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Men's Fitness

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TO LAST!**

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HEALTHY
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BUSTING
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DECEMBER / JANUARY 2011



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Available on select models. ² Visit onstar.com for coverage map. ³ EPA-est. MPG hwy: Cruze 36 vs. 2010 Corolla 35.

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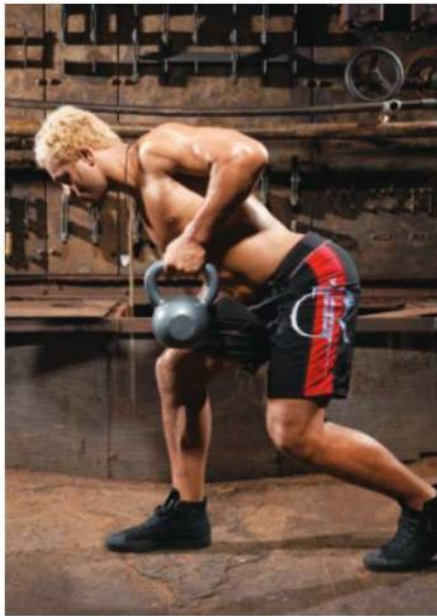
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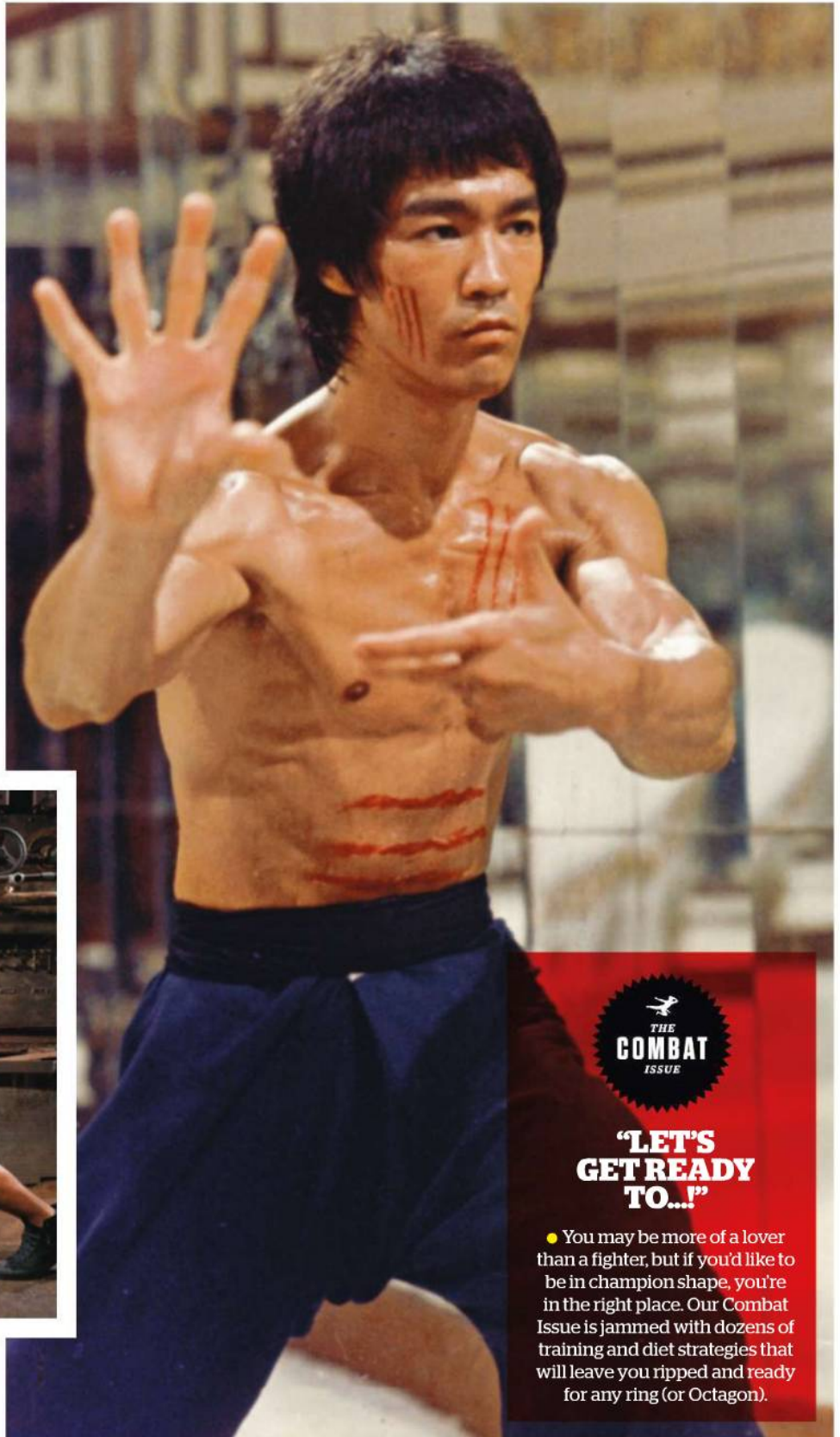
Grabbing food late at night doesn't have to make you fat.



WORKOUT OF THE MONTH

80 BUILT FOR BATTLE

UFC fighter Josh Koscheck tries out this month's kettlebell conditioning circuit.



**"LET'S
GET READY
TO...!"**

● You may be more of a lover than a fighter, but if you'd like to be in champion shape, you're in the right place. Our Combat Issue is jammed with dozens of training and diet strategies that will leave you ripped and ready for any ring (or Octagon).

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CLEANS YOUR BALLS



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to watch the video.



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COVER THE SITUATION PHOTOGRAPHY BY ART STREIBER

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STYLING:

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> Our holiday game plan will help you get to '11—without going mental.

mensfitness.com/stressmas

Survive the Elements

> Outdoor athletes can quickly wind up in a life-threatening jam. Here's how to be ready if it ever happens to you.

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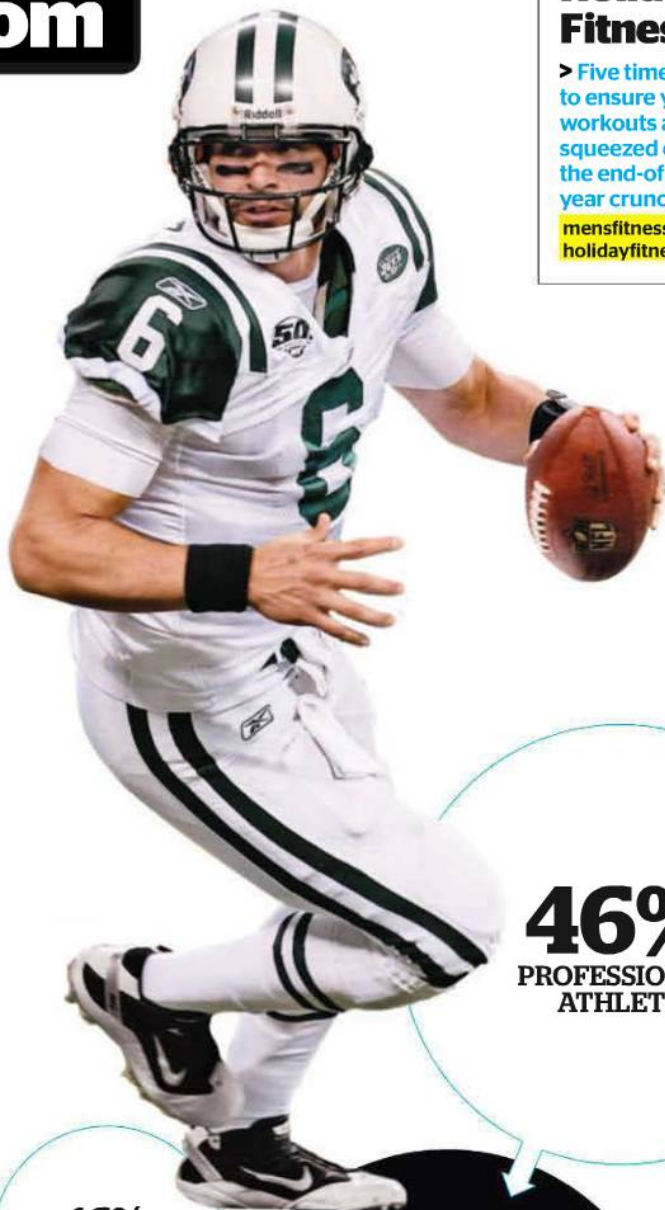
EDITORS' BLOGS

● Our editors sound off on everything from workouts and sports to sex.
mensfitness.com/blogs

Fast Holiday Fitness

> Five time-savers to ensure your workouts aren't squeezed out by the end-of-the-year crunch.

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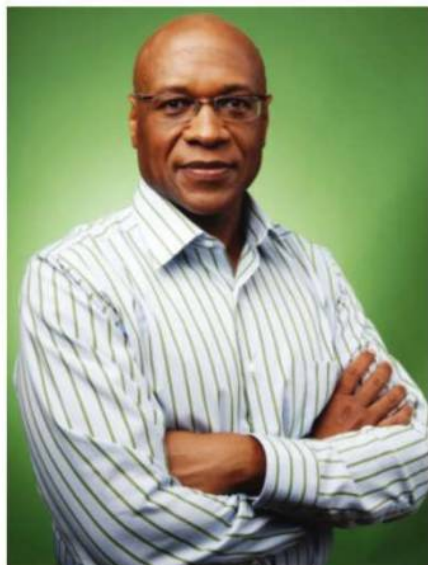
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“VISION IS NOT WHAT YOU SEE WITH YOUR EYES. IT’S WHAT YOU ‘SEE’ FOR YOURSELF IN THE FUTURE.”

NEW COLUMNISTS!

● **WHAT’S YOUR DREAM LIFE?** You read *MF* because you want to be in the best shape of your life. But you also want to drive the best car and look good doing it (so you can get the hottest babe)! To help you get there, we’re introducing two of the most respected writers in their industries. Tony Quiroga, a senior editor at *Car & Driver*, will take you for a ride with the hottest new cars each month in “*MF* Dream Car.” And Jennifer Laing, who has written for *Elle*, *Allure*, *Seventeen*, and *Real Simple*, will tell you how to be your well-groomed best in “What’s In Your Locker?” Now you officially have no excuses.

Check Your Vision

WHEN WAS THE last time you had your vision checked? I don’t mean an eye exam.

If you wear glasses, like me, you should see your optometrist or ophthalmologist every year, especially if you strain your eyes at work (who doesn’t); or if your early ’30s are growing increasingly distant. That’s part of an overall health strategy that should ensure your body remains fit inside and out.

Your vision is altogether different. It’s not what you see with your eyes. It’s what you “see” for yourself in the future. It’s how you envision your life unfolding.

And it’s just as important as your eyesight—if not more so. Heck, Ray Charles had a bold vision for his life—and he made it happen!

Without a vision, you’re meandering though your days without direction or purpose.

Without a vision, you’re more likely to be stymied by the road bumps of each day.

Without a vision, you’re just living. Maybe.

I’m sure you have goals. Almost everyone does. You might want to get a raise or a promotion. You may want to buy a new car or a home. Maybe take a vacation or write a book. Or even rise to become CEO or editor in chief.

Those are great goals. But they’re not a vision. A vision is much more; it’s bigger than a mere achievement. Your goals, as big as they might be, can be checked off like items on a grocery list. Check. Check. Check.

Not a vision.

A vision articulates the impact you want to have upon others.

And it may take a lifetime to achieve.

Now some of you might be thinking:

“How arrogant! Who dares to outline such a path for themselves?”

Well, I do. And so do many, many others. After all, what’s the point of being here if you don’t touch others along the way?

Editing a magazine was one of my goals, but it was not my vision. Now, my vision is to inspire men and women to lead fit, healthy lives, and perhaps in some small way, alter the sad and troubling trend of obesity in our nation.

Bold? Certainly. But small visions do not affect change.

You might also be thinking that you’re not capable of having a vision. It’s hard enough to pay your bills, handle a relationship, maintain your career, or simply keep a job.

It’s hard just to survive today. Forget about tomorrow.

Wrong answer! Having a vision is vital to your survival, to your revival. And your journey—your way out and up—just might be an inspiration to others. To people you don’t even know.

Almost everyone has 20/20 eyesight. Even most of us who’ve always opened our eyes each morning and seen nothing but a fuzzy mess can see clearly with eyeglasses or laser surgery.

But you don’t need a doctor to fix poor vision. There’s no medical procedure needed to see beyond the fuzzy mess of today.

Check your own vision. Then correct it. Create it. Live it.

Onward,

Roy S. Johnson
VP/Editor in Chief

TALK TO ME!

E-mail your thoughts to: roy@mensfitness.com Follow me on Twitter: twitter.com/roysj

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What Matters To Men



1

Rihanna

> First she was a *Good Girl Gone Bad*. Then she was *Rated R*. Now the **tattoo-loving beauty from Barbados** just wants to party *Loud* with her latest CD. Expect to hear it in near-constant loop at your local gym for the foreseeable future.



2/CALL OF DUTY: BLACK OPS

> This time, the **action travels the globe and features brand-new multiplayer modes**, fully controllable vehicles (like a sick one-of-a-kind Jeep), and plenty of enemy-splattering new weapons. We're sure your lady will be just thrilled.



3/Outdoors

> No matter where you live, there should be a national park within a three- to four-hour drive, says the U.S. National Park Service. That's **84 million acres of land** just waiting for you to hike, ski, snowboard, and explore.



4/THE SMOKING JACKET.COM

> *Playboy's* new site is racy yet office-safe—so your browsing will never get you fired.

5/BOXING DAY

> December 26 doesn't mean much to us non-Brits, but it can mean plenty to those in need. Use the day to box up food, clothing, and household items you don't need and donate them to a charity.



6/HELLO '11

> Bring in the new year with a kiss—and a toast for a fit, healthy future. Toasts are a dying art. To look like a pro, stand up straight, gather the room's attention, raise your glass, and speak slowly and clearly. One winning option: "May the best of this year be the worst of next!"

7/SPIKING IT UP!

> Whether you're sipping hot spiced cider, eggnog, punch, or just a diet soda, a libation—like Cruzan's new 9 spiced rum—can make it better. Just remember liquor adds about 100 calories per shot, so cardio appropriately beforehand.



RIHANNA: COURTESY OF UNIVERSAL MUSIC; HEFNER: YANN GAMBILIN/CORBIS OUTLINE; TOAST: GETTY IMAGES; RUM: COURTESY OF CRUZAN; TREE: KYLE HAMMONS/GETTY IMAGES; CALL OF DUTY: COURTESY OF ACTIVISION

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Tony Quiroga



► **WE'RE ECSTATIC** to welcome one of the best automotive journalists in the game to our pages. Every month, Tony Quiroga, a senior editor at *Car & Driver*, will put you in the driver's seat of the hottest new cars just as they hit the market. In this issue, he reviews the Cadillac CTS Coupe he recently drove for us ("Caddy's Back," page 56). Talk about a fun gig! "I've raced a 25-year-old Oldsmobile diesel across the country, taken part in auto endurance races, and ridden shotgun in a car being raced by a blind man," he says. We're happy to have him behind the wheel.

Scott McDermott



► **WHEN PHOTOGRAPHER** Scott McDermott got the chance to hang out with UFC welterweight contender Josh Koscheck for this month's MMA workout ("Built for Battle," page 80), he quickly realized how the star earned his rep as one of the most in-your-face athletes in the business. "Josh was a nice guy," says McDermott, "but he has an intensity about him that you really wouldn't want focused on you." Born in the States but raised in Switzerland, McDermott has lived in N.Y.C. for the past 13 years. In addition to his work with *MF*, he regularly shoots for *Time*, *Golf Digest*, and others.

Rob Bailey



► **BROOKLYN, N.Y.—BASED** writer Rob Bailey has interviewed celebrities ranging from Hugh Jackman and Halle Berry to Tom Hanks and the ladies of *Sex and the City*. But it's the men who had the guts to admit to—and conquer—their body-image disorders in this month's special report "I'm Still Skinny!" (page 94) who left the most indelible impression. "These competitive athletes were man enough to confront the macho stigma associated with these disorders and admit they have a problem," Bailey says. "That doesn't make them weak—it makes them winners."

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VP/GROUP PUBLISHER MARC RICHARDS

PUBLISHER LARRY MENKES

EDITORIAL

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FITNESS EDITOR Sean Hyson, C.S.C.S.

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CONTRIBUTING WRITERS Jennifer Laing, Tony Quiroga

PUBLIC RELATIONS DIRECTOR Stacey Wechsler

BUSINESS ASSISTANT Judy Watson

EDITORIAL INTERN Brian Dalek

ART & PHOTOGRAPHY

CREATIVE DIRECTOR Andy Turnbull

EDITORIAL PRODUCTION MANAGER Noelle Pistilli

CONTRIBUTING DESIGNERS Jisoo Hong, Joe Summa

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PHOTO RESEARCHER **THOMAS PAYNE**

MEN'SFITNESS.COM

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EASTERN SALES OFFICE

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ACCOUNT MANAGER David Levenson

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Ben Weider (1923–2008)

What's your secret to not gaining weight over the holidays?

"Marathon shopping before the big day and during the blowout sales afterward. It's serious cardio!"

"Eat the type of food you want, but prepare it yourself so it's healthier."

"Snowboarding every day. When your parents live next to five world-class ski resorts, it's hard not to run for the slopes any chance you get."

"Eat something before you go to a party so you're not tempted to overeat. If I don't have time for a full-blown workout, I'll do two shorter sessions during the day."

"If you want to indulge at holiday meals, always go heavy on the vegetables and fruits first."

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BUILD BUTT- KICKING BICEPS

MMA training can give you Popeye's spinach-fueled guns

BY JONATHAN CHAIMBERG, C.S.C.S.

➔ You've done curls to death, but your biceps still aren't growing. Now try the chinup with iso hold—a move specific to mixed martial arts (MMA) training that also helps to build bigger arms.

Do It!

➤ Grab on to a chinup bar with hands shoulder-width apart and palms facing you, and hang. **Pull yourself up until your chin is over the bar and hold yourself there for 20 seconds.** Lower yourself slowly, then explode back up. Now do three to five normal chinups.

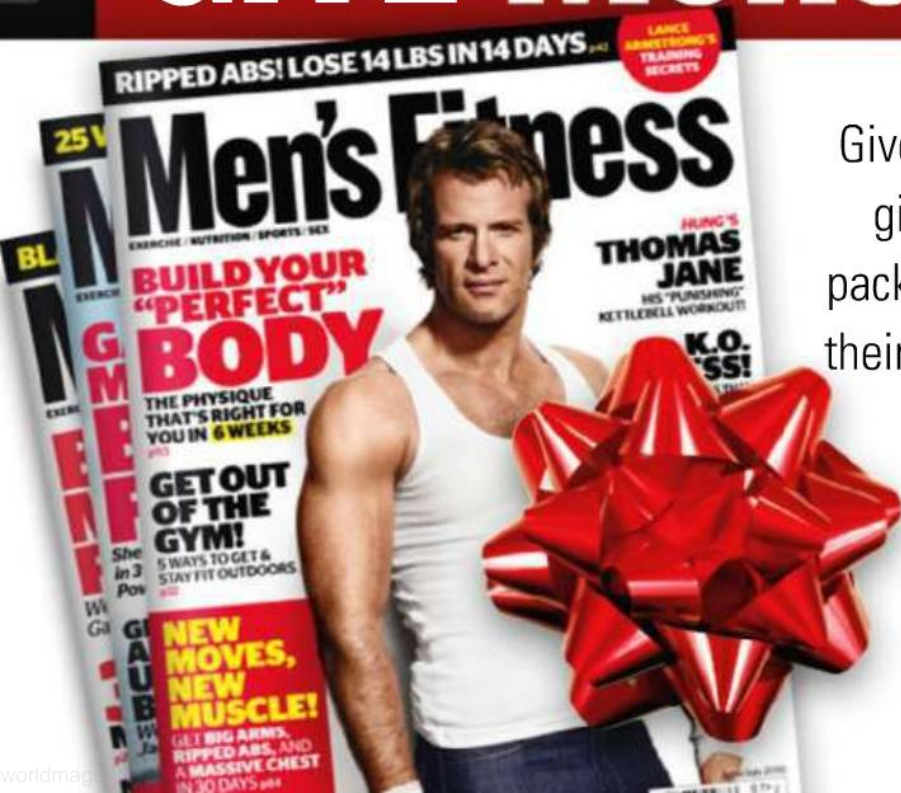
Why It Works

➤ Wrestling and jiu-jitsu involve prolonged isometric contractions, such as when you're locking up with an opponent or struggling to apply a submission choke. This chinup simulates these situations, and then forces you to use explosive power when you're already fatigued, just as a fighter needs to. **Supporting your entire body weight in a chinup puts tremendous load on your biceps,** and you'll recruit even more muscle when you knock out the reps after the hold, making this exercise a formidable opponent to any plateau.

PHOTOGRAPHY BY SCOTT MCDERMOTT.
GROOMING BY OLGA POSTOLACH



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**FITNESS
ADVICE FROM
A BABE
WHO COULD
KICK
YOUR ASS**

ARIANNY CELESTE

The sexy **Octagon** girl and host of **Ultimate Insider** on **ufc.com** loves working up a sweat in the gym and in the ring doing Muay Thai kickboxing. So train hard—or expect to cry for Mommy.

BY DEAN STATTMANN

Supplement Your Training

- "I don't like to take any crazy, unnatural supplements, but I do use glutamine. I put it in my protein shakes, and it really helps with muscle soreness."

Give in to Temptation

- "If you're craving something, eat it. Otherwise, you're going to eat something else that won't satisfy you, and eventually you'll eat what you craved anyway. Just don't overdo it."

Get Back

- "I'm definitely a butt girl. I like a guy to have some nice glutes, so he needs to squat and lunge. Muay Thai is also great for the butt—it's a full-body workout. You can feel your abs and glutes work when you're kicking. I train with guys, and I've definitely slapped a couple around!"



NOT-SO-BASIC TRAINING

"DROP AND GIVE ME 30!"

Think you can pass the Army Physical Fitness Test? Not without our help. BY JEFF DECKER

THE
COMBAT
ISSUE

Whether or not you're thinking of enlisting, who doesn't want the body and stamina of a soldier at his peak? **Taking the Army Physical Fitness Test (APFT) is a good way to test your mettle.** A 30-year-old man needs to do a minimum of 30 pushups in two minutes, 36 situps in two minutes, and a two-mile run in 17:54. Here's a three-day-a-week plan to get you there in just a month.

MONDAY

- Do as many pushups as you can, immediately followed by a set with your feet elevated (such as on a chair). Without resting, do another set with your feet even higher. Rest as needed and then repeat twice more.
- Complete as many reps of situps as you can in 20 seconds and then rest 10 seconds. Repeat seven times.
- Warm up for two minutes and then run fast for one minute (about a seven out of 10 effort). Then jog for one minute. Repeat six to eight times.

WEDNESDAY

- Do as many pushups as you can and then follow them up with a set of slow pushups, taking three to five seconds to go up and another three to five to go down. Repeat for two more sets, resting as needed in between.
- Do a maximum set of situps and then as many V-ups as possible (hold your legs and arms out straight and crunch to form a "V" shape). Repeat for two more sets, resting as needed.

- Warm up, then run one mile as fast as possible. Immediately perform a set of pushups. Do the run and pushup twice more, resting between sets.

FRIDAY

- Perform 100 pushups, taking as many sets as you need to finish.
- Do as many situps as you can in two minutes and then rest. Now do a maximum set of flutter kicks (hold your legs out straight and kick up and down like you're swimming).
- Run two miles at or near your best pace.

● Send us a video of you performing these workouts. Winners will be shown on our Web site. Go to mensfitness.com/armyfitness for details.

FIT NEWS

ARMY TRAINING UPGRADED

- Count the U.S. Army among those dealing with a growing obesity epidemic. According to a new report, **the number of recruits who failed basic training because of their weight soared to 70% between 1995 and 2008.** In response, the old standards such as long runs and situps are being phased out for sprints, core training, and agility work.

HOLIDAY GIFT GUIDE

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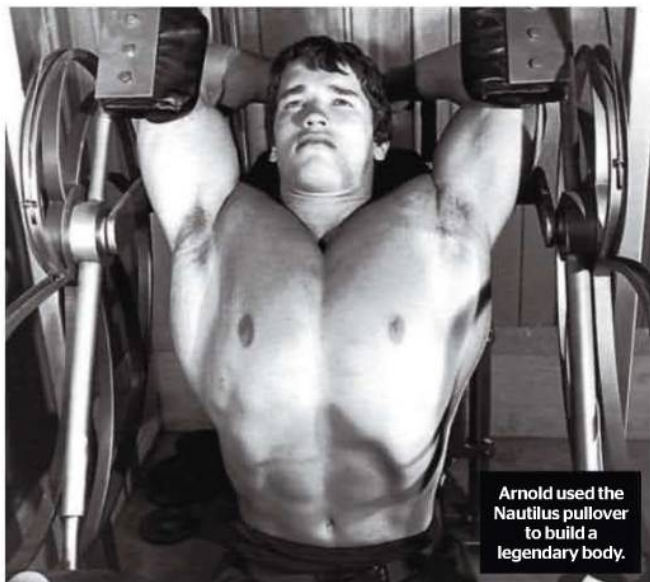
View the video on braun.com



"Fashion doesn't define
Wear

who I am.”

your face.



Arnold used the Nautilus pullover to build a legendary body.

IN THE GYM

THE BEST WORKOUT MACHINES

Six joint-friendly options that deserve a try during your next trip to the gym

BY TOM VENUTO

➔ We've criticized machines a lot in the past for not being nearly as functional or as effective as free weights, but they're not all bad. In fact, if you suffer from joint pain, are recovering from an injury, or just feel as if you need a break from free weights, some machines could do you good. Here are a few of our faves.



NAUTILUS PULLOVER

➤ It simulates a pulling movement like the chinup but also provides constant tension in the pullover's contracted position—something you can't achieve with free weights. This builds your lats so your body's V-taper looks wider from the front.



SUPINE WEIGHTED CRUNCHES

➤ If you're already doing crunches, this is a good way to comfortably (and easily) bump up the resistance. You shouldn't depend on it, but rotated in and out of your ab workouts, it can make for an excellent change of pace—and a great six-pack.



SEATED TRICEPS EXTENSION

➤ This apparatus forces you to fix your upper arm on a pad, making the lift stricter and more effective. Some manufacturers make an isolateral version that lets you work one arm at a time.



PREACHER CURL

➤ The advantage over free-weight preachers is that a good machine provides continued resistance at the top of the lift. Some, like Strive machines, also allow you to shift the path of resistance, providing extra stress at the top, middle, and bottom of the lift.



ISOLATERAL LATERAL RAISE MACHINE

➤ This classic lets you work the shoulders one at a time, mimicking dumbbells, only more comfortably. It also provides a unique stress to the middle head of the deltoid, which helps to widen your shoulders.



HAMMER STRENGTH ISOLATERAL CHEST PRESS

➤ A favorite even among the most die-hard free-weight lifters, it allows each arm to work independently. This makes it closer to dumbbell pressing, and provides a different way to work the chest.

HOLIDAY GIFT GUIDE

THE BEST STUFF TO GIVE AND GET THIS HOLIDAY SEASON

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BODYBUILDING.COM 2010 SUPPLEMENT AWARD WINNERS

Bodybuilding.com is pleased to announce the 2010 Supplement Award Winners. Among them are: Optimum Nutrition in five categories for 100% Whey Protein, Platinum Hydrowhey, Glutamine 1000 caps, and Supplement and Brand of the Year; BSN in four categories for True Mass Weight Gainer, NO Xplode, Sytha-6 RTD, and Packaging of the Year; and Supreme Carb Conscious for Energy Bar of the Year. See the complete list on www.bodybuilding.com/fun/2010-supplement-award-winners.htm. Congratulations to our advertising partners!



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EXCLUSIVE **HARDCORE PRO SERIES™**

"I realized I wanted to be a personal trainer and fitness expert at 17, when I got the courage to try. Now the mirror keeps me motivated."

Eddie Latoza
Team MuscleTech™ Athlete

SPECIAL 4-PAGE AD REPORT

EXPERT

SECRETS

FOR
EVERY BODY

Some guys just seem to have it all. Love him or hate him, personal trainer and fitness expert **Eddie Latoza** is one of those guys. But the body you see today didn't happen overnight. Uncover his best-kept secrets to getting a sculpted physique in this four-page feature – and then make those secrets your own!

□ You'd expect a guy like Eddie Latoza – a guy who's got it all – to be a little arrogant. And with a work ethic like no other, and a set of abs that rival the best in the business, he'd definitely be justified in his arrogance – if he were. So the funny thing is that, as Eddie sets up to do a quick interview with Team MuscleTech™, his laid-back, chill, surfer-dude-like demeanor is a pleasant surprise. He's an everyday guy with an amazing knowledge of training, diet and supplementation, and a larger-than-life drive to succeed. So listen up as Eddie fills us in on some incredible diet, training and supplement tips.

SPOILER ALERT: *There's a new supplement line he's raving about – you won't want to miss this!*



Q Eddie, when did you realize you wanted to be a fitness model? Did it come easy to you or did you really have to work at it?

A I realized I wanted to be a personal trainer at 17 years old when I got the courage to try. Yes, it came pretty easy at first – I could eat fast food during my diet right till the day of the show! At 23 years old it got a little tougher once my metabolism slowed down a bit, but that just means I work harder now.

Q What keeps you inspired and motivated?

A The mirror keeps me motivated. If I don't look good I try harder, and if I do look good I try even harder!

Q What are some upcoming goals you want to accomplish?

A I would like to appear on more fitness covers and have some TV appearances possibly.

Q How many times a week do you train?

A I train 5-6 times a week.

A Day in the Life of Eddie Latoza

Average guy, above average drive. Plus, Eddie's got a few tricks up his sleeve to add fuel to his fire. Here's an average day of nutrition, supplements and training for the ripped fitness model.

6:00am - Meal 1

Eggs and oatmeal with cinnamon
Nitro-Tech® Hardcore Pro Series™
Cell-Tech™ Hardcore Pro Series™



9:00am - Meal 2

Ground turkey pan fried with olive oil, wheat germ, beans and mustard



12:00pm - Meal 3



Salmon and yams

3:00pm - Meal 4

Tilapia, yams, broccoli



naNO Vapor® Hardcore Pro Series™



Q What food or supplements do you take before you train, and why?

A I take **Nitro-Tech® NOP-47™** pre-workout protein for the protein and pump it gives me while training. Other days I use **naNO Vapor® Hardcore Pro Series™**. I use that on days I'm a little more tired and need the intensity and powerful bone-rattling energy it gives me. It gets me in the right mood to train my ass off.



Q If you could give anyone struggling with their weight and fitness a couple pointers, in terms of training, what would they be?

A If the goal is to get lean and ripped, train fast with higher reps. Circuit training is like anabolic cardio – build muscle and burn fat all in one.

Q Throughout an average day, what times do you eat at, and what is the basic make-up of your meals?

A I eat at 6am, 9am, 12pm, 3pm, 6pm, 8pm and 10pm. For protein I eat salmon, ground turkey, ground beef and eggs. For carbs I eat yams, oatmeal, beans and rice. For fats I rely on olive oil.

Q What hard and fast rules do you abide by when you know you have to get cut and shredded?

A When I have to get shredded I eat a lot of cabbage and beans. I follow a high-fiber, low-carb diet.



Q Any rules you abide by in the off season, maybe when you're trying to put on some muscle?

A I take **Cell-Tech Hardcore Pro Series** and **Nitro-Tech Hardcore Pro Series** in the off season. I eat a lot of carbs in the off season unless I'm down to only two abs showing.

"The effects of the *Hardcore Pro Series* line of supplements are out of this world! MuscleTech® supplements are top-notch!" -Eddie Latoza

Q What food or supplements do you take after you train, and why?

A I take **Cell-Tech™ Hardcore Pro Series™** immediately post-workout to help replenish my glycogen levels and spike my insulin to increase creatine absorption in the muscle. Thirty minutes later I take **Nitro-Tech Hardcore Pro Series** to help repair my muscle tissue and grow.

Q Do you have any interesting rituals surrounding training?

A I shake the bar and re-grip every set.



Josh Hyaduck | Length of Transformation: 17 weeks | Age: 22

"The intensity **naNO Vapor Hardcore Pro Series** brought to my workouts was like nothing I've ever experienced before. My workouts have never been this hardcore!"

Test subjects consuming a key musclebuilding compound in **naNO Vapor Hardcore Pro Series** gained 7.12 lbs. of muscle while subjects using a placebo gained 1.30 lbs. after 12 weeks.

4:00pm - Back Training



PULL-UPS – As many sets as it takes to get 60 total reps

DEADLIFTS – 1x10;
3x6; 1x4

SUPERSET BARBELL ROWS WITH LAT PULL-DOWNS – 5x12 Each

DROP SET ON SEATED CABLE ROWS – 5x10

DUMBBELL PULLOVERS – 5x10

6:00pm - Meal 5

Ground beef and rice

Nitro-Tech® Hardcore Pro Series™

Cell-Tech™ Hardcore Pro Series™

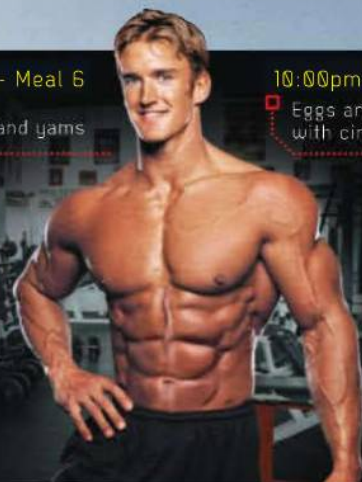


8:00pm - Meal 6

Salmon and yams

10:00pm - Meal 7

Eggs and oatmeal with cinnamon



For super-concentrated, powerful creatine on-the-go, take the **NEW**, convenient **Cell-Tech™ Power Packs!**



Q What is your absolute favorite cheat meal?

A I love eating at a buffet because I love all sorts of junk food.

Q What is your absolute favorite healthy meal?

A I enjoy ground turkey pan fried with olive oil, wheat germ, black beans and mustard.

Q What are your favorite MuscleTech supplements? Why are they staples in your program?

A **nano Vapor® Hardcore Pro Series™:**

Extreme Energy Nitric Oxide Muscle Performance Amplifier
Ridiculous energy and workout intensity. It makes you want to train even on days you don't feel like it.

Nitro-Tech® Hardcore Pro Series™:
Scientifically Advanced Musclebuilding Whey Protein Formula
In my opinion, the #1 protein powder in the world for massive muscle gains.

Cell-Tech™ Hardcore Pro Series™:
Scientifically Advanced Musclebuilding Creatine Formula
Awesome post-workout creatine formula for muscle and strength gains.

Q If you could give anyone struggling with their weight and fitness a couple pointers or tips, in terms of nutrition, what would they be?

A Eat a lot of beans and cabbage with your proteins. The fiber keeps the fat off plus beans are a secondary protein.

There they are – tips from fitness model and personal trainer Eddie Latoza! Put them in action in your own regimen and don't forget to incorporate the **NEW Hardcore Pro Series** line into your daily ritual... Eddie takes **Hardcore Pro Series** supplements because he knows they work.

Find out for yourself just how amazing **Hardcore Pro Series** products work.



Josh Hyaduck has been remunerated and also used other MuscleTech® supplements. Read the entire label before use. Available at GNC, GNC Rite-Aid, The Vitamin Shoppe, Bodybuilding.com and other fine retailers. © 2010.

THE MF GUY NELLY

BY BRANDON GUARNERI

➤ The multiplatinum hip-hop star works hard to stay fit, but he also enjoys an occasional indulgence. When he dropped by our offices recently, the perpetually buff rapper was snacking on a 100 Grand candy bar and a pack of fruit Mentos. Yet, from the look of his six-pack, the damage was limited.

Since he broke into the music biz with *Country Grammar* back in 2000, Nelly has started his own clothing line, bought a minority stake in the NBA's Charlotte Bobcats, sold millions of records, and put on nearly 30 pounds of muscle. His latest album, *50*, drops right after the release of *Celebrity Sweat*—a DVD that reveals his training secrets. **"In the gym, I try to do everything I can,"** he says. "I isolate, I do cables, I use the Smith machine, I bench."

When his schedule isn't loaded, Nelly lifts five days a week. "If I'm busy, I get in two or three days just to maintain." Timing is never an issue. "If I'm recording, I'm in the studio until six or seven in the morning," he says. "Then you go home, get that nap, get to the gym anywhere from 9 p.m. to midnight. Sometimes later."

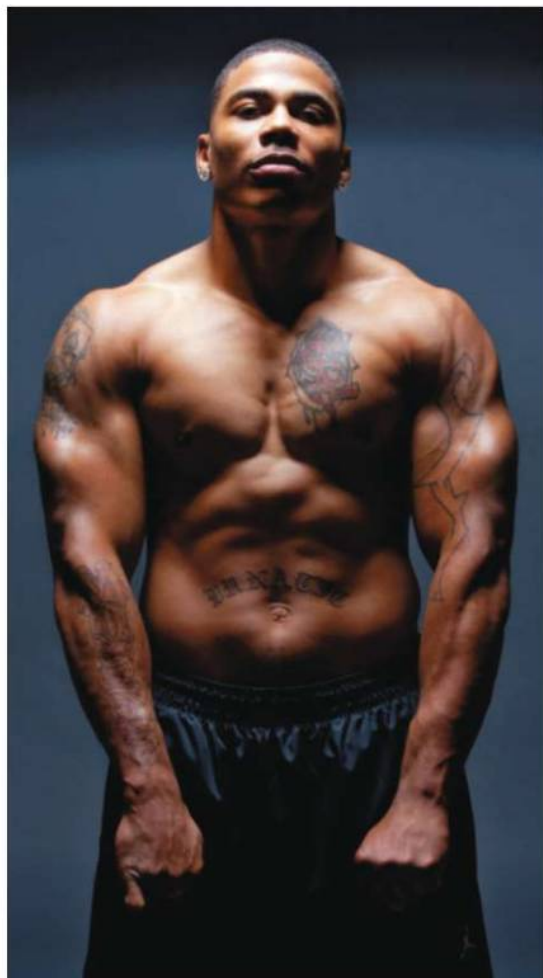
For cardio, Nelly focuses on his love of sports. "I don't do treadmills," he says. **"I did try a cycling class, but a 55-year-old lady kicked my ass and I was done."** Mostly

he plays basketball. "It gives me everything," he says. "I get the agility, the stretching, the stop and go, the jumping. Full court, you're getting the sprinting in, too."

His eating plan is just as straightforward. **"I used to be a vegetarian, but now I eat chicken. I eat turkey."** I'm not a great cook, but I do it well enough not to starve."

A favorite muscle-building meal? "My specialty is probably turkey burgers. They're the best—Swiss and American cheese, lettuce, Thousand Island dressing." Thanks to good genetics and all that dedication, the only time he had to change his meal plan was after landing a role in *The Longest Yard*, when he needed to bulk up. "They wanted me to play a running back, and I looked like the water boy," he says with a smile. "I thought it was best to look the part."

AGE	36
HEIGHT	5'9"
WEIGHT	185
BODY OF WORK	5.0
SWEAT/SUIT	COUNTRY GRAMMAR



His Workout

➤ In his workout DVD (available at celebritiesweatnelly.com), Nelly hits his chest hard with pyramid-style training.

On exercises where the reps decrease with each set, he adds weight to keep his muscles working hard and his body from guessing what's coming next.

A typical routine:

Incline dumbbell press

SETS: 4

REPS: 15, 12, 10, 8, 6

Flat Smith machine bench press

SETS: 4

REPS: 15, 12, 8, 6

Dumbbell pullovers

SETS: 3

Cable crossovers

SETS: 3

REPS: 30 (10 each of high, middle, and low cable crossovers done without rest)



HARD GAINER

CALF TRUTH

Tips for building up your chicken legs

BY JASON FERRUGGIA

➤ For bigger calves (a problem spot for most hard gainers) don't train the muscles directly. Moves like standing and seated calf raises will pump up your calves. That may look cool when you're playing sports, but it causes your calves to burn, so they'll fatigue faster—not fun when you're in the middle of a game. It could also increase your risk for ankle problems and shin splints. The best strategy for better-looking—and better-performing—legs is to train your calves like an athlete by jumping rope and sprinting.

• Jason Ferruggia is the founder and owner of muscle gaining secrets.com. Follow him at twitter.com/jasonferruggia



MF PICK

MHP NO-BOMB

➤ What you put in your body before a workout determines how productive that workout is and how well you'll recover from it. NO-Bomb from MHP is one good way to augment that process. **Each capsule is packed with a blend of all the essential nutrients** you need to keep training hard, including a shot of GlycoCam, an amino acid shown to help boost nitric oxide levels, which may lead to more energy, strength, and endurance. In other words, there's no better way to get a sleeve-splitting pump.

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PREGAME: TURN IT UP



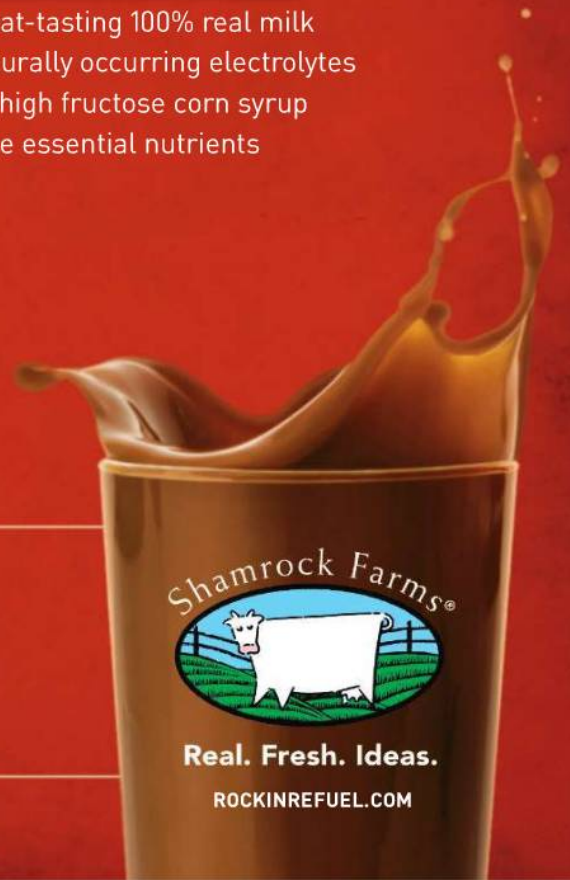
POSTGAME:



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Make Rockin' Refuel your postgame ritual.
It's made of natural milk and whey
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STRENGTH STRATEGY

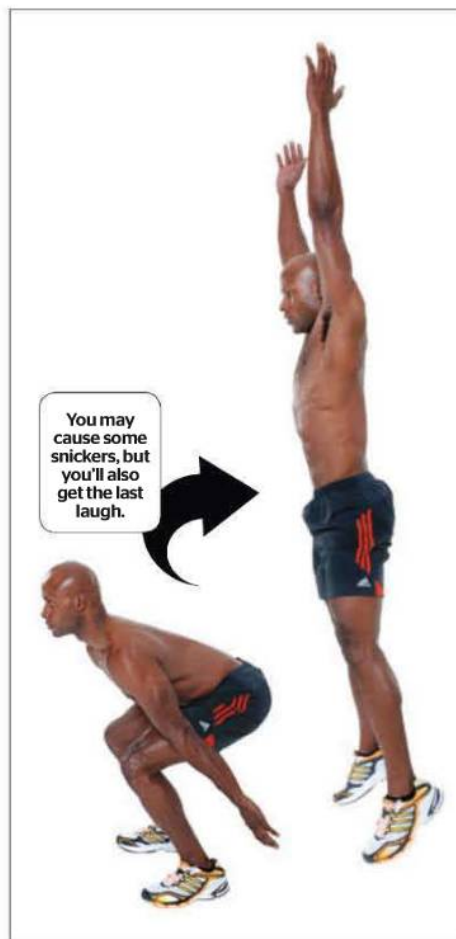
BOOST YOUR SQUAT

A foolproof way to instantly improve your lifting power

➔ The squat is called the "king of all exercises" because it works a ton of muscles and is one of the most functional lifts you can do. To hoist even more weight on this essential move, do a few vertical jumps before leading up to the bar.

► After your warm-up, squat about halfway down and throw your arms back behind you. **Now immediately jump as high as you can, reaching as far upward as possible.** Perform three sets of five reps and then do your squats.

The explosive jumping wakes up your fast-twitch muscle fibers, allowing your central nervous system to better recruit them when you step under the bar to lift.



YOUR WORKOUT SUCKS

Break Up Your Training

We make over one reader's program for better results

● **Roger Hill**, a reader from Mount Ulla, N.C., sent us his workout to critique. **Rowdy Yates**, head of personal training for Crunch Gym on Lafayette Street in NYC, does the honors.

ROGER'S PROGRAM

Four lifting days per week, two body parts at a time. Roger does seven to 10 exercises per workout. Below is his chest and triceps workout.

- **Dumbbell fly:** Sets: 3 Reps: 10, 12, 15
- **Bench press:** Sets: 4 Reps: 6, 8, 10, 12
- **Incline press:** Sets: 4 Reps: 6, 8, 10, 12
- **Decline dumbbell press:** Sets: 4 Reps: 6, 8, 10, 12
- **Dip:** Sets: 3 Reps: as many as possible
- **Triceps pressdown:** Sets: 3 Reps: 8, 10, 12
- **Overhead rope triceps extension:** Sets: 3 Reps: 8, 10, 12
- **Lying tri extension:** Sets: 3 Reps: 8, 10, 12
- **Seated calf raise:** Sets: 3 Reps: 12

Yates says

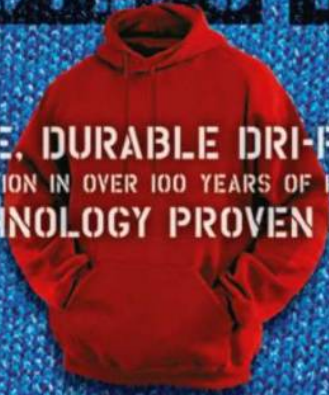
● "Your exercise selection is pretty solid, but the reverse pyramid scheme in your sets (6, 8, 10, and 12 reps) is going to lead to plateaus. Instead, try breaking up your training into three- or four-week phases where you hit a different rep range in each training block."

Overhaul

● Start with a stabilization phase of three sets of 15 to 20 reps with a slower lifting tempo. Then do a strength phase of four sets of eight to 12 reps. From there, transition into a power phase of six sets of two to six reps, done explosively. By progressing within each phase and not training all these different rep ranges in each workout, you'll delay the plateau and ensure better gains long term.

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+ LOSE WEIGHT
+ BURN FAT

THE
COMBAT
ISSUE

Gut Check

DIET SMART

SHED POUNDS QUICKLY AND SAFELY

3 ways to drop weight like a champ

BY BRANDON GUARNERI

Boxers, wrestlers, and MMA fighters may lose up to 20 pounds in days in order to make weight before a fight. Obviously, that's dangerous. Still, some of their methods might help you lose unwanted flab as well. We asked Martin Rooney, C.S.C.S., author of *Ultimate Warrior Workouts*, for a few successful fat-fighting strategies that are safe and effective for regular guys.

FIGHT STRATEGY: Take diuretics.

YOUR STRATEGY: Eat more fiber, which does the same thing—only more gradually. “You usually have between five and seven pounds of garbage circulating around your intestines,” says Rooney. “Extra fiber can help to clear it out.” Work up to 30 to 35 grams daily.

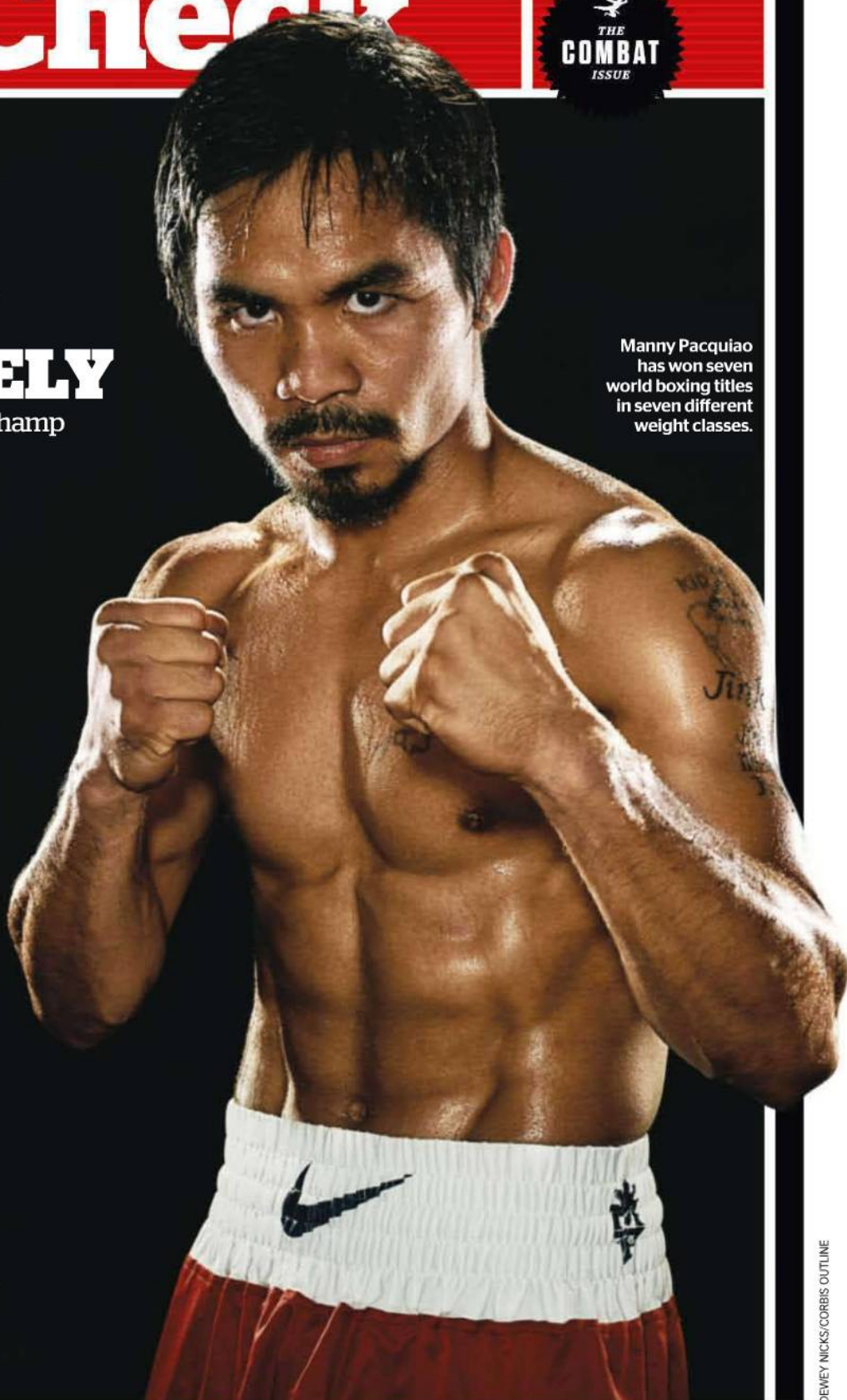
FIGHT STRATEGY: Cut water.

YOUR STRATEGY: Drink more. Fighters load up on water for a few days, then avoid it prior to weigh-in. That helps their bodies excrete more liquid, which helps them lose pounds. But there are numerous health benefits in taking in more water. Replacing other drinks with H₂O helps you cut back on calories, too.

FIGHT STRATEGY: Wear layers.

YOUR STRATEGY: Throw on a hoodie before working out. “Don’t go into your workout in shorts and a sleeveless shirt and think it’s the best way to get your core temperature up,” Rooney says. A good rule: Dress as if it’s 10 degrees colder in the gym than it actually is. When your muscles are warmer, you’ll burn more calories. “Your sweats should be soaked when you’re done training,” he says.

Manny Pacquiao has won seven world boxing titles in seven different weight classes.



DEWEY NICKS/CORBIS OUTLINE

"I was reluctant to talk to my doctor
about my unresolved depression symptoms.
I'm glad I finally did."



Actor portrayal.

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trial offer for
ABILIFY[†]

Visit www.ABILIFYmeplus.com

[†]Restrictions apply.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least
6 weeks and still have some depression symptoms,
one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression
in adults as add-on treatment to an antidepressant when
an antidepressant alone is not enough.



Some people have had symptom improvement as early
as 1 to 2 weeks after adding ABILIFY.[†]

Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

[†] Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information
about ABILIFY on the adjacent page.

Take the next step—ask
your doctor about ABILIFY.


ABILIFY[®]
(aripiprazole)
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If you or someone you know needs help paying for medicine, call
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October 2010

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IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ī-fi) (aripiprazole) (air-rī-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia:

An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMLT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

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Based on Full Prescribing Information as of 11/09 1239550A07.

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Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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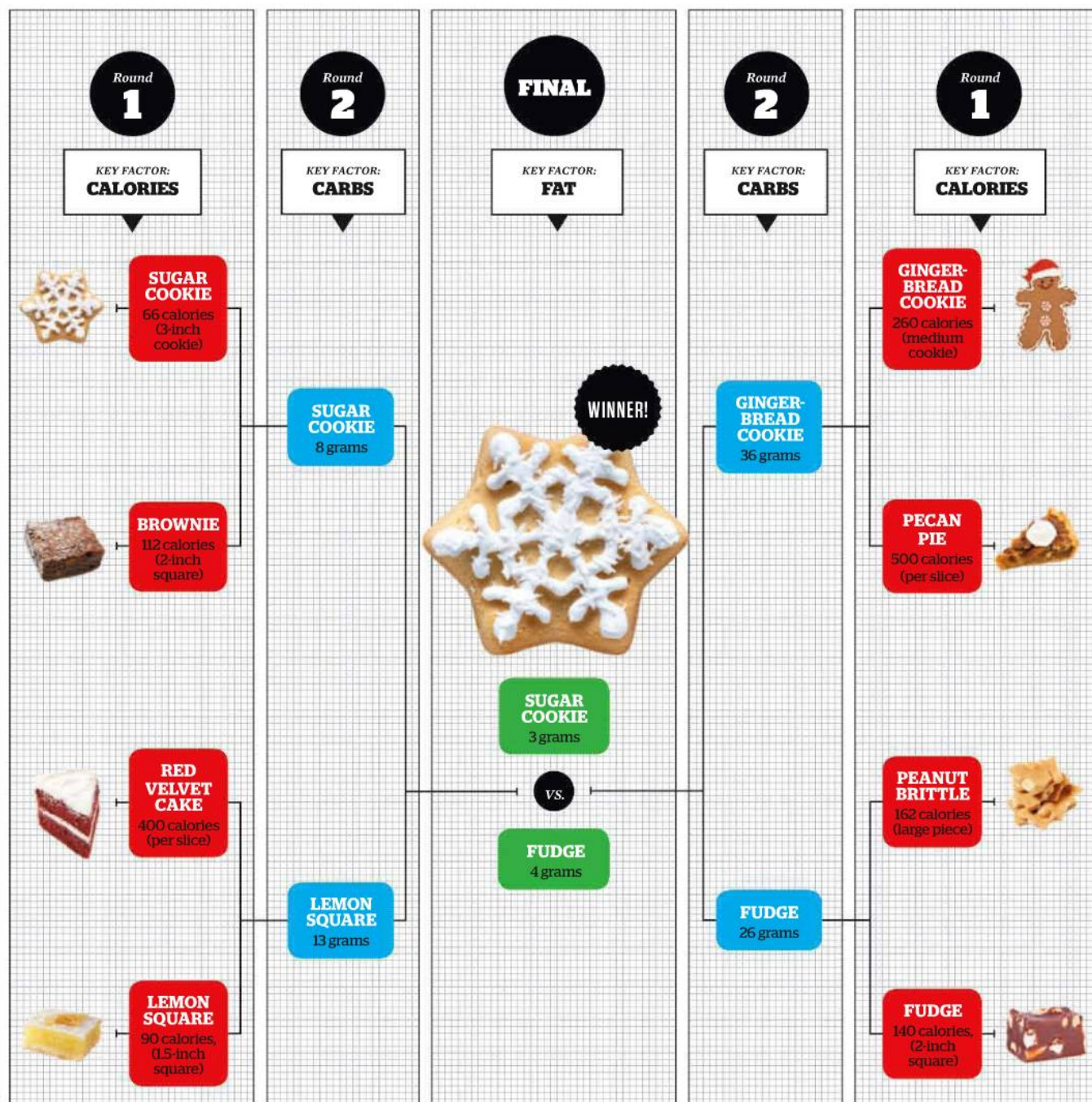
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FACE-OFF

HOLIDAY TREAT SNACK-DOWN!



If you're gonna cheat, at least do it with something that will cause **the least damage** to your abs. To find the best option, we threw eight of the most common (and delicious) holiday favorites into the ring to battle it out.



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HOW DO YOU MEASURE UP?

Simply stand on this bathroom scale and find out!



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- Physique Rating
- BMR - Basal Metabolic Rate
- Metabolic Age
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- Visceral Fat



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BELLY BLASTER

NO EXCUSES!

The *Biggest Loser*'s **Jillian Michaels** tells you how to stop being lame and lose weight today

She's one of the country's leading health and wellness experts, a best-selling author, and the star of NBC's *The Biggest Loser*. Jillian Michaels even has a new fat-fighting video game for the Wii. If she can't get you pumped up to get ripped, no one can. We asked her how to overcome four of the most common willpower busters.

I don't have any support from friends and family. I'm doing this on my own.

One of my favorite quotes says it all: We can tolerate any 'how' if we have a 'why.' In other words, identify all the reasons you want to lose weight to begin with. Write them down. Post them everywhere you can. Meditate on them first thing in the morning and at night when you go to sleep. **Motivation always comes from within—bring it out!**

I keep slipping up.

Failure is a pain in the ass because it's unavoidable. Many tend to see failure as a validation of their deepest, darkest insecurities. It can throw us into depression and erode our confidence and self-esteem. **The trick is to recognize failure as an entry point for learning** and an integral component of growth—and not make the same mistake twice.

I have good intentions—but at the end of the day, I'm tired and just want to go home and relax.

I've been here. Many times. It's easy to settle into a relationship or a routine and stop taking care of your needs. Remember that you have to make time to take care of yourself. **Try to get your workout in during your lunch hour or in the morning before work.**

Get a piece of home cardio equipment and exercise while you catch up on your favorite TV show. Or, clear all the crap snack foods out of your cupboard. You can't eat what's not there.

I have trouble reaching my goals.

Always write them down. This keeps them real. And make them realistic so you don't get discouraged. **Goals should be easily definable so you can gauge and monitor your progress.** If you have setbacks, remember that they're par for the course. Expect them. Learn from them. Then move on.



Yeah, she's hot. And she knows her stuff.

**2
LBS**

HOW MUCH WEIGHT THE AVERAGE GUY GAINS OVER THE HOLIDAYS. (MOST OF US NEVER LOSE THOSE POUNDS, EITHER.)

**FOR THE EARLY
MORNING RUN.
OR THE
MID-MORNING
SPRINT.**

**FOR THE EXTRA
SET OF CURLS.
AND THE EXTRA
FOCUS AT WORK.**

**FOR THE END
OF THE DAY.
AND THE START
OF THE NIGHT.**



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+ NUTRITION
+ COOKING

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MAN MEALS

CREOLE GUMBO

For an easy alternative to stew or chili, fire up this delicious soup created by **Victoria Wise**, author of the new cookbook *Sausage*.

Ingredients SERVES 4

- | | |
|---|--|
| $\frac{1}{4}$ lb okra, sliced into $\frac{1}{2}$ -inch-thick rounds | 1 tsp dried thyme |
| 2 tbsp white vinegar | $\frac{1}{2}$ tsp dried oregano |
| $\frac{1}{2}$ tsp kosher salt | $\frac{1}{4}$ tsp cayenne pepper |
| 3 tbsp extra-virgin olive oil | 1 cup chopped canned tomatoes, with juice |
| 1 onion, chopped | 5 cups chicken broth |
| 2 stalks celery, chopped | 1 lb fresh sausage, rolled into 1-inch balls |
| 1 bell pepper, chopped | 18 medium-size shrimp |
| 3 cloves garlic, chopped | 12 shucked oysters |
| 1 bay leaf, crumbled | |

Make It

- **1** In a medium bowl, toss together the okra, vinegar, and salt. Let sit.
- **2** Meanwhile, in a large pot, heat 2 tbsp oil over medium heat. Add the onion, celery, pepper, and garlic, and sauté until well wilted but not browned. Stir in the bay leaf, thyme, oregano, cayenne, tomatoes with juice, and broth, and bring to a boil. Lower the heat to maintain a brisk simmer and cook for 30 minutes.
- **3** While the broth simmers, heat the remaining tbsp of oil in a large sauté pan over medium-high

heat. Working in batches, brown the meatballs on all sides, 7 to 8 minutes. Transfer the browned balls to the simmering broth.

➤ **4** When all the balls are added, rinse the okra and transfer it to the pot. Let simmer for 15 minutes. Add the shrimp and oysters, cover the pot, and remove from the heat. Let stand until the shrimp are barely pink and the oysters slightly plump, about 5 minutes.

Nutritional Breakdown

429 calories, **39g** protein, **15g** carbs, **24g** fat, **3g** fiber

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ONE FOOD, FOUR WAYS SWEET POTATO

There are plenty of ways to take this lean-guy staple beyond the plain baked spud

BY NOELLE PISTILLI

It's a nutritional powerhouse—ideal whether you're trying to cut carbs and lose weight, or bulk up and build muscle. We asked chef Nils Noren of The French Culinary Institute and Lyniece North Talmadge, author of *The Sweet Potato Lover's Cookbook*, for some unique ways to get more sweet potatoes on your plate.

1 Grab some as a snack...

• Make your own **homemade sweet potato chips**. To get started, turn your oven to 375 degrees. While it warms, nuke a couple of medium peeled sweet potatoes for a minute. Cut the warm spuds into very thin slices. "Then toss them with fresh diced herbs—rosemary or thyme is perfect—plus a bit of oil," Talmadge says. Bake them in single layer on a nonstick baking sheet for 30 to 45 minutes, or until crispy. For more flavor, use salt and pepper or a bit of balsamic vinegar.

2 Eat 'em for breakfast...

• Try a leaner spin on **eggs Benedict**. Microwave a sweet potato until soft, about 4 minutes. Cut in half and mash insides with a fork. Top with a couple of poached eggs. For a low-cal hollandaise sauce, combine ¼ cup egg substitute, 1 tbsp light butter, 1 tsp lemon juice, ½ tsp dijon mustard, and a dash of cayenne pepper. Warm sauce in the microwave (don't cook too long or it may curdle).

3 Mix with your rice...

• For a **perfect side to grilled chicken or steak**, finely dice a sweet potato and dump it into the water when you start cooking the rice. Let the mixture come to a boil and steam. When done, fluff with a fork, then stir in additional ingredients such as chopped almonds or mint.

4 Blend them...

• To make a delicious **sweet potato soup**, toss a diced onion and 2 tbsp olive oil in a large pot and cook until tender. Add a dash of curry powder, the flesh of 3 precooked sweet potatoes, and 5 cups of vegetable stock, then bring the mixture to a boil. Let cool, then pour into a blender. Process until smooth. Return to pot. Stir in a cup of coconut milk and ½ cup of water. Heat until warm.



103

AMOUNT OF
CALORIES IN A PLAIN,
BAKED, MEDIUM
SWEET POTATO

YAMS vs. SWEET POTATOES

► The sweet potatoes and yams you see in most grocery stores are exactly the same! American "yams" are just a different variety of sweet potato, given the alternate name by farmers. True yams are grown in West Africa and New Guinea and, unless you're shopping in a specialty market, you'll likely never run across them in the U.S.



MF PICKS

COOKING TIPS AND TRICKS

For grilled spuds

→ Boil a few whole potatoes in their skin for about 10 minutes. Slice lengthwise into wedges. Brush with olive oil, then place directly on the grill. Cook for one to two minutes on each side, or until crispy.

For potatoes in a hurry

→ Prepare a large batch of sweet potatoes. Let cool, then wrap the cooked potatoes individually in plastic wrap or zip-close bags. Toss in the freezer to defrost and eat later on.

For sweeter potatoes

→ Go slow and low. Cooking slowly allows the sugars in the potato to caramelize and brings out its natural sweetness. Try baking your spuds at 350 degrees for around an hour.

For a more savory dish

→ Cook for speed. Aim to soften the potato's flesh as quickly as possible, by boiling or microwaving for example. This helps bring out the potato's earthy, less sweet flavor.

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I Leave Nothing to Chance

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Balls

HOW I TRAIN

BIG FISH

To finally beat the world's best swimmer, **Ryan Lochte** had to swing a lot of sledgehammers and flip a ton of tires

BY BRANDON GUARNERI

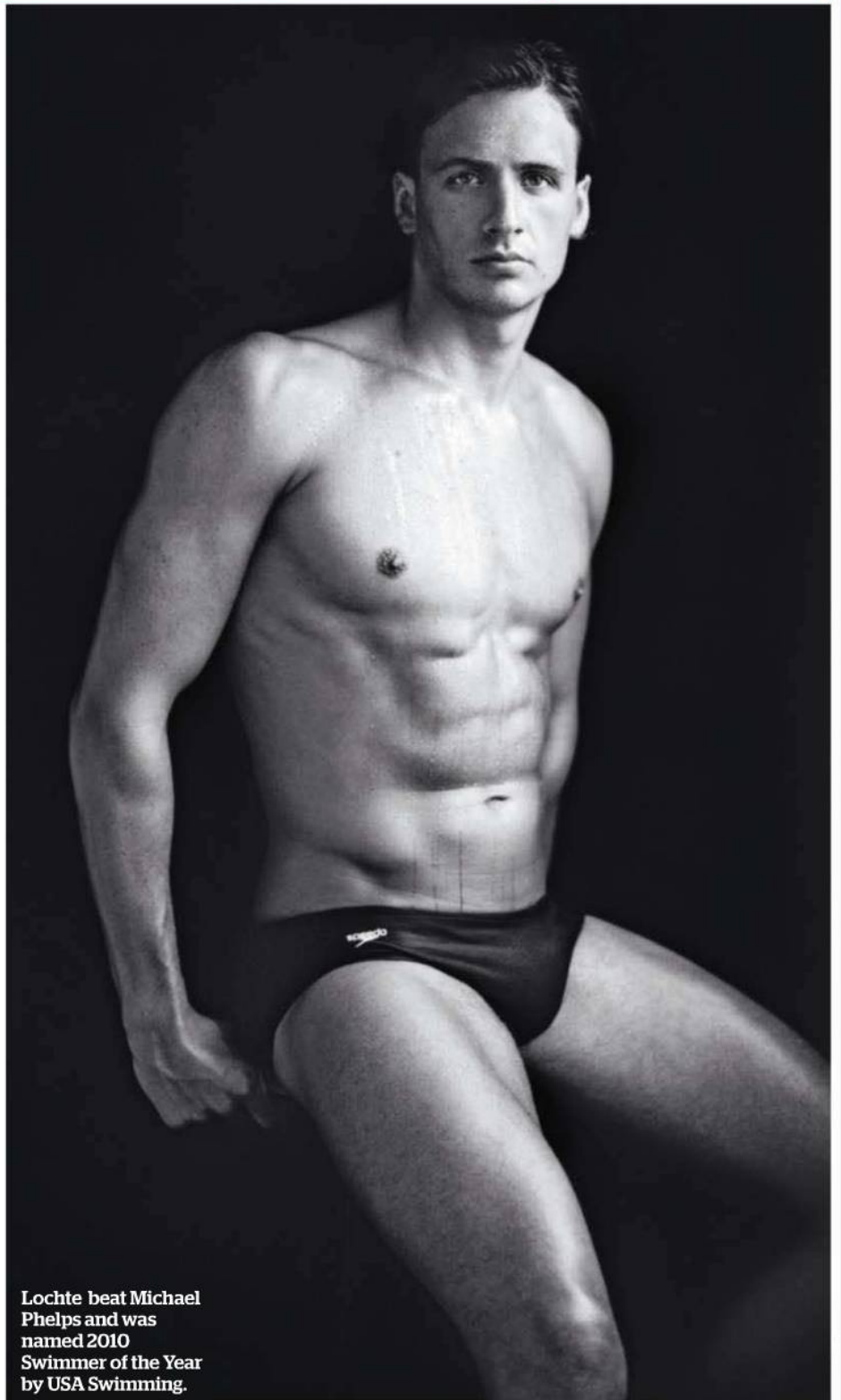
→ WE CAN'T REMEMBER WHEN WE last celebrated an American swimmer not named Michael Phelps or Mark Spitz. But then, in August, Ryan Lochte (a three-time Olympic gold medalist) beat Phelps in the 200-meter individual medley at the USA Swimming nationals in Irvine, Calif. It was the first time Phelps had lost that race since 2001, and the first time Lochte had ever beaten his nemesis in a medley in major competition. Lochte, 26, recently told us he doesn't credit his historic triumph to just hours in the pool. "A couple of years ago, I started taking lifting more seriously," he says. "I had to figure out something that was going to help me advance in the sport. Weightlifting was one of those things."

Lochte adopted a four-day-a-week lifting program along with his regular pool routine. He also started stretching more prior to workouts and took his diet much more seriously. "Before, I was eating fast food, drinking soda all the time, eating candy," he says. "I was doing that every day. Once I started eating better, I felt better in the water."

700
lbs

WEIGHT OF THE
TIRE LOCHTE FLIPS
DURING TRAINING

Lochte beat Michael Phelps and was named 2010 Swimmer of the Year by USA Swimming.





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WILL MAKE YOU WISH
YOU HAD TWO MORE BODIES.**



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BALLS

Lochte swims and trains at least nine times each week.



Instead of three or four good practices in a row, I was having good weeks."

In the gym, Lochte has trained with Gators strength coach Matt DeLancey (a former strongman competitor) since his days as a sophomore at the University of Florida. "One Sunday," says DeLancey, "I asked him, 'Hey, why don't you come out and flip some tires?' He came over and got hooked."

Their workouts sometimes last as long as two and a half hours. Other swimmers often come by to watch or maybe try a single movement, but Lochte is the only guy who completes the routine. "He'll outwork everybody," says DeLancey. "He's not afraid to throw up. He's kind of a Spartan. He'll run head-on into a train if he thinks it's going to make him better."

Although strongman moves are only about 5% of Lochte's regimen, DeLancey believes they may be the most crucial to his new success. "The keg tosses and the tire flips are really specific to his backstroke start," he says, "and anything that makes your legs stronger is going to make you better with your breaststroke kicks."

Lochte is convinced his dedication to the iron has helped him reach his potential. "I can race tough against anyone now," he says. "I can feel I'm a lot stronger in the water." Phelps better swim hard. There's a massive tire (thrower) headed his way.

MY WORKOUT

LOCHTE'S STRONGMAN MOVES

> Log clean and press
SETS: 6 REPS: 6

> Keg toss
SETS: 6 REPS: 6

> Truck tire flip
SETS: 6 REPS: 15, 12, 10, 8, 6, 4

> Floor press*
30 SECONDS

> Standing overhead press*
30 SECONDS

> Standing bentover row*
30 SECONDS

> Sledgehammer swings
SETS: 5 REPS: 20

*THESE EXERCISES ARE PERFORMED IN A CIRCUIT WITH A 55-POUND PLATE. EACH EXERCISE IS DONE WITHOUT REST UNTIL TOTAL SET TIME REACHES FIVE MINUTES.

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—Joe Flacco
Baltimore's Star Quarterback”



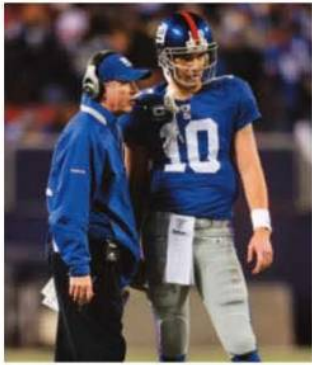
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LEADERSHIP

CRUSH THE STATUS QUO

Gary Chartrand knew he didn't want to be a chicken farmer like his dad. In his book, *Unreasonable Leadership*, he shares how out-of-the-box thinking helped him build one of the most successful companies in the nation. **BY ROY S. JOHNSON**

➔ A few years ago, **New York Giants head coach Tom Coughlin** (above, left) and his wife vacationed in Italy with several friends, including Gary Chartrand, now executive chairman of Acosta, one of the leading sales and marketing companies in North America. The two men hit it off, and Chartrand became a leader in the development and growth of the Jay Fund, a charity founded by Coughlin that supports children with leukemia and their families. In 2007, Chartrand led a campaign that raised more than \$5 million for the organization. In the foreword, Coughlin calls him a "dynamic leader, unfailingly optimistic and confident...a consummate salesman with a unique ability to rally the troops." "For someone just launching a career," Coughlin writes, "he is an ideal role model." Chartrand says *Unreasonable Leadership* is an "American success story rich in lessons learned."

On the surface, being an unreasonable leader sounds like a recipe for disaster, not success. How do you define it?

➤ Having the courage and the conviction to change what is reasonable and safe, which is the status quo. It's based on a quote from George Bernard Shaw: "All progress comes from unreasonable people." **Reasonable people get comfortable in their surroundings; unreasonable people rebel against it.**

What was your motivation to write the book?

➤ I wanted to express my strong belief in what is possible in America. I wanted to share an entrepreneurial success story that can only happen in a free-enterprise system. We're going through a lot of turmoil

as a nation, and we need to get back to realizing that it's people and freedom that have made the country great—producing people who take risks, have bold out-of-the-box thinking, and who refuse to accept the status quo and will march into the discomfort zone.

How does this translate as someone develops their career?

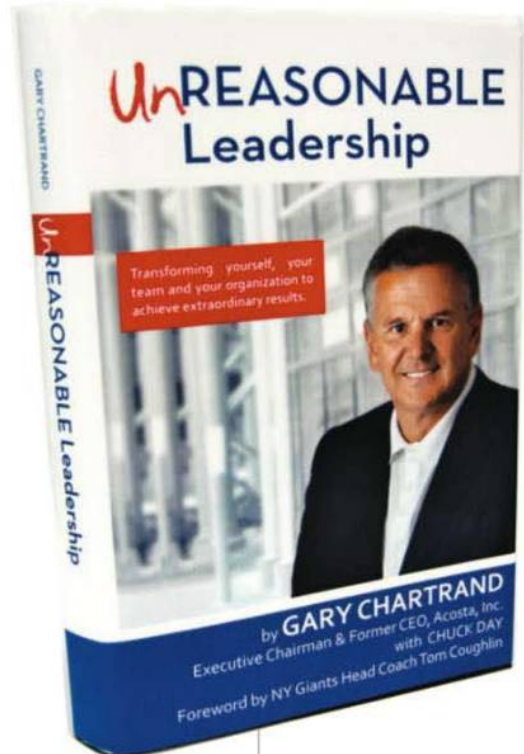
➤ **My goal is to energize people to believe in themselves**—to be bold and have strong convictions and to reach beyond what most people will tell you can't be done.

Seems you've lived a pretty unreasonable life yourself.

➤ I was born on a chicken farm in New Hampshire and was the first person in my family to go to college. I had apprehensions about my own ability to lead. So I worked hard on the things within me that I needed to change. I believe everyone has within them the ability to be great. It's a matter of how much energy and faith you have.

You write a lot about optimism being a key trait of an unreasonable leader. How does someone maintain that kind of attitude in the challenging economic environment we live in today?

➤ That's a great question. As I wrote, I reflected on what I went through at Acosta after becoming CEO in 1996, taking a company from 2,000 employees to 17,000. Along the way there were plenty of reasons not to feel optimistic. There were



plenty of situations where people said my strategy was crazy, that I was risking everything and would lose it. **But optimism is one of the greatest gifts in the world. It helps the unreasonable leader find opportunity in difficulty.** I always respected their opinion but went my own way.

You played sports in your youth. What "unreasonable" lessons did you learn on the field?

➤ The difference between expecting to win and refusing to lose. I only played team sports [football and baseball], but I learned that if two tennis players go on court, both expect to win, but usually the one who refuses to lose is the victor.

90

NUMBER OF
EMPLOYEES
WHEN
CHARTRAND
JOINED THE
COMPANY IN 1983.

How do you handle the stress of being an unreasonable leader?

➤ *[Laughing]* I'm better at it today than I was. I tried to exercise and keep my weight in check. I tried to leave the office at the office. But I gotta tell you, I failed on all of that. Unreasonable leaders are usually type A personalities who can't

quit until the work is done. I'm much better now that the ride—at least the business part—has changed. [Chartrand gave up the CEO role in 2009.] I'm exercising regularly. I quit drinking. And I've lost 15 pounds!

● Buy *Unreasonable Leadership* at unreasonableleaders.com and get 40% off and shipping is free.

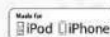


i like big beats and i cannot lie.

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+ ADVENTURE
+ GEAR

MF
12.2010

Outdoors

TRAINING STRATEGIES

FIRE AND ICE

Our winter-sports training guide will help you kick Old Man Winter in the gut

BY THAYER WALKER

As the days get shorter and the mercury drops, you've got two options to prepare for winter: den up in the living room and put on a few extra pounds or train hard and attack the snow sports. We're picking the latter. Here's how to get started.

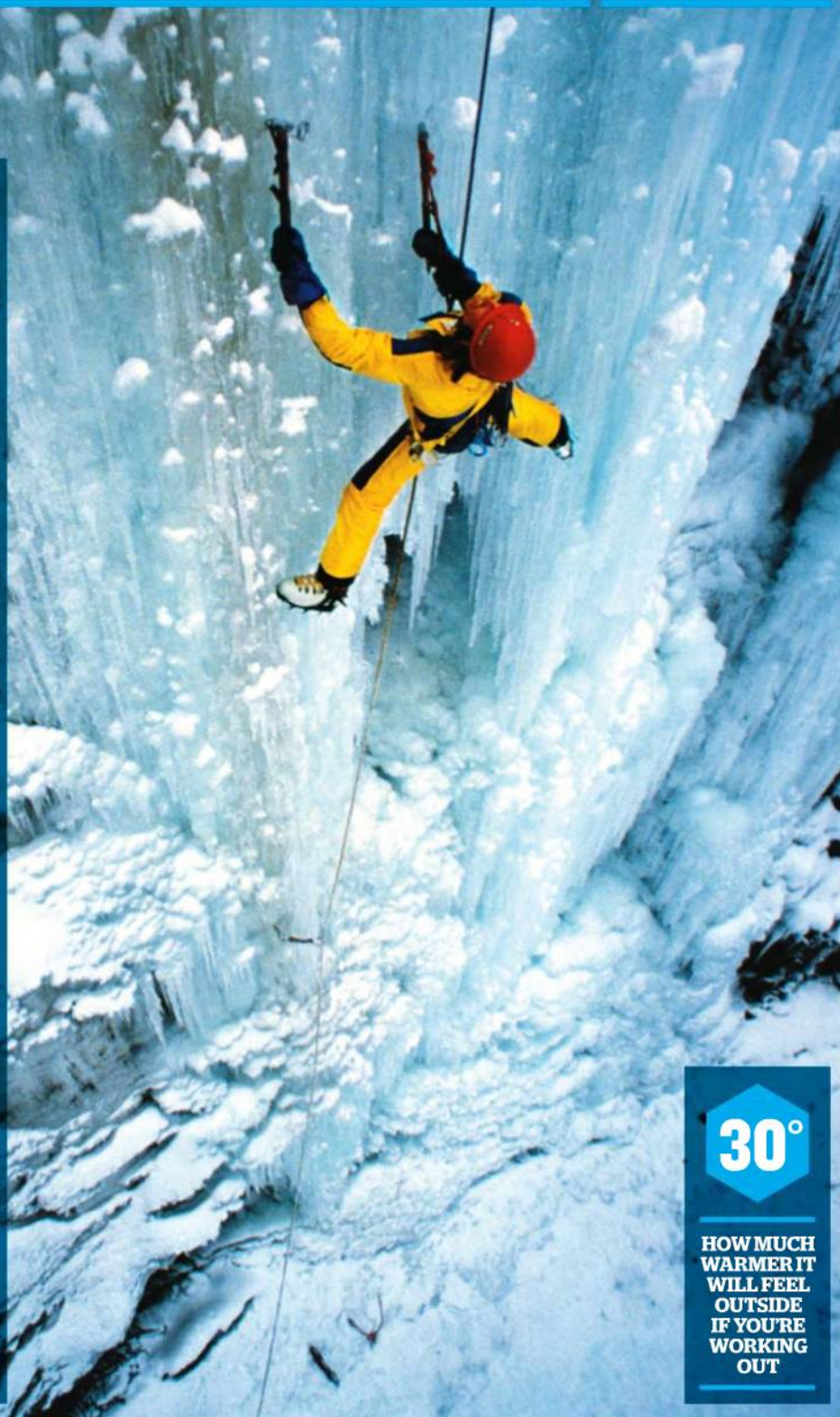
ICE CLIMBING

What Your Body Needs

It's a technical sport, but training for it doesn't have to be. The key skill is strength, says Will Gadd, holder of three international ice-climbing championship titles. **"You need to be able to do solid squats and staggered grip pullups over and over again,"** he says. "That's the best possible training for ice climbing without actually climbing."

How to Train

One of Gadd's favorite all-around winter-sport workouts doesn't even require weights. **It's a circuit of 100 air squats, 100 pullups, 100 situps, and 100 pushups,** with each exercise completed before moving on to the next. (Starting out, choose a more realistic number of reps.) "Anyone who can do that workout in less than 20 minutes isn't going to have an issue with any of the strength requirements in winter climbing—or any outdoor sport," he says.



30°

HOW MUCH
WARMER IT
WILL FEEL
OUTSIDE
IF YOU'RE
WORKING
OUT

JAMES BALOG/GETTY IMAGES

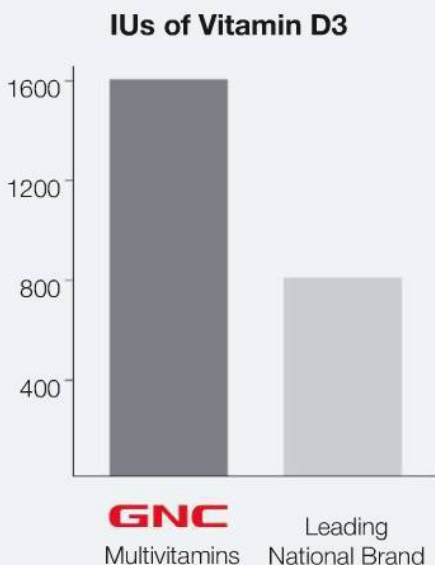


Frank J. Costa, MD

"Most of us don't get enough vitamin D. This is why I encourage my patients to have a simple blood test for deficiency. New research shows that vitamin D supports colon, breast and immune health in addition to bone health. Supplements are your best way to get vitamin D as opposed to the sun's damaging rays."

Dr. Frank J. Costa, MD

World renowned physician and health expert



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OUTDOORS

SNOWBOARDING

What Your Body Needs

● The most crucial skills in snowboarding are flexibility and rotation, according to Chris Hargrave, manager of the Burton Snowboard Academy at Northstar-at-Tahoe. Mastering the sport requires improving four key ranges of motion: toe-to-heel balance for transferring your weight from toe edge to heel edge; flexing and extending the knees, ankles, and hips, which helps generate airtime; core rotation, which allows for controlled spinning in the air; and the ability to shift weight between the front and back foot, which allows the rider to move the board with momentum.

How to Train

● Vince Redondo, a snow-sport training expert at Sport Club/L.A. in San Francisco, suggests increasing your hip mobility with a snowboard-focused workout: a three- to five-minute warm-up on an agility ladder, side-to-side shuffle, and 90-degree hops. **Squats will strengthen your ankles, knees, and hips; try them while holding a medicine ball and standing on a Bosu ball**, and you'll increase your core strength, too. Rotate your shoulders from side to side as you stand. One-armed cable

rows—while standing on a Bosu—can help to make your back and core stronger and prevent muscle imbalances.

SKIING

What Your Body Needs

● Former U.S. Ski Team member Reggie Crist won X Games gold in ski cross and spends his winters working as a heli-ski guide in Alaska. He's done it all while avoiding one of the sport's most common injuries, a torn ACL. His secret? Strength symmetry. "Your quadriceps and hamstrings are antagonistic pairs of muscles," says Crist. **"If your quads are more than 20% stronger than your hamstrings, you're more likely to blow out your knee and end your season."** A big part of training for skiing is preventing injury.

How to Train

● Most people have much stronger quads than hamstrings, so Crist recommends stepups to even out the imbalance. Place one foot on an elevated surface, like a chair or bench, so your front thigh is parallel to the floor. Step up onto the surface. For a tougher workout, do lunges up your staircase—think of it as basically a series of stepups for both legs.



High-flying athletes like Simon Dumont (top) and Shaun White (bottom) need to be in peak shape.



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Fast Lane

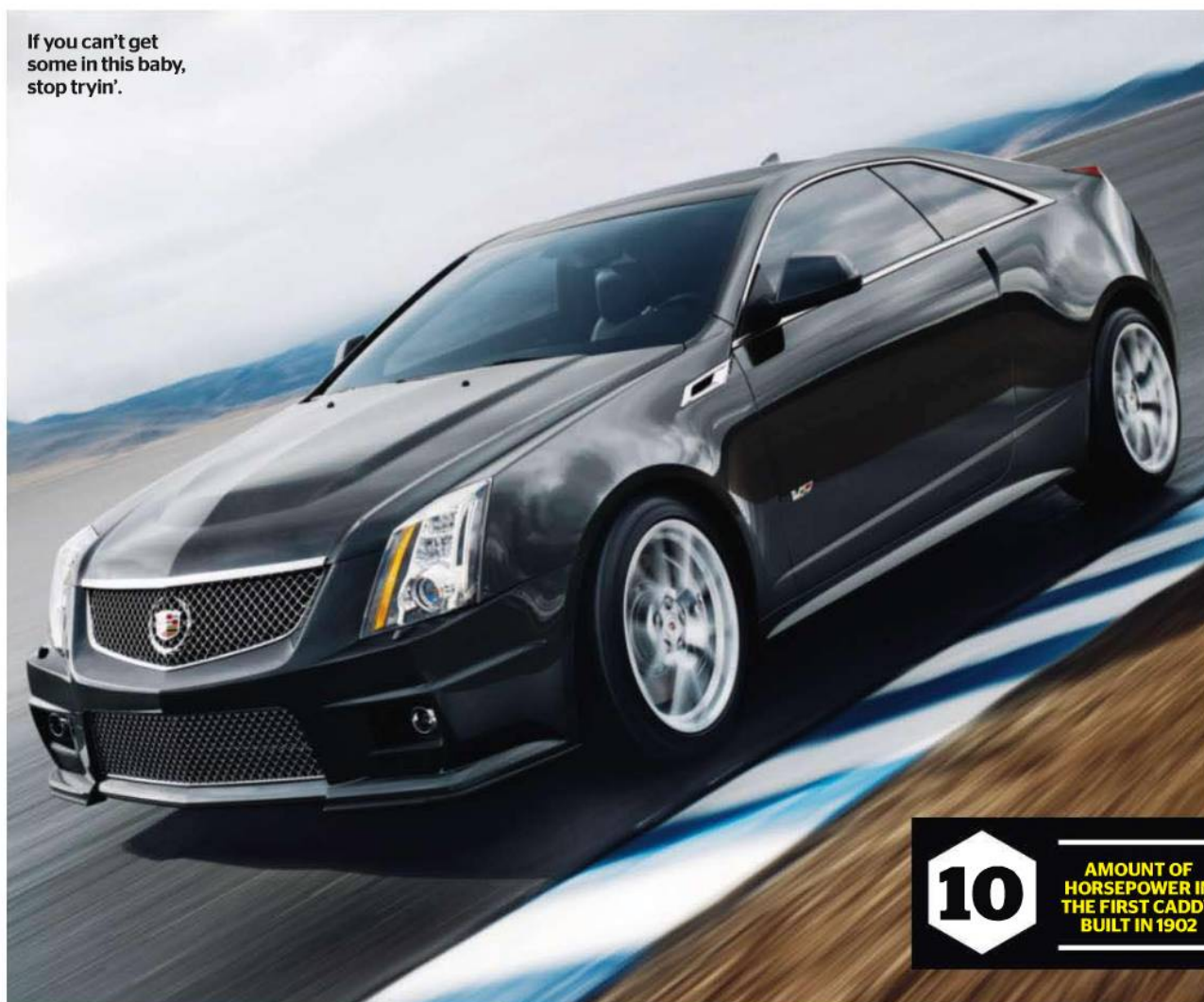
New Column!

• **Tony Quiroga,**
Senior Editor, Car & Driver

One of America's top
auto writers buckles in for *MF!*
Catch him every issue!



If you can't get
some in this baby,
stop tryin'.



10

AMOUNT OF
HORSEPOWER IN
THE FIRST CADDY,
BUILT IN 1902

DREAM CAR

CADDY'S BACK

Forget the one your dad drove. The Cadillac CTS Coupe will make him jealous.

BY TONY QUIROGA

➔ Cadillac is in attack mode. Once satisfied to simply be known as a purveyor of soft parade floats for the Geritol set, the iconic brand has recently refocused and is now targeting its first generation's grandchildren—especially those who drive German cars.

The first Caddy to go after "kids" was the '09 CTS Sedan. Cadillac studied the popular German-car formula and created a rear-wheel-drive four-door that moves like a sports car. To differentiate itself from all of the Audis, BMWs, and Mercedes on the road, the CTS was also dressed to draw stares. Like any peacock on wheels—it was bigger, brasher, and more chrome covered than anything

Germany offered. Think Escalade—as a sedan.

But park that CTS Sedan next to the new CTS Coupe, and suddenly the four-door has zero game. From the base of the windshield to the slick, accentuated tail, the Coupe is a new original. **Its body has enough acute angles, intersecting lines, triangles, trapezoids, and vertices to keep a geometry class occupied for a semester.** On the road, it looks like a concept car stolen off the auto-show floor.

Providing the go for the Coupe's show is a 304-horsepower, 3.6-liter V-6 that can be coupled with either a six-speed manual or a six-speed automatic. A shorter rear-axle ratio makes the two-door feel more muscular under acceleration than the sedan, but



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How to stay fully charged in winter.

Winter's extremes tend to slow us down. The days are shorter. Weather conditions make every trip more difficult. Outdoor activities are limited. Plus, you have to wear all that extra clothing. But you don't have to give up and hibernate until Spring. With a positive attitude and a few simple tips you and your battery can stay in peak condition.

PLAN POSITIVE



When getting ready for a run or any exercise in colder weather, make sure you're fully charged with a good night's sleep and the right food to fuel your routine. Also, stretching is critical to staying injury-free and protecting your joints. Take an extra five to ten minutes before and after your workout to get loose.



In winter, it's essential to make sure your battery is fully charged. Remember, when the temperature drops to 32°F, a fully charged battery only has about two-thirds of its power available. You can have your battery tested at most automotive service centers. Also, make sure you check your terminals for corrosion to ensure a tight, clean connection.

START POSITIVE



Heading out to exercise in extreme weather means keeping a close eye on your fluids. Cold weather and a stuffy nose tend to make you breathe through your mouth causing you to get dehydrated faster than you'd think. Remember to have fluids handy and drink regularly.



When you start off in cold weather, make certain you drive long enough to recharge the battery, and try to avoid frequent stops and starts over a short period of time. Also, keeping your vehicle in the garage at night provides some insulation against low temperatures, ice and snow. This will help ensure strong starts in the morning.

STAY POSITIVE



Wearing the wrong gear in extreme weather can lead to poor performance and severe injury. Make sure you're equipped for your workout with clothes that let you move freely but also provide the necessary warmth. Wear shoes with plenty of cushioning and good traction for wet or icy conditions.



The right gear for your car means getting a long life battery that's maintenance free*, all climate and vibration resistant. Exide's premium NASCAR® Extreme™ was made for extreme conditions and offers all of these features as well as free jump starts, a trip-saver in cold weather. So you can start positive and stay positive all winter long.

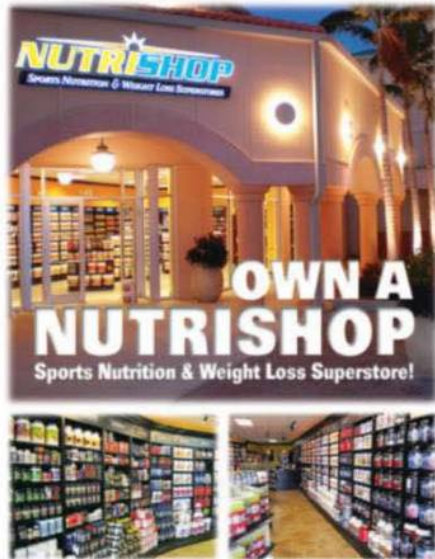
*Under normal operating conditions.

Want more positive news? Go to StartPositiveStayPositive.com.

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◀ **MELISSA PITTMAN** - Model Universe Champion, mother of 2 and a **NUTRISHOP** customer!
 Image by: JW Atherton

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FAST LANE



The CTS-V's new interior styling, slick geometric design, 19-inch alloy wheels, and 556 horses under the hood are all signs that Cadillac is targeting a new generation of drivers.

with nearly 4,000 pounds of Cadillac to move, the V-6 can only muster 0-60 in the mid-six-second range with either transmission. If you want more power—a lot more power—**Cadillac also sells a supercharged, 180 mph, 556-horsepower V-8 CTS-V Coupe that will lop about 2.5 seconds off the V-6 Coupe's 0-60 time.**

Open the door (there's no handle, just a touch pad) and you'll see the same firm seats and vinyl-wrapped dashboard as the sedan. Although it lacks the meticulous execution of an Audi interior, the CTS is a huge step forward for a domestic car. **Regardless of its size, the steering impresses with its accuracy and connected feel.** The scales may read heavyweight, but the CTS Coupe's handling is entirely that of a welterweight.

Cadillac's CTS Coupe starts at \$38,165 and rises to over \$50,000 when fully optioned. The supercharged CTS-V Coupe starts at \$63,465. Despite prices nearly identical to the two-door Audi A5 and BMW 3-series (and slightly below Mercedes-Benz's E350 Coupe), it's the car's exceptional style that's sure to get you noticed. After all, it has something the Germans can't quite seem to match: Even more swagger than an Escalade.



DRIVER'S SEAT

NO IDLE TIME

Skip your car's morning warm-up **BY JIM GORZELANY**

Q Should I warm my engine in cold weather?

A There's no benefit in letting a modern engine idle for more than 30 seconds before engaging the transmission. In fact, running the engine while parked does little more than waste gas and increase pollution. If the temp is dancing with zero wait a minute or two to let the engine oil thin out and fully circulate, then drive gently for several minutes and avoid full-throttle acceleration until the engine reaches its proper operating temperature.

▶ **Jim Gorzelany** is an auto expert and the author of *Automotive Intelligentsia* Money-Saving New-Car Guide.

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Try: Marc Jacobs Bang | \$75

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Try: Turn 4XT | \$26



If she likes... Freshly fallen snow and crisp winter air

Try: Victorinox Swiss Unlimited Snow Power | \$55



If she likes... The beach, driftwood, and salty sea spray

Try: Pure Nautica | \$65



If she likes... Cinnamon and citrus fruit

Try: L'Eau d'Issey Pour Homme Noir Absolu Limited Edition | \$82

New Column!

• **Jennifer Laing**
Grooming Expert
Look for her here every issue!



THE LOOK

BEAT WINTER HAT HAIR

Keep static, frizz, and other hair don'ts at bay with these tips from Redken for Men style consultant **Jenny Balding**

BY JENNIFER LAING

GO DRY

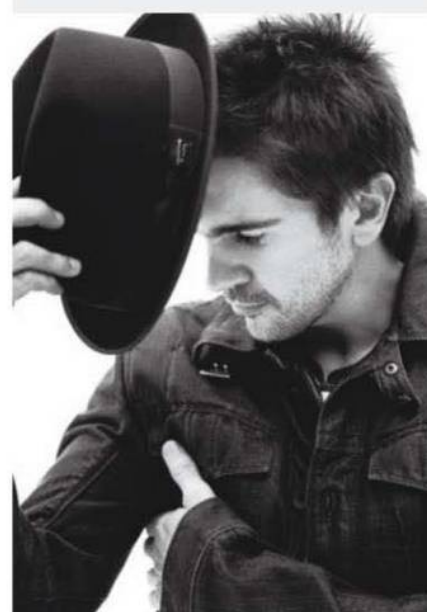
➤ Always make sure your hair is completely dry before topping it with your favorite lid. You should also use minimal styling product. Once you get back inside and remove the cap, run damp hands through your hair to reboot your styler—and your style.

CHOOSE WISELY

➤ Pick your headwear with care. If you want your hair to look good after removing a cap, opt for something that's not too heavy or too tight. And be sure to slide it carefully onto your head, from front to back, to avoid messing up the hair underneath.

SWAP PRODUCTS

➤ Many problems will go away if your hair is better hydrated. To amp up the moisture, switch your regular shampoo for a conditioning one. Two-in-one shampoos such as **Redken for Men 2-in-1** (\$12) and **Axe Dual 2-in-1** (\$6) are both good single-bottle options.



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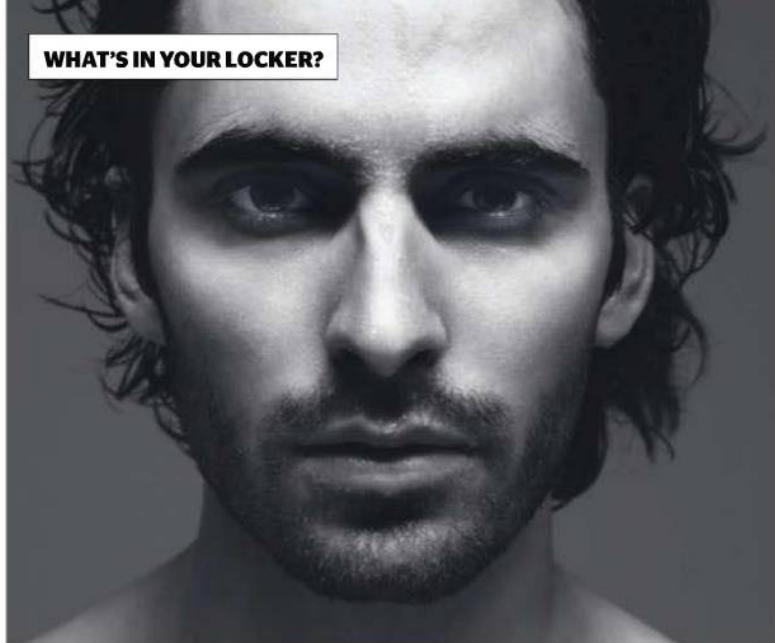


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WHAT'S IN YOUR LOCKER?



MF PICKS

FACE-SAVERS

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COMMUTING

● Shaving every morning can sap moisture from your face and neck. Replenish with an option like **Clinique Skin Supplies for Men Age Defense Hydrator SPF 15**, \$30.



ON THE SLOPES

● With sun reflecting off snow and ice, you're just as likely to burn in the winter as in the summer. Use an all-season sunscreen like **Kiehl's Cross-Terrain UV Skin Protector SPF 50**, \$26.



AT HOME

● Radiators and heaters dry out everything—including you. You need a product loaded with zinc, which helps lock in moisture. We like **Molton Brown Power Boost Zinc Anti-Fatigue Hydrator**, \$40.

WHAT'S IN MY GYM BAG

TONY ROMO

The **Dallas Cowboys** quarterback's locker room must-haves



What grooming products do you always have?

"Toothpaste and a toothbrush, mouthwash, and deodorant. Great hygiene is important, even when you're around a bunch of big, sweaty guys all day."

What do you train in?

"The Starter Active Tee is my favorite—with mesh shorts."



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MF's Best of
2010

WHAT YOU WANT!

➡ OUR EDITORS
CHOSE THE MOST USEFUL,
INNOVATIVE, AND
EXCITING NEW
PRODUCTS OF 2010

FOLDABLE
KAYAK
page 68

➡ New gadgets, gear, and goods always promise to change the way we live. We did the research, tested the merchandise, and consulted the experts to determine which products introduced this year actually do.

MF's Best of
2010



TECH

BEST HOME AUDIO

1 / YAMAHA MCR-140

Not just another pretty docking station, this compact system is built around a new wireless technology that allows you to listen to music without having to plug anything in—simply stream wireless, uncompressed audio straight from your iPod to your stereo.

\$400 @ yamaha.com

NUTRITION

BEST HEALTHY BREAD

► EXPERT PICK, ELLIE KRIEGER, R.D., FOOD NETWORK CHEF

2 / ARNOLD SELECT SANDWICH THINS

Make any sandwich healthier. "These little buns are perfect when you want a burger or sandwich but you don't want to overdo it on carbs," Krieger says. "They're 100 cals each—half the calories of a typical bun and most are made with whole wheat, so they're also loaded with satisfying fiber and antioxidants."

\$4 @ arnoldbread.com

GEAR

BEST SURVIVAL TOOL

3 / GERBER BEAR GRYLLS ULTIMATE KNIFE

Designed by gonzo outdoor-sman Bear Grylls, this may be the most useful utility knife ever created. With a big stainless blade, grippy handle, hammer end, utility saw, and a fire striker, it won't turn you into a survival expert, but it will help you get out of most ugly wilderness situations.

\$60 @ gerbergear.com

TRAINING

BEST TRAINING WATCH

4 / SUUNTO M5

More than just a stopwatch and heart-rate monitor, the M5 is a full-time training coach. Select your goals and the M5 will tell you the duration, intensity, and recovery time your training needs to achieve them—in real time—during your workout.

\$190 @ suunto.com

TECH

BEST GAME SYSTEM

5 / XBOX KINECT

The Kinect camera for the Xbox 360 transforms your body into the controller, thanks to some unique body-tracking software. In games like Kinect Sports, select from boxing, soccer, or track and field, then punch, kick, or run your way to the win.

\$150 @ xbox.com

GEAR

BEST KAYAK

7 / FOLBOT CITIBOT

(PICTURED ON PAGE 67)

A kayak is not always the most practical thing to stuff into your garage. That's why we love the Citibot, a fully foldable kayak that weighs just 24 pounds and breaks down small enough to fit inside a closet or the trunk of any car.

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MF's Best of
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GEAR

BEST CONCEPT BIKE

1 CANNONDALE ONBIKE

A revolutionary asymmetrical design encloses this bike's chain in a case that's actually part of the frame. That means there's no rear fork and the chain stays hidden for virtually maintenance-free riding and a unique, streamlined look. An efficient nine-speed internal drive system and internally routed cables add to the sleekness.

\$6,500 @ cannondale.com

NUTRITION

BEST WHOLE-FOOD BAR

2 PROBAR

Made from 15 whole foods—nuts, seeds, and fruit—and packed with up to 12g of protein, 5g of fiber, and just 400 nutritious calories, the very best thing about this meal-replacement bar is not just what's written on the label, but the way it tastes—like real grub!

\$3 @ theprobar.com

TECH

BEST FITNESS GADGET

► EXPERT PICK, GDGT.COM FOUNDER RYAN BLOCK

3 FITBIT

Carry one of these to track your fitness all day long. "Pedometers are nothing new," Block says, "but the Fitbit's size, wearability, accuracy, and Web analytics make it stand out among other, far more generic products. Besides my cell phone, this is the only device I own that I feel naked without."

\$99 @ fitbit.com

NUTRITION

BEST SUPPLEMENT

4 EAS PRO SCIENCE FINISH

Pro Science Finish from EAS is a great way to make sure you're getting the nutrients you need for recovery after a workout. Each serving contains a mix of fast- and slow-digesting proteins so you can replenish your muscles for hours after training. Added healthy fats enhance that protein's absorption as you digest it, so you get the biggest punch from every sip.

\$67 @ abbottstore.com

TRAINING

BEST HOME CARDIO MACHINE

► EXPERT PICK, SCOTT KOSINSKI, DIRECTOR OF SPORTS & OUTDOORS AT AMAZON.COM

5 SCHWINN ELLIPTICAL A40

Finally, an elliptical that can fit in your pad. "The A40 is brand new and is one of the more compact products in the category," Kosinski says. "The console has room for a Kindle or magazine, and it doesn't block the inputs or fan like most machines. It's a smaller product but remains a sturdy, comfortable unit at a great price."

amazon.com

TECH

BEST WAY TO WATCH TV

6 APPLE TV

Completely redesigned from its first incarnation, the new Apple TV is a WiFi-equipped 3.9-by-3.9-inch gizmo that can stream Netflix films, YouTube videos, and any movie or TV show from iTunes. It's an even friendlier prospect now that it's just \$2.99 to rent a standard-definition movie, \$3.99 for HD, and 99 cents per TV episode.

\$99 @ apple.com

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MF's Best of
2010



TECH

BEST TRAINING HEADPHONES

1 H₂O AUDIO SURGE 2

These waterproof headphones are designed for swimmers but ideal for anyone who enjoys music while they train. Pro-quality sound comes through whether you're working out in the rain or in the pool, or just on your sweatiest days. Not sold? They've got a lifetime warranty too.

\$50 @ h2oaudio.com

TRAINING

BEST JUMP ROPE

2 BUDDY LEE ROPE MASTER

The jump rope has been our favorite cardio tool for years. Buddy Lee's speed rope makes it a little easier to master. The rope connects to the handles through a ring and ball bearings for better control and faster jumping. The setup resists tangling too, so even the most flat-footed beginner can make quick progress.

\$28 @ buddyleejumpropes.com

TECH

BEST HOME ESSENTIAL

3 DYSON CITY

Powerful and compact, the City brings Dyson's innovative technology to a vacuum that you can hold easily in one hand. Allergy and asthma sufferers will benefit from the vac's enhanced air filter technology, which suctions air and expels it with 150 times less bacteria and mold than the air you breathe.

\$399 @ dyson.com

GEAR

BEST TRAIL SHOES

► EXPERT PICK, GEAR-JUNKIE.COM EDITOR STEPHEN REGENOLD

4 LA SPORTIVA ELECTRON

New technology enhancements help this trail shoe morph to the terrain as you run. "The design kills aggressive tread in favor of a soft and nearly smooth outer sole," Regenold says. "Inside, the shoe is made to cushion and stabilize your foot while keeping it low to the ground so you can move fast."

\$120 @ lasportiva.com

TECH

BEST SMARTPHONE

5 SAMSUNG EPIC 4G

Samsung's Epic 4G phone has a blazing fast 1GHz Hummingbird processor, a four-inch high-resolution display, a front-facing camera for video calling, and access to Sprint's 4G data network.

\$250 @ sprint.com

NUTRITION

BEST PROTEIN SNACK

► EXPERT PICK, ELLIE KRIEGER, R.D., FOOD NETWORK CHEF

6 CHOBANI GREEK YOGURT

We've been touting the benefits of Greek yogurt all year, and now that it's becoming available in more and more flavors and packaging options, it should be your go-to protein snack.

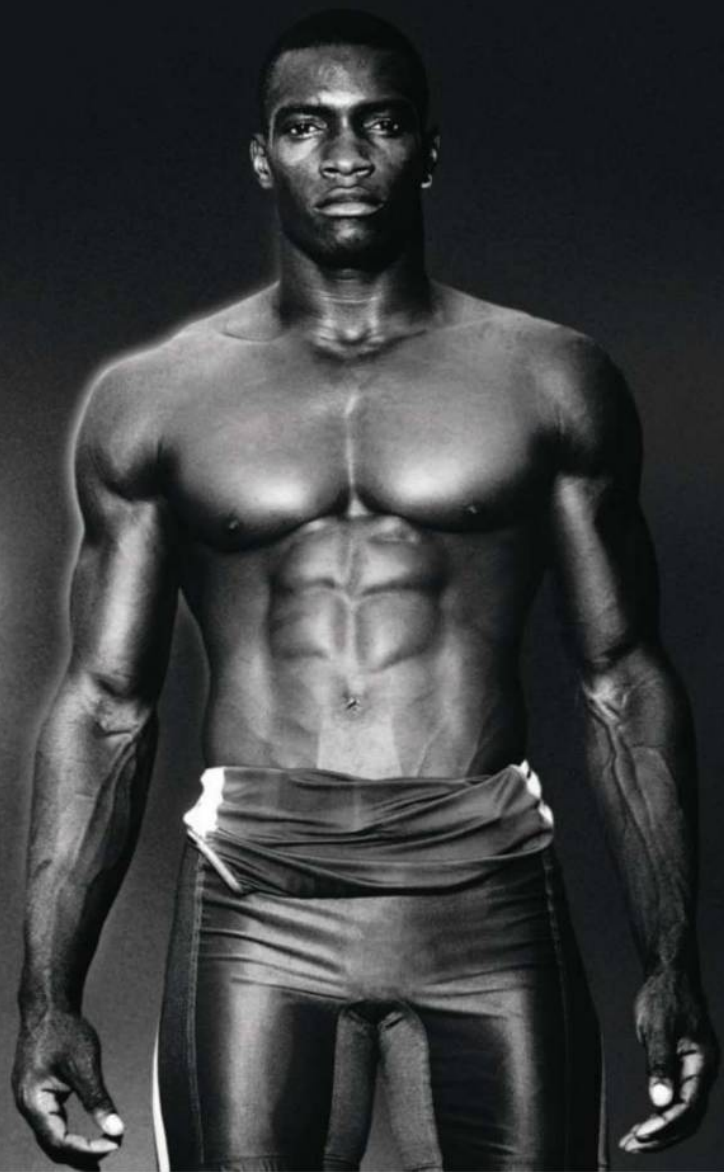
\$2 @ chobani.com

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/ HE'S A /

SHORE THING

MIKE "THE SITUATION" SORRENTINO'S
ABS HAVE BEEN SEEN EVERYWHERE. BUT
THE UBIQUITOUS BOD PALES IN
COMPARISON TO THE INCREDIBLE MYSTIQUE
THAT'S MADE THE STAR OF MTV'S *JERSEY
SHORE* A MEGA-CELEBRITY—AND RICH.

By **ANDREW VONTZ**
Photography by **ART STREIBER**

MIKE "THE SITUATION" SORRENTINO WAS PHOTOGRAPHED EXCLUSIVELY
FOR *MEN'S FITNESS* IN SANTA MONICA, CALIF.



"EVERYONE IS BLESSED WITH ONE SPECIAL THING."

DIRK DIGGLER, *BOOGIE NIGHTS*

➔ **AT THE BEGINNING OF *BOOGIE NIGHTS***, Eddie Adams, a well-endowed busboy, discovers the value of his anatomical gift, adopts "Dirk Diggler" as his stage name, and rockets to porn stardom and a life that's a nonstop party. A decade ago, as an 18-year-old trolling the beaches of South New Jersey, Mike Sorrentino discovered that his "one special thing" was his abs. He figured how to force his toned stomach into an isometric contraction that made them pop even more, like cubes in

an overfilled ice tray. Now, he's got maybe the most famous six-pack in America. And he's known as The Situation, yo.

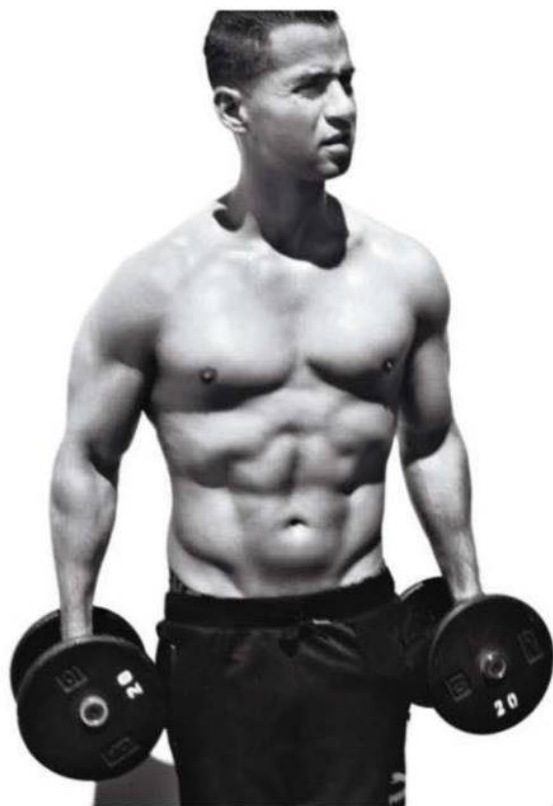
Sorrentino is, of course, the headline-grabbing star on MTV's *Jersey Shore*—that wacky hit featuring a ram-bunctious cast of guys and babes who troll the bars and beaches of Seaside Heights, N.J.—a.k.a. The Shore—and do, well, just about everything guys and babes who troll beaches do. If you don't know what the hell GTL means, peek out from under your rock for a sec—

here's what you've missed: Sorrentino, 29 and a former exotic dancer and underwear model, became a household name almost as soon as the show hit the air, thanks to his chiseled core, his cocky attitude, and his zippy (and now trademarked) acronyms. "GTL" stands for Gym, Tan, Laundry—the holy trinity of tasks he prescribes for looking good, feeling good, and wooing the ladies. The show is No. 1 among the teen set, which is pretty much a launching pad toward celebrity and the fruits that come with it. "When we're out, big-name stars want to meet Mike," says Jon Manfre, Sorrentino's childhood friend. "Jason Giambi and Bow Wow have come up and asked for pictures. Leonardo DiCaprio introduced himself to Mike. [*The Hills* star] Kristin Cavallari ran up to him and kissed his abs."

Manfre partnered with Sorrentino's

How to Get a Situation Pack

➤ "To really train your stomach, you have to work with your body structure," says Mike "The Situation" Sorrentino. "You also have to follow all the steps—do the cardio, eat right, and do ab exercises." That means limited junk food and beer (despite what you see the *Jersey Shore* crew doing on TV) and plenty of core training. "I love leg raises," he says. "Once you're used to doing them regular, try hanging leg raises. You can also sit on a ball and do crunches. I stick to three to four exercises for abs, and once your body gets used to it, mix 'em up." Our fave gut-busting moves from *The Situation's* DVD.



ROLLING SIDE PLANKS

DO IT: Get into a plank position, then lift and roll your right arm and leg off to assume a side-plank position. Now, lift your right arm straight toward the ceiling. Lower your right arm and reach through under your body while maintaining the side-plank position. Pull your right arm back from under your body and extend it straight again toward the ceiling, before returning back to the starting plank position. Do 8 to 10 reps and repeat with your left arm.

MOUNTAIN CLIMBER OBLIQUE CRUNCH/PUSHUP

DO IT: Start in the pushup position with feet slightly wider than shoulder-width apart. While maintaining this position, rotate your body to bring your right knee toward your left elbow. Return the right leg. Then bring your left knee toward your right elbow. Return the left leg. Immediately follow with a pushup. Repeat with 10 to 12 reps.

CARDIO BURST/MOGUL JUMPS

DO IT: Stand tall with chest lifted, shoulders back, and abs contracted. Maintain a small bend with your knees. Hold arms out as if holding ski poles in each hand. Bend at the knees and jump from right to left, landing softly on the balls of your feet. Try for 30 jumps, 15 both right and left.

REVERSE CRUNCH LEG LIFTS

DO IT: Lay on your back with your elbows wide, hands behind your head supporting your neck and head. Do not lock your fingers. With your lower back pressed into the floor, suck in your abs, drawing your navel to your spine. With both legs straight up in the air toward the ceiling, gently lift your hips off the floor. Do not let your legs "swing" and make sure your lower back maintains contact with the floor. This should be a slow, controlled movement. Try for 10 to 12 reps.

TOE TAPS ON A DUMBBELL ACTIVE RECOVERY

DO IT: While standing over a dumbbell, lean your upper body back a bit to engage the abs. Tap the top of the dumbbell, alternating right and left feet. Try for 30 taps, 15 both right and left.

STYLIST: MICHAEL CIOFFOLETTI FOR CELESTINE AGENCY.COM;
GROOMING BY ZOE GENSLER; CLOTHING: TANK TOP BY HANES;
"ARCHIVE HERO" TRACK PANT AND "CABANA RACERS" SHOES;
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MF ICON MIKE SORRENTINO

older brother, Mark, and sister, Melissa, to help manage The Situation's many endorsements, which include Devotion Vodka, the world's first casein protein-infused vodka, and his own supplement line for GNC. It appears to be paying off. Sorrentino now drives a customized \$100,000 Bentley and will reportedly earn \$5 million in 2010.

The Situation's 8 Fit Rules

- **Eat** every few hours. Aim for six small meals per day—three meals and three protein shakes.
- **Drink** tons of water.
- **Choose** lean proteins, fruits, and veggies whenever you can.
- **Get** six to eight hours of sleep. "Sleep is when your body grows and repairs itself," he says.
- **Avoid** simple carbs and junk calories, including condiments like mayo and jelly.
- **Approach** fitness as a long-term lifestyle, not an instant transformation. Be dedicated, patient, and work hard for it.
- **Make** working out your No. 1 commitment, because it builds the confidence and discipline you need to succeed in every domain of your life.
- **Give** yourself one "cheat day" per week when you can eat whatever you want and recover from your training.

Despite the glitz and how much he obviously enjoys it, Sorrentino insists that training has always been—and remains—at the center of The Situation's universe (see "How to Get a Situation Pack"). He studied taekwondo for a decade and attained his black belt at 16. In high school, he played football and got hooked on lifting weights. He's 5'11" and weighs 185 pounds. "Every day when I wake up, I gotta go to the gym," he says. "I arrange my other activities around my workout. I have to organize my mind, body, and health first." And he continues to isometrically contract his ab muscles at all hours of the day. "While I'm walking, I do it. On airplanes, I do it. In cars, I do it—so when somebody asks, 'Hey, can I see your abs,' it's always there."

Things didn't always come so easily for him. A few years before landing the *Shore* gig, he worked as a mortgage banker. When the real estate bubble burst, he lost his job, his house, and his car. "Things were really bad, so I said, 'Let me try what I always wanted to do.' I was afraid if I followed my dream, someone would say no. But I found the courage, and here I am today."

Of course, MTV reality stars have a tendency to explode in popularity—then just as quickly become wastepaper chucked into the dustbin of irrelevance. Remember Jesse Camp, winner of MTV's *Wanna Be a VJ* contest? No worries. No one else does, either. Odds suggest it'll be a short "15 minutes" for The Situation, but the "confident but humble" star disagrees. "I can't wait to show people that I'm talented and special," he says. For the moment, at least, Hollywood agrees with him, or at least it respects his ability to attract eyeballs. Hence, his recent turn on *Dancing with the Stars*. (The Situation squeezed his *MF* photo shoot and interview between marathon dance rehearsals for the show's 11th season.) "On *Jersey Shore*, people got a glimpse through a keyhole of who I really am," he says. "But the world really started to see me on *Dancing with the Stars*. I am not the best dancer. That was never my strong point. But I wanted to let people know, hey, this kid is risking a lot just to show a different side to him. I can play many roles, a guy who takes on a challenge on very short notice with potentially damaging results, if I make the wrong move."

So far, no one is questioning The Situation's moves. In addition to *DWTS*, he's got a new book, *Here's The Situation*, and *The Situation Workout* DVD arriving in time for Christmas. His ultimate goal is film. "Not just be in movies," he says, "but to make great movies."

Lofty aspirations for a man best known for his abs, but Sorrentino believes positive energy (which he packs plenty of) yields positive results. "I shoot for the stars. If I get to the moon, I'm OK with that."

Because every day there's a Situation, yo. If you don't like it, you might as well leave now. **MF**

"GIRLS DON'T LIKE PICKUP LINES. IT'S JUST BEING CONFIDENT, LAID-BACK—BUT AT THE SAME TIME NOT TOO COCKY."

THE SITUATION







IN THIS
CORNER...

JOSH KOSCHECK

AGE: 33

HEIGHT: 5'10"

WEIGHT: 170

HOMETOWN:
Fresno, Calif.

RECORD: 15-4-0

● On Dec. 11, Koscheck will challenge Georges St-Pierre for the UFC welterweight belt. It's the culmination of a three-month run as a coach on Spike TV's *The Ultimate Fighter*.

Koscheck hopes to be in the best shape of his life for the fight. To find out how he'll get there, go to mensfitness.com/koscheck.



WORKOUT
of the
MONTH

BUILT FOR BATTLE

GET IN WARRIOR SHAPE WITH
OUR **ONE-KETTLEBELL** MMA
CONDITIONING CIRCUIT

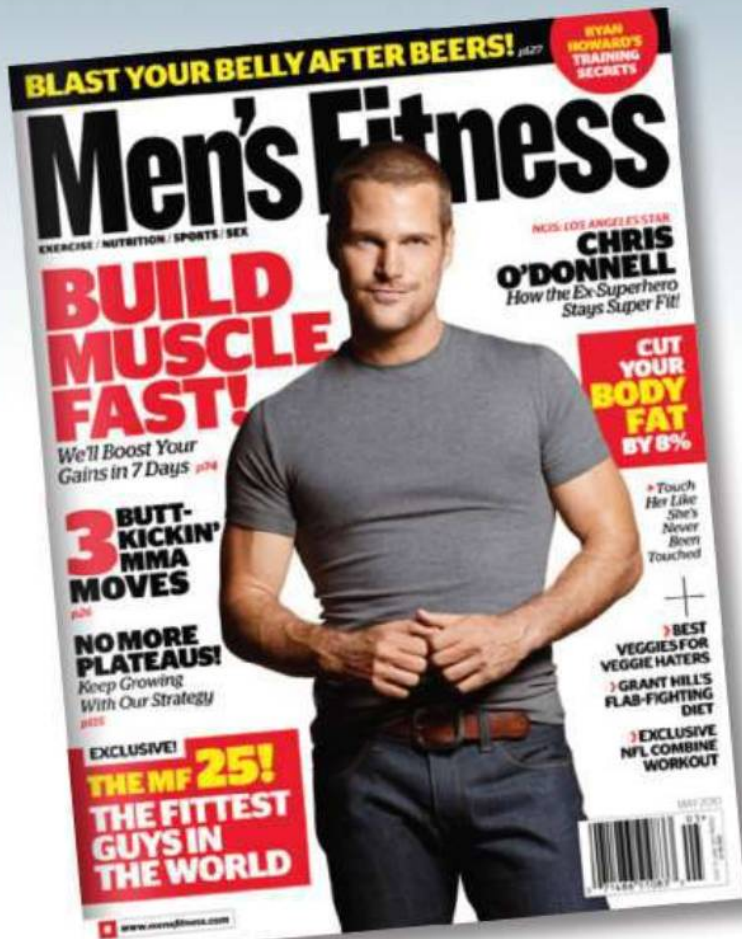
By
NICK TUMMINELLO, C.S.C.S.
Photography by
SCOTT McDERMOTT



Whether or not you follow mixed martial arts (MMA), you've seen the athletes and know they are ripped, strong, and extremely durable. You can get the same build without getting punched in the nose. Our Warrior Workout is used by MMA competitors to build endurance, fight-specific strength, and to burn fat before a match—and it requires only a single kettlebell (or dumbbell). Do it, and you'll soon be fighting fit.



 PHOTOGRAPHED AT THE FRYING PAN, NEW YORK CITY



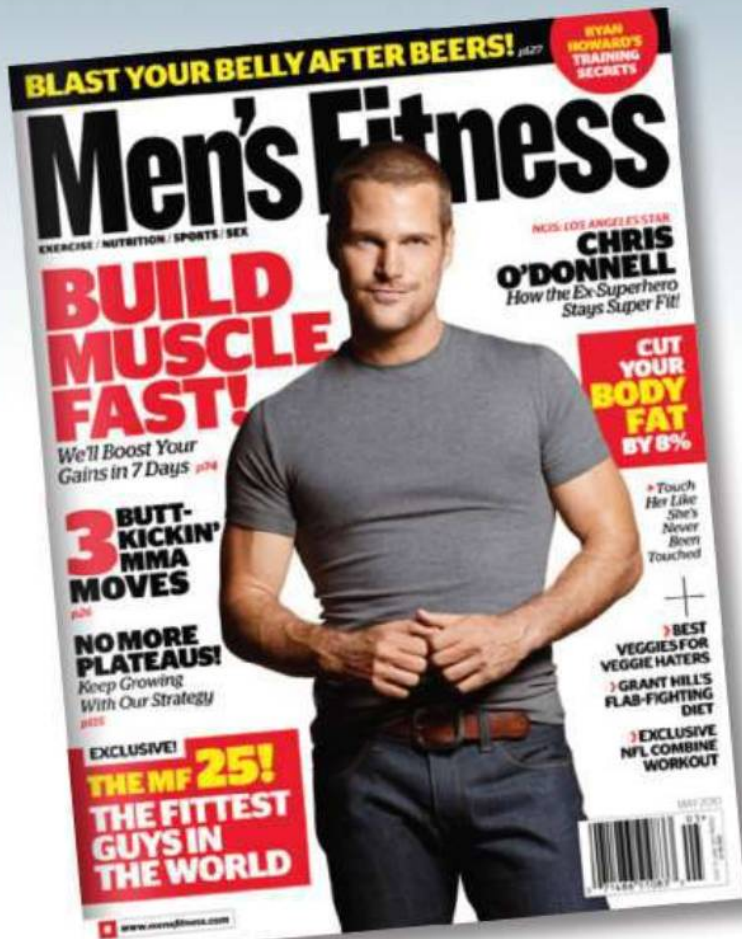
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Directions

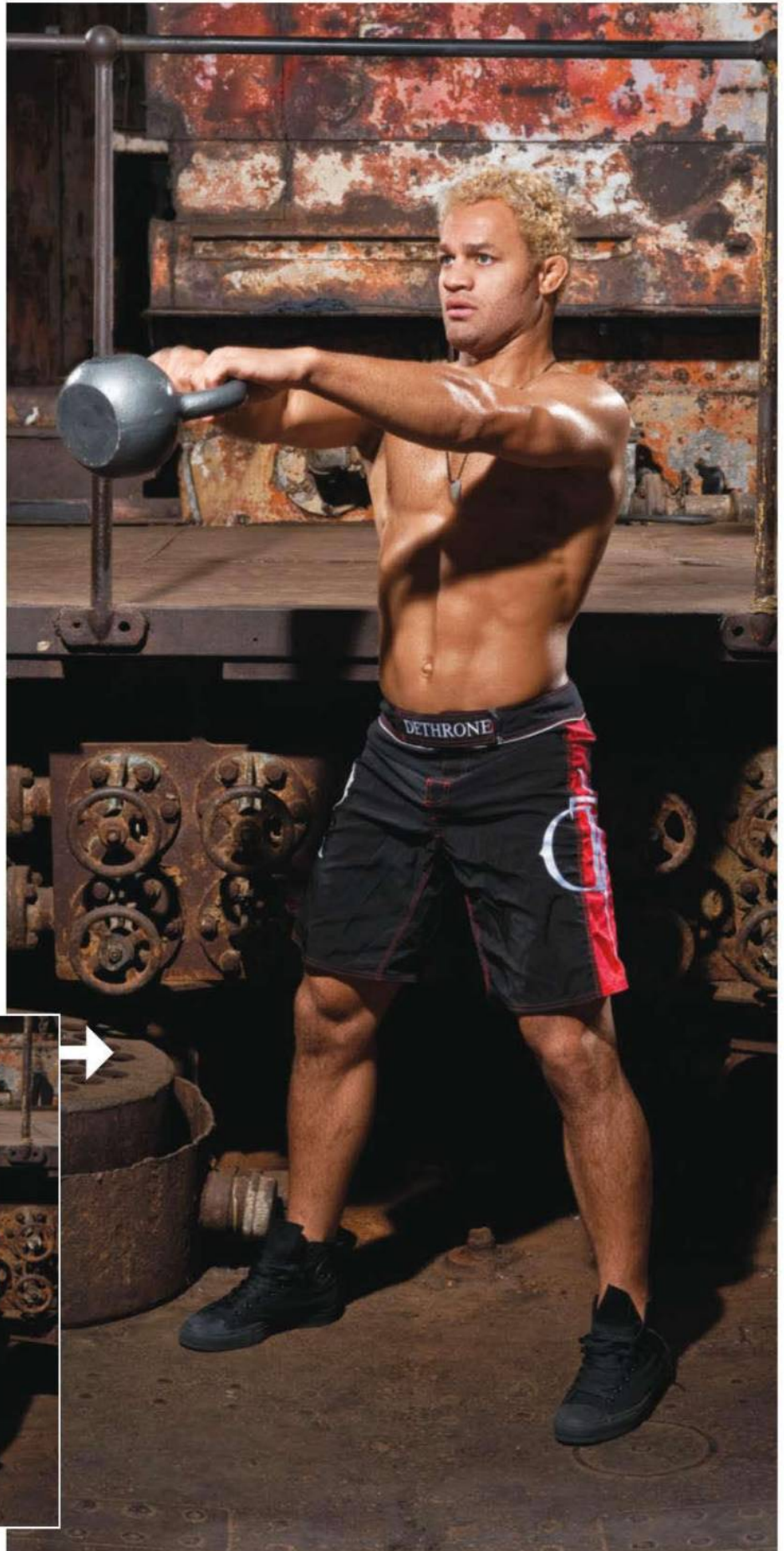
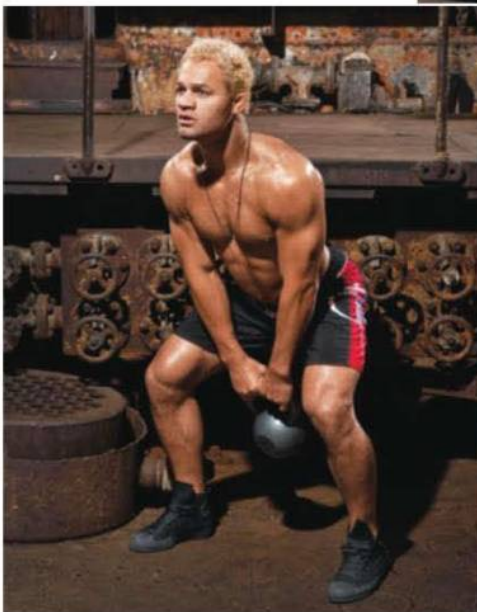
● **FREQUENCY:** Perform the workout one to two times per week. You can do a heavier-weight workout on the days in between.

● **TIME NEEDED:** 15 min.

● **DO IT:** Perform as a circuit, completing one set of each exercise in succession. Do as many reps as you can for 25 seconds, then take five seconds to rest and go to the next exercise. Good form is essential—don't let yours break down. Go all out until you complete the circuit. It should take about five minutes—the length of an MMA fight round. Rest as needed between circuits the first week, but shorten your rest periods as you improve. (When you get down to a one-minute rest, you should have ring-ready abs!) Repeat the circuit three times. Beginners, do only one circuit initially, then add a round every week until you can do three.

1) KETTLEBELL SWING

● Hold a kettlebell (or dumbbell, which can be substituted on every exercise) between your legs and explosively extend your hips to swing it up to eye level.



2

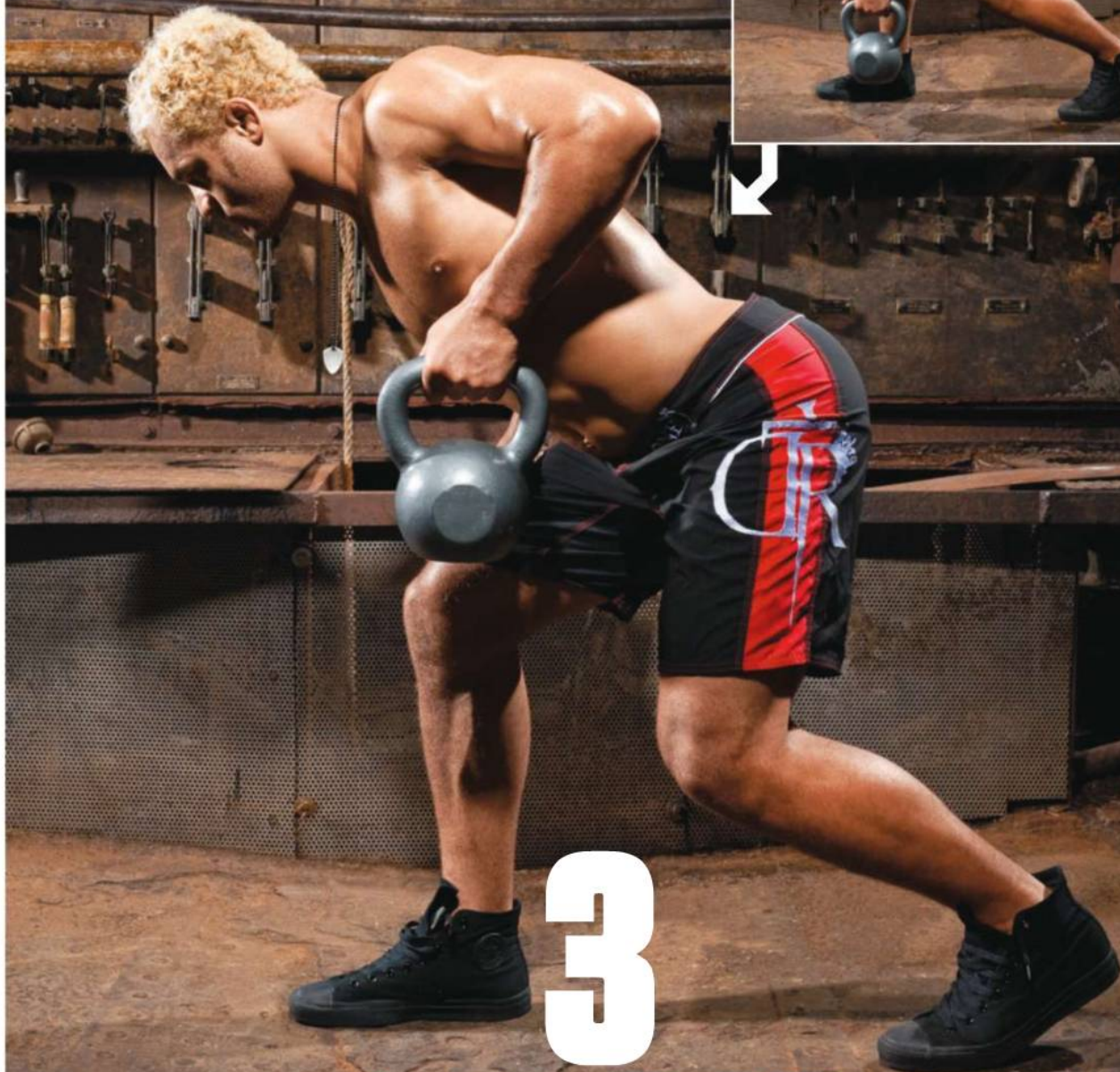
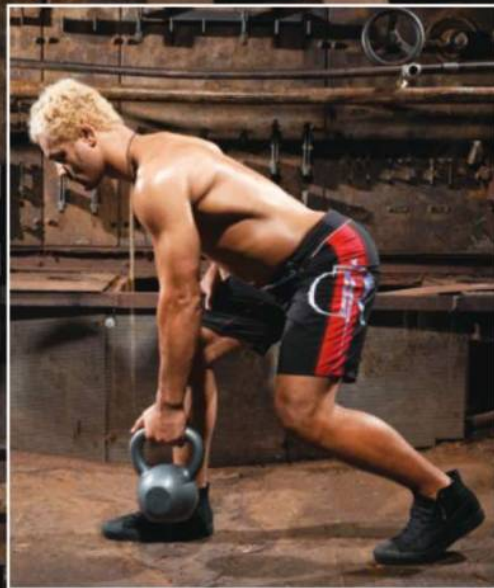
SHOULDER-TO-SHOULDER PRESS

- Hold the kettlebell over one shoulder and press it straight overhead. Lower it to the opposite shoulder.



42

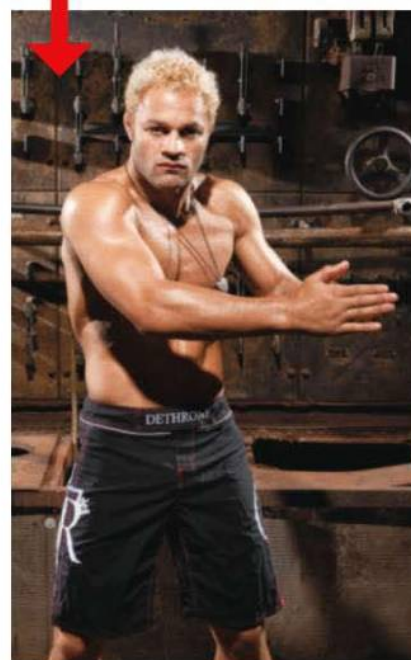
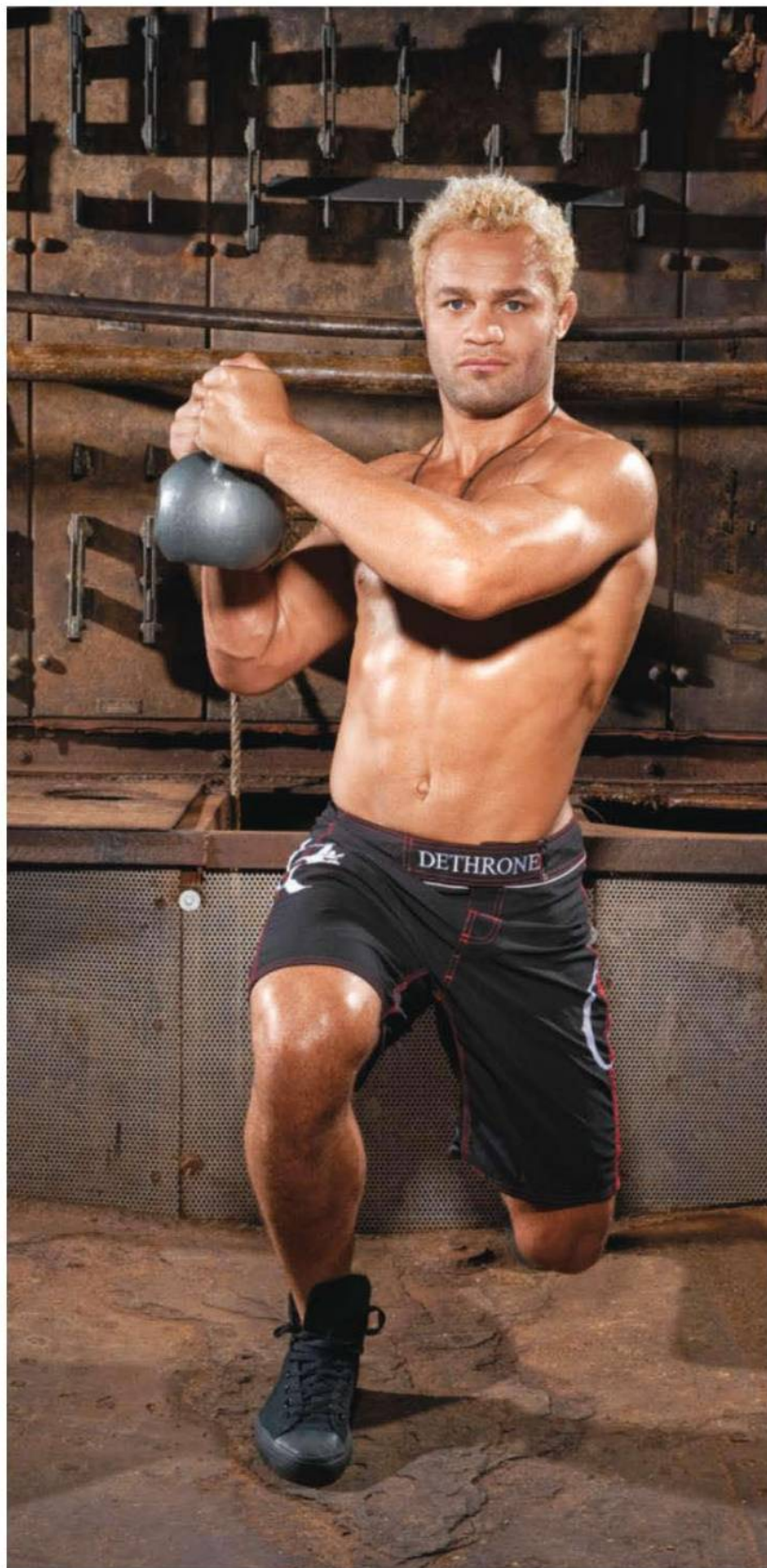
NUMBER OF
WRESTLING
MATCHES
KOSCHECK WON
HIS JUNIOR YEAR IN
COLLEGE—
EVERY ONE HE
ENTERED



3

SINGLE-ARM BENTOVER ROW

- Hold the kettlebell in one hand and stagger your stance so one leg is in front of the other. Keeping your lower back in its natural arch, bend at the hips and lower your torso so it's nearly parallel to the floor. Row the weight to your side. Do 25 seconds on each side.



5

TIGHT CORE ROTATION

● Stand in an athletic stance and hold your palms together in front of your chest. Rotate side to side about 45 degrees, as fast as possible. Keep your elbows in line with your shoulders and your lower body braced—the movement occurs only at the trunk.



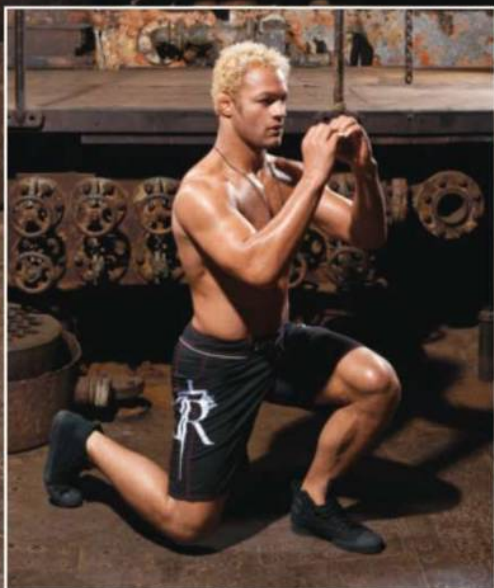
4) LUNGE WITH ROTATION

● Hold the kettlebell under your chin as if your hands were up to protect you in a boxing stance. Step forward and lower your body until your front thigh is parallel to the floor and your rear knee nearly touches the floor. Twist your torso in the direction of your front leg as far as you can. Alternate legs for 25 seconds.

6

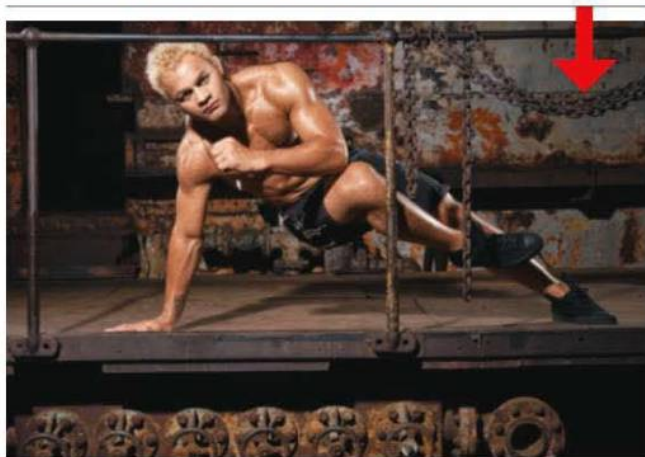
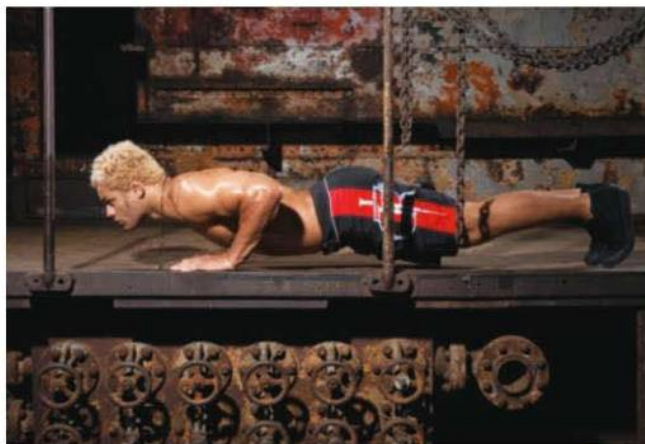
REVERSE LUNGE WITH KNEE STRIKE

● Step back into a lunge position with your hands up to protect your face. Then reverse the motion, raising the lunging leg into the air for a knee strike. Drive your knee up high, point your toe down, and pull your arms to that knee's side as if you were driving a knee to an opponent's head. Do 25 seconds on each leg.



839
CALORIES

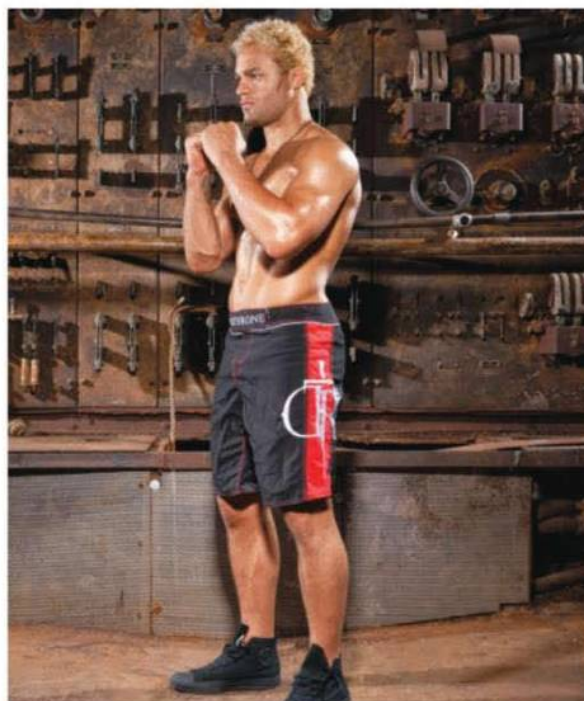
HOW MUCH
YOU BURN IN
ONE HOUR
OF MUAY
THAI
KICKBOXING



8

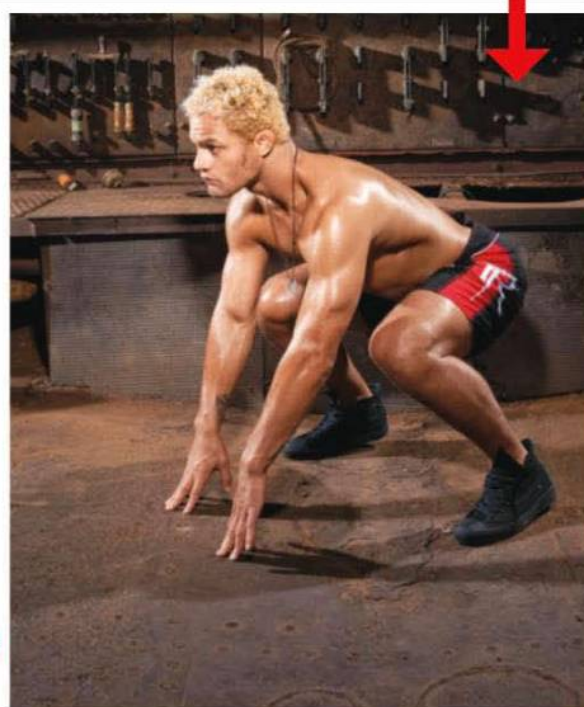
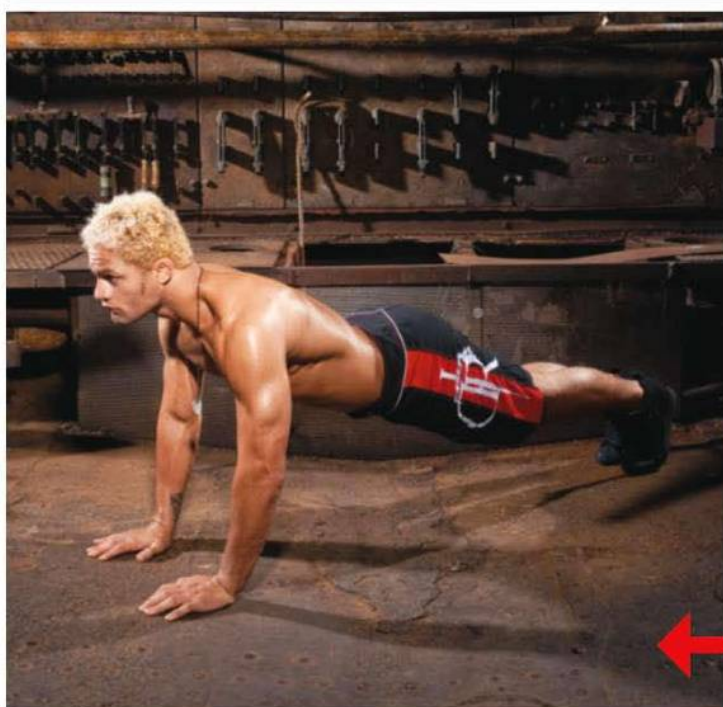
BURPEE TO BOXER GUARD

● Quickly squat down and touch the floor. Then get into pushup position. Reverse the motion to come back up and put your hands up by your chin. Move as quickly as possible through each rep.



7) FIGHTER PUSHUP

● Perform a pushup and then twist to your left side and raise your right knee to meet your left elbow. On the next rep, raise your left knee to your right elbow.





Bruce Lee could probably still kick your ass. Yes, we know he's dead.



MF FIGHT GUIDE

KNOW BEFORE YOU STRIKE A BLOW

**WE BREAK DOWN THE 6 MOST
POPULAR MARTIAL ARTS**

By **BRIAN DALEK**

➔ | **93** | ➔



GYMS

specializing in martial arts are opening all over the place, and more and more regular gyms are offering MMA classes. So just about anyone can learn how to strike, kick, and grapple like their favorite fighter. Before you sign up, know the differences between the fighting disciplines and find the fighting style that's right for you. Here's your primer.

Muay Thai

● Originally based on hand-to-hand combat techniques found in Thailand, the "science of eight limbs" has grown exponentially since being adopted by MMA. **"Thai boxing is very combative, it's not so much defensive,"** says Phil Nurse, a Muay Thai fighting legend and owner of The Wat gym in Manhattan. The discipline focuses on stand-up fighting using your feet, hands, elbows, and knees.

BENEFITS: Muay Thai requires an intense amount of physical conditioning. In addition to working on strikes, expect to build up your cardiovascular strength and flexibility as well.

WHO SHOULD DO IT: "Somebody who is already athletically in shape and normally a fast-twitch kind of person will do best in the sport," Nurse says. Don't be a wuss, either. You need to be ready to take some blows to the head and body as well.

Judo

● In 1886, judo made its debut in a hand-to-hand combat tournament and quickly became Japan's most popular fighting art, says Martin Rooney, a black belt in judo and author of *Ultimate Warrior Workouts: Fitness Secrets of the Martial Arts*. Rather than beating up an opponent, judo trains you to immobilize. **"You want to throw a guy so his back lands flat on the mat,"** Rooney says. You'll also learn pins and choke holds.

BENEFITS: Because judo specializes in leverage, it's a great way to build strength in your hands, arms, back, and legs.

WHO SHOULD DO IT: Newbies. For somebody not used to a lot of contact, judo may be a good place to learn basic fighting skills, Rooney says.

Brazilian Jiu-Jitsu

● Not interested in getting nailed in the chin? This is your martial art. Perfected by the legendary Gracie family, BJJ is built around leveraged throws and grappling. There's no striking; you'll mostly be on the ground applying joint locks and chokes.

BENEFITS: **"Grappling on the floor, or rolling, provides a good opportunity to improve your core strength with tough abdominal, back, and shoulder workouts,"** says Max McGarr, program director at the Renzo Gracie Academy in Manhattan.

WHO SHOULD DO IT: Smaller guys or those not quite in peak condition. If you have a height or weight disadvantage, BJJ can teach you how you can take on a larger, stronger opponent from the ground.

Sambo

● Most martial arts are rooted in Asia. Sambo comes from Russia and is an amalgamation of several fighting styles. **"[Soviet leader Vladimir] Lenin wanted to make sure he wasn't overthrown, so he sent out Russian martial artists all over the world to bring back the best of the best,"** Rooney says. The art is a mixture of throws, strikes, and some grappling, predominantly focused on the ankles, knees, and other joints.

BENEFITS: Sambo training is a great way to become more athletic overall and prepare yourself to succeed in other sports. "You're definitely going to improve your strength, balance, and endurance," Rooney says.

WHO SHOULD DO IT: Guys who like to fight or burlier guys who are already powerful and who want to enhance their skills.

Jeet Kune Do

● Known as "the way of the intercepting fist," **Jeet Kune Do was founded in the late '60s by the legendary Bruce Lee,** (sometimes known as the grandfather of MMA). Jeet Kune Do's foundation is based on several varying fight styles, including Wing Chun kung fu, fencing, and Western boxing; and its training covers four ranges of combat: punching, kicking, trapping, and grappling.

BENEFITS: It's a good all-around discipline, focusing on muscular strength, cardiovascular endurance, and flexibility.

WHO SHOULD DO IT: Guys with strong upper bodies. "You need to have good functional strength and should be able to handle your own body weight," says Sifu Sean R. Glynn of New England Jeet Kune Do. Anyone from gymnasts to boxers and rock climbers will likely embrace the style.

Taekwondo

● Loosely translated, taekwondo means "the art of the foot and fist." It's one of the most practiced disciplines in the world and the national sport of South Korea. **"Taekwondo as a martial art is more about striking,"** Rooney says. If you want to learn showy, flashy kicks (like you see in martial arts movies), try it.

BENEFITS: Use it in place of sprinting or intervals. All the drills you'll be performing make it perfect for enhancing your cardiovascular health.

WHO SHOULD DO IT: Energetic, highly active guys. "Taekwondo really favors somebody who is already explosive and fast," Rooney says.



Your Fight Plan ★

Four secrets for the next time you need to throw down

1/ Stay ready

"Don't talk tough with your hands down by your side. That's the easiest way to get knocked out," says judo black belt Martin Rooney. Keep your hands up. The knuckles of your fist should be pressed to your cheekbones and pull in your chin to your chest. This protects your face while allowing you to strike when ready.

2/ Pack your punch

Connect with your index and middle finger knuckle. The magic spots to target are the chin and nose. "Don't hit the side or top of a guy's head—that's how you break all your fingers," Rooney says.

3/ Pin 'em

Try to back your opponent up against a wall to gain an advantage. "Grab ahold of his coat or some fabric and drive him into a wall, then lay your weight into him to wear him out," Rooney says. It's almost like being on the ground, but you're in control and can throw elbows to their face, and knees to their midsection.

4/ Avoid the ground

Grappling is a bad idea. "If you hit the ground, and the guy rolls on top of you and starts raining down punches, you won't be able to get out," says Rooney. "You have a better chance on your feet." Besides, you don't want the guy's friends kicking you while you're down.

57 B.C.

→ The approximate year taekwondo was founded.

By DESIRÉE GALLAS Photography by JOHN RUSSO

CARLA



WOMEN

SORRY, GUYS, SHE'S TAKEN. BUT THIS TORRID FILM AND TV STAR WANTS YOU TO KNOW HOW TO MAKE YOUR OWN RELATIONSHIP LAST.

WITH STARRING ROLES in the new Dwayne Johnson action flick *Faster*, Showtime's *Californication*, and *Watchmen* and *Sin City* under her garter belt, we know 39-year-old Carla Gugino is talented and sexy. But she's also kept it hot with her lucky man for 10 years. How'd they do it? Thankfully, she gave us a tip sheet.

Treat her right

"Women love a man who cherishes them. We're delicate, strong, temperamental—sexy. Guys shouldn't see that as a threat but as something to celebrate. Those who do are the ones women want to be with."

Let her grow

"Wanting someone to stay the same makes a relationship stagnant. In life you're supposed to grow and change—a relationship that champions that is really important."

Rip off your blinders

"Never take each other for granted. Try to really see the person every day. It's easier said than done, but it's a good goal."

Get out of your pad

"Extricate yourself from your world. You need moments when your relationship can step out. Time on a beach together is hugely helpful, or if you have young kids, have a date night once a week—it's hard at the beginning, but it saves couples."

Play together


"Put yourself into new situations with the person you love. It'll help to bring out the child inside of you both. A sense of play is a great thing to bring back into a long-term relationship."

Enjoy the in-betweens

"Busy couples just jump to the important things, but you need to keep track of the silly stuff—the stuff that's not on the agenda. The small things in life bring joy and connection—they're what make people fall in love."

Do what works for the both of you

"There is no right way to have a relationship. It's really about asking questions, not figuring out the answers, because no relationship is perfect, and none of them look the same."


"Great sex comes from being connected on other levels of your relationship."



SPECIAL
REPORT

"I'm Still Skinny!"

➤➤ Getting jacked and ripped is great. But millions of men are taking it too far. Some are simply never satisfied with their bodies. Others are so **addicted to training** that their muscles are devouring themselves. *MF* explores the growing obsession among men to keep getting bigger and bigger and...

By **ROB BAILEY**
Photography by **LEE POWERS**



GROOMING BY JULIE TOMLINSON/BA-REPS.COM FOR LIZ EARLE SKINCARE

SHOT AT CRUNCH GYM, 59TH STREET, NEW YORK CITY



G

That's because what he sees every day just isn't enough. "When I wake up and look at my body, if I don't like what I see, I'm depressed all day," he says.

In a nation with a frighteningly high obesity rate, being dedicated to training and building a better body is to be lauded. But for an increasing number of guys, that dedication to fitness has become an obsession, even a sickness. In his own never-ending quest for size, Brigante has battled twisted vertebrae, threadbare knees, ritualized binge eating, and steroid use. "I'm never going to be happy with the way I look," he says. "I'll have a good day in the gym, but then I'll always think, 'If I did this, I could look like this. Or if I did that, I could be even better.'"

Brigante's condition is called male body image disorder or muscle dysmorphia, and doctors believe there are millions of other men out there who are struggling with it, most still waiting to be diagnosed. "The gym can be a great place for socializing and finding dates, but going can also be addictive," says Jim White, R.D., a Virginia-based nutritionist who treats male body image disorder when he isn't serving as a spokesman for the American Dietetic Association. "There's a very fine line. When it gets to the point where it's really controlling your life, you have to recognize there's a problem. Self-esteem isn't all about being bigger."

Try telling that to the many lifters who may have taken things a little too far. What once was considered a disorder limited to elite, ultracompetitive athletes—bodybuilders, wrestlers, swimmers, and runners—is now estimated to be afflicting more than one in 10 guys in the gym. "It's very hard to track the exact degree of body-image problems because this is precisely the sort of thing men don't come forward and tell you about voluntarily," says Harvard University psychiatry professor Harrison "Skip" Pope, Ph.D.,

ENNARO "G-FORCE" BRIGANTE, A 5'2", 170-POUND PROFESSIONAL bodybuilder, is looking buff and bronzed following a rigorous workout in a Manhattan gym. And yet as he assesses his body from every angle in a wall of mirrors, he looks somewhat less than pleased. Quite a bit less, in fact. "I look like shit," he mutters. "I wanna shoot myself." The stair-stepping women stealing glances at his ripped torso certainly seem to disagree, as do numerous grunting giants staring daggers at Brigante. He is a self-proclaimed former "skinny little kid" who bombed at team sports but dreamed of looking like the Incredible Hulk. Now, at 37, he's pretty close, but Brigante's too focused on his reflection to notice any admirers—or haters.

an avid weightlifter and co-author of the 2000 landmark book *The Adonis Complex: The Secret Crisis of Male Body Obsession*. "Studies on the disorder have increased in the past decade, but it still isn't completely understood."

To help shed light on the disorders, *MF* randomly surveyed guys working out in gyms located in California, Arizona, Indiana, Virginia, and New York. Many admitted their own over-the-top view of fitness leaves them so isolated they've stopped hanging out with their buddies or paying attention to their ladies' needs. Some even derailed their education and careers (one guy quit his accounting job when it "impacted his workouts"); others skip vacations because there might not be a gym "good enough" available. "It's really hard to maintain a relationship," Brigante says bluntly. "If you're not with somebody who's totally supportive, it interferes. My whole social life suffers."

Chasing that "perfect" physique can lead to isolation from family and friends, and even clinical depression brought on by injuries, steroid abuse, and sexual dysfunction. Some go so far that their muscles are literally eating themselves in search of the right nutrients. "Your body will never be perfect when you're in that mind-set," says Tracie Rogers, Ph.D., a

sports and exercise psychologist and American Council on Exercise spokeswoman. "You don't have a realistic goal—it's not even a defined or achievable goal. That's what's so dangerous about it."

And it's not just about the hardcore lifters many have dubbed "bigorexics." Rogers says men represent a "staggering" 25% of the estimated 1.8 million anorexics and 3 million bulimics in the U.S. (40% of binge eaters are, too). "Many muscle dysmorphia sufferers start out anorexic as young boys, and it progresses," says Roberto Olivardia, Ph.D., co-author of *The Adonis Complex* and a leader in the treatment of eating disorders at Harvard. "They are so different, but the pathology is the same: obsessions with food, calorie counting, perfectionism. They just manifest themselves in a different way."

Chuck Feerick's weight fluctuated as a high school jock playing lacrosse, basketball, and football. By the time he became a sophomore at Virginia's William and Mary College and began competing in sprint-distance triathlons, he was anorexic. The six-footer's weight dropped to a frightening 138 pounds. At 23, Feerick now blogs about his experiences on the Web site feerlessfood.com. "I began overexercising, eliminating all fat from my diet, eating at weird times, going long periods of time between meals," he says. "I wanted to get stronger and bigger, but every time I saw the number on the scale, it freaked me out, and I did stuff that would hamper my goals. Logically, I know that if I put on muscle weight, my legs would get stronger, my chest would look fuller and stronger—but the fear was that it would turn into a beer gut. Instead of building muscle, I was damaging the muscle I had. One or 2% body fat sounds like a good thing, but it's not."

At one point, Feerick's fitness director banned him from the gym, but he continued sneaking in until he hit rock bottom: His body began feeding on its



"WHEN I WAKE UP IN THE MORNING AND LOOK AT MY BODY, IF I DON'T LIKE WHAT I SEE, I'M DEPRESSED ALL DAY."

GENNARO BRIGANTE

testosterone because he simply wasn't eating enough. (And his T-levels were so low, he lost his sex drive and ability to gain muscle.) Feerick finally realized he had a problem and checked into an in-patient eating disorder clinic.

Unfortunately, experts say most men never take this step. After all, body images are widely viewed as being only a problem for women. "It's very difficult for guys to talk about," says Olivardia. "There's such a sense of shame."

Sure, today's body-conscious, pop-culture-obsessed, need-everything-now society is at least partially to blame. Pope's most recent research suggests American men are also victims of the long-standing cultural traditions of the Western world. "If you look at a statue of Hercules at the museum in Naples, for example, it looks like a man on steroids even though it was made 2,000 years before steroids were discovered," he says. "Similarly, the heroes of Scandinavian mythology—such as Thor—were more muscular than any natural man would look at that time."

By contrast, most Eastern mythological figures or statues of deities from shrines built a thousand years ago look much different. "They're clothed," adds Pope. "They don't have any of the added muscle we're accustomed to seeing in our Western heroes. If you look at the writings of Confucius, a masculine man is a man who has intellect, integrity, and strength of character—he's not a muscular hunk." (With another massive wave of comic superheroes hitting big screens—Marvel's *Thor*, *Captain America*, and *Wolverine 2* are all on tap—there seems to be no end in sight.)

"A lot of *MF* readers might be at risk of dysmorphia," says White. "I hope guys reading this in the privacy of their own homes can really look at themselves and try to see if they have a problem—and then look for ways to deal with it."

Brigante and Feerick certainly have. Now committed to training "smarter, not heavier," Brigante's trying to grow into a new career as a personal trainer—and attract bodybuilding sponsors. Thanks to his continued therapy, Feerick has begun competing in Olympic and half-marathons. "I go to see my doctor regularly to make sure I'm where I need to be," he says. "I want to be as well-rounded as possible, to be the best triathlete I can be—and that involves not starving myself."

Now, if only more men would just look in the mirror and see what really needs to be done. **MF**



5 WARNING SIGNS

Here's how to know you might be overdoing it—plus tips on how to stop

DANGER ZONE: You feel guilty if you don't train at least two hours a day.

EXPERT FIX: Limit your workouts to between 45 and 60 minutes. After this window, cortisol levels spike while levels of muscle-building testosterone decline. Workouts then become counter-productive to your goals.

DANGER ZONE: You obsess over eating fat-free meals—or skip meals entirely.

EXPERT FIX: This preoccupation with eating "healthy" or "clean" foods is called orthorexia nervosa. "Find other hobbies so as not to obsess about food rituals," says *MF* adviser Jim White.

DANGER ZONE: You'll sacrifice family, friends, and work responsibilities before missing or even postponing one of your workouts.

EXPERT FIX: See a counselor or find a support group. A doctor might prescribe an anti-anxiety medication.

DANGER ZONE: In the gym, you push through pain, regardless of severe injury or illness.

EXPERT FIX: Be honest with yourself. If you're hurt, don't work out! "Otherwise, you're going to end up in your 30s or 40s, sidelined with injuries and not be able to train at all," White says.

DANGER ZONE: You experience nagging muscle/joint pain, headaches, poor immunity (frequent colds and sore throats), insomnia, and find yourself feeling tired—even after resting. (You may also experience a sudden drop in training capacity/intensity or a loss of enthusiasm for sports.)

EXPERT FIX: Always take two days off a week from weights for recovery—maybe even more than that after three months of hard training. The law of diminishing returns applies to training. Overdo it, and instead of getting stronger, you get weaker and worse.


NUTRITION

**Midnight hunger pangs?
These 10 healthy late-night
snacks will satisfy your cravings
without inflating your gut.**

By **NATE MILLADO**



OPEN LATE

 **WHILE SURFING THROUGH LETTERMAN,** Leno, and Kimmel, your stomach starts to rumble. Don't nuke that leftover pizza or inhale a pint of ice cream. "When you overeat before bed, your body is much more likely to store those calories as fat," says nutritionist Manuel Villacorta, R.D., a spokesperson for the American Dietetic Association. You can still eat something, he says. It just needs to be the right snack. A couple of rules: stick to less than 300 calories—anything more is a meal. And wait at least an hour before hitting the sack so you have plenty of time to digest.

COLD

**Strawberry shake**

- Blend kefir (it's like a liquid yogurt), strawberries, and a teaspoon of honey for a refreshing protein shake that's also chock-full of digestion-enhancing probiotics.

**Frozen blueberries**

- A cup of the fruit is packed with vitamins, antioxidants, and more than 4 grams of fiber. For a richer snack, top them with a little light whipping cream.

**Yogurt cubes**

- If you're an ice cream lover, try this lean alternative: pour a homemade smoothie (like the kefir-strawberry mixture at left) into ice cube trays, then freeze until slushy.



BETWEEN
24%
AND
65%

*Portion of a
day's total calories
guys take in
at night*

SAVORY

**Multigrain pretzels**

- Whether in stick or twist form, pretzels are a surprisingly good alternative to chips. One ounce—about a handful—boasts just over 100 calories. To add some metabolism-revving protein, dunk 'em in yogurt.

**Crackers**

- For a nutty snack, try Ak-mak crackers (made of stone-ground sesame seeds), multigrain Wasa crackers, or low-fat rye mini toasts. Spread on some hummus or light cheese, or eat with a small slice of lean lunch meat.

**Cheese quesadilla**

- Sprinkle some grated low-fat cheese, like Jarlsberg light, in between a couple of high-fiber tortillas, then crisp both sides on a cast-iron skillet or indoor grill. The healthiest cheeses have just 3 to 5 grams of fat per ounce.

**Popcorn**

- Choose 100-calorie packs of 94% fat-free microwave popcorn. Or air-pop your own. Skip the butter. Instead, raid your spice cabinet: Use lime powder for tang, cayenne pepper for heat, or a dash of cinnamon for sweetness.

**GOTOBED**

In a Northwestern University study, researchers found that mice who were fed when they should have been asleep gained 48% more fat after six weeks than mice fed during normal waking hours, even though both were given the exact same food.

SWEET

**Greek yogurt**

- "It's high in protein, low in sugar, and can really fill you up," Villacorta says. For more flavor, mix in your own fruit, like sliced papaya.

**Dark chocolate**

- The darker the better. Chocolate made with at least 70% cacao contains less sugar and more antioxidants than its milky cousin.

**Dried figs**

- Three or four of the chewy, candylike fruit should do the trick. Still hungry? Pair them with a wedge of light cheese like Laughing Cow.



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Trainer

+ WORKOUTS
+ STRATEGIES

MF
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INSIDE

103 GET BIGGER GAINS!

● We flipped an old-school training method for even greater growth.

113 RAMP IT UP!

● By gradually intensifying your lifts, you can keep making steady gains for months.

120 YEARLONG WORKOUT

● The last stage of our plan will leave you in the best shape of your life.

23

HOW MANY
CORE-
SHREDDING
MOVES YOU'LL
FIND INSIDE
THIS MONTH

WITNESS THE REBIRTH



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**BIG-SWITCH WORKOUT**

GET BIGGER GAINS!

We flipped an age-old muscle-building strategy and created a plan for significantly more growth

BY JASON FERRUGGIA

PHOTOGRAPHY BY PATRIK GIARDINO

➡ In the past, you may have tried what many lifters call “pre-exhaustion” training, a philosophy based on isolation exercises, followed immediately by a compound move—a chest fly preceding a bench press, for instance. But we’re here to tell you that you’ll get much better results (and much bigger gains) by doing just the opposite.



Shot exclusively for *Men's Fitness* at Muscle Beach, Venice, Calif.

BIG-SWITCH WORKOUT

HOW IT WORKS

> The idea behind pre-exhaustion training is fairly simple. The isolation lifts tire out the main muscles you want to work (like the pecs during a fly). The compound lifts that you follow them up with require those same muscles—but since you also get to use surrounding muscles, you're basically able to pump out a few more reps. The problem is that by working your target muscles to isolation first, you fatigue them too much to lift heavy loads when you

get to the compound lift. Since **compound movements are the best for muscle growth, we put them first in this workout**, and then let you do the isolation move to "finish off" the target muscles. It's a big switch that leads to even bigger gains.

DIRECTIONS

Frequency

> Perform the workouts (Days I, II, and III) once per week, resting at least a day between each session.

Time Needed

> 45 min.

Do It

> Perform the exercises marked "a," "b," and sometimes "c" in succession. So you'll complete one set for each, resting as prescribed, and repeat until you've completed all the given sets in the group. Then go on to the next group. Exercises that don't have a letter are done as straight sets—complete all the sets for that move before going on to the next one.

> DAY I

1a

PARALLEL-GRIP CHINUP

SETS: 2 REPS: 5-7 REST: 90 SEC.

> Grab parallel chinup bars (or hook a parallel-grip handle over a chinup bar) so that your palms face each other and hang. Pull yourself up until your chin is over the bar.

1b

DUMBBELL OVERHEAD PRESS

(NOT SHOWN)

SETS: 2 REPS: 5-7 REST: 90 SEC.

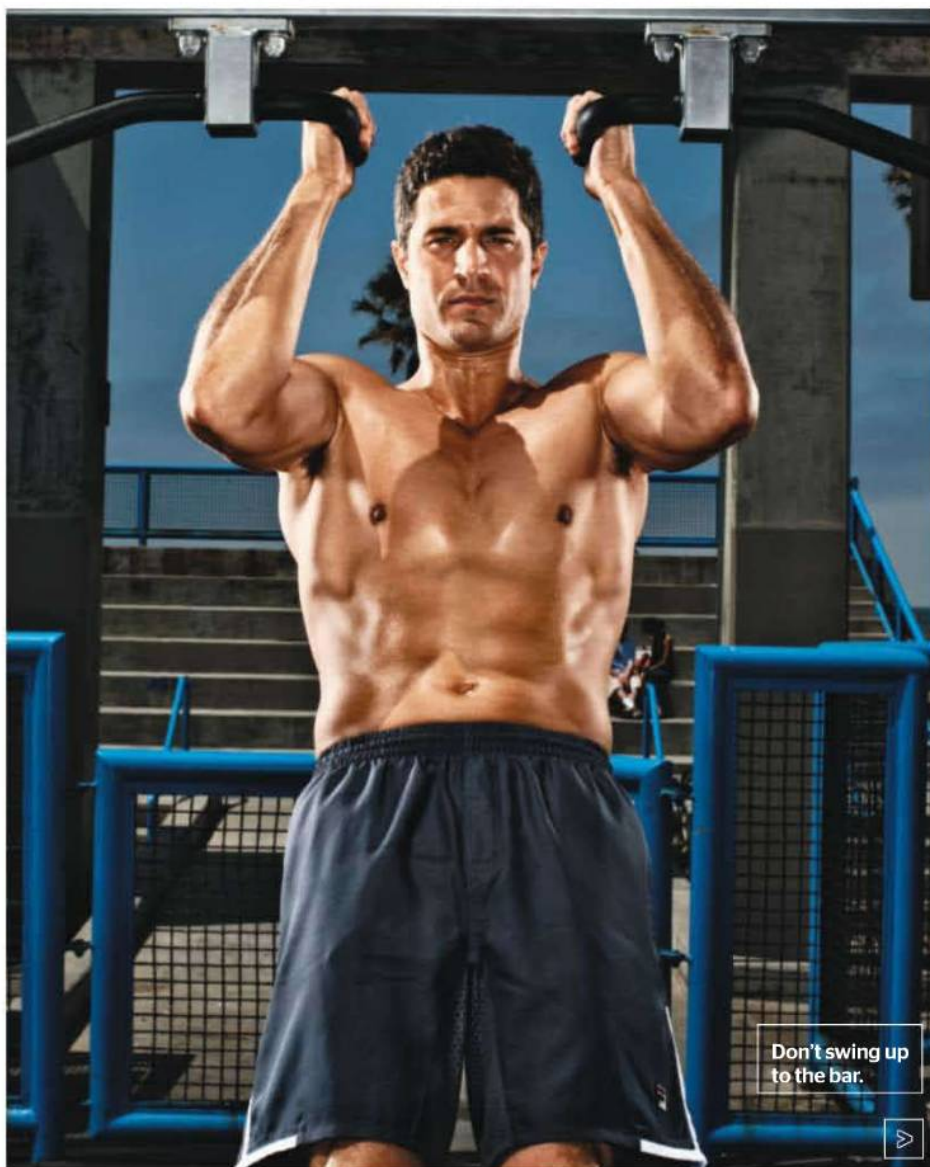
> Hold a pair of dumbbells at shoulder height. Squeeze your abs and press the weights straight overhead.

2a

PARALLEL-GRIP CHINUP

SETS: 1 REPS: 8-10
REST: 0 SEC.

> Repeat the parallel-grip chinup, but this time perform eight to 10 reps.

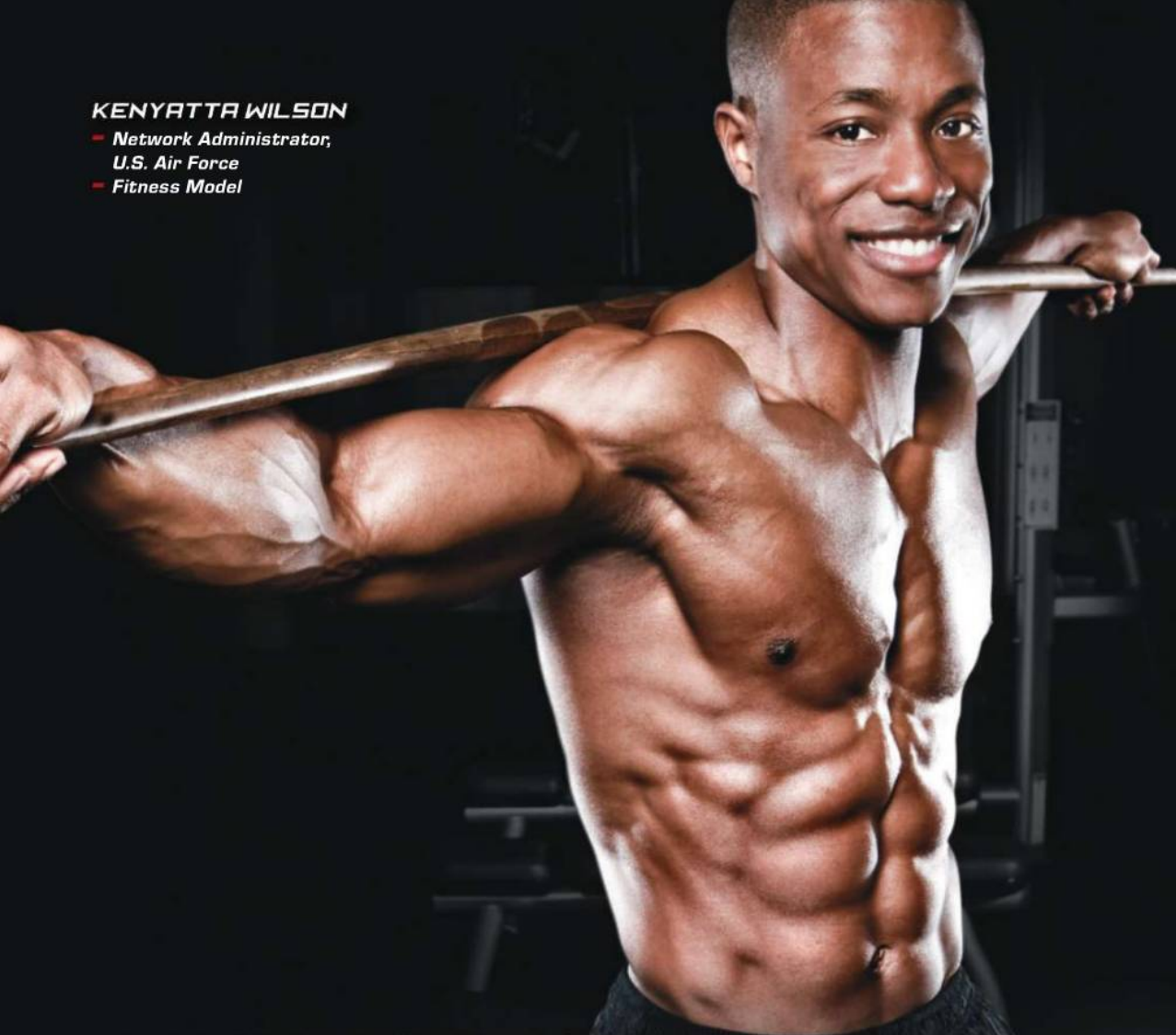


Don't swing up to the bar.



KENYATTA WILSON

- Network Administrator,
U.S. Air Force
- Fitness Model



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(TRAINER) BIG-SWITCH WORKOUT (CONT'D)

2b

STRAIGHT-ARM PULLDOWN

SETS: 1 REPS: 9-12 REST: 90 SEC.

➤ Attach a straight bar to the top pulley of a cable station and hold it with arms straight. Contract your lats and pull the bar down to your thighs.



3a

DUMBBELL OVERHEAD PRESS

(NOT SHOWN)

SETS: 1 REPS: 8-10 REST: 0 SEC.

➤ Repeat the dumbbell overhead press, this time performing eight to 10 reps.

3b

CABLE LATERAL RAISE

SETS: 1 REPS: 9-12 REST: 90 SEC.

➤ Attach D-handles to the low pulleys of facing cable stations and grab them. Stand between the machines so that there is tension on both cables. Raise your arms up until they're parallel to the floor.



Don't raise your arms above shoulder height.



4a

INCLINE HAMMER CURL

(NOT SHOWN)

SETS: 3 REPS: 6-8, 9-11, 12-14 REST: 60 SEC.

➤ Set a bench to a 45- to 60-degree angle and lie back against it with a dumbbell in each hand. Allow your arms to hang with palms facing each other. Without letting your upper arms come forward, curl the weights up.



MASSIVE RESULTS

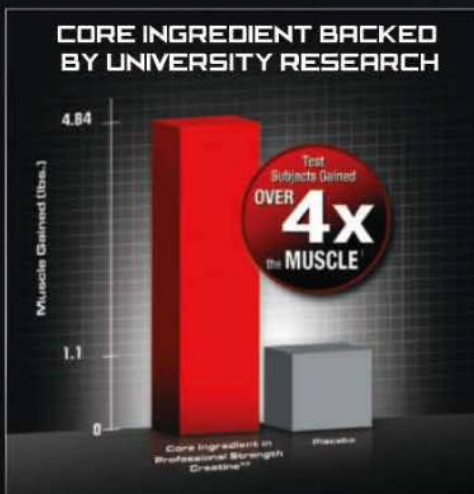
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KENYATTA WILSON

- Fitness Model
- Network Administrator, U.S. Airforce



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(TRAINER)**BIG-SWITCH WORKOUT** (CONT'D)**4b**
DIP

(NOT SHOWN)

SETS: 2 REPS: 6-10 REST: 0 SEC.

➤ Suspend your body over parallel bars. Now bend your elbows and lower your body until your upper arms are parallel to the floor.

4c
OVERHEAD
CABLE TRICEPS
EXTENSION

SETS: 2 REPS: 10-12 REST: 60 SEC.

➤ Attach a rope handle to the top pulley of a cable station, grab an end in each hand, and turn so you're facing away from the station. Step forward, allowing the cable to pull your arms over your head, and bend your elbows (there should now be tension on the cable). Keep your balance and extend your elbows, straightening your arms completely.

**> DAY II****1**
SQUATSETS: 2 REPS: 5-8
REST: 180 SEC.

➤ Stand with your feet a bit wider than shoulder-width apart and your toes turned slightly outward. Bend your hips back and then your knees (push them outward as you go down) to lower your body as far as you can.



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(TRAINER)**BIG-SWITCH WORKOUT** (CONT'D)**2a**
STANDING CALF RAISE

(NOT SHOWN)

SETS: 4 REPS: 8-10 REST: 0 SEC.

► Use a standing calf-raise machine or stand on a step with a dumbbell in one hand. Lower your heels toward the floor until you feel a stretch in the calves and then drive your toes downward to come up.

2b
SEATED CALF RAISE

(NOT SHOWN)

SETS: 4 REPS: 12-15 REST: 90 SEC.

► Use a seated-calf-raise machine or sit on a bench with a pair of dumbbells on your knees and your feet on a box or step. Lower your heels until you feel a full stretch in your calves and then press your feet into the step and raise your heels as high as possible.

3a
SINGLE-LEG ROMANIAN DEADLIFT

SETS: 3 REPS: 6-8 REST: 9 SEC.

► Hold a dumbbell in each hand and stand on one leg. Bend your hips back and lower your body until you feel your lower back is about to lose its natural arch. Squeeze your glutes and extend your hips to come up. Perform the reps on only one leg and then go to the single-leg hip thrust.

Keep your abs braced.

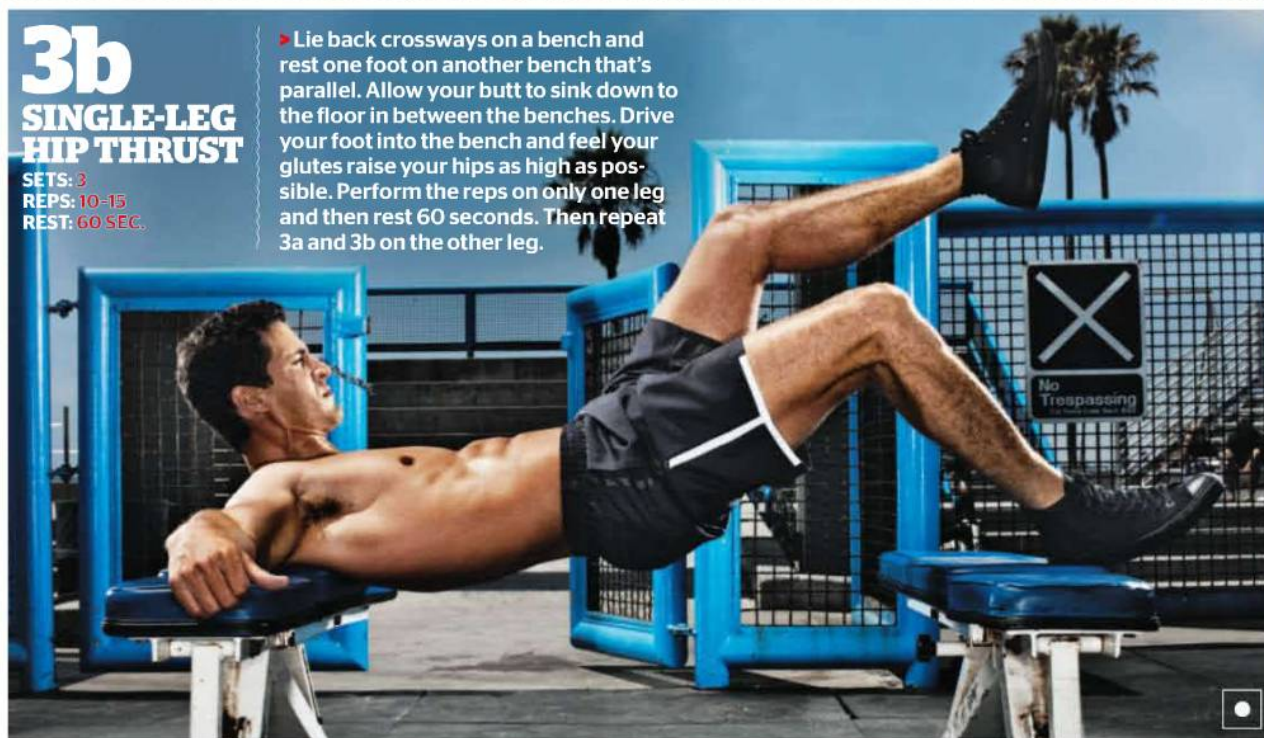
3b
SINGLE-LEG HIP THRUST

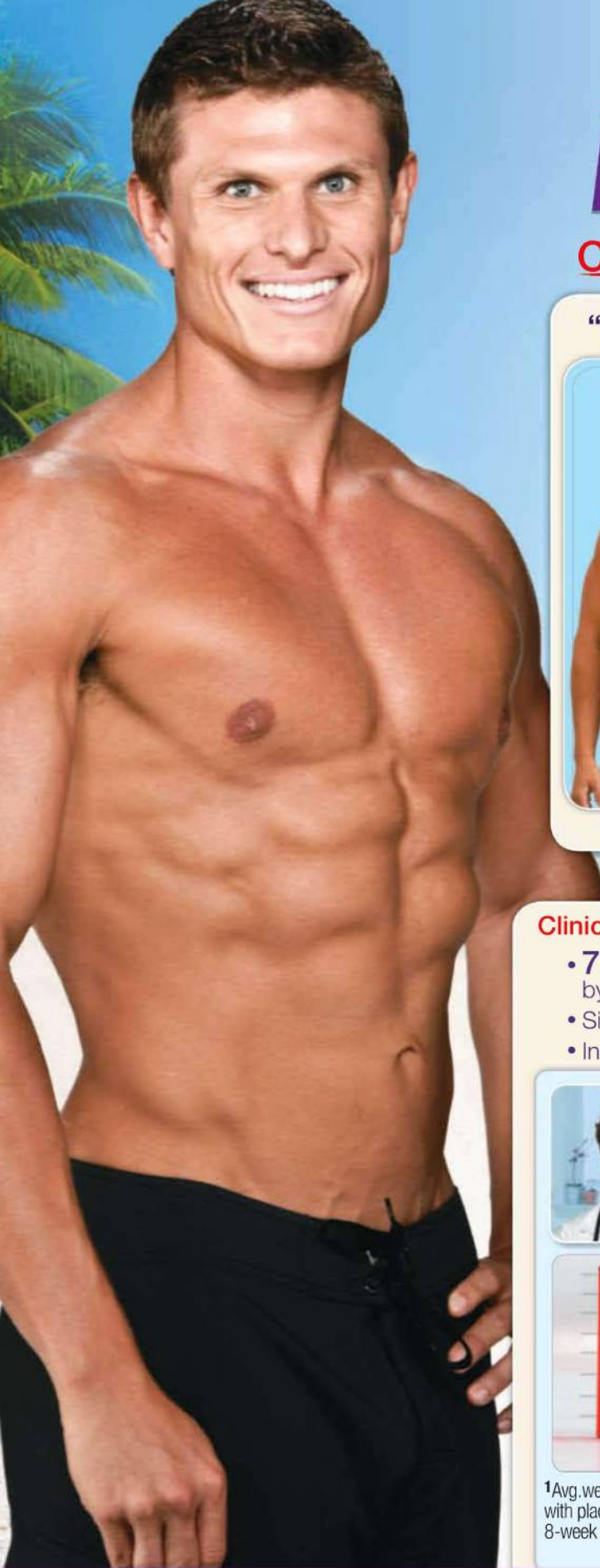
SETS: 3

REPS: 10-15

REST: 60 SEC.

► Lie back crossways on a bench and rest one foot on another bench that's parallel. Allow your butt to sink down to the floor in between the benches. Drive your foot into the bench and feel your glutes raise your hips as high as possible. Perform the reps on only one leg and then rest 60 seconds. Then repeat 3a and 3b on the other leg.

► FOR DAY III, GO TO mensfitness.com/bigswitch



PRO CLINICAL **NEW** HYDROXYCUT

Clinically Proven Weight Loss¹

"I lost 25lbs. Thanks Hydroxycut!"



NAME:
Kyle Chasse

HOMETOWN:
Ventura, CA

START
WEIGHT:
223 lbs.

END
WEIGHT:
198 lbs.

Kyle used *Hydroxycut* with diet and weight training and was remunerated.

Clinically Proven Key Ingredients⁴

- **7x More Weight Lost**
by Subjects in Two Clinical Trials!²
- Significantly Reduce BMI
- Increase Energy!³



"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend new *Pro Clinical Hydroxycut*."

— Dr. Jeff Delson, M.D.



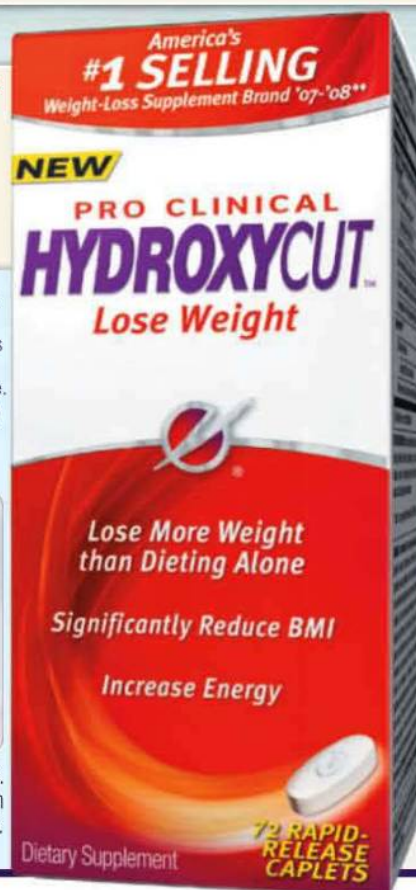
STUDY 1
12 WEEKS



STUDY 2
8 WEEKS

¹Avg. weight loss with key ingredients: 20.94 lbs. vs. 1.70 lbs. with placebo in 12-week study and 16.50 lbs. vs. 1.73 lbs. in 8-week study. All groups followed a calorie-reduced diet.

Available at
Hydroxycut.com



²Data analysis of the results from both clinical trials on the key ingredients in *Pro Clinical Hydroxycut*TM showed statistical significance for test subjects losing 7 times more weight than placebo subjects.

³Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased energy.

⁴The key ingredients in *Pro Clinical Hydroxycut*TM are *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, *Mentha longifolia*.

♦♦Based on IRI F/D/Mx sales data for *Hydroxycut* caplets 2007-2008. Please read entire label before use. © 2010.



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WINTER MUSCLE WORKOUT

RAMP IT UP!

Intensify your workout to make steady progress for months

BY BRYAN HAYCOCK
PHOTOGRAPHY BY IAN SPANIER

❏ You don't have to always go all out when lifting in order to get a great body. Just make sure your next workout is a little tougher than your last one. That's the law of progressive overload, the foundation of all strength training. By going heavier gradually, and never to failure, you can recover faster and make speedier gains. (The sooner you get back to the gym and lift again, the faster your muscles will grow.) Trainers call the process Hypertrophy-Specific Training, and it's the ideal way to put on pure muscle as quickly as possible this winter, so you're ripped by spring.



WINTER MUSCLE WORKOUT

DIRECTIONS

Frequency

> Perform the workout three times per week, resting at least a day between each session. One cycle of the program lasts six weeks, followed by a week of rest.

Time Needed

> 45–60 min.

Do It

> First, find your rep maxes. Conservatively estimate the heaviest weight you can lift for 15, 10, and five reps on each exercise in the workout. Write those numbers down—they are your 15, 10, and 5 “RM,” or “rep max.” For the first two weeks of the

program, you’ll work off percentages of your 15RM every workout. In Weeks 3 and 4, you’ll use your 10RM, and then in Weeks 5 and 6, your 5RM. See the table at right for the weekly percentages you’ll follow.

In each workout, perform two sets of every lift. Do 15 reps for the first two weeks, 10 reps in the second two, and five in the last two. (One exception: the situp, see page 118.) Often, the weights will feel light, and you’ll be able to do more reps—don’t. Perform only the prescribed number of sets and reps. After six weeks, take a week off and then repeat the program, but increase all your original RM numbers by five to 10 pounds.

WORKOUT	WEIGHT
I	75% OF 15RM
II	80% OF 15RM
III	85% OF 15RM
IV	90% OF 15RM
V	95% OF 15RM
VI	15RM
VII	75% OF 10RM
VIII	80% OF 10RM
IX	85% OF 10RM
X	90% OF 10RM
XI	95% OF 10RM
XII	10RM

1 SQUAT

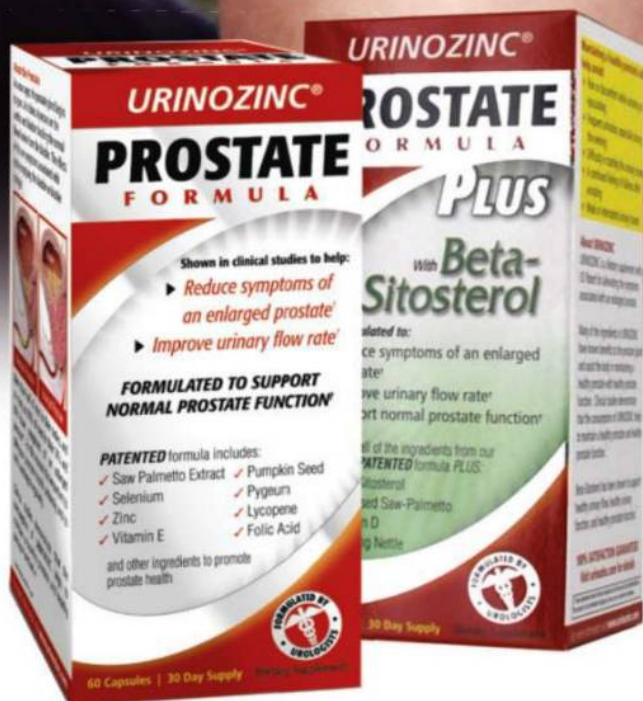
> Stand with your feet a bit wider than shoulder-width apart and your toes turned slightly outward. Bend your hips back and then your knees (push them outward as you go down) to lower your body as far as you can. Try to get your thighs at least parallel to the floor. Keep your posture as upright as possible and maintain the normal arch in your lower back.



2

NUMBER OF
WEEKS YOU'LL
NEED TO TRAIN
TO SEE RESULTS

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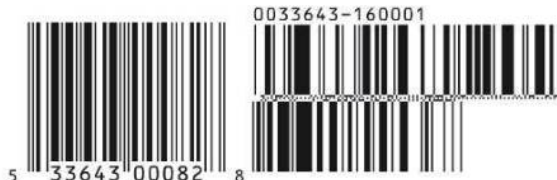
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(TRAINER) WINTER MUSCLE WORKOUT (CONT'D)



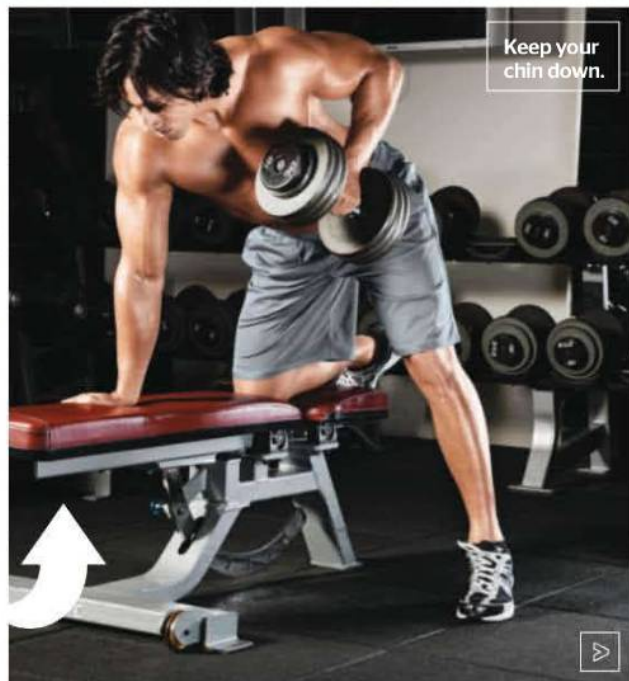
2 INCLINE BENCH PRESS

► Set an adjustable bench to a 30-degree incline and lie down on it. Grab the bar with an overhand, shoulder-width grip and lift it off the rack, arching your back. Lower the bar to the upper part of your chest, tucking your elbows near your sides as it comes down. Once the bar touches your chest, push your feet hard into the floor and press the weight up.



3 ONE-ARM ROW

► Grab a dumbbell in one hand and rest the other hand and one knee on a bench. Let your arm hang straight down. Keeping your lower back in its natural arch, row the weight until it touches your side. Perform all your reps with one arm, then switch arms and repeat.



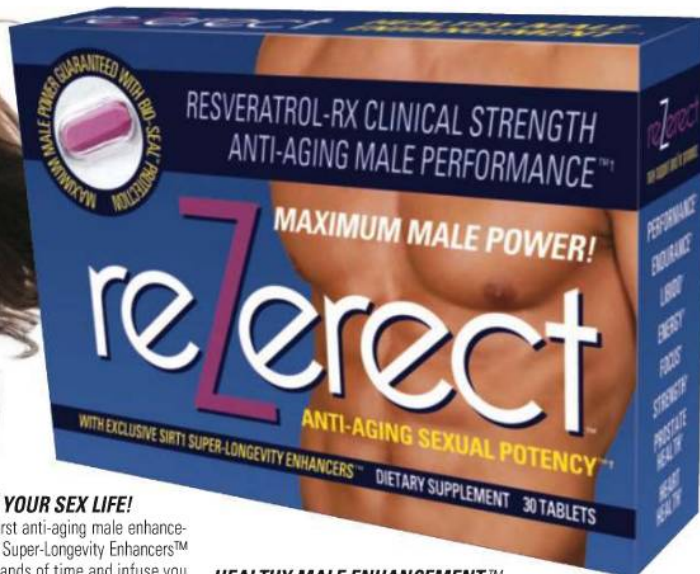
Keep your chin down.

4 DIP (NOT SHOWN)

► Go to a parallel bar dip station and suspend yourself over the bars. Lower your body until your upper arms are parallel to the floor. Extend your elbows to come back up. You can bend your hips and knees 90 degrees if you have shoulder problems.

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(TRAINER) WINTER MUSCLE WORKOUT (CONT'D)

5

CHINUP (NOT SHOWN)

➤ Grab the bar with an under-hand grip, just outside shoulder width. Allow your body to hang. Pull your body up until your chin is over the bar and squeeze your shoulder blades together.

6

LATERAL RAISE

➤ Stand holding a dumbbell in each hand with your arms hanging at your sides. Raise your arms out 90 degrees so that your upper arms are parallel to the floor.

7

DUMBBELL CURL

(NOT SHOWN)

➤ Stand holding a dumbbell in each hand and curl the weights up. Keep your elbows close to your sides.

8

E-Z-BAR TRICEPS EXTENSION

➤ Hold an E-Z-curl bar with an overhand, shoulder-width grip and lie back on a bench. Press the weight overhead and let your arms drift back. Bend your elbows and lower the weight behind your head. Keep your arms at the same angle.

9

SITUP* (NOT SHOWN)

➤ Lie on your back on the floor with your knees bent 90 degrees. Interlace your fingers and cup the back of your head. Sit up all the way, but don't pull on the back of your head. *Perform two sets of 15 to 25 every week. You won't use a percentage of an RM for situps.



65

THE MINIMUM
PERCENTAGE
OF YOUR MAX
YOU NEED TO
LIFT TO SEE
MUSCLE GAINS

Don't raise
the weights
to head
height.



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10
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10



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➔ Your final workout is divided into two four-week blocks which we're labeling Part A and Part B. They're planned for maximum speed, efficiency—and results. When you do the weighted dip in Part A, think about pulling with your lats as you lower your body. This will keep your shoulders in the proper position.

➔ On the deadlift, flex your triceps and lats in the bottom position to take the "slack" out of the bar. You'll start the lift with tight form.

➔ In Part B, you'll do a walking lunge. For a greater challenge, hold the weight at chest height. It will activate your core muscles more.

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a. Total Number of Copies (Net press run)	843,178	842,215
b. Paid Circulation (By Mail and Outside the Mail)		
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	480,806	472,838
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	0	0
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS	100,069	106,265
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail)	0	0
c. Total Paid Distribution [Sum of 15b. (1), (2), (3), and (4)]	580,875	579,103
d. Free Distribution by Mail (Samples, complimentary, and other free)		
(1) Free or Nominal Rate Outside-County (Copies Included on PS Form 3541)	28,856	36,229
(2) Free or Nominal In-County Copies Included on PS Form 3541	0	0
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	1,689	2,373
e. Total Free or Nominal Rate Distribution [Sum of 15d. (1), (2), (3) and (4)]	30,545	38,602
f. Total Distribution (Sum of 15c. and 15e.)	611,420	617,705
g. Copies not Distributed [See Instructions to Publishers #4 (page #3)]	231,758	224,510
h. Total (Sum of 15f. and g.)	843,178	842,215
i. Percent Paid (15c. Divided by 15f. Times 100)	95.00%	94.69%

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Redken for Men 2-in-1:
redken.com
Axe Dual 2-in-1: mass merchandisers nationwide

BEAT WINTER

HAT HAIR

(PAGE 62)

Redken for Men 2-in-1 Conditioning Shampoo:
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Axe Dual 2-in-1 Shampoo + Conditioner: drugstore.com

I'M STILL SKINNY!

(PAGE 94)

Saucony Run Lux II shorts, \$38: saucony.com

GET BIGGER GAINS!

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Meet the trainers behind our fitness coverage

JONATHAN CHAIMBERG

► This Montreal-based trainer designs programs for the UFC's best, including Rashad Evans, and Nate Marquardt. adrenalineperformancecenter.com

JEFF DECKER

► An active-duty Marine, Decker is a martial arts instructor in the Corps and a certified trainer. E-mail him at jeffdecker.ultimatefitnessforu@gmail.com

BRYAN HAYCOCK

► A lecturer at the University of Utah and a bodybuilding judge, Haycock is the creator of Hypertrophy Specific Training. thinkmuscle.com

NICK TUMMINELLO

► Tumminello is a Baltimore-area coach to numerous MMA fighters, and the owner of Performance University. nicktumminello.com

TOM VENUTO

► Venuto is the author of *The Body Fat Solution* and creator of *The Holy Grail Body Transformation Program*. He lives in New Jersey. tomvenuto.com

ROWDY YATES

► Yates is the personal training manager for Crunch gym on Lafayette Street in New York City. He specializes in training people for sports performance. crunch.com

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SUCCESS STORY THIS TWIN GOES HIS OWN WAY

Hearing that obesity had impacted his brother's health shocked **Justin Roberts** into getting in shape **BY DEAN STATTMANN**

TWINS SHARE EVERYTHING, including genetics, of course. But that's not always a good thing, especially if they also share being obese. Growing up, Justin and Jason Roberts were the same weight as most of their peers—but they were never overly athletic. As Justin reached high school, he'd visit the weight room sporadically, though he never liked cardio. That strategy caught up with

him in college, where he (and his waist) fell victim to fast food and lots of soda. At one time, Justin was downing as much as 1,300 calories a day from sugary beverages alone.

After graduation, he found a job as a systems engineer working right alongside Jason, who had adopted many of the same bad habits and ballooned to 265 pounds—the exact same weight as Justin.

Long hours, a marriage, and three kids gradually replaced exercise in Justin's life, but he wasn't worried. "I used to feel that if my weight was ever going to pose a problem, I'd have to see it to believe it," he remembers.

Soon, he saw it. In September 2009, Jason received bad news from his doctor. His weight had put him at risk for serious heart problems. The news jolted Justin even more than it did his brother. "I realized I really had to do something," Justin says. "As twins with the same genes, I knew it was just a matter of time until I would develop the same conditions."

The next day, Justin joined a local gym and began a three-day-a-week workout program. His two-hour sessions were split between full-body lifts and—yes—cardio. In the kitchen, Justin was just as methodical, creating a 1,400-calorie-a-day meal plan with specific ratios of nutrients designed to maximize fat burning. "I went from eating 60% of my diet as carbs, 20% protein, and 20% as fat to 60% as protein and 20% as carbs," he says. Once his new workout and diet were in place, he stuck with them religiously, vowing to never miss a session.

It worked. Today, Justin weighs 190 pounds and couldn't be more pleased.

Well, yes, he could—if

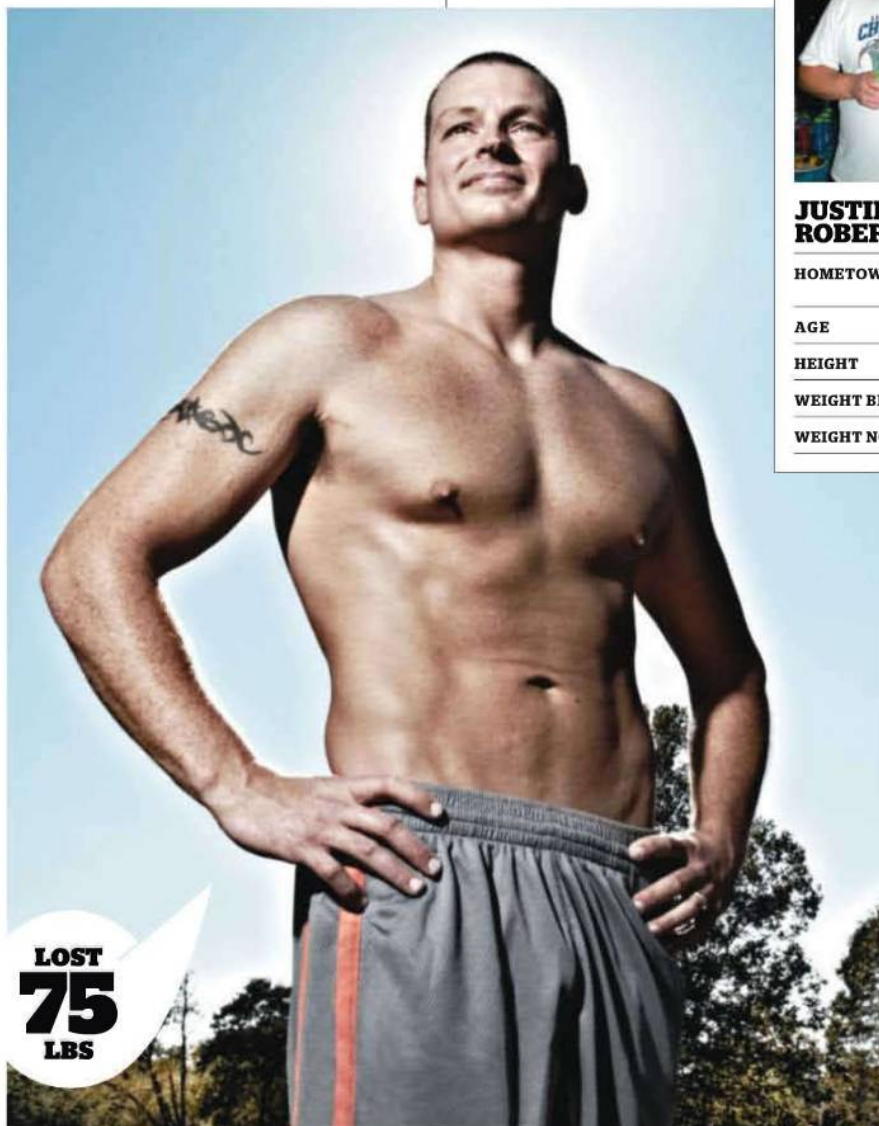
Jason were to follow his lead and get fit too. He hasn't yet, but Justin hopes that just as his brother's sobering health news scared him into getting in shape, his own new energy and confidence will inspire his own brother and his own children. "I'm trying really hard now to make sure that my kids grow up with a good, healthy lifestyle," he says. "I'm trying to create the right habits for them, because I've never felt better or been happier than I am right now."

TALE OF THE SCALE



JUSTIN ROBERTS

HOMETOWN	Indianapolis
AGE	33
HEIGHT	6'2"
WEIGHT BEFORE	265 lbs
WEIGHT NOW	190 lbs



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