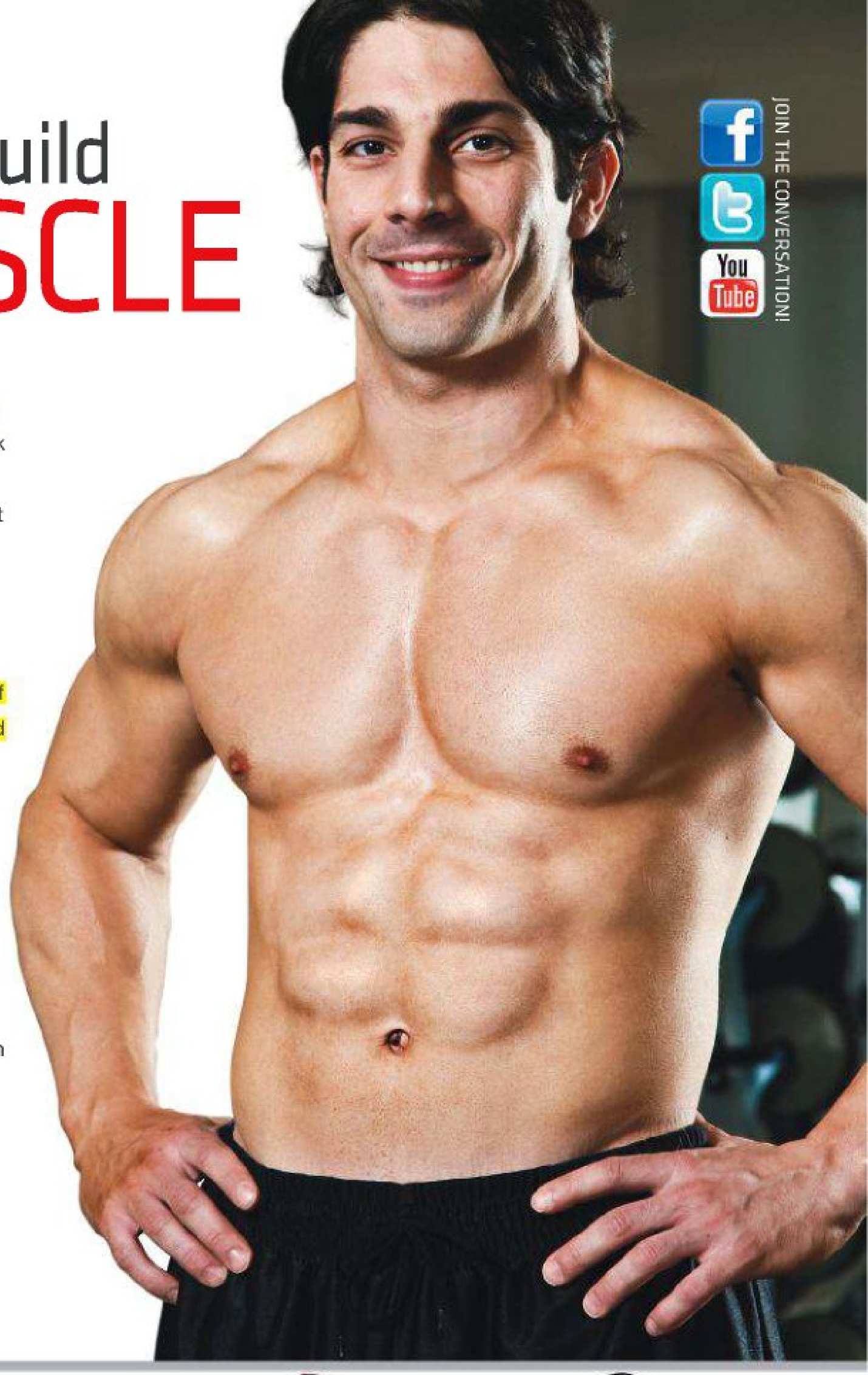
Advice on How to Build MORE MUSCLE

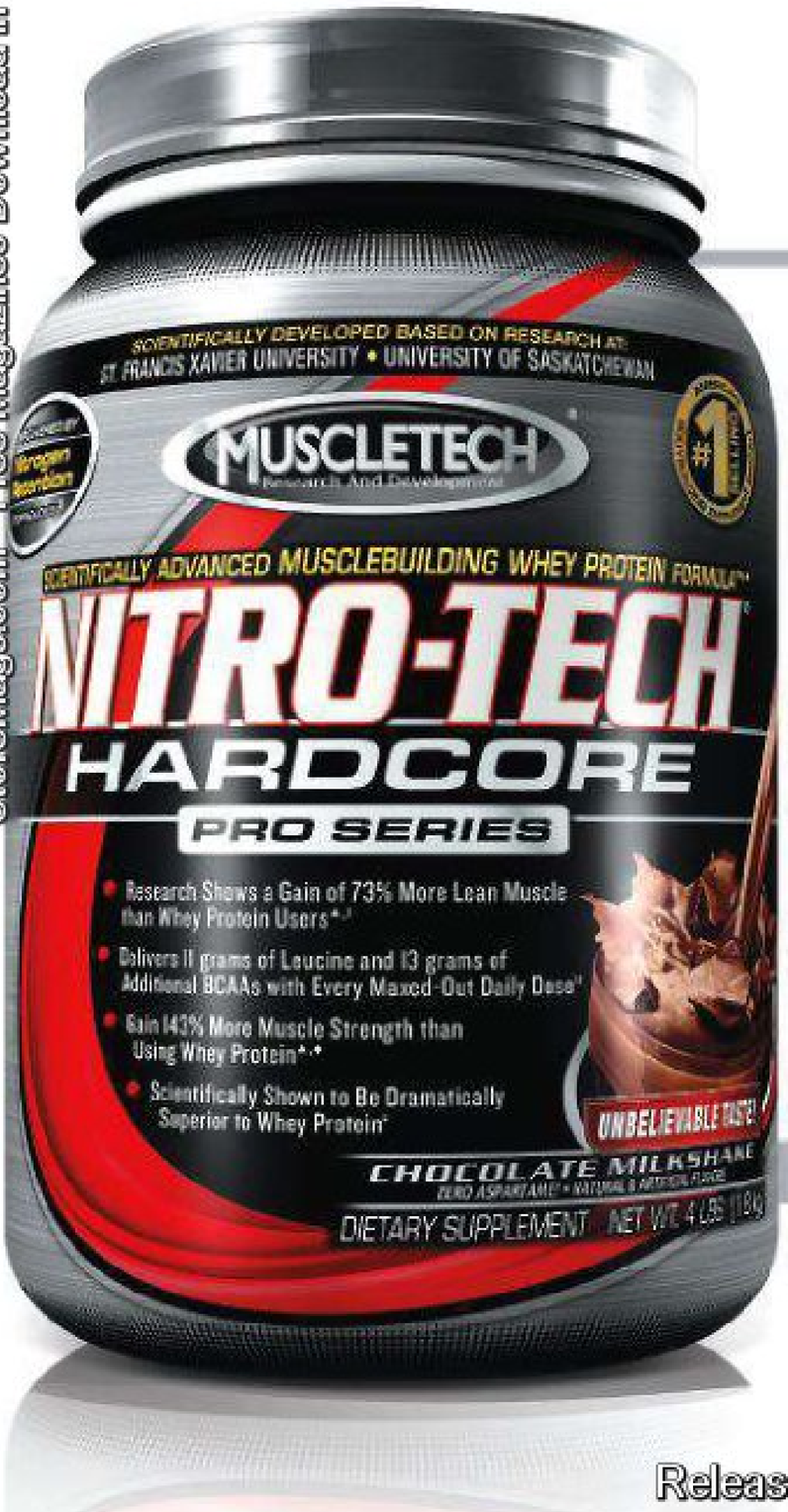


"I feel stronger and more confident. I wish I had started taking *Nitro-Tech Hardcore Pro Series* sooner!"

– ARISTOTLE STAMAT

Consume more high-quality whey protein. Assuming you already work out a few times a week, premium whey protein is the one supplement all hard-training guys need in order to capitalize on their gym sessions. Why *Nitro-Tech® Hardcore Pro Series®*? Because not only does it taste amazing, but it delivers **25g of high-quality protein per serving and 24g of musclebuilding branched chain amino acids (BCAAs)** with every daily dose. In fact, the core ingredients in *Nitro-Tech Hardcore Pro Series* have been shown to help users build more muscle than regular whey protein alone! Pick up your bottle today and see what *Nitro-Tech Hardcore Pro Series* can do for your physique!

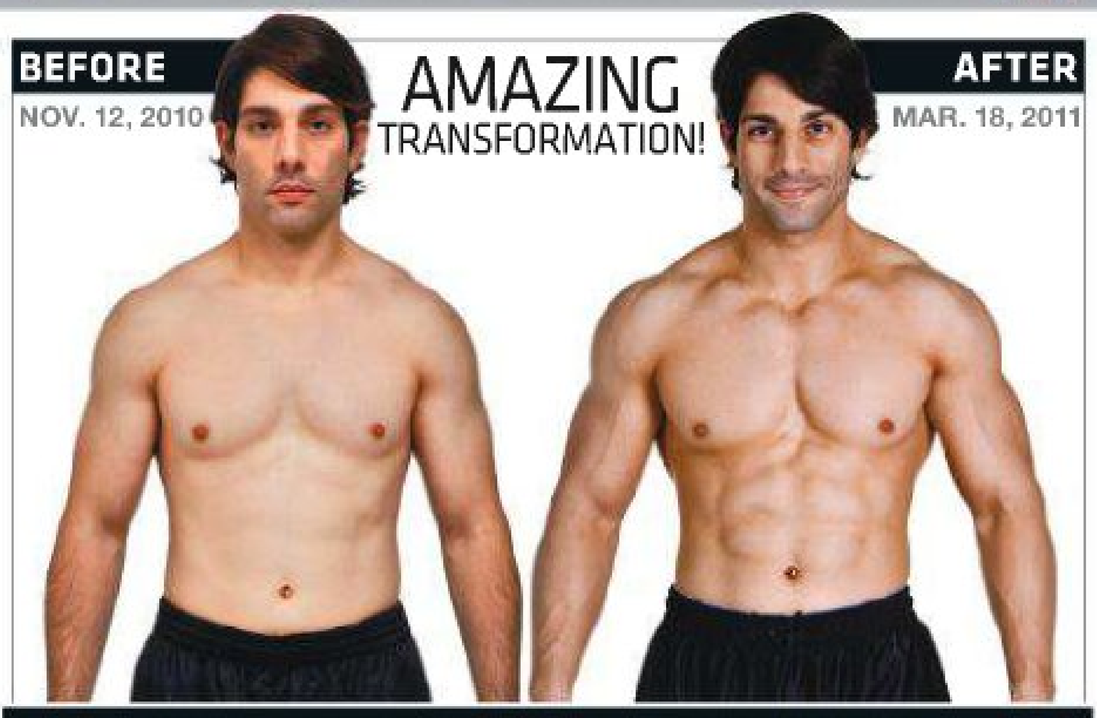




WORKS WELL WITH



For even more muscle-building power, use *Nitro-Tech Hardcore Pro Series* with *Cell-Tech Hardcore Pro Series*! In a 28-day study, subjects using the core ingredients in *Cell-Tech Hardcore Pro Series*, on average, built 4.5 lbs. of muscle!



BUILD YOUR BEST BODY

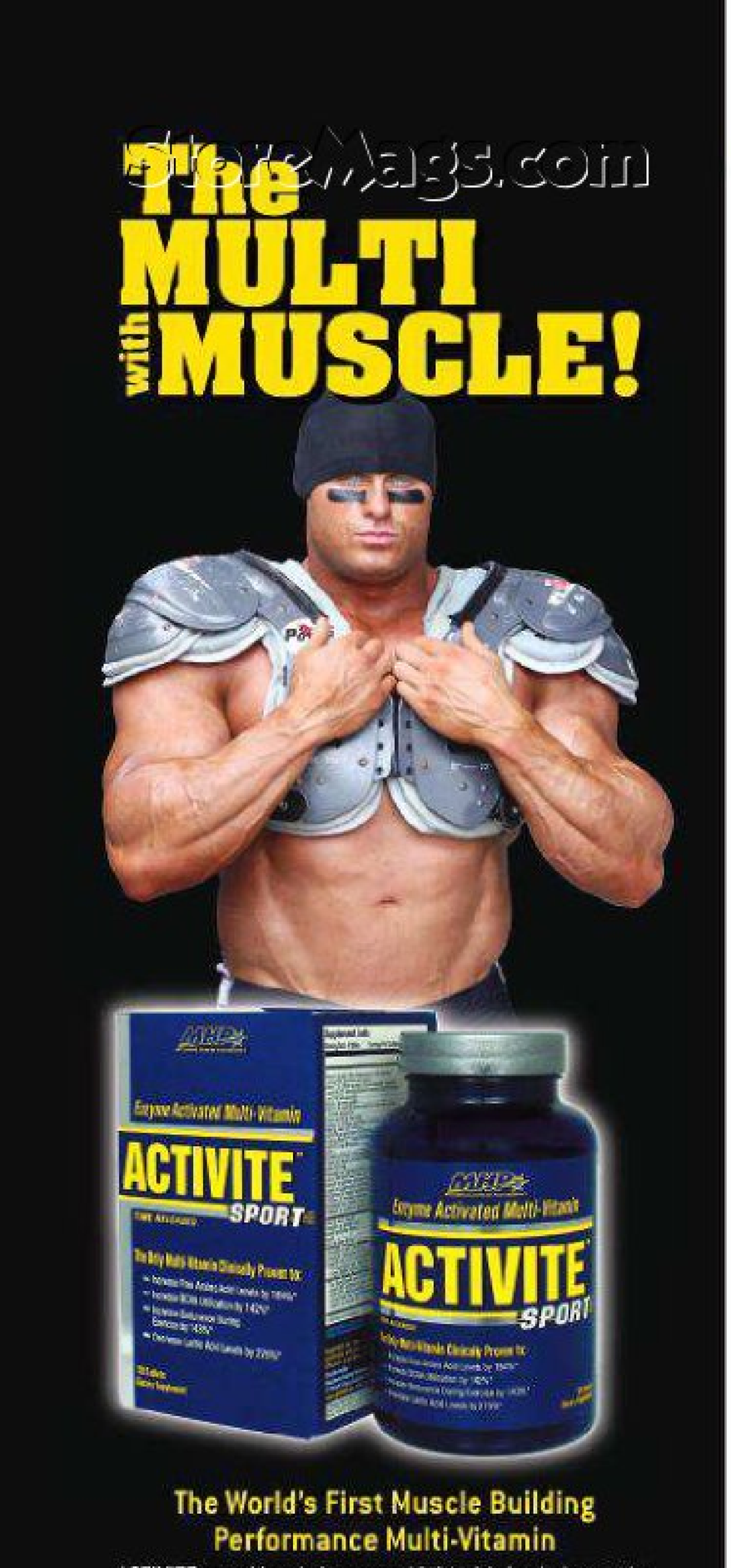
Aristotle Stamat added 13 pounds of lean muscle to his physique in only 18 weeks! Check out the added size on his chest, shoulders and arms! In one six-week study, subjects using the core ingredients in *Nitro-Tech Hardcore Pro Series* gained an average of 8.8 lbs. of muscle!

AVAILABLE AT GNC LIVE WELL MUSCLETECH Supplements That Work!®

Aristotle Stamat used *Nitro-Tech Hardcore Pro Series* and *Cell-Tech Hardcore Pro Series* with diet and training and has been remunerated. Read the labels before use. The owner of the Nitro-Tech trademark is NITRO US TRADEMARK LTD. © 2011.

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Towel Power

Show her that you're into her without uttering a word—say it with towels

She stays over and it's great. You want to see her again. Naked, preferably. Rather than simply stating how you feel ("I'd really like to do that again"), you just tell her that you'll call. It's perfectly logical behavior: One overly enthusiastic move could ruin your chances of getting another bat at the ball, er, beauty. But with a little effort, you can play it cool.

Let's assume that you've already covered all the important bases. You've wowed her with your ability to listen and made her laugh. You've given her an Olympic-standard performance in bed and you both fell into a satisfied deep sleep. A good start, sure, but that won't guarantee that you'll score again. She needs to feel your enthusiasm for her, so if you can't spell it out, use sign language. Handing her two fresh-smelling towels before she heads to the shower speaks volumes.

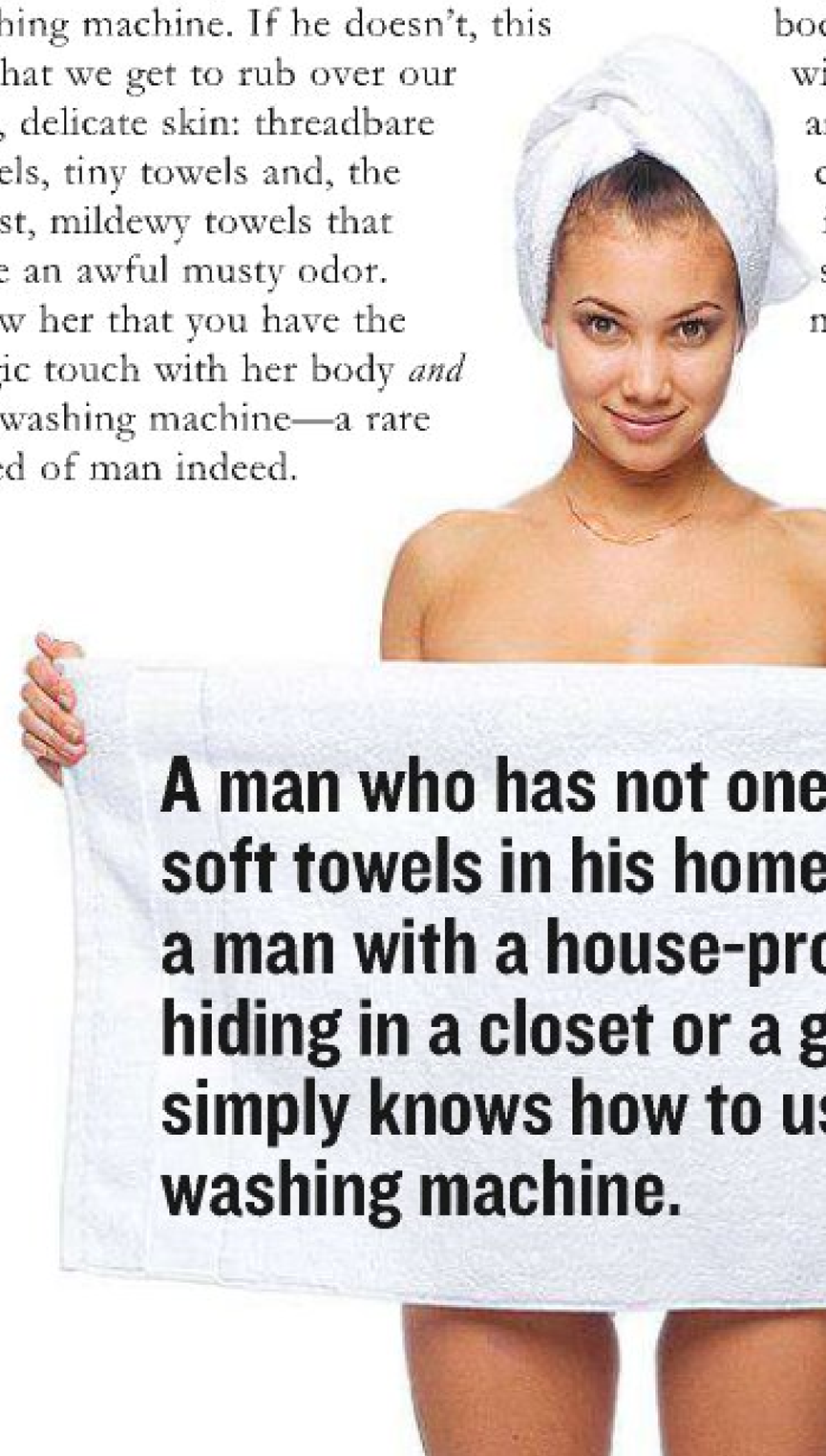
THE MAGIC TOUCH

A man who has not one but two soft towels in his home is either a man with a house-proud wife hiding in a closet or a guy who simply knows how to use a washing machine. If he doesn't, this is what we get to rub over our soft, delicate skin: threadbare towels, tiny towels and, the worst, mildewy towels that have an awful musty odor. Show her that you have the magic touch with her body *and* the washing machine—a rare breed of man indeed.

Having two large clean towels also tells a woman something about your personal hygiene. She has already had sex with you, so she has smelled, tasted and savored your unique flavor already, but that doesn't tell her much about how clean you are. If you met her straight from work, chances are you weren't at your most fragrant—she might wonder if you always reek of Eau de Armpit. If, however, you smelled fresh as a daisy, it might simply be because you took your once-a-week bath especially for her! Giving her two towels will ease her mind. Not only does it show that you do your laundry regularly—not just when you've run out boxers—but it also suggests that you don't use the same piece of cloth to dry between your toes, your legs and your face (which isn't just icky but also unhygienic).

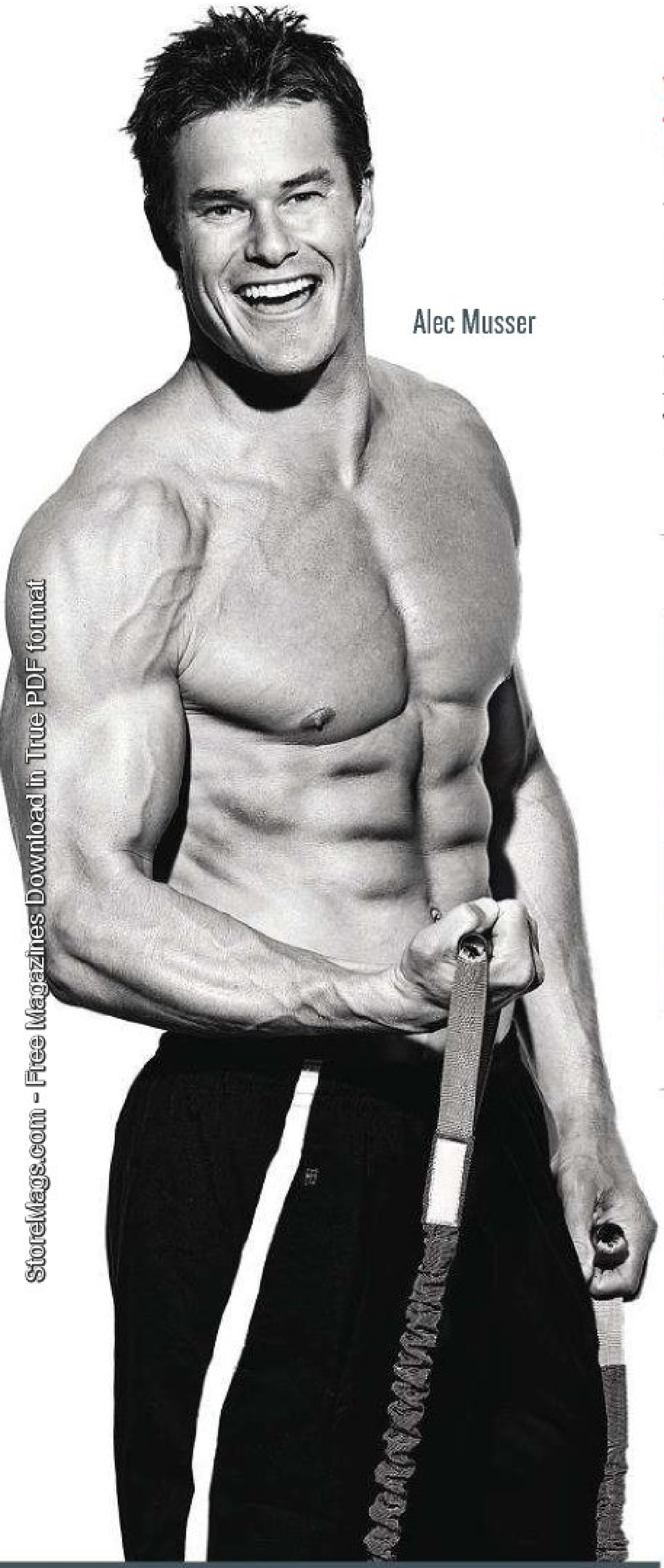
The two-towel approach does more than open the door to more sex in the future; it increases your chances of on-the-spot nookie. Her skin glows, she feels sexy with her hair up in a towel turban and the other wrapped tightly around her curves and, most importantly, she knows that if you get your hands on her body now, you'll apply your tongue with enthusiasm. Getting down and dirty when you're fresh and clean is almost irresistible—even if it does mean that she'll have to shower all over again. And then... more towels, please? MF

–Siski Green is the author of How to Blow Her Mind in Bed *(Sourcebooks Casablanca, 2007).*



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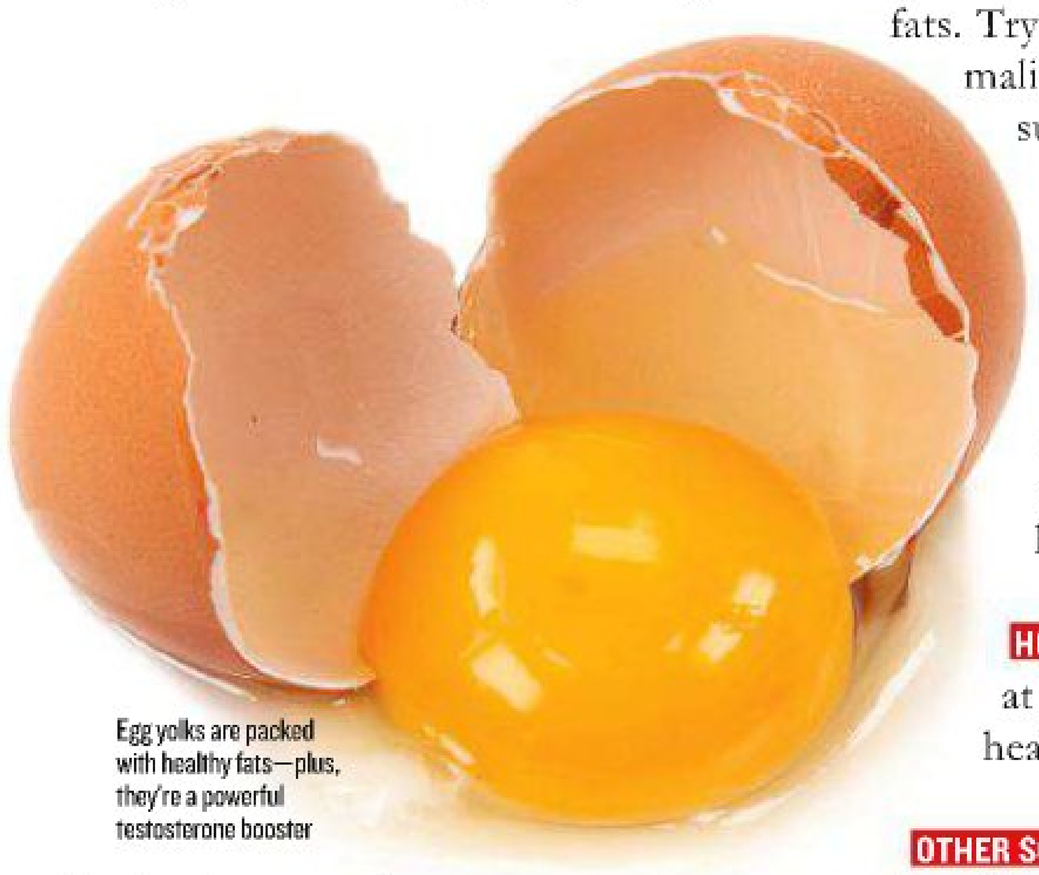
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How Much Is Too Much?

Are you cutting too much out of your diet to get lean?

Is the unspoken rule for men that going big is better than going bust? When it comes to diets, this is especially true. The thought process goes like this: "Hmm. That diet says to cut X number of carbs each day to lose three pounds in a week. If I cut all my carbs, think how great I'm gonna look." And if it's suggested that a man should work out for an hour a day, then said male will work out for three hours. You get the picture. Let's face it, guys: You're prone to doing things in excess.

Maybe it's male ego. (Come on, for sure it is! Not that there's anything wrong with it—it can push you way further than you imagined.) As Usher sings, "Work it harder, faster, longer, stronger." No one can be blamed for wanting instant gratification in exchange for hard work. Running 10 miles will surely make an immediate difference in how you look, won't it? Starving for a few days will slim up the paunch, right? But is the tendency toward excess problematic? Come on, for sure it is. Simply put, overdoing anything to an unhealthy extreme isn't a tactic for long-term success.



Egg yolks are packed with healthy fats—plus, they're a powerful testosterone booster

What is right, then, for a day of eating for a tight waistline? Keep in mind that the best approach for a weight loss plan is to follow the body beautiful/body healthy formula: 80% nutrition + 10% training + 10% genetics = a lean, healthy body.

You can carve out a hard body in a matter of minutes—30, to be exact—if it's done at least five times a week. Nutrition is most effective when it's clean—and that means eating six smaller meals each day to stoke your metabolism into fat-burning mode.

HOW MUCH FAT

You're a MaxFit guy, and that means that you'll need a reasonable approach to consuming protein, complex carbs and fats for best results. Let me start by saying that getting lean doesn't mean avoiding fat. On the contrary, eating healthy fats on a daily basis ensures good health and a lean waistline—particularly if you take care to choose the best healthy fats. Try coconut oil: This formerly maligned food is a nutritional superstar that boasts healthy saturated fats and lauric acid, a potent antifungal, antimicrobial and antiviral agent. Highly heat-stable, this fat is essential in every man's kitchen. A man can't have too many healthy fats if he wants his testosterone to roar!

HOW MUCH IS ENOUGH? Strive to eat at least 15 to 20% of your diet in healthy fats.

OTHER SOURCES Egg yolks, extra-virgin olive oil, seed and nut oils and, most particularly, coconut oil.

HOW MUCH PROTEIN

You want muscle, too, and that's why you avoid fat and pack on nothing but protein. Here's the truth about protein for an active guy like you: A muscle-building diet should lean on about 40% protein—all of which should come from only the best sources. Here, I mean grass-fed animals, sustainable wild fish, fresh eggs, raw unsalted nuts and seeds, legumes, tofu and other soy products (in moderation), quinoa, some dairy and sea vegetables. A good-quality protein powder uninfected with dangerous chemicals and toxic sugar can be included as well because it mixes well in shakes and smoothies. Lean muscle is the metabolic machine in the human body. Once you harness the power of this super-hungry tissue, you won't have to go to extremes to get chiseled.

HOW MUCH IS ENOUGH? Fat 25% of your daily diet in protein—that's about five or six grams six times a day.

OTHER SOURCES Grass-fed animals, sustainable wild fish, fresh eggs, raw unsalted nuts and seeds, legumes, tofu and other soy products (in moderation), quinoa, some dairy and sea vegetables.

HOW MUCH CARBS

But, protein and fat aside, you also need balance—and this is where carbs come in. You can't have a healthy diet without them, so combine your protein with complex carbohydrates every time because this is the best fuel source for shaping lean muscle and chasing fat. Complex carbohydrates should always be from complete sources, meaning that they require their packaging intact. Peels, germ, hulls, husks and so on are the all-essential fibrous materials needed for optimal nutrition and health. Choose from fresh fruits and vegetables and whole grains.

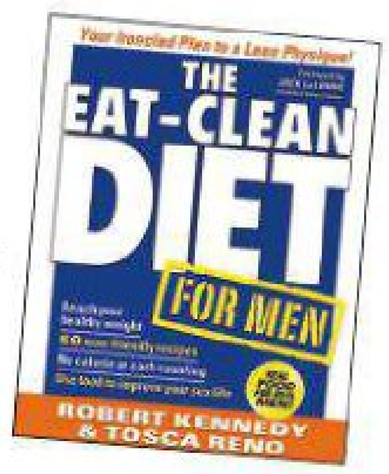
HOW MUCH IS ENOUGH? Fat 40% of your daily diet in complex carbohydrates.

OTHER SOURCES All fresh fruits and vegetables and whole grains. Skimp on the starchy carbs and lean heavily on the watery ones.

So, the key is to not go to extremes but to master nutrition so that your male physique screams health, balance and sex appeal as a result of smart maneuvers in the kitchen and the gym. No extremes, please. MF

–Tosca Reno

Get your copy of Tosca Reno's *The Eat-Clean Diet for Men* at fine bookstores everywhere and at www.eatcleandiet.com.





WHAT'S THE SECRET TO GETTING *RIPPED?*

Weight loss. Effective weight loss is the secret to showing off the lean and ripped muscle you've built from countless training sessions. So, choose a formula that's been created to help you do it: Maximum Hardcore Xenadrine® RIPPED.

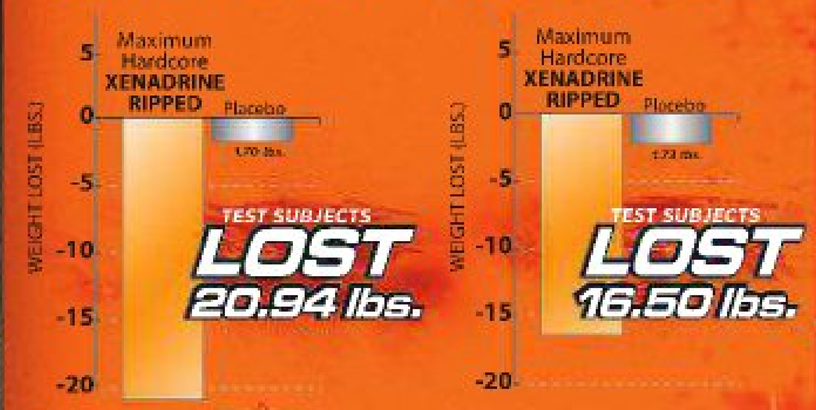
This new weight-loss formula contains a powerful combination of ingredients that have been clinically proven in two separate studies to help users lose weight! And the more weight you lose, the more muscle definition and cuts you'll begin to see in your abs, arms, chest and shoulders!

You train hard for your physique, so get on a hardcore formula that works as hard as you do – get on Maximum Hardcore Xenadrine RIPPED!

powerful



WEIGHT-LOSS KEY INGREDIENTS PROVEN IN 2 CLINICAL TRIALS



STUDY 1
In a 12-week study, test subjects were given Arimicut™, a blend of the key weight-loss ingredients contained in Maximum Hardcore Xenadrine® RIPPED (*Alchemilla vulgaris* extract, *Olea europaea* extract, *Cuminum cyminum* extract, *Mentha longifolia* extract), or a placebo. Those using Arimicut lost an average of 20.94 lbs. versus those using the placebo, who lost an average of 1.70 lbs. Both groups followed a calorie-reduced diet.

STUDY 2
In a separate 8-week trial, funded by the makers of Maximum Hardcore Xenadrine® RIPPED, test subjects used the same key ingredients. They lost an average of 16.50 lbs. versus those using the placebo, who lost an average of 1.73 lbs! Both groups followed a calorie-reduced diet.

jordan
JORDAN McGREGGOR
Police Officer

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75

Percentage of Americans who will be overweight by 2019, according to the Food Research and Action Center. Many of them will have been overweight all or most of their lives, seeing as childhood obesity has tripled in the past 30 years and the rates continue to skyrocket. Childhood obesity leads to medical issues like organ damage and diabetes, which threaten to overtax the country's medical system.

156

Speed, in miles per hour, of the fastest recorded tennis serve. Ivo Karlovic, a 6-foot-10-inch Croatian tennis pro, blistered his serve across the net during a 2011 Davis Cup match, besting American Andy Roddick's 155mph record that had stood since 2004.

670

Calories in the Extreme Sausage Biscuit breakfast sandwich at Jack In the Box. It packs a robust 48 grams of fat—17 of it saturated. You'd have to swim laps in a pool for well over an hour to work this sinful sandwich off.

EIGHTY-ONE

Percentage of women who report reaching orgasm through oral sex, compared to 25% who hit their peak through intercourse, according to Ian Kerner, a sex counselor and author of the book *She Comes First* (Harper, 2010). Instead of shelling out your hard-earned cash on that blister pack of ExtenZe, you may want to consider adding some tongue exercises to your workout routine instead.

50,000

Number of Americans who wound up in the emergency room last year after injuring themselves on workout equipment, according to the Consumer Products Safety Commission. The most dangerous piece of gym machinery? The treadmill is responsible for sending the most people to the ER.

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NEW PRODUCT GUIDE

Five must-haves for every MaxFit man

No Time to Shower?

Baby wipes are for baby bottoms only and can contain mineral oil and alcohol. Some sport wipes just cover odor after a workout. Motion Medica's™ new No Time to Shower Botanical Mist® doesn't just cover up odor. With more than twenty hard-working botanicals, it kills bacteria that causes acne, absorbs excess oil and leaves your skin feeling clean and refreshed until you have time to take a shower.

- Convenient spray is excellent for time-pressed exercisers
- Tested on athletes with sensitive, dry and acne-prone skin
- Paraben- and alcohol-free

For additional information, visit **MotionMedica.com.**



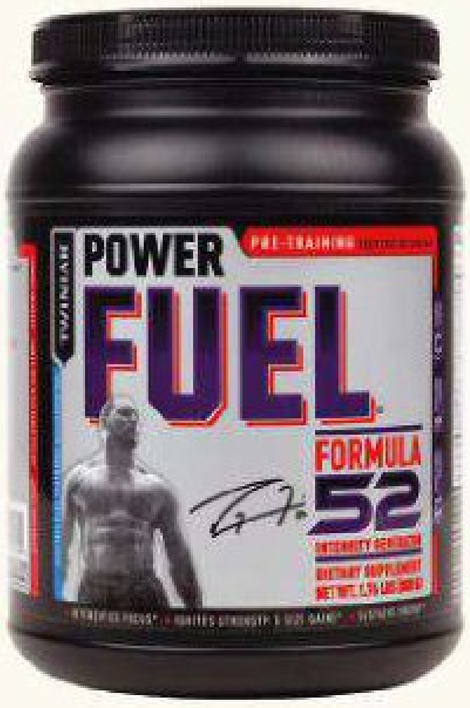
Dry Mouth Relief

New Orazyme Dry Mouth Mouthwash is a sugar- and alcohol-free rinse specifically formulated with natural oral enzymes to regulate moisture levels in the mouth. Call it a "mouth moisturizer." To learn more and order, visit **drymouthrelief.com.**



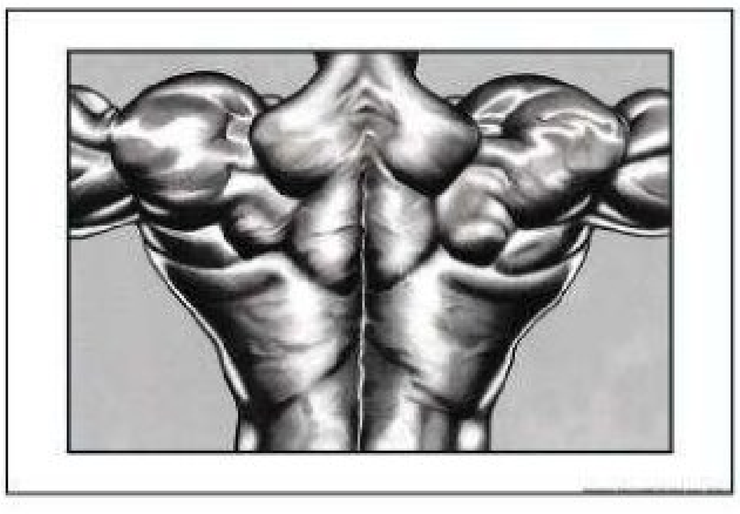
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An intense pre-training formula inspired by the passion of legendary football star Ray Lewis, Twinlab Power Fuel® delivers a growth-promoting fusion of five different creatine sources, valuable electrolytes and B-vitamins, a four-carb endurance blend and, at its core, Formula52™, a proprietary complex of nitric oxide facilitators and fatigue-fighting beta alanine to rapidly trigger increased intensity, focus, stamina and pump. For more info, visit **twinlabfuel.com/raylewis.**



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Go-To Kitchen Gadgets

Is a man's place in the kitchen? That's debatable, especially if you're the sort of guy who has a tough time boiling an egg or whose idea of making supper means eating beans out of a can. We hunted out the following products based on ease of use and ease of cleanup. Give them a shot and you'll be spending less time in the kitchen and more time wherever it is you'd rather be.

VITAMIX BLENDER

According to the manufacturer, this blender is a "total nutrition center." We're not certain that's a valid claim, inasmuch as you can't fairly call a fridge a "total cooling center," but we willingly concede that the Vitamix means serious business. Its two-horsepower motor can blend any fruit or vegetable into a fine mush that a 90-year-old spinster could suck up through a cocktail straw—yeah, *that* fine! Do you really need a blender this powerful? Maybe not, but it's not like anyone needs to drive a Lamborghini either—you drive one because it's kick-ass! And, like a Lamborghini, the Vitamix is one precision-engineered piece of machinery: It has a shockproof shell, soft-touch buttons and laser-cut blade assembly. It also comes with a seven-year warranty and recipe book, letting you experiment with raw-food elixirs, soups and other healthy stuff. There are cheaper blenders that do the same thing, but the Vitamix is more of a "statement" appliance—that statement being "I own a very expensive blender."

$579

WWW.VITAMIX.COM



GEORGE FOREMAN NEXT GRILLERATION GRILL

Knock out the fat! So says grilling guru George Foreman, who has undergone a transformation from a terrorizing heavyweight boxer to a cherubic product pitchman. His million-selling grill line has undergone some transformations, too: The grill plates are removable now, making cleanup easier. The sloped grill design remains—all that artery-clogging fat drains into a drip tray—and the grill still has a floating hinge to allow you to cook a thick porterhouse. If you liked the early Foreman grills but found them a pain to clean, you may want to give this next Grilleration a try.

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WWW.GEORGEFOREMANCOOKING.COM

Gregory James



KEURIG SPECIAL EDITION BREWING SYSTEM

We realize that you may be attached to your old coffee maker and maybe you'll be leery about this little baby—it's certainly not your traditional coffee maker...yet. The Keurig dispenses with glass carafes and filters, along with all the attendant mess and cleanup. All you do is drop an individually measured coffee cartridge (called a K-Cup) into the machine and press a button. In seconds, you'll be drinking a cup of hot coffee, available in popular brands like Timothy's, Van Houtte and Green Mountain. It's new, sure, and may seem a bit weird, but don't live in the past—you don't want to be the guy who's still going to the Nickelodeon when everyone else is going to the movie theatre, do you? The guy who's sticking with his laser discs when everyone else has switched to DVDs? Don't be that guy, my friend. Evolve.

$149.99

WWW.KEURIG.COM



HAMILTON BEACH DUAL WAVE BLENDER

Protein shakes are a staple of many muscle-building diets. Shaker cups are a great and easy option, but you're going to need a blender's power to pulverize the ingredients in some of MaxFit's more complex shake recipes (like the one on page 98). For any such offering, you may want to check out the Dual Wave blender. The 16-ounce cups are the perfect size for shakes and come with sturdy leakproof lids; the dual-blade system eliminates ice chunks and powder clumps for a velvety consistency. They're dishwasher-safe, too, making cleanup a breeze.

$79.99

WWW.HAMILTONBEACH.COM

KEURIG K-CUPS

Your new Keurig may be great, sure, but without these little beauties—the K-Cups—well, your coffee machine is useless as an ashtray on an exercise bike, useless as a screen door on a submarine, useless as...you get the point. K-Cups come in a ton of great coffee and tea flavors and can be bought in stores or online. They come in singles, boxes of 24 or value packs of 80.

$15.45 (24-pack, most brands)

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Life After the Game

For MaxFit guy Marc Megna, the end of his football career opened a door to a new life as a personal trainer

Marc Megna remembers the exact moment his pro football career ended. He had gotten a great jump on the play, anticipating the snap count and exploding off the line of scrimmage. At six foot two and weighing 250 pounds, Megna was an imposing physical specimen, but he was tasked with blitzing 350-pound offensive linemen and, as such, had to out-think the behemoths standing between him and the opposing quarterback. He had had a great game that day, flying around like a wildman, completing bone-crunching tackles and causing general mayhem. He stared into the lineman's eyes across the chalked white line and saw fear lurking above the stripes of eye black on his cheeks—they were the eyes of a horse trapped in a barn fire. He also noticed that the tips of the lineman's fingers were white where they met the grass. He was leaning forward, overbalanced.

I've got you, thought Megna. You're nothing but a pylon.

He rushed hard on the edge, breaking in at the quarterback who was backpedaling to avoid the blitz. The crowd rose to a quick roar as the wind whistled through the ear-holes of Megna's helmet and his molars bit down on his mouthpiece in anticipation of an impact.

In that instant, a pair of hands closed around his midsection and dragged him down from behind. The lineman had made a desperate lunge—the proverbial fingertip tackle.

Something detonated in Megna's spinal column: a horrific crunch-and-give, like a beer can crumpling in his lower back.

Megna lay on the field, staring up at the cloud-strung sky edged by the stadium risers. His teammates formed a protective ring around him.

"You OK, Megs? Need a trainer?"

"I'm…I'm OK."

He dragged himself up and walked off the field. The unwritten law of the gridiron: Unless you're paralyzed, you walk off.

That night, Megna fell into an exhausted sleep. When he awoke, he couldn't move his legs.

"Game over," he says. "I love football, but if you can't walk…well, that's a problem."

That was the end of a career that began back in Fall River, Massachusetts, a blue-collar town on the banks of Mount Hope Bay. The town's official motto is "We'll try," which it adopted in the aftermath of the Great Fire in 1843. Indeed, many residents try to escape Fall River, with its dying textile industry and those rusting skies that tilt over Main Street. For Megna, the son of a single mother of modest means, the natural escape route was sports.

One problem: By his own admission, Megna was overweight and lazy and a poor athlete as a boy—that is, until his grandfather brought him to the local Boy's Club, starting him off on light calisthenics and introducing him to weight training. Young Marc showed an aptitude and stuck with it. A few years later, his mother heard about an upcoming tryout for Little League football.

"She was working a few jobs," recalls Megna. "She had to leave work early to get me across the bridge to practice. I was terrible at first. Clumsy and flat-footed—just not in tune with my body—but I loved it and kept at it."

That one trait—determination—came to define Megna. He wasn't the biggest, strongest or most talented—but he would out-hustle, outsweat and outwork you.

A standout high-school career earned him a scholarship to the University of Richmond, a small private institution with an enrollment of 4,000—far from a Division I juggernaut like Ohio or Michigan. At 230 pounds, Megna was a tweener: too big to play cornerback, too

3 KEY TRAINING TIPS

1 Have a goal "Knowing what you want and when you want it is a huge advantage," says Megna. "Prioritize your fitness goals and give yourself a workable timeline in which to achieve them."

2 Plan your month "Before each month, I circle training days on my calendar, writing down exactly which activities I'll perform on those days," says Megna. "This helps you plan your days off, which is essential for recovery."

3 Manipulate reps "I mix up my rep counts every two weeks," Megna tells us. "For example, I'll go two weeks of 12 to 15 reps, two weeks of 10 reps and two weeks of six to eight reps. This keeps your body guessing and challenges the muscles to adapt to diversity."

MEGNA'S GOLDEN WORKOUT RULE

Work smarter, not harder. "There's a phrase I like to use: 'The early bird gets the worm, but the second mouse gets the cheese,'" says Megna. "Put simply, this means that we should learn from the training mistakes of others. Proper planning will take your body composition and performance to the next level."

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small for the offensive line. The coach started him at defensive tackle (DT).

"I never played DT," says Megna. "It was a totally foreign concept."

But Megna watched plenty of NFL game tape, focusing on Howie Long—a fellow Fall River boy—and learned how to use his innate speed and agility to get around linebackers instead of plowing through them. After playing a strong senior season, he was drafted by the New York Jets. He bounced around the league, from New England to Cincinnati and back to New England to NFL Euro for a stint with the Barcelona Dragons. One hard fact emerged: Megna truly was too small. He excelled in college on guts and hard work, but in the NFL—where the guys are bigger and more talented—well, he just couldn't quite swing it.

He caught on with the Montreal Alouettes of the CFL and had some great seasons, becoming an all-star and winning the league championship; then came the injury.

MEGNA'S TRAINING SPLIT

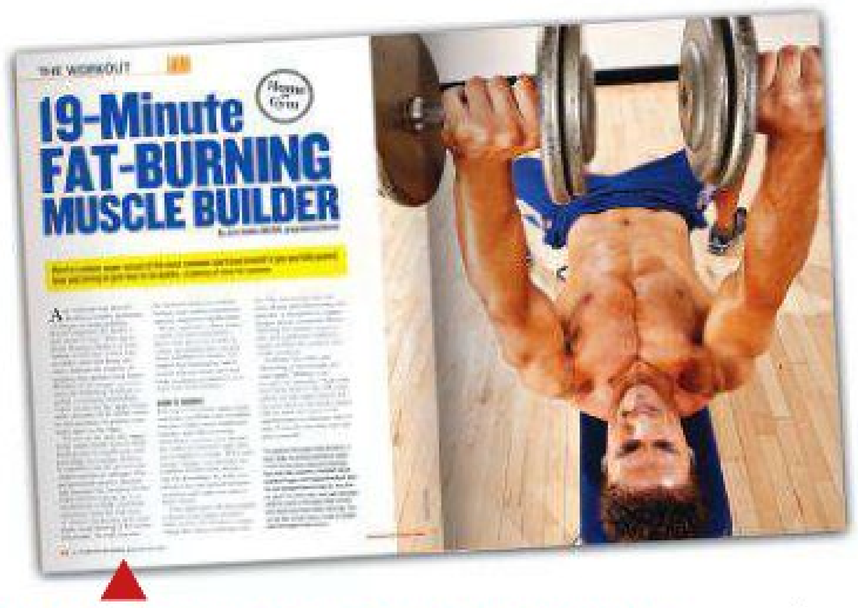
Monday: Chest + steady state cardio
Tuesday: Back + sprint interval training
Wednesday: Shoulders + steady-state cardio
Thursday: Biceps and triceps
Friday: Legs
Saturday: Active recovery (swim, light cardio, foam roll, massage)
Sunday: Off (even God rested on the seventh day)

"The body just can't take it at some point," he says. "It checks out. After the injury, I had to reprioritize my life. The goal was simple: walk again."

With rehab and therapy, Megna got back on his feet. His career was through, but, unlike many pro athletes, he'd planned for life after the game. He earned his personal-training certification and rapidly became one of the best trainers in the ultra-competitive Miami market. Since then, he has become a well-known presence at fitness conferences and is a sponsored performance coach for Iovate Health Sciences. Megna also works with Bommarito Performance Systems, an outfit that prepares college football players for the NFL Combine. The Bommarito team produced some of the top performers in last year's Combine, including Jarrett Brown, Jamar Chaney, Sam Young and Taylor Price.

Megna's days as a pro may be over, but he's helping the next generation develop the skills and tenacity to compete at the sport's highest level. It's a vicarious thrill: He's out on the field in the late-afternoon sunshine, feet on the grass, that old fire coursing through his veins.

"It's great getting out there with the young guys," says Megna. "That old competitive blood gets flowing." MF



MaxFit is committed to working with top trainers like Megna—who appeared in issue 30—to provide our readers with the best workout advice.

Gregory James

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Be a Marathon Man

Add running to your regular workout to get lean without sacrificing muscle

It's one of those videos that gets passed around among hard-core runners. In it, runner Jarrod Shoemaker closes in on the finish line at the Beijing World Cup. On the line: a spot on the U.S. Olympic team. Shoemaker's legs are quivering, his veins are coursing with lactic acid and his lungs are burning. The exertion is so intense that Shoemaker does what most anyone would do after running more than 26 miles: He pukes.

It's a violent projectile that spurts from his mouth like the spigot on a fire hydrant letting go. Shoemaker doesn't check his stride—hell, his facial expression doesn't even change. He calmly thumbs his sunglasses up the bridge of his nose, high-steps the final hundred yards and snaps the finish-line tape to earn his spot on the Olympic team.

True runners—the one-percenters—love that video. It sums up everything crucial about running—namely, that you have to dig deeper, push harder and sacrifice more than any other sport. You also have to take yourself to—and occasionally beyond—the limits to achieve success.

Are we at MaxFit recommending that you run until you ralph? Not at all! But we wholeheartedly endorse running to enhance your fitness. If you are looking for a hint of that lean runner's physique but aren't interested in going the whole-hog, shin-splints-and-runner's-cough route, read on.

"Circuits and complexes are great in the gym, but adding a hill-sprint fat-loss workout will burn your lungs and kick-start your metabolism during and after the workout," says Jon Erik Kawamoto, a strength and conditioning coach based in British Columbia. "You'll develop your aerobic and anaerobic systems, which will improve your running performance and enhance your weight training workouts."

To work your way to running shape, Kawamoto recommends a hill-repeat workout. Find a hill with a decent incline and tackle it with staggered sets of sprints. Make sure that you warm up first: Do five to 10 minutes of easy jogging, followed by some mobility stretching.

"Build up the intensity of each sprint," says Kawamoto. "Start at around 60% of your max speed and finish at around 95%. If you're just starting out, the sprint should last 20 to 40 yards; if you're experienced, you can sprint 50 to 100 yards. Keep the workouts short to reduce the amount of cortisol—a fat-storing, muscle-eating hormone that can be the bane of your strength and muscle mass—that you release."

Beware, though: Running is a repetitive movement, so you may develop tight muscles and knots. "The best treatment is to see a massage therapist or roll out your muscles on a foam roller," says Kawamoto. "Look at it like rolling dough with a rolling pin: When you roll out your muscles, your goal is to improve tissue quality by removing adhesions and knots. And make sure to add glute and hamstring exercises to your gym routine to fight off sport-specific injuries, such as runner's knee."

Check out the following plan and training tips to add some powerful cardio to your summer workout—no barf bucket required. MF

TIPS FOR THE BEGINNER LONG-DISTANCE RUNNER

Strength and conditioning coach Jon Erik Kawamoto specializes in medium- and long-distance running. Here are his tips for adding an intense cardio component to your training without sacrificing muscle mass or definition.

1 Start slow and take it easy As much as you want to jump deep into the program, you're likely to hurt yourself with typical running injuries.

2 Keep the mileage low during the first few weeks Allow your body to adapt.

3 Run on forgiving surfaces like grass, bark mulch or a rubber track Concrete can tear up your joints and cause stress fractures due to high-impact repetitive pounding.

4 Keep your runs below 30 minutes at first Start with walk-runs (for example, run five minutes and walk one minute for four to six sets).

5 Make sure that you wear proper running shoes

6 Ensure that you're able to recover well between your running and weight lifting workouts Eat healthy and try to sleep eight or nine hours a night.



MUST HAVE

RUMBLE ROLLER

If you don't have time for a deep-tissue massage after your daily run (who does?), give the Rumble Roller a try. This foam exercise roller relieves aches and strains and includes an instructional guide to target the muscles most in need of therapy.

$44.95
www.rumbleroller.com

Associated Press

FIRE UP YOUR CARDIO WITHOUT SURRENDERING MUSCLE

Want to get lean without losing the muscle you've worked so hard to build? Try strength and conditioning coach Jon Erik Kawamoto's muscle-retention running plan.

"To maintain as much muscle as you can, keep your running workouts short and intense," says Kawamoto. "Doing high-intensity interval training will keep the workouts short while developing your aerobic and anaerobic energy systems."

SAMPLE WORKOUT

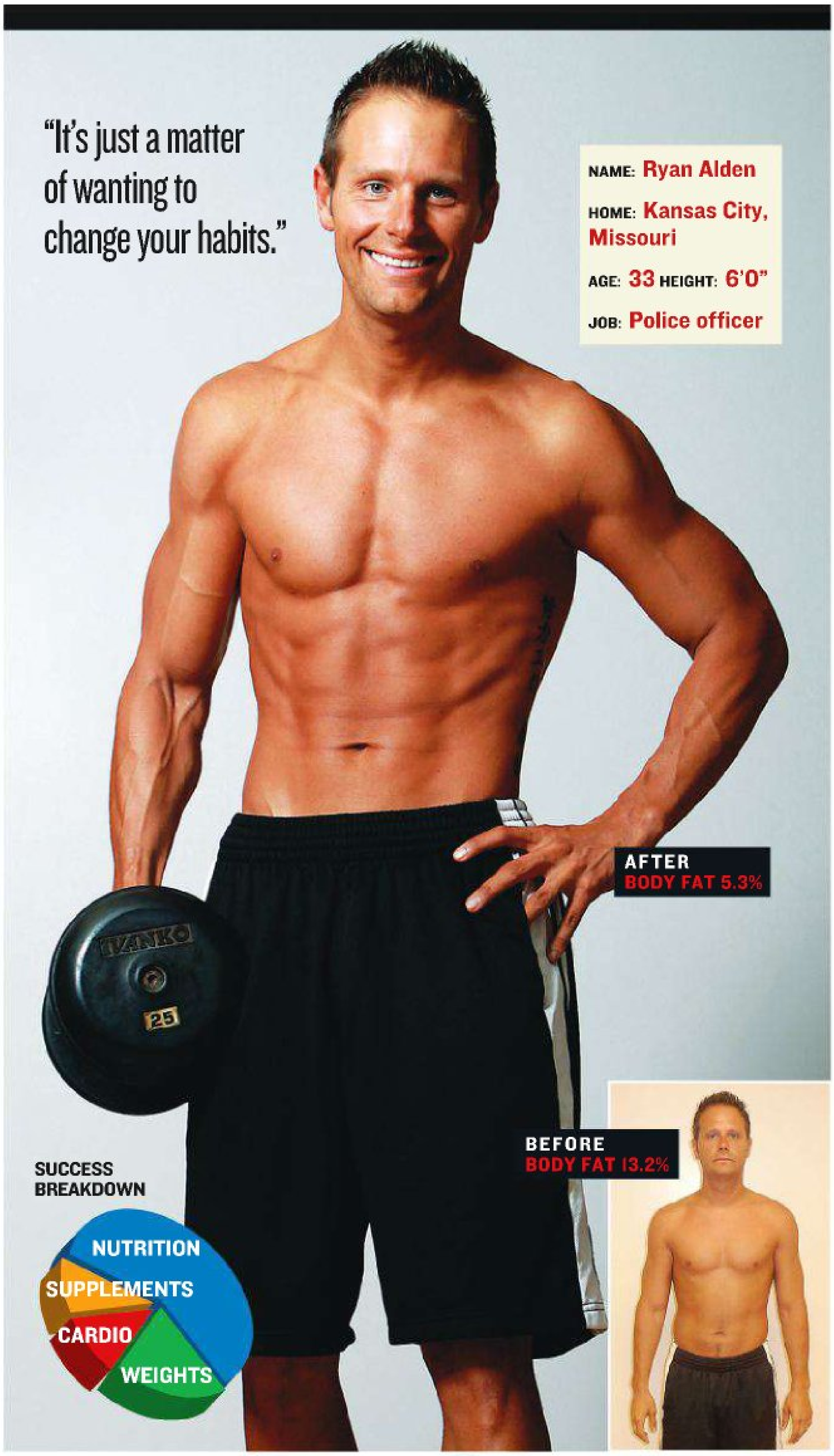
10 minutes of easy jogging to warm up
5 to 10 minutes of dynamic stretching and plyometrics
200 meters of hard running (go ahead and push yourself to almost a sprint) and 400 meters of easy running (relax, this one's a jog) repeated for 10 minutes around a rubber track
10 minutes of cooldown

KAWAMOTO SAYS "This type of training will allow you to finish the race, but if your goal is to race to the top of your age group or to the top of the field, you'll have to sacrifice some muscle and do more run-specific training."

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Book Time and See Success!

We at MaxFit always stress that you can't get the body of your dreams without hard work—and this MaxFit guy stands as proof



As a Kansas City police officer, Ryan has seen and dealt with more than his fair share of problems in the line of duty. When he wasn't out busting bad guys, Ryan found himself falling victim to bad habits in the gym and at the dinner table. Ryan's diet was terrible. "I ate out for almost every meal," he says. And, much like his actions at the gym, his food choices weren't what you'd expect from someone whose career often casts him as a role model.

Even though Ryan worked out regularly, he wasn't seeing the type of results he wanted because he spent far too much time socializing. He weighed 202 pounds and had 13.2% body fat, but he knew he could get in better shape as he had seen his friends do so. To mirror their success, Ryan would have to change—his diet, in particular. With the new diet, at first he was eating so much food that just making the time to do so was difficult. By comparison, the advice he received from Micah LaCerte at HitchFit concerning his gym time was easy. According to Ryan, the key was to "concentrate on your work and only talk when you're done." With that, he had the basic blueprint he needed to succeed; all that was left was the effort.

His effort came in the form of a no-nonsense 60 minute workout. For example, on Tuesdays, he would work his chest and triceps, as well as his back and biceps; on Thursdays, he would perform leg exercises. He also performed challenging cardio three or four times a week for 30 minutes, including sprinting up hills. Ryan says that, while he worked out with weights four days on and took only one day off, the most important part of the transformation was his diet.

Within 15 weeks, this member of Kansas City's finest was down to just 177 pounds and 5.3% body fat. "Once I changed my diet, my whole world changed," he says. Ryan felt more energetic and discovered that the only other missing ingredient was booking the time and sticking to the basics. He made the commitment and reaped the rewards. For Ryan, when it comes to workout success, "It's just a matter of wanting to change your habits." MF

–James De Medeiros

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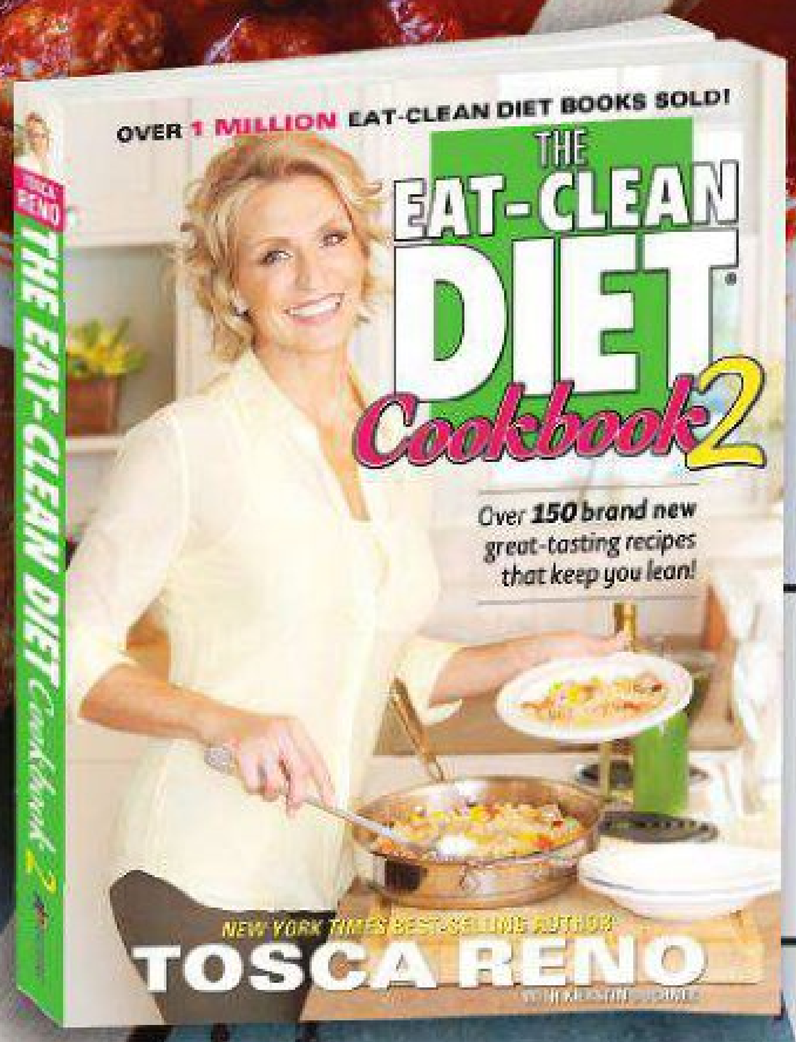
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Mediterranean Lamb & Bison Meatballs (page 230)

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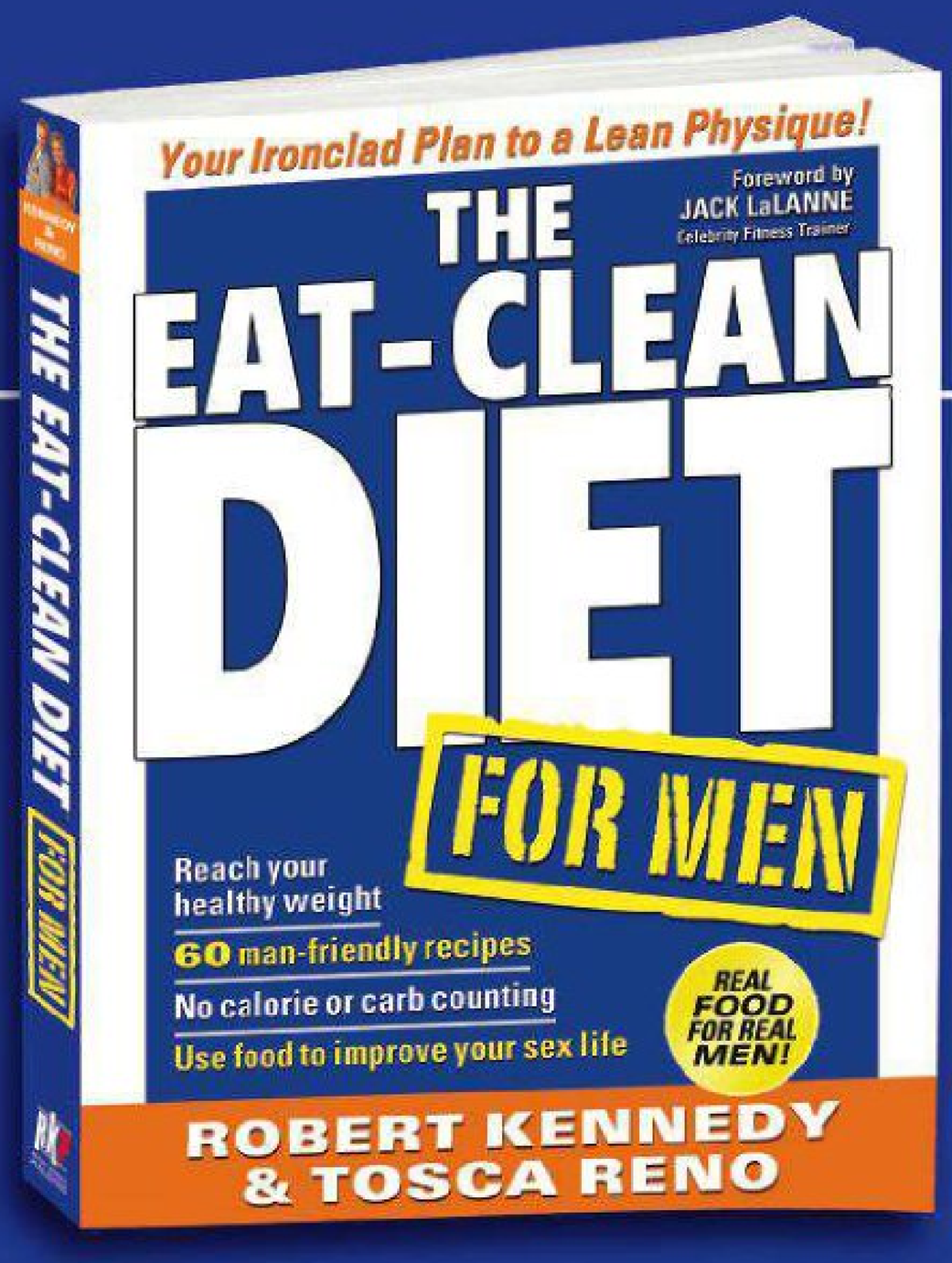
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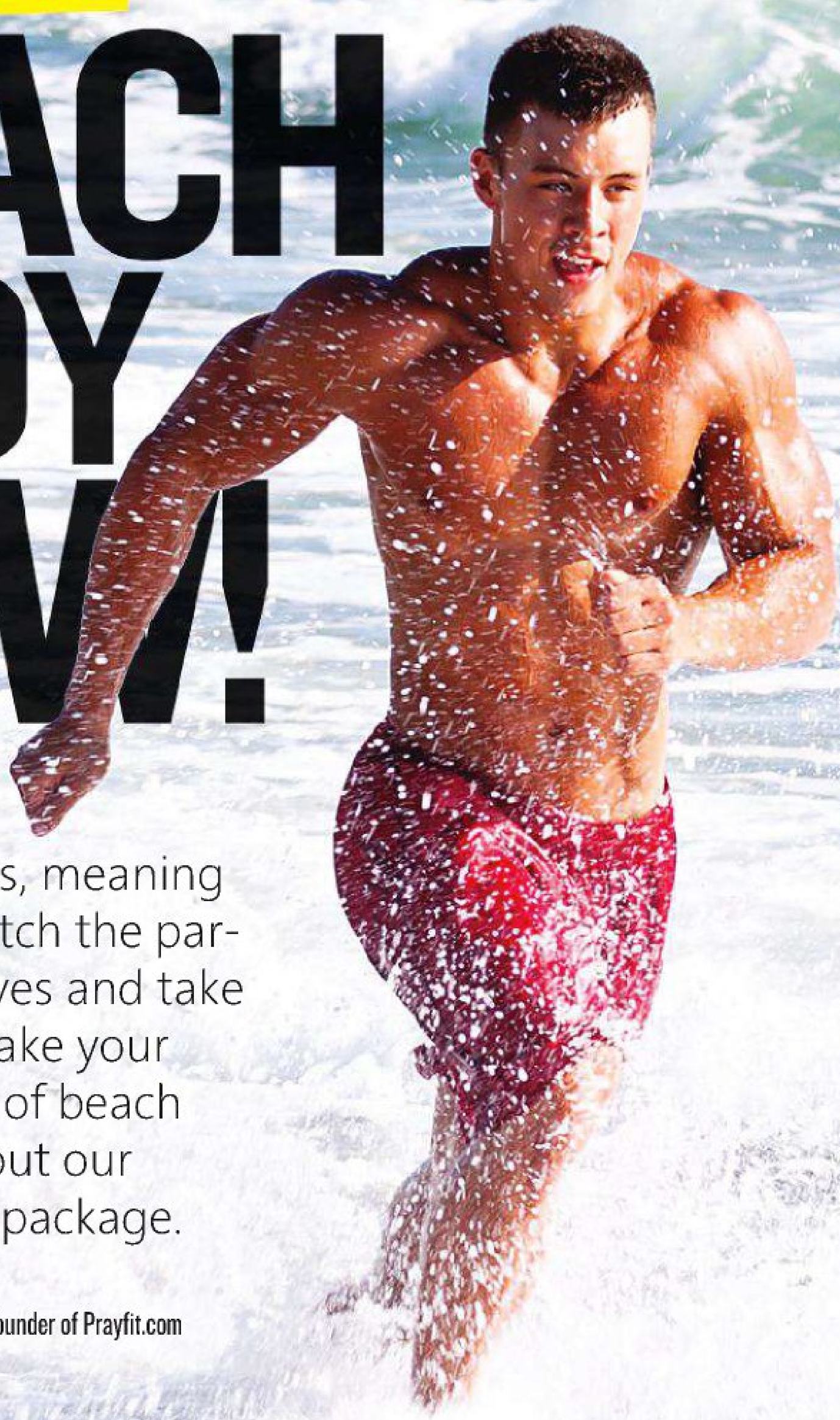
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MAXIMUM FITNESS

BEACH BODY NOW!



Summer's upon us, meaning that it's time to ditch the parkas and long sleeves and take in some rays. To take your body to the point of beach readiness, check out our summer workout package.

By Jimmy Peña, MS, CSCS,
best-selling *New York Times* author and founder of Prayfit.com



20-MINUTE

Build bigger arms in record time with this workout

118



120

GYMLESS

This stripped-down workout offers maximum results



HARDGAINER

Target your abs with this concentration routine

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SPORTS

Surf's up, brah! Build a surf-ready body

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Bigger Arms in Less Time

You really don't need more time to build a great pair of biceps

When time is of the essence, you have to approach any body part with the most sensible scheme. And when it comes to biceps training, that means we're talking smart angles and a spectrum of rep ranges. If you nail those two facets, your biceps will be bolder than ever before.

TWO HEADS ARE BETTER

The biceps are relatively small muscles, but they can make a big difference in your overall appearance. Again, the key is to hit them from a variety of angles and with varying intensities to stimulate as much of the musculature as possible. The various angles at which you train your arms will help stimulate and innervate the long and short heads of the biceps, while the rep ranges will invoke change at the cellular level.

The short head is the one that you see most clearly during a front-double biceps pose in your mirror. (C'mon, you know the one.) And the long head is the muscle most responsible for the "peak" of the biceps, as it sits outside and atop that short head in the same biceps pose. Today's workout specifically isolates both heads with complete success.

WIDE-RANGE GOALS

We've also assembled a broad rep range, allowing you to fail at six reps, 12 reps and 20 reps. It's crucial that you don't simply stop a set at those reps but that you select weights that allow you to fail at that specific rep range—in other words, if you stop at six reps when you could have done 10 or 15, then you haven't done a true set of six reps. The key to any rep range is the weight associated with failure at that number. Your goal is to fail at the rep listed—period.

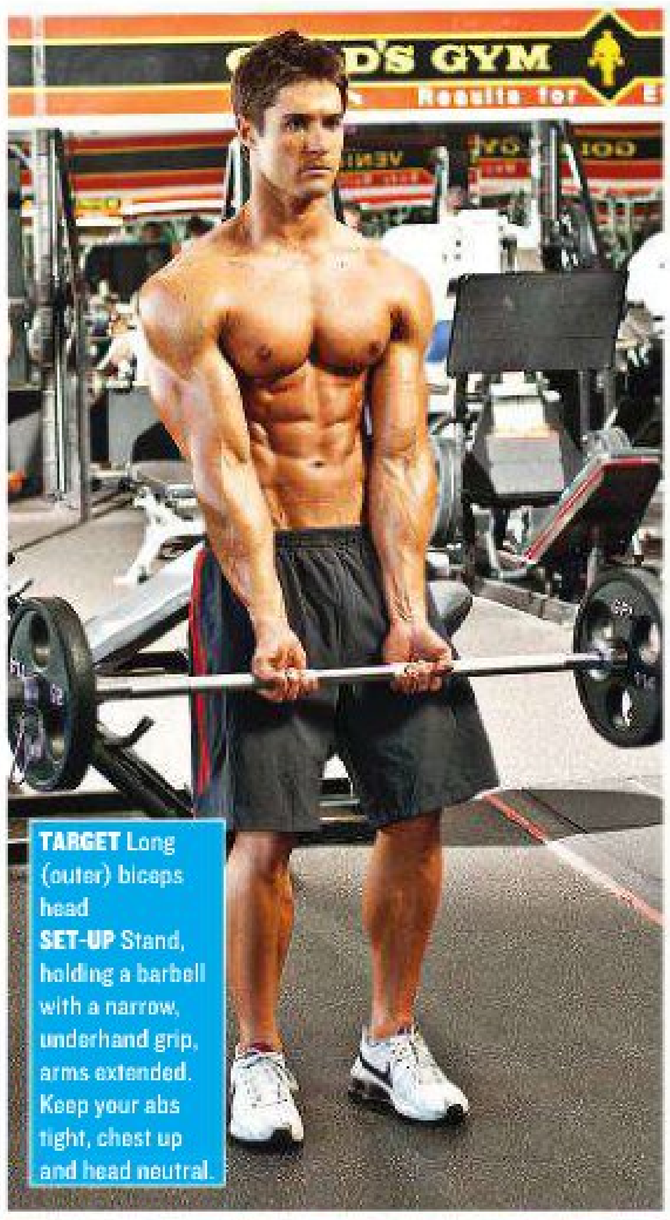
With that said, you'll hit the heaviest sets at the beginning of each exercise, when you're the freshest. The lower reps will help hit those fast-twitch muscle fibers—the ones that are most responsible for strength and size. The 12-rep sets are ideal for hypertrophy, but we finish each exercise with high-rep sets to provide an incredible pump. But the pump isn't just for show: When you train your biceps with those high-rep sets, it produces waste products in the muscle cells themselves, burning glucose and fat to fuel contractions. See, it's that waste buildup that draws in water like a balloon. When you think of your skin as that balloon, the pump is essentially stretching the muscle to make it bigger temporarily. In fact, that temporary pump initiates chemical pathways that trigger long-term growth. And you thought it was just for show.

You might be wondering what exercises will allow for both perfect angles and the ideal spectrum of reps necessary for great biceps when there's no time to waste. Well, we've chosen just three moves. When done correctly, these three exercises can get you in and out of the gym in less than 20 minutes with better arms than ever before. The preacher curl, dumbbell curl and close-grip barbell curl are the exercises of choice this month.

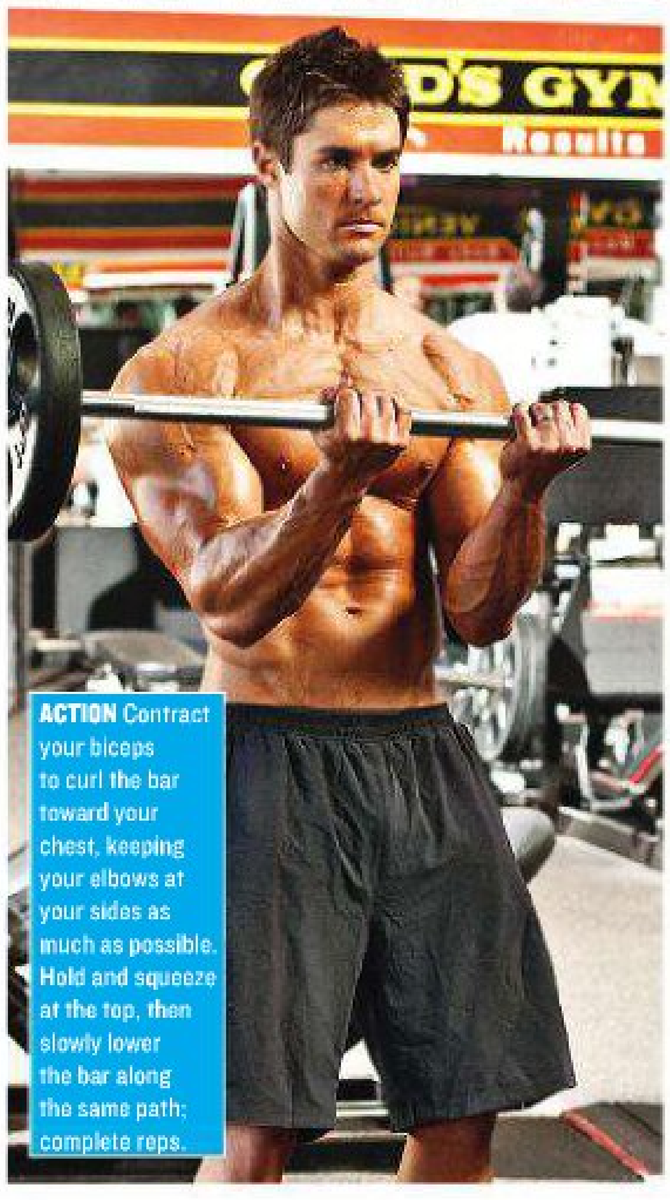
Now the preacher curl and dumbbell curl might be old hat to many of you, but the close-grip barbell curl may be new. If so, you're in for a whole new way of looking at the barbell curl. See, contrary to the standard or wide-grip version, the close-grip curl places greater emphasis on the long (outer) head. The fact that your hands come in front of the body actually puts a pre-stretch on the outer head (peak), making this a great way to begin your workout. For reference, some other exercises that target the long head are the incline-bench cable curl and incline-bench dumbbell curl.

Close-Grip Barbell Curl

Avoid the tendency to bring your elbows too far forward as this will call your front delts into play, removing emphasis from your biceps.



TARGET Long (outer) biceps head
SET-UP Stand, holding a barbell with a narrow, underhand grip, arms extended. Keep your abs tight, chest up and head neutral.



ACTION Contract your biceps to curl the bar toward your chest, keeping your elbows at your sides as much as possible. Hold and squeeze at the top, then slowly lower the bar along the same path; complete reps.

Michael Butler

20-MINUTE **BIGGER ARMS** WORKOUT

EXERCISE	SETS	REPS	REST
Close-Grip Barbell Curl	3	6, 12, 20	30 seconds to 1 minute
Standing EZ-Bar Preacher Curl	3	6, 12, 20	30 seconds to 1 minute
Alternating Dumbbell Curl	3	6, 12, 20	30 seconds to 1 minute

Do all sets of each exercise before moving to the next. Keep your rest periods short. The sets listed do not include warm-up sets.

PEAK

Build more muscle at the top of your biceps with this staple of any arm-building routine.

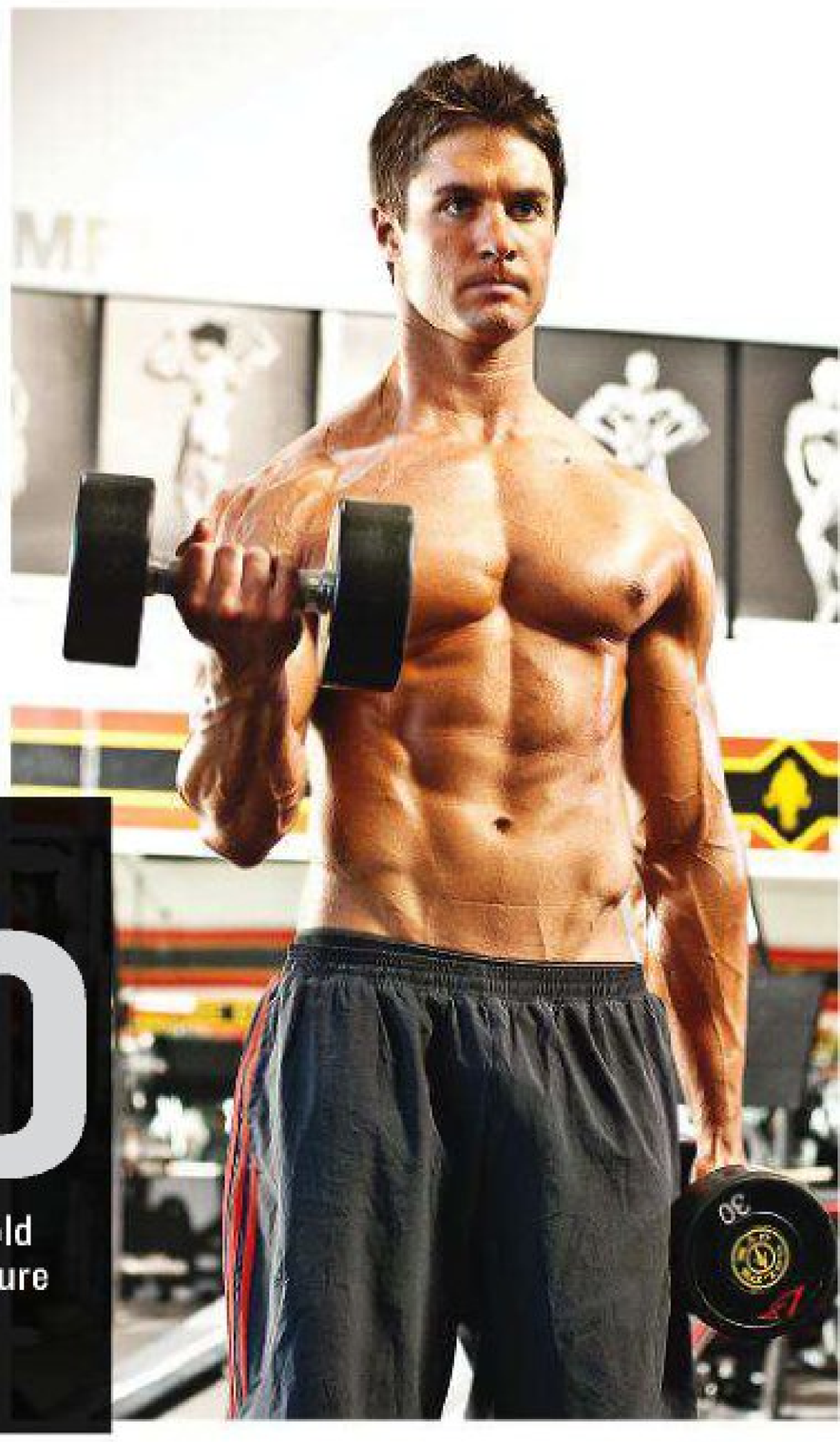
Alternating Dumbbell Curl

Try this exercise using both arms simultaneously. When you can't complete any more reps with both hands moving together, switch to the alternating version. By making that switch, the use of body English and a slight torque will allow you to achieve a few more reps with each arm. Finally, by starting with your hands neutral, you'll call into play the brachialis, as well as the brachioradialis muscles of the forearms. This is the perfect move for the end of your workout.

TARGETS Biceps, (short and long heads) and forearms

SET-UP Stand, holding a pair of dumbbells at your sides with a neutral (palms in) grip, arms extended. Keep your abs tight, chest up and head straight.

ACTION Contract your biceps to curl one dumbbell up toward your shoulder, twisting your hand to an underhand position along the way. Try to keep your elbow tucked into your side as much as possible. Squeeze your biceps and lower the dumbbell along the same path; repeat with the opposite arm.



Standing EZ-Bar Preacher Curl

Because your arms are out in front of you, the tension on your long head is drastically reduced, placing much of the stress on your inner head. At the bottom of each rep, avoid the tendency to completely straighten your arms—by keeping a slight bend in your elbows, you allow for constant tension in your biceps.

TARGET Short (inner) biceps head

SET-UP Whether seated or standing (as shown), set up a preacher bench so that the top of the pad fits securely under your armpits. Take a shoulder-width, underhand grip on the bar and position your arms parallel to each other on the bench. Keep your feet on the floor and your head straight, eyes focused forward.

ACTION Flex your biceps to bring the bar upward without allowing your elbows to flare out or rise up off the bench. Squeeze your biceps hard at the top before slowly returning the bar to the starting position. Stop just short of a full-arm extension at the bottom; repeat.

HOLD

At the top of each rep, be sure to hold the weight for a count of two to ensure maximum benefits and growth.

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Get More with Less

Skip the gym—simply grab a medicine ball to hit your core, legs and shoulders in no time!

This issue's Gymless Workout is all about power, with your core, shoulders and legs as the vehicles to that end. As you may know, power is the ability to move an object quickly. It's all about speed: The faster you can move a weight, like a medicine ball, the more power you have. And that's particularly important for those who also train in a gym. By developing power (also called speed strength), you'll be able to generate overall strength when it comes to major lifts. Better overall strength means more pounds lifted and bigger, stronger muscles.

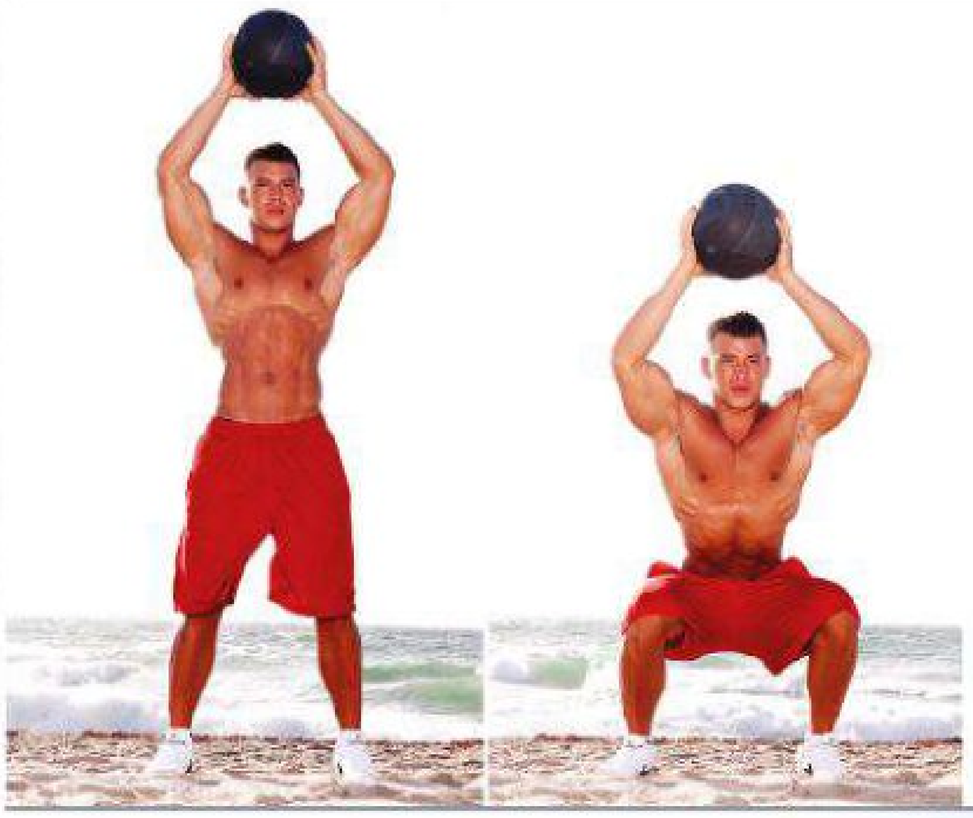
When it comes to power generation, you can't go wrong by choosing a medicine ball. Research shows that the most power is found when using weights as light as 30% of your one-rep maximum (1RM)—much less weight than you're accustomed to lifting. By choosing a medicine ball for certain exercises, like the ones we've selected, you'll trigger those fast-twitch fibers with laser-like accuracy.

CORE ISSUES

This workout also targets your core musculature—specifically, your transverse abdominis and lower back—by incorporating two overhead moves: the squat and the lunge. While their names suggest legs, they aren't specifically leg moves because the weight isn't necessarily sufficient to induce serious fiber damage. But don't be fooled: Not only will the moves exhaust your legs but their primary focus will also soon be evident: your core and shoulders. The stronger your core and shoulder girdle, the better you'll be able to attack all sorts of moves in the gym.

FAIL-SAFE

Since you're dealing with power and core combined, don't take sets to failure; rather, you should split the routine into sets of low-rep counts. Research confirms that your ability to generate power isn't contingent on you taking any of your sets to failure, regardless of the exercise. When you can't perform the reps safely, either move to the next exercise or stop the routine.

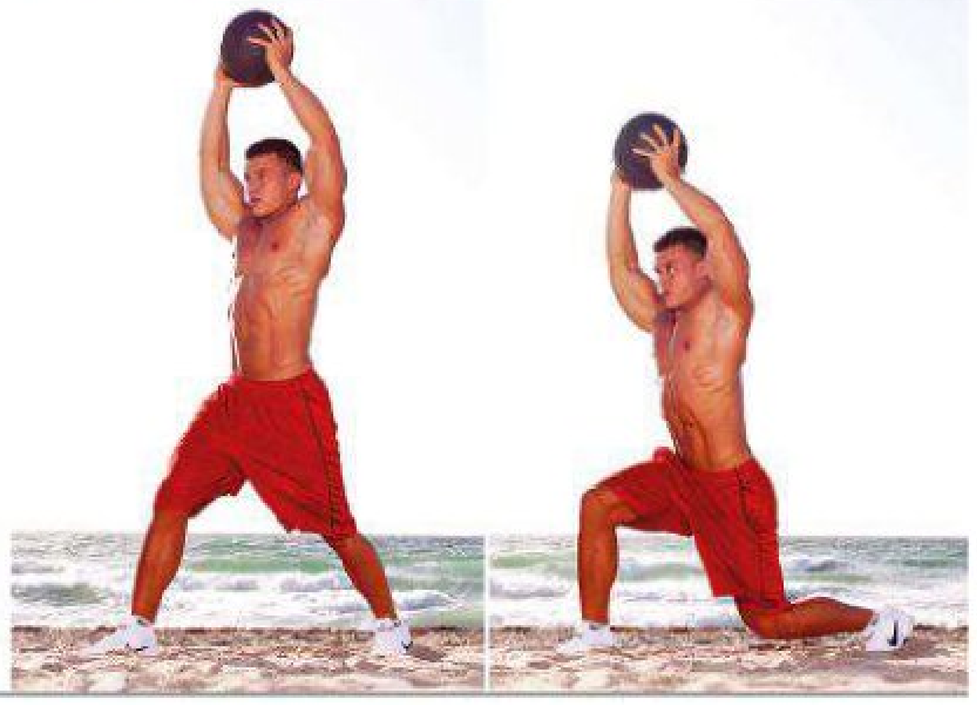


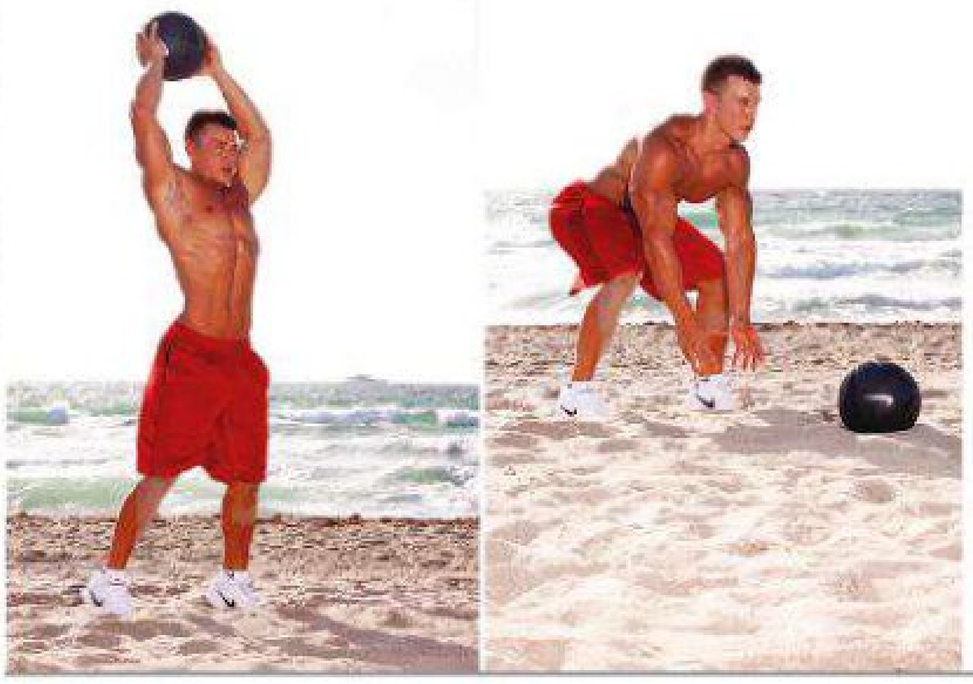
Overhead Medicine-Ball Squat

Even though this is called a squat, it isn't necessarily a leg exercise. Because your arms and shoulders can't hold enough weight to sufficiently stress your legs, this exercise primarily targets your shoulders, back and core. Draw your navel in tight and keep your lower back tense throughout the move. Flex your shoulders to hold the ball above your head.

Overhead Medicine-Ball Lunge

Similar to the squat, this lunge will target the musculature of your shoulders, back and core with great success while, at the same time, helping to stress your quads, glutes and hamstrings.





Overhead Medicine-Ball Throw

This move will add power to those abs like very few abdominal moves can. Because it involves torso flexion mostly, the target is your upper abs. When you release the ball, follow through by letting your upper body bend forward and your hands travel toward the floor.

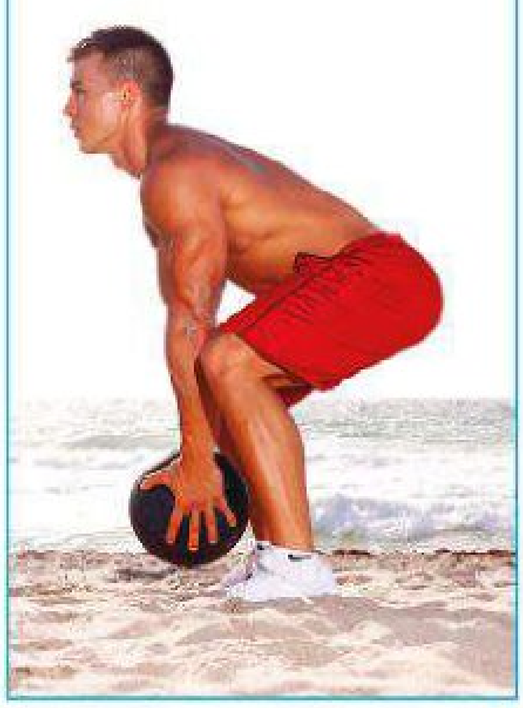
GYMLESS **MORE WITH LESS** WORKOUT

EXERCISE	SETS	REPS
Overhead Medicine-Ball Squat	4	3 to 5 (core-focused, not for power)
Overhead Medicine-Ball Lunge	4	3 to 5 (core-focused, not for power)
Overhead Medicine-Ball Throw	4	3 to 5 (explosive)
Medicine-Ball Power Toss	4	3 to 5 (explosive)

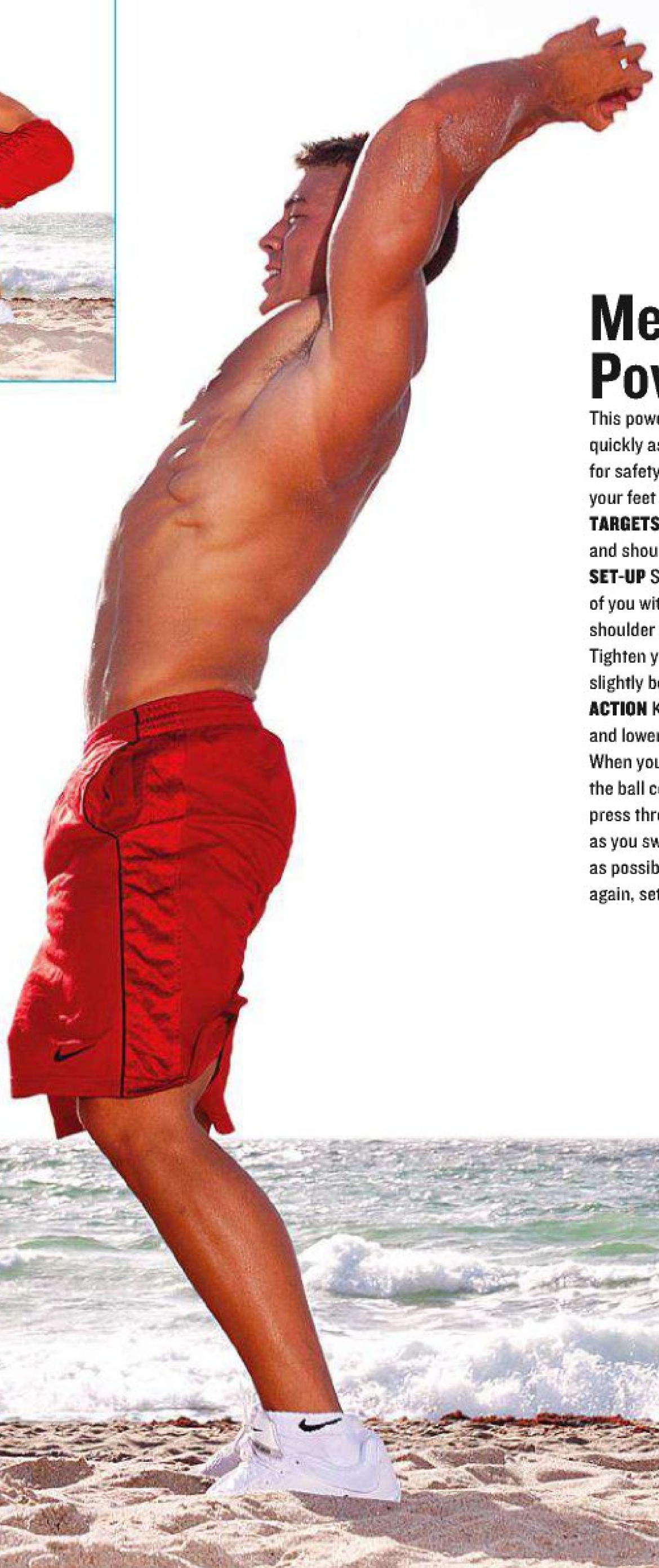
Note: The first two exercises aren't speed exercises, but the final two are explosive in nature. Remember to rest as long as necessary after the final exercise before beginning the sequence again.

Liana Louzon

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Medicine-Ball Power Toss

This powerful move will exhaust your upper body as quickly as it will your legs. Be sure to set your position for safety before each powerful toss. It's fine if you allow your feet to leave the floor with every toss (not shown).

TARGETS Quads, glutes, hamstrings, back, core and shoulders

SET-UP Stand, holding a medicine ball directly in front of you with both hands. Your feet should be at least shoulder width apart, with your toes pointed out slightly. Tighten your abs and lower back and keep your knees slightly bent in the starting position.

ACTION Keeping your chest up and abs tight, squat down and lower the ball toward the floor between your legs. When your legs reach just above a 90-degree angle (or the ball comes an inch or so from the ground), powerfully press through your feet to extend your knees and hips as you swing your arms upward to throw the ball as high as possible. As quickly as possibly, grasp the ball once again, set your feet and repeat.

Your Summer Six-Pack

Are your abs lagging behind? This workout will up the ante and slice your core—fast!

If you're a hardgainer when it comes to your midsection—specifically your upper abs—you've clearly turned to the right page. Sometimes just a minor tweak is all a guy needs to bring up his abs; other times it's just a novel exercise that sets him straight. But if you're in dire need of a new and improved workout that targets your upper abs, we've got you covered.

KNOWLEDGE IS POWER

This workout gives extra attention to the upper abs—those muscles that are most responsible for the commonly known "six-pack." If you've had trouble developing your upper abs, you may want to increase the frequency of your workouts. The reason being, the abs are postural muscles that stay flexed for long periods to support the spine. As such, they have a higher percentage of slow-twitch muscle fibers than other body parts and require more regular training for adequate stimulation. That being said, you might choose to hit this workout three or four times a week.

ABS IN RANGE

You also want to make sure that you modify your rep range. The rep range you choose to work within is critical to how your abs develop and show when your body fat is low. Using your own body weight as resistance and working to failure, for example, will help you maintain a flat and lean midsection, allowing your waist to appear smaller. If you feel that your abs need to grow so that you can see them better, you'll need to include weighted exercises, such as machine crunches, to help build them up.

We've assembled a variety of exercises this issue, beginning with a weighted move to build up your midsection, then moving toward body-weight-driven exercises to finish off your routine. You'll focus on the upper portion first, then move to your lower abs and obliques. Note: Be sure to train your abs after your weight session. Abs are crucial for stability and spinal safety, so it's critical to avoid fatiguing them before a rigorous workout, especially on back or leg days.

Machine Crunch

Avoid the tendency to let the plates touch between reps. Doing so will release the constant tension in your abs. Stop the motion when the plates come an inch or so away from each other.

TARGET Upper abs

SET-UP Sit inside an abdominal machine with your feet flat on the floor (as shown) or on the platform provided. Grasp the handles near your ears with a neutral grip, head straight and eyes focused forward.

ACTION Contract your abs to curl your upper body forward and down toward the floor. Pause momentarily, squeezing your abs for a count before slowly returning your torso to the starting position; complete reps.

Decline Crunch

If you want to make this move more difficult, place the bench in front of a low-pulley cable and use a rope attachment to turn this into a weighted move. If you choose the weighted version, you don't have to stop your motion short of perpendicular because there will be constant tension from the cable.

TARGET Upper abs

SET-UP Set an adjustable bench to a moderate decline. Sit squarely on it, feet secured under the ankle pads. Lie back on the bench and lightly grasp behind your head, but don't pull on your neck.

ACTION Contract your abs to curl your body up to a point just short of perpendicular to the floor; try to avoid pulling through your hip flexors. Round your back as you rise to increase the abdominal contraction, then lower yourself with control back to the starting position.

Standard Crunch

The range of motion for this move is very small yet effective at targeting the visible six-pack. Make sure to take these to failure because this is a non-weighted move. The best way to achieve failure is to squeeze the peak contraction and hold for at least a count at the top of each rep.

TARGET Upper abs

SET-UP Lie down on your back with your legs bent and your feet flat on the floor. Place your hands behind your head, but don't pull on your neck.

ACTION Contract your abs to raise your shoulder blades off the floor a few inches. Squeeze your abdominals hard at the top before lowering yourself back to the starting position; repeat.

Hanging Leg Raise

If you want to make this exercise more difficult, hold a light medicine ball between your ankles and perform eight to 10 reps, then drop the weight and continue to do reps using just your body weight until you reach failure again. By all means, use pulling straps to keep a good grip if necessary.

TARGET Lower abs

SET-UP Grasp an overhead bar with an overhand grip. For variety, you can reverse your grip and use many different types of grips, including an underhand grip. Allow your legs to hang directly beneath you, with your feet together.

ACTION Keeping your legs straight, contract your abs to raise your legs directly in front of you until your legs are almost parallel to the floor. Pause briefly before slowly lowering your legs to the starting position; repeat.

Hanging Knee Raise/Twist

This version is slightly easier than the straight-leg counterpart. The twisting motion helps call into play the obliques, as well as the lower abs. Again, if your grip tends to fail, try using a pair of pulling straps. Never allow your abs to suffer at the expense of your grip strength.

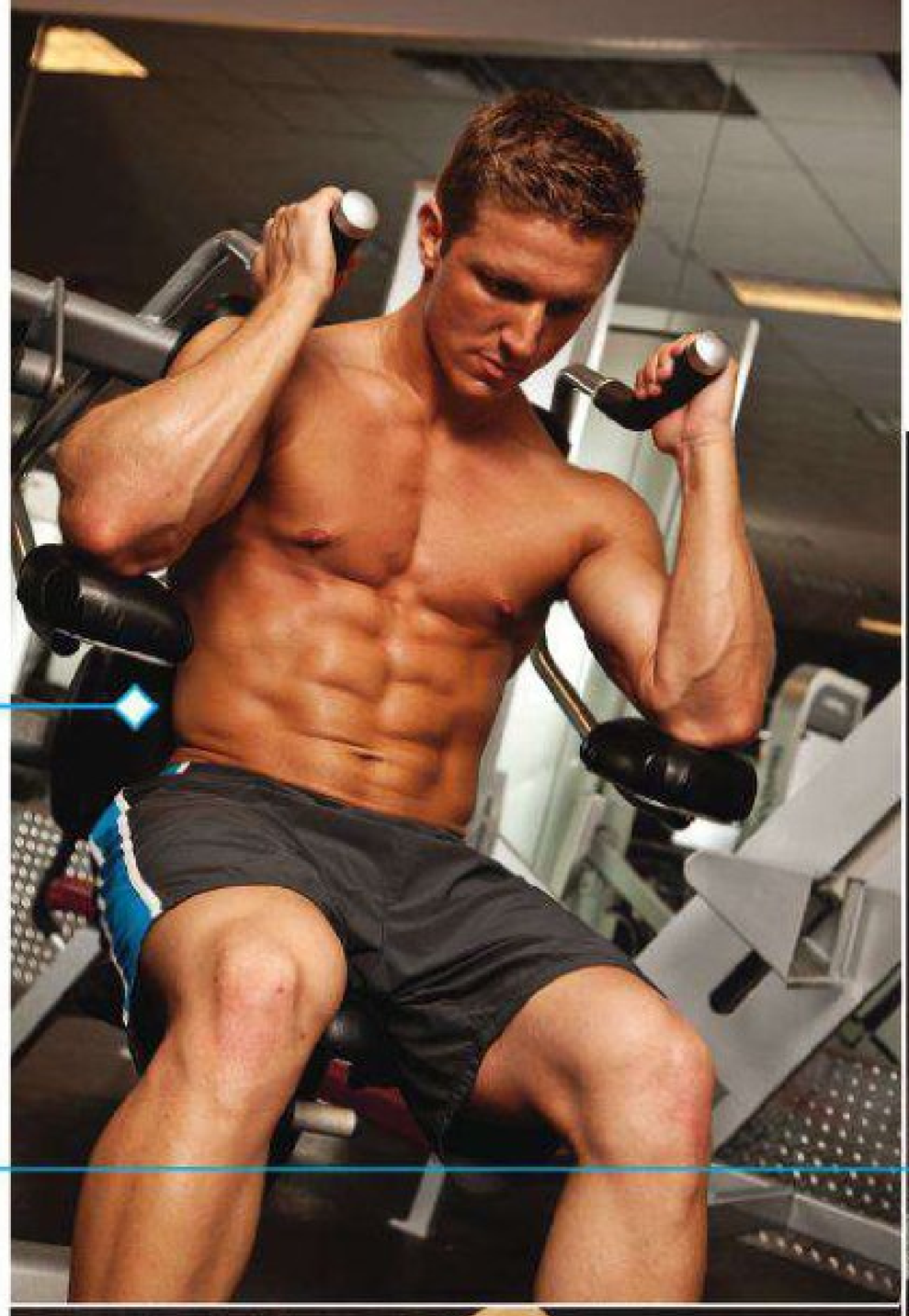
TARGETS Obliques/lower abs

SET-UP Grasp an overhead bar with an overhand grip. (Again, some machines allow for a variety of grips. Just be careful not to put any undue stress or strain on your wrists or shoulders.) Allow your legs to hang directly beneath you, with your knees bent and feet together.

HARDGAINER **SIX-PACK** WORKOUT

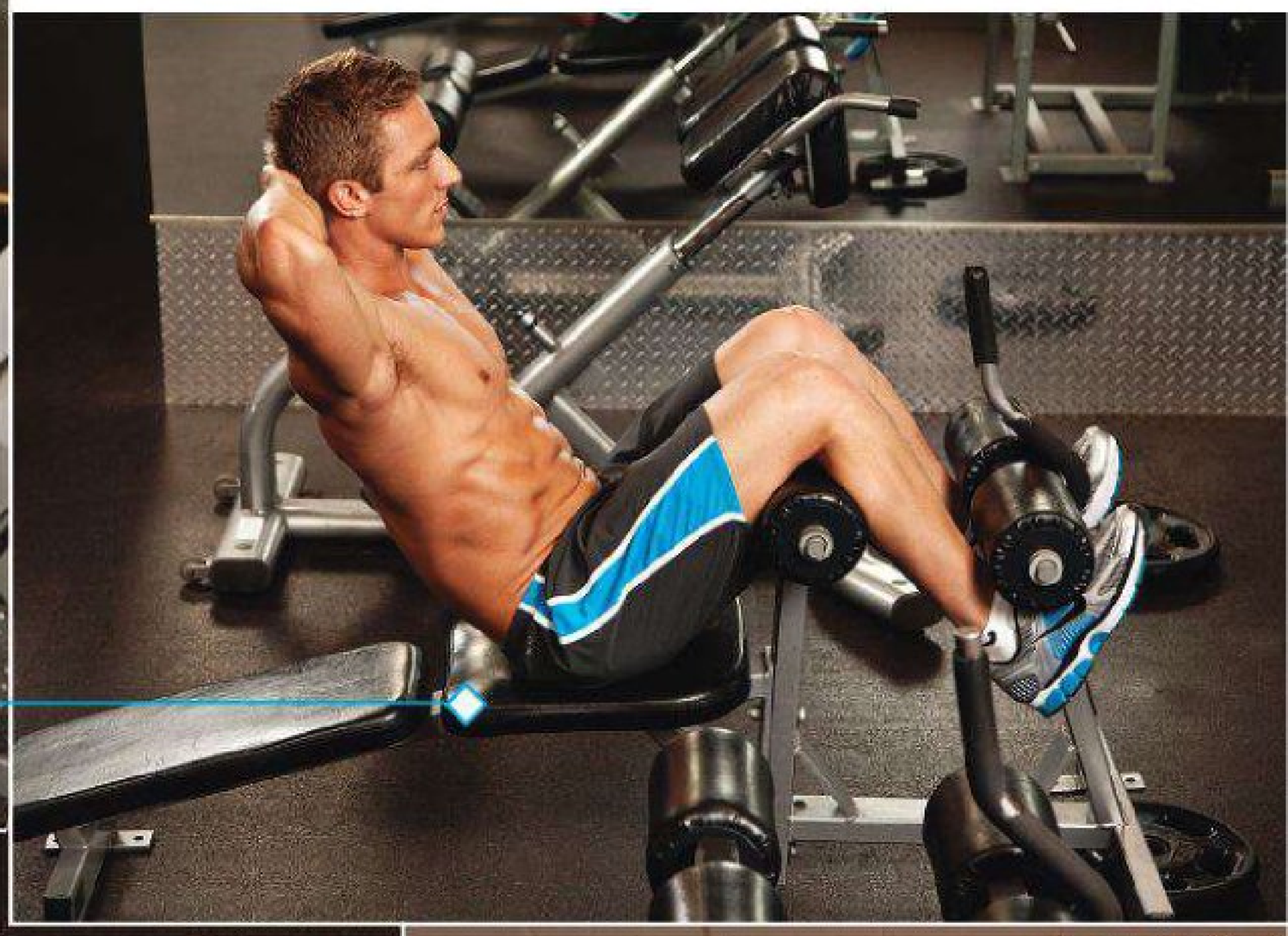
EXERCISE	SETS	REPS	REST
Machine Crunch	3	8 to 12	1 minute
Decline Crunch	3	To failure	30 seconds
Standard Crunch	3	To failure	30 seconds
Hanging Leg Raise	3	To failure	30 seconds
Hanging Knee Raise/Twist	3	To failure	30 seconds

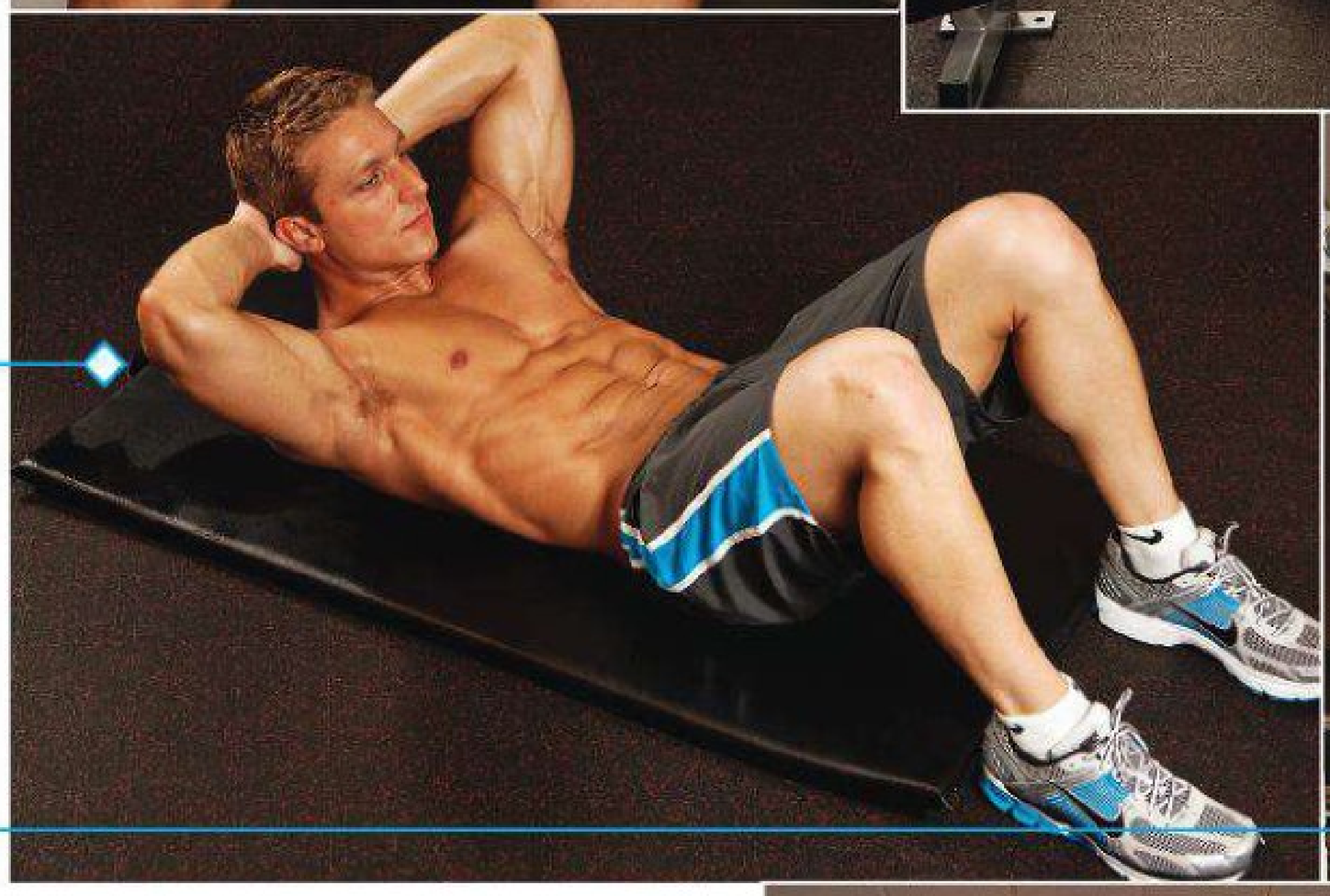
Unless you add weight to your body-weight moves, do as many reps as you can until you reach failure.

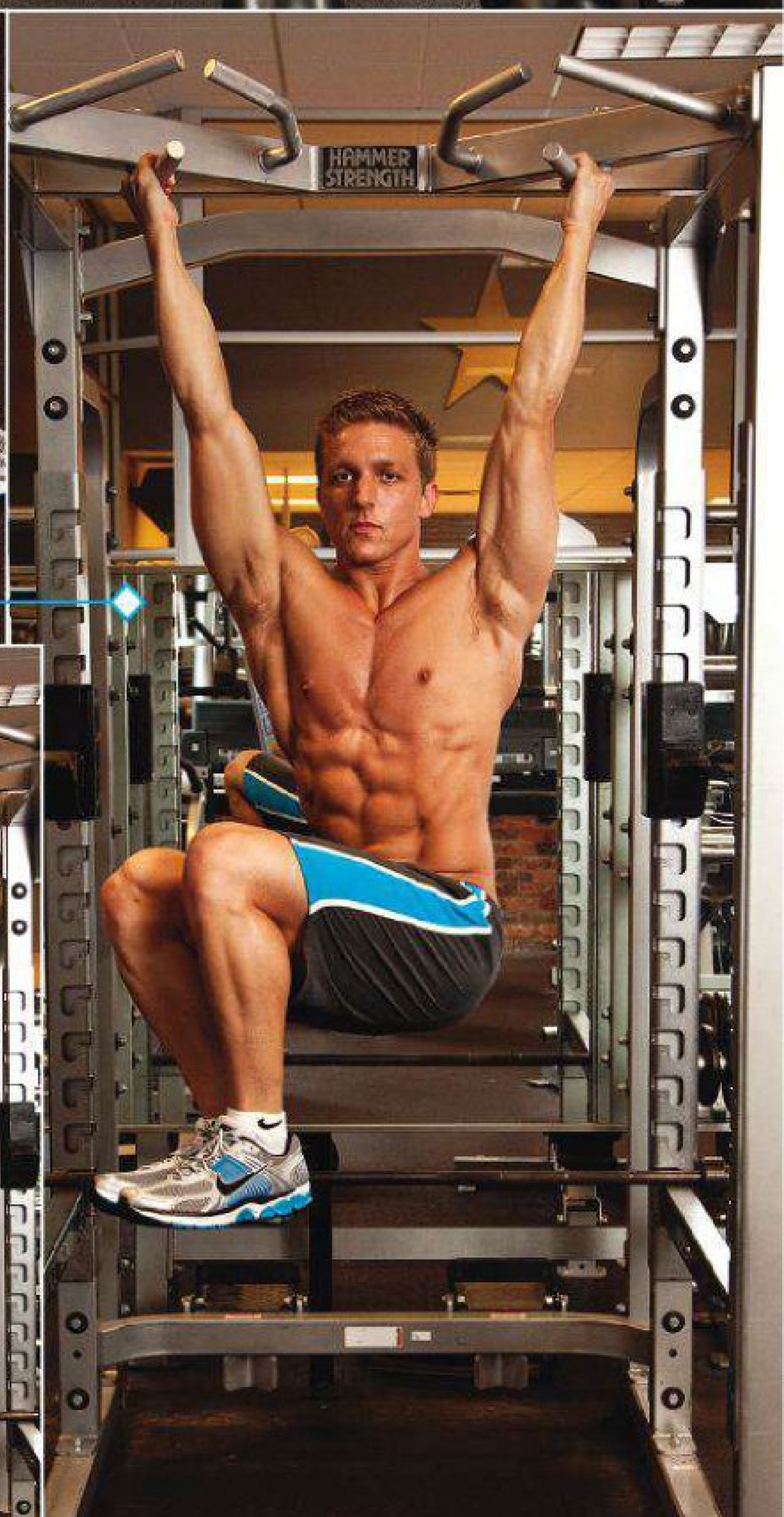


SLOW

When returning to the starting position, move with a methodical and deliberately slow pace for an extra burn on each rep.

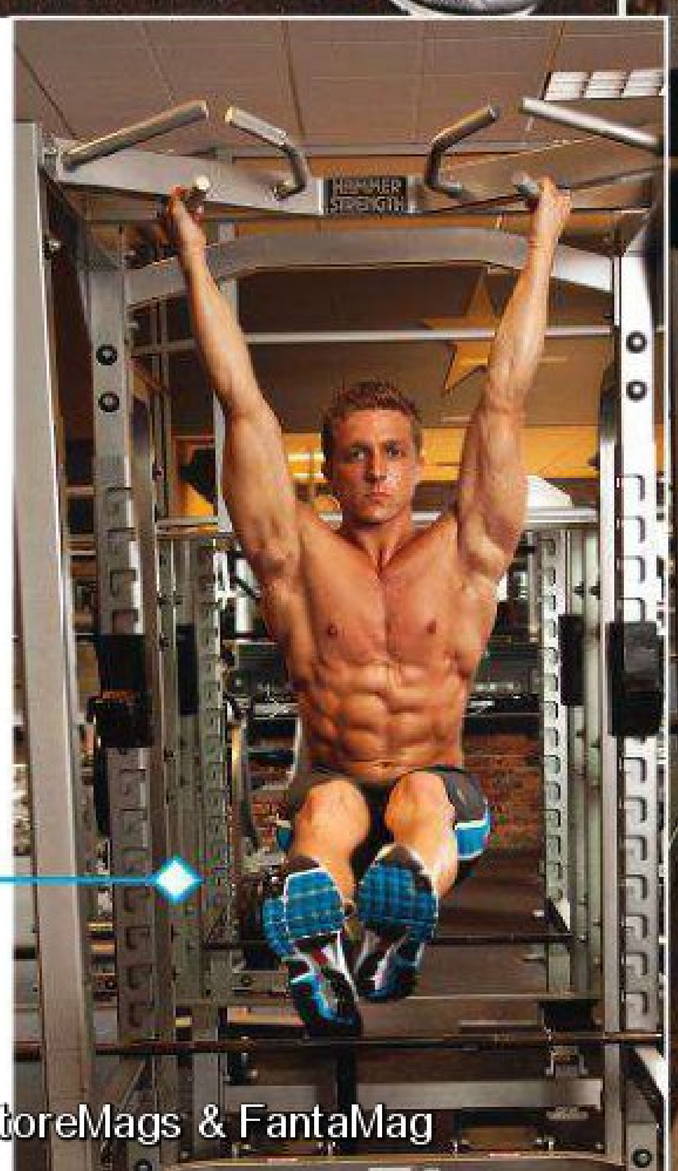






SWING

Always resist the temptation to cheat by swinging your legs through each rep. Use the power of your abs only.



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Catch a Big Wave

The ultimate surfing workout to best the ultimate waves

Is any sport as mystical and misunderstood as surfing? Can anything beat the high you get from putting yourself at the mercy of something infinitely more powerful than yourself (we're talking about the ocean here, pal)? There may be no greater way to experience the power of the natural world than by surfing through the surging cyclone of a breaking wave, which surfers call "bulleting the tube."

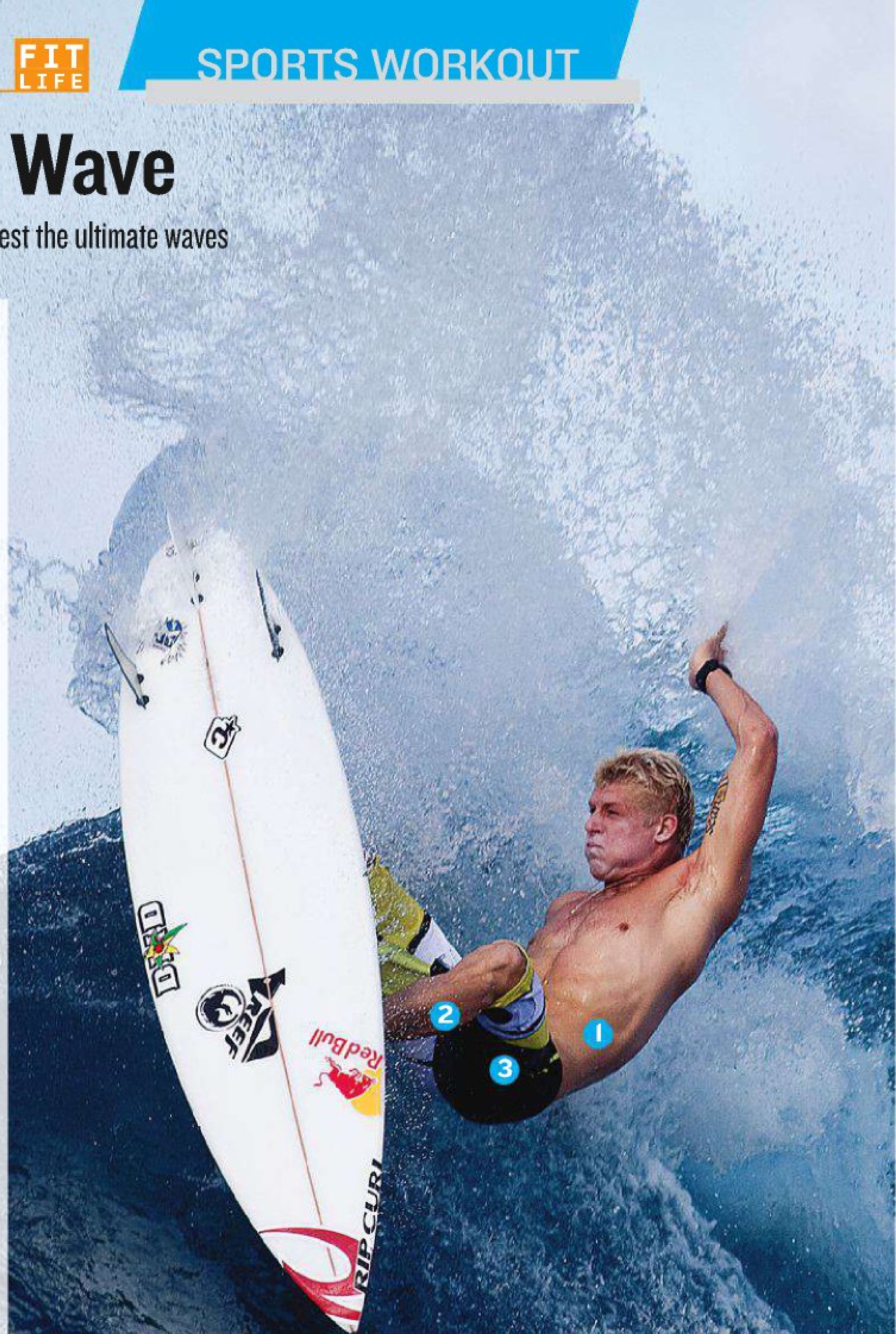
The downside, of course, is the dopey mysticism that too frequently accompanies the lifestyle: a legion of tanned Jeff Spicolis with shaggy bleached-blonde hair saying "Hang 10, brah" or spouting inane nuggets of beach-bum wisdom they picked up while watching *Point Break*: "I only live to get radical."

One undeniable truth about surfing, however, is that it's a total-body workout. It's not for nothing that the expression "surfer's body" has become an aspirational touchstone for many guys—if not aesthetically "perfect," surfers' bodies certainly are an idealized expression of what they've been built to do.

Surfing builds a balanced body—literally. No one body part is overly developed: Surfers need strength in their arms, legs and core. Theirs is a functional, working athleticism that allows them to paddle into a choppy break and engage their stabilizer muscles to nimbly maneuver their surfboard through, over and across the tumbling waves.

There is perhaps no other sport where body control is quite so crucial. Surfers ride a slab of molded polyethylene over a constantly shifting liquid surface, with the wave contributing its own fluctuating kinetic energy. Surfers must anticipate what the wave is going to do and react instinctively, which requires incredible timing and balance.

These moves will increase your core strength, power, muscular endurance, dynamic strength and balance and provide the ultimate surf-ready workout. Try it and you'll be all set to put yourself "in God's hands" (as the old-time longboard surfers/mystics say) and bullet the tube at your nearest surfing beach.

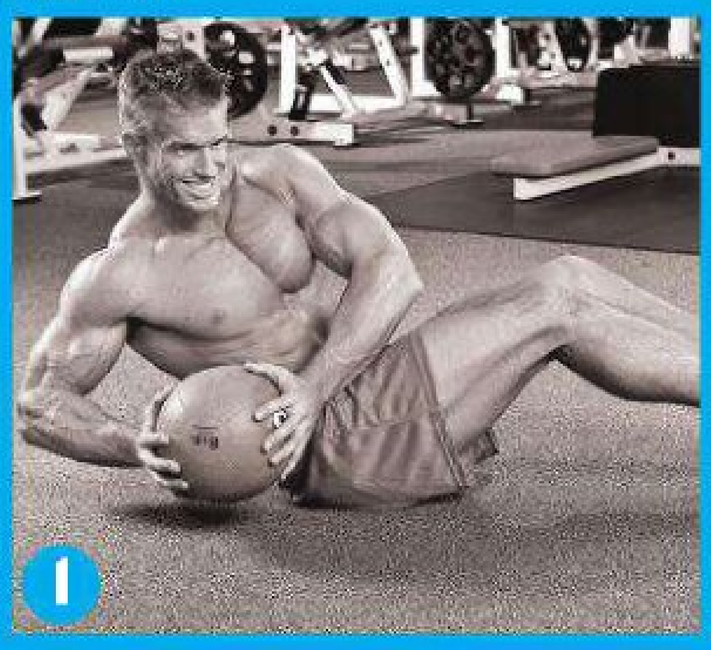


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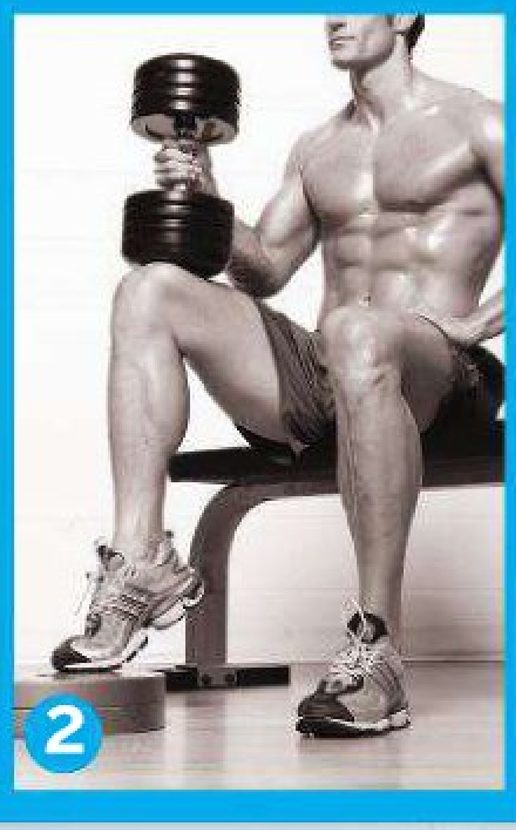
Seated Twist with Medicine Ball

TARGET Oblique abdominals
SET-UP Sit up on the floor with your knees brought in slightly for stability and your feet together. Keep your line of vision fixed on a point ahead of you.
ACTION Inhale sharply. Contract your abs sharply. Slowly swing the medicine ball to your right, keeping your lower body motionless. When you reach a comfortable position (not stretching too far), hold the ball for a count of one. Return to the starting position, exhaling as you pass through the midpoint of the negative. Repeat these steps as you swing the ball to the left and return again.



Seated Calf Raise

TARGET Calves, particularly the soleus
SET-UP Sit on the end of a bench with your legs bent at 90 degrees at the knee and your right foot hanging off a couple of plates positioned in front of you (as shown).
ACTION Holding a dumbbell on top of your right knee and quadriceps with a neutral grip, press with your toes to drive your leg up and hold for a count of two. The range of motion is only a few inches, but it will effectively work your calves.



Squat Jump

TARGETS Glutes, quadriceps, hamstrings, calves and core muscles
SET-UP Stand with your feet hip distance apart and your feet turned out slightly. Place your hands behind your head and your elbows out to your sides.
ACTION Keeping your torso tall, bend your knees to lower your body into a squat position. Stop when your knees are bent at a 90-degree angle. Transfer most of your weight to the balls of your feet and push off, propelling your body into the air. Land with a slight bend in your knees. Repeat.



Champion Advice

We tracked down Mick Fanning, a two-time Association of Surf Professionals world champ, (pictured) for some insight on how to master the break.

SAY, MICK, WHAT'S THE BEST WAY TO "ENTER" A BIG WAVE?
"You have to paddle hard, as if you're freestyle swimming. You need to generate enough speed that you get into the wave. If you don't have the momentum, the wave will pick you up and dump you. For beginners, generating enough speed to get into a wave is the hardest part. That's why surfers suggest that beginners start on bigger boards: because they paddle faster."

WHAT ABOUT YOUR STANCE ON A SURFBOARD?
"The distribution of weight is going to have a major effect on the performance of your surfboard and how it planes on the water. Generally speaking, your back foot should be on the tail of your board over the fins to give you good maneuverability. Your front foot should be positioned toward the middle of the board, where there's greater volume on the deck. By positioning your front foot here, you get good forward momentum on the wave. As a beginner, your weight should be distributed evenly. As you progress, varying your weight distribution and body movement will allow you to do different turns. Your stance should be wide enough that you have good balance but not so wide that you could straddle a horse—it should be comfortable. Hands and arms seem to fall into place naturally as you adjust your balance, and eventually that becomes part of your own individual style."

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Courtesy of Red Bull (surfing); Robert Reiff (twist); paulbuceta.com (calf-raise); Michael Butler (squat jump)

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Natalia Muntean

This issue's MaxFit girl moved to the States from her native Ukraine at 21, intent on making a name for herself as a fitness model. In a few short years, Natalia has more than fulfilled her ambitions: She has been Ms Bikini Universe and a fitness model world champion—amazingly, she eschewed the gym and built her award-winning body in her own living room. You can check out more of Natalia (known in some circles as "The Glute Master," for reasons that should be abundantly clear) on her website at www.nataliamuntean.com.

ATTENTION GETTER: "A guy with a great sense of humor always gets my attention! Especially if he is not afraid to make fun of himself."

MOST ROMANTIC GESTURE: "He saved my first email and carries it in his wallet to this day."

FLIRTING: "Stay away from the cheesy and generic pickup lines. A girl knows when you like her, so be yourself and have fun."

SECRET HOT SPOTS: "My neck—slow-kissing this 'hot spot' drives me crazy."

FAVORITE PART: "His brain. He can be the hottest guy on the planet, but without this 'part,' he has no chance with me."

M@X

For hotter pictures of Natalia, go to maxfitmag.com/muntean

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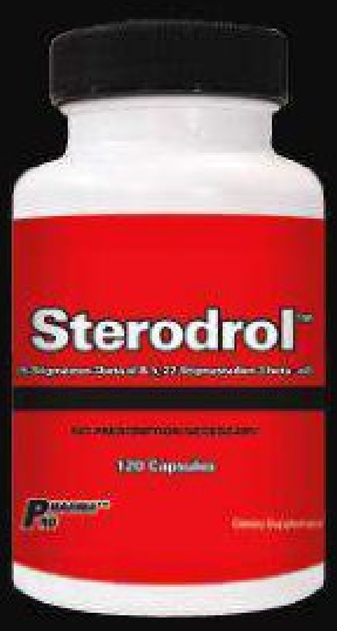
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After just one cycle, most users agree that STERODROL™ is THE MOST POWERFUL SIZE AND STRENGTH GAINING COMPOUND AVAILABLE. Within 3 days of initial use, most users will notice an immediate change in MASS, STRENGTH and RECOVERY TIME. Into week 2, there is no doubting the fact that muscles are visibly larger and harder and strength is up considerably. By the end of week three, physical changes are very apparent. At this point, many users have people asking them what they are taking. By the end of week 4, there will be no doubt in your mind (or anyone else's for that matter) that you've just completed a cycle of one of the most powerful mass building compounds ever produced. A GAIN of 15-20 lbs. of HARD, RIPPED MASS is finally a reality. Users take STERODROL™ with the total confidence of knowing that GAINS ARE SOLID AND PERMANENT.

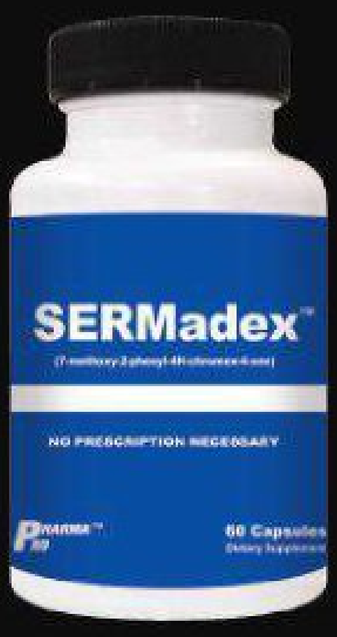
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MAXITEST™

Maxi-Test is Pharmapro's newest Anabolic that contains the cutting edge compound D-Aspartic Acid (DAA). DAA is scientifically proven to increase Testosterone levels with actual human clinicals to back up its efficacy. A study published in October 2009 clearly showed that supplementing with just 3 grams per day of DAA increased luteinizing hormone (LH) levels by 33% and testosterone levels by 42%. This was based on data done on men with an age range of 27-37 years old (Topo & Soricelli 2009). Maxi-Test contains the exact therapeutic dose to send your TEST levels through the roof. Maxi-Test is also a GH potentiator for rapid Mass and Strength Gains.

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SERMADEX™

SERMadex is our next generation anti-aromatase supplement. SERM is an acronym and stands for Specific Estrogen Receptor Modulator. SERMadex uses 3 cutting edge compounds to control estrogen by reducing the estrogen hormone's ability to bind with its' corresponding receptor. Use SERMadex as: a primary supplement for estrogen maintenance, as a powerful test booster, or as a primary component to your PCT regimen.

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Liv-R Clear™

Liver detoxification is of the utmost importance for those athletes that have been consuming vast quantities of supplements for an extended period of time. Factor in prohormonal compounds and oral androgens, and the liver goes through even greater stress. Liv-R Clear™ from Pharmapro contains 6 powerful liver cleansers to support optimal function of this important organ. Liv-R Clear™ is an excellent addition to any athletes'supplement regimen and should be a staple in post cycle therapy (PCT) for those athletes coming off oral anabolics.

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❑ 1 Bottle Liv-R Clear 100 Caps (30 Day Supply) $39.95 or
❑ 1 Bottle of 1,3-DiMeth™ (100 caps) just $19.95 or
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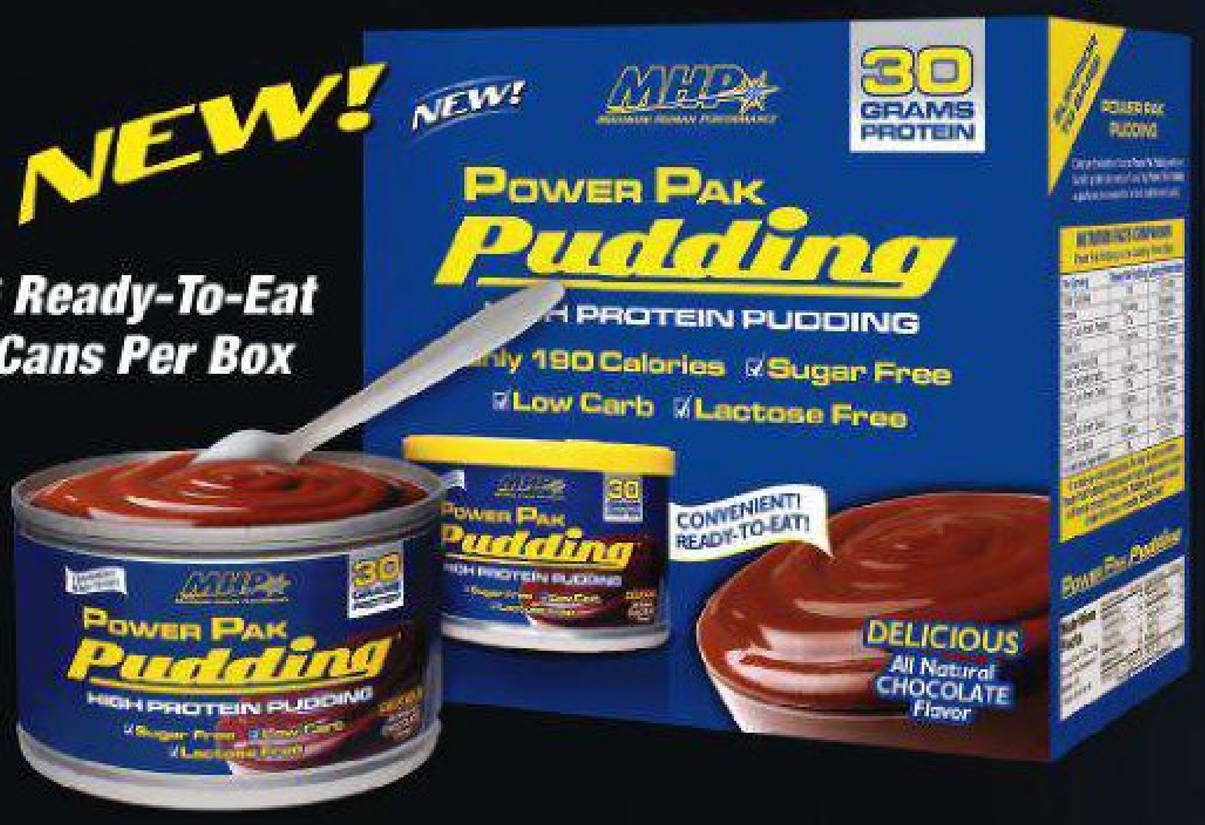
NUTRITION FACTS COMPARISON
Power Pak Pudding vs. the Leading Protein Bars

Per Serving	Power Pak Pudding	Leading Protein Bars*
Total Calories	190	350-400
Protein	30 grams	30 grams
% of Cals from Protein	61%	30-34%
Total Fat	4.5 grams	13-16 grams
Calories from Fat	40	120-144
Total Carbohydrates	9 grams	27-34 grams
% of Cals from Carbs	18%	27-39%
Sugars	0 grams	6-9 grams
Sugar Alcohols	0 grams	13-27 grams

In a side-by-side comparison, it's easy to see that MHP's Power Pak Pudding is the superior high protein snack in every nutritional category. Power Pak Pudding is the smart snack choice for a lean, muscular, healthy body!

*Average profile of popular high protein bars.

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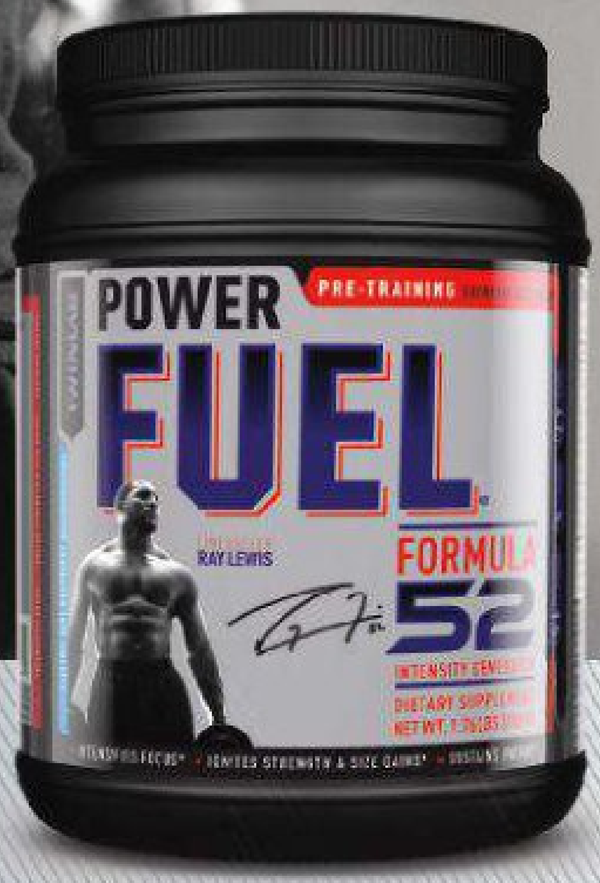
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–Ray Lewis,
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