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T+TISSOT THIS IS YOUR TIME

April 2017

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GUILHERME MARCHI

PHOTOGRAPH BY
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Justin Bastien

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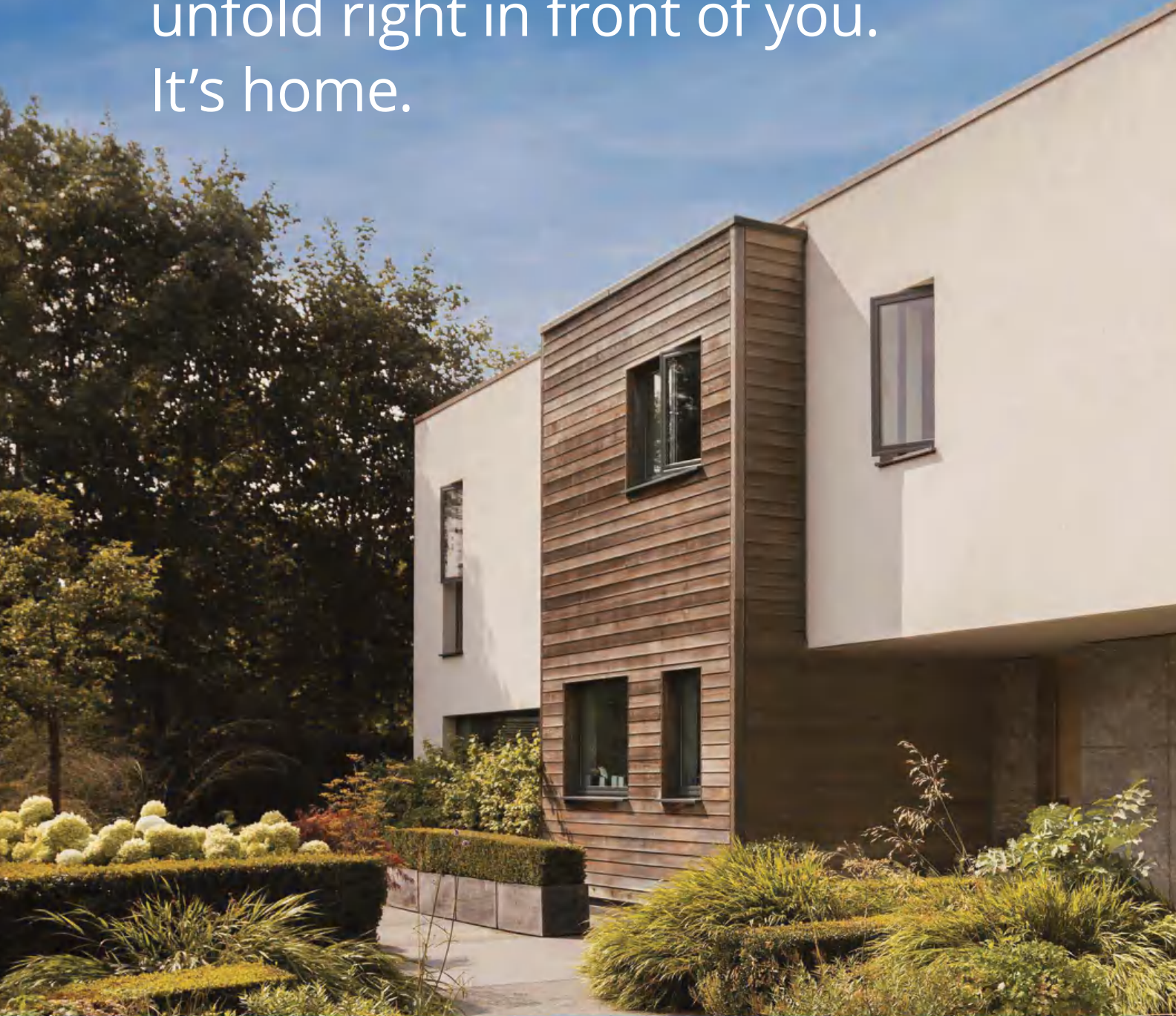
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This month on MensFitness.com



25 of the easiest (and healthiest) recipes

Breakfasts, lunches, and dinners in less than 20 minutes.

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Shred your winter layers with these five workouts.

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■ Win a free trip to this year's Professional Bull Riders World Finals, taking place on Saturday, Nov. 4 and Sunday, Nov. 5 at the T-Mobile Arena on the strip in Las Vegas. The winning package includes VIP seats, pre-party reception and tour, and more! For details on how to enter, go to mensfitness.com/bullride

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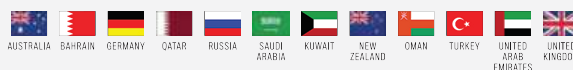
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Buck Up

OVER THE COURSE OF nearly 30 years, *Men's Fitness* has featured some pretty tough guys on its covers, but this month we've outdone ourselves, with a star from what is arguably the toughest sport on the planet: bull riding.

With bull riding's cosmic growth in popularity and participants in recent years, the options for which PBR (Professional Bull Riders) rider to feature on our cover were many. In the end, however, it became a fairly easy call to make.

Guilherme Marchi is essentially the Cal Ripken of bull riding. With close to 18 years on the grueling pro circuit, he's the first man to successfully complete 500 qualified rides. That's 500 bone-crunching, muscle-torquing, head-snapping rides. And he's now nearing 600 rides! If ever there were an ironman of bull riding, Marchi is that man.

In this era when *functional* is a buzzword among fitness aficionados, and toughness is valued as a physical attribute, Marchi and his fellow bull riders are as of-the-moment as it gets. Imagine the kind of strength, flexibility, conditioning, and overall grit required to straddle a bucking, snorting, kicking 2,000-pound bull for eight seconds. That's what these guys have to do if they hope to have a chance at winning a PBR event, let alone the golden buckle. Of course, many don't last eight seconds, and whether they do or not, the risk of broken bones—or worse—is always a possibility.

At *Men's Fitness*, it's our continual goal to cover as broad a perspective on fitness as possible, to help you plan a regimen that best suits your needs. Of course, we understand the odds are slim that you'll decide to take up bull riding after reading Jim Schmaltz's compelling feature on Guilherme and the PBR (p. 68), but you can follow the gym-based workout that gives him the strength he needs to handle a bucking bull (p. 12). Surely, if it's good enough to get him bull-riding fit, it should help you tackle the challenges you face throughout your week. Functional fitness is, after all, about building the physical attributes required to handle whatever life throws your way. Fortunately for you, unlike for Guilherme Marchi, the odds are pretty good it won't be a raging bull.

DAVID J. PECKER
*Chairman, President, and
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Tough Gear

Show Mother Nature who's the boss, p. 52.



MEN'S
FITNESS
30
YEARS
1987-2017

30 for 30

Thirty get-lean tips to celebrate MF's 30th year, p. 90.



Raging Bull

Think you're tough? Try your hand at professional bull riding, p. 68.



Meatless Meals

We make it easy to be cheesy, p. 42.



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Editor's page

Boldly go



Dan Patucci

THE GREAT AMERICAN POET

Robert Frost once wrote, "Freedom lies in being bold," and that's a sentiment we at *Men's Fitness* wholeheartedly endorse. We believe it's always better for a man to err on the side of boldness than be dismissed for reticence, be it in relationships, career, personal style, or, of course, fitness.

With that in mind, we dedicate this issue to the bold, and celebrate the freedoms they earn

by refusing to shy away from life's challenges, choosing to tackle them head-on instead.

So, to all you brave-hearts and adventurers out there: This one's for you.

As you thumb through these pages, you'll find article after article extolling the virtues of bold living, from our cover story on legendary bull rider Guilherme Marchi (page 68), to our master list of 30 great ways to get lean (page 90), to our provocative report on marijuana

and the world-class athletes who use it as a performance and recovery aid (page 96).

Each of these stories recognizes those who fearlessly push past traditional boundaries as they aim ever higher. We hope they'll inspire you to grab life by the horns.

Granted, "freedom" has many connotations, so on page 74, we also present our picks for the six greatest outdoor workouts, to encourage you to put winter in the

rearview and head out into the open air.

No longer confined to the four walls of your gym, or forced to peer through a cloud of your own breath on frigid mornings, you can now get back to those invigorating workouts you've been missing.

If you're a Cross-Fitter, you can hit the outdoor track for sprints and 400m runs. If you're a tennis aficionado, you can soak up the sun on your favorite court. Consider yourself a wheelman? You can

Break away from the confines of the gym to be bold and free.

cycle without fear of black ice. A runner? You can take to the hills without worrying you'll get buried in a snowbank.

Now's the time to take advantage of the season—so get out, be bold, and enjoy your freedom!

It's what Robert Frost would do.

Sincerely,

SHAWN PERINE
*Vice President and
Editorial Director,
Men's Fitness*



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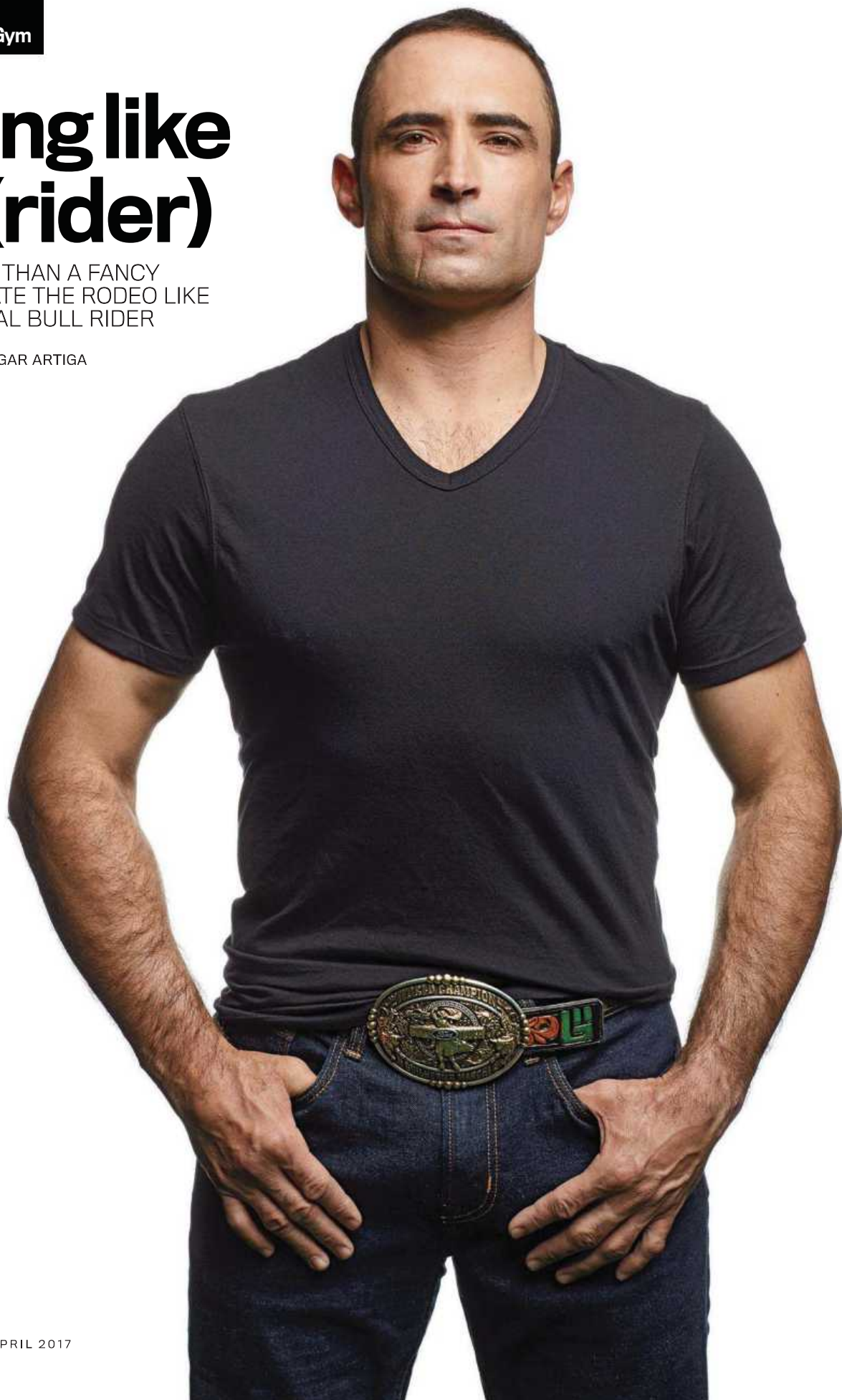
Strong like bull (rider)

IT TAKES MORE THAN A FANCY HAT TO DOMINATE THE RODEO LIKE A PROFESSIONAL BULL RIDER

BY JIM SCHMALTZ
PHOTOGRAPHS BY EDGAR ARTIGA



Down a sixer, put on a dusty cowboy hat, and climb onto a pissed-off bucking bull. • You'd be surprised to know how many simpletons believe that's all it takes to become a bull rider. • "It's a misconception that our sport is just a bunch of crazy beer swillers who roll up to the arena and strap themselves to a bull," says Sean Gleason, chief executive officer of Professional Bull Riders (PBR). "There is more athleticism required in an eight-second bull ride than in most other sports. The bull moves so fast and riders need to counteract those moves while holding on to a rope with one hand." • To last a full eight seconds—how long a rider must last on a bull to be scored—the rider must adhere to a workout regimen that builds full-body strength, muscle endurance, and agility. • One routine that would adequately prep a wannabe rider—or work for a guy who simply wants to gain strength—would be structured similarly to the workout provided by our cover star, 14-year PBR pro Guilherme Marchi (right).



40 FLOORS
TO IMPRESS
YOUR BOSS

TIME
TO
SHINE



Bull fit

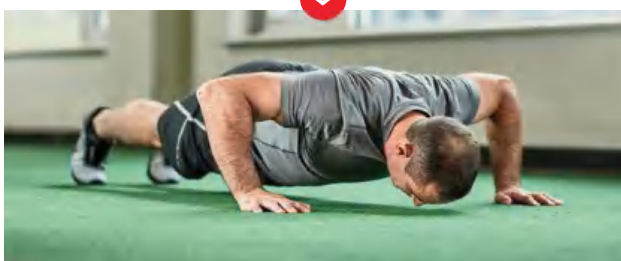
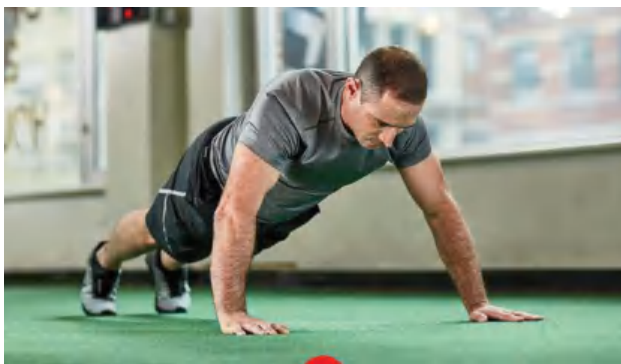
FOLLOW THIS ROUTINE AND BE PREPARED TO HANDLE ANYTHING LIFE THROWS YOUR WAY, INCLUDING A RAGING ONE-TON BULL

HOW IT WORKS

Whether you're looking to score big in the PBR or dominate a mechanical bull (p. 68), training-wise, your best bet is to place more emphasis on exercise variety and volume than hypertrophy-based bodybuilding-style training routines, advises nine-time bull-riding champ Ty Murray.

"I see guys in the gym doing curls for the girls, and that's not going to help you in this sport. It's important not to bulk up and shorten your muscles," he says.

As you bull through Marchi's sample total-body routine, employ strict form during each repetition, but limit rest periods between sets and exercises to boost cardiovascular and muscle endurance.



PUSHUP STABILITY HOLD ◀

Holding the bottom portion of a pushup builds core strength, which helps riders learn to stay "tied in" to the bull and better handle erratic zigs when the body would normally zag. If stability holds are too difficult, sub in pushups.

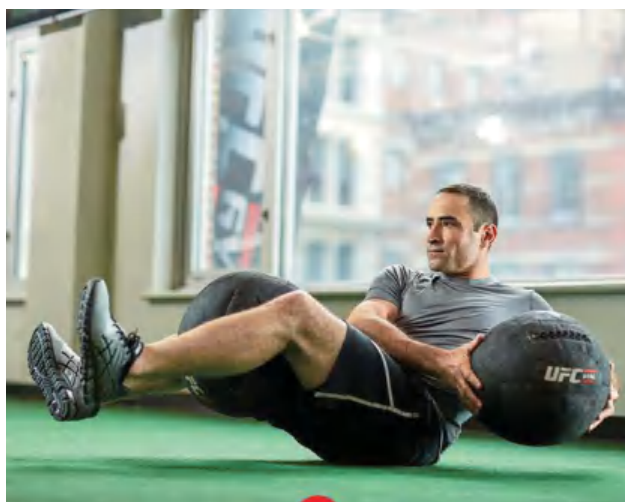
TIRE FLIP ▶

Squat down and slip your hands (palms up) under the tire. Raise the tire about 45 degrees and then quickly switch to an overhand grip. Drive through your heels and press your shoulders forward as you push the tire over. Approach the tire and repeat. Marchi uses these as a metabolic finisher.

A tight core, strong legs, a vicelike grip, and balls of brass—all things required to last just one second on a bucking bull.

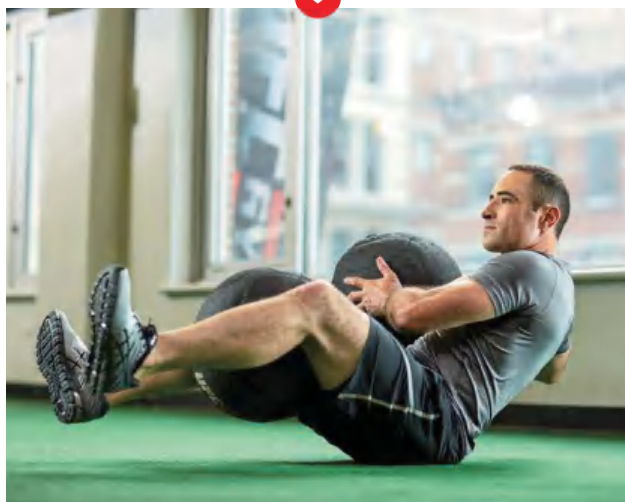
RUSSIAN TWIST ▶

Sit on the floor and lean back so you are balancing on your glutes. Hold a medicine ball with both hands and begin to rotate side to side. Drive your elbows back as far as you can with each rotation to maximize core engagement.



SWISS BALL BALANCE JUMP ▼

Save this move for Marchi and other PBR pros—the risk of injury is high but offers bull riders practice countering and balancing on an unstable surface. A safer alternative: 10 to 12 reps of box jumps or Bosu ball squats.



THE “STRONG LIKE BULL (RIDER)” WORKOUT

WARMUP*

Knee Hug
Shin Tap
Quad Stretch
Reverse Lunge (hands overhead)
Spiderman Lunge
Leg Raise
Inchworm

EXERCISE SETS REPS

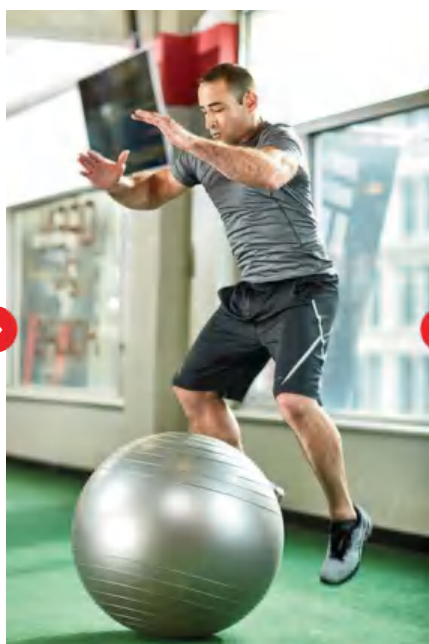
| | | |
|------------------------------------|--------|-------------|
| Agility Ladder (Two in Forward)** |2 | 2 |
| Agility Ladder (One in Forward)*** |2 | 2 |
| Med Ball Wall Toss |3 |10 |
| Med Ball Side Throw | ..3 |10 |
| Swiss Ball Balance Jump**** |2 | ... Failure |
| Med Ball Slam |3 |10 |
| Dumbbell Shrug |2 |10 |
| Kettlebell Swing |3 |15 |
| Russian Twist |2 |15 |
| Pushup | | |
| Stability Hold |2 | .. 30 sec. |
| Tire Flip |2 | .. 20 yds. |

*Ten yards, six reps each, or 30 seconds.

**Using an agility ladder, place both feet (one at a time) into each space.

***Place one foot into each space.

****Reduce injury risk by replacing with box jumps or Bosu ball squats.



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Breakthroughs



Membership has its privileges



On the fence about joining a gym or going it alone? Sign on the dotted line. In a new study from Iowa State U., 75% of subjects who were gym members met the U.S. guidelines for physical activity (at least 75 minutes of vigorous or 150 minutes of moderate exercise a week) compared with just 18% of nonmembers. Gym rats also had lower odds of being obese, a smaller waist (about 1.5 inches less for men), a lower resting heart rate, and better heart health. —ADAM BIBLE



Rest your muscles!

Are you getting enough quality sleep to allow your body to repair and build new muscle? Answer these questions from the National Sleep Foundation to rate your z's. If you can't say yes to at least three, your health—and strength gains—may be suffering.

1

Do you use your bed for sleeping (not TV, reading, or sex) 85% of the time?

2

Do you fall asleep in 30 minutes or less?

3

Do you sleep through the night or wake up no more than once?

4

If you wake up during the night, do you go back to sleep in no more than 20 minutes?

FOR A CRAPPY WORKOUT, CALL...

Want to put yourself through a half-assed sweat session that's less intense and could break your neck? No? Then stay off the damn phone.

In a study at Ohio's Hiram College, two groups of students worked out phoneless or while texting, talking, or listening to music on a phone.

Result: Texting and phone-chatting (though not rocking out to tunes) made focusing on a workout harder—e.g., nonphon-

ers spent seven more minutes on high-intensity moves than gasbags. Texters' and talkers' balance was also compromised a stunning 45% and 19%, greatly raising their fall risk. (FYI, a 2016 study also found that treadmill phoning cut both running speed and heart rate, so—well, you get the gist.)

Next time switch to airplane mode—you'll block all the "incoming," but not your music apps or Bluetooth headphones.



GOT 20 MINUTES? TRY THESE SPEED ROUNDS:

■ SQUEEZE IN A FAST GYM HIT

Supershort workouts aren't a waste of time. Even a 20-minute exercise session can stimulate your immune system and strengthen your anti-inflammatory defenses—that is, keep you stronger, thinner, and all-around healthier. (U.C.S.D. School of Medicine)

■ GET A BETTER HARD-ON

Twenty minutes of interval weight training (7-minute warmup; seven 1-minute, high-intensity rounds; 1-minute rests in between) can improve blood-vessel function more than a similar interval cardio session. Better blood flow equals a stronger heart, a longer life, and better, stronger erections. Yeah, that last one sold us on it, too.

(U. of British Columbia)

■ JUMP-START YOUR HEART

Working out on any type of trampoline for 20 minutes burns the same calories as 20 minutes of running at 6 mph or biking at 4 mph. It also aids heart rate and O₂ intake. (U. Wisconsin-La Crosse)

From top: Travis Rathbone/Trunk Archive; Lumina/Stocksy



MATT KUCHAR
PRO GOLFER



PUT YOURSELF IN MATT'S SHOES.

Matt Kuchar wears the Skechers GO GOLF Pro 2™, an ultra lightweight and innovative golf shoe that keeps him stable and comfortable on the course. See what it feels like to put yourself in Matt's shoes.

Hunger for life

Can cutting calories really extend your life? Yes, say a bunch of very old, very hangry monkeys. ■ For years, scientists at the U. of Wisconsin-Madison and the National Institute on Aging ran dueling calorie-deprivation tests on primates, which live to an average age of 25, to see if less food equals longer life. They agreed that cutting calories by 30% improved the monkeys' health (by cutting cancer and heart-disease risk), but on living longer, they didn't see eye to eye. ■ But not long ago, they came to their senses, pooled their data, and finally announced this: Yes, eating less upped the monkeys' lifespan about 15%, but only if: 1) their calories were restricted starting at an older age (post-teens was best), and 2) they ate whole, nonprocessed foods. ■ But what constitutes "less food" for primates like us? Calorie-restriction cheerleaders advise cutting food intake by about 20%; any more, and—unless malnutrition is your goal—you'll want to discuss with your doc first.

OF COURSE, IF YOU DON'T WANT TO LIVE LONGER, HERE'S HOW TO DO IT

■ BURY YOUR FACE IN FAST FOOD (PACKAGING)

Around 30% of fast-food wrappers, boxes, etc. contain potentially cancer-causing fluorinated chemicals that have been shown to migrate into food and then into our bodies. So, basically, they're just as bad as the junk that comes in them. (*Environmental Science & Technology Letters*)

■ CHASE SUGAR HIGHS

When flies eat a diet of about 40% sugar for three weeks, they die 7% sooner than those that eat a healthy diet with only 5% sugar. OK, you're not a fly, but eat too much sugar and you could end up dropping like one. (*Cell Reports*)

■ CHEAT WITH LARD

Going crazy with high-fat meals can harm your liver and

even set it up for higher risk of future fatty liver disease. (Heinrich Heine U. Diabetes Center)

■ BAIL ON BREAKFAST

People who regularly eat a morning meal are less likely to end up with heart disease. The estimated 20-30% who skip breakfast are also more likely to suffer from obesity and diabetes. (American Heart Association)

Deprive yourself and you could live longer—and hate every minute of it.





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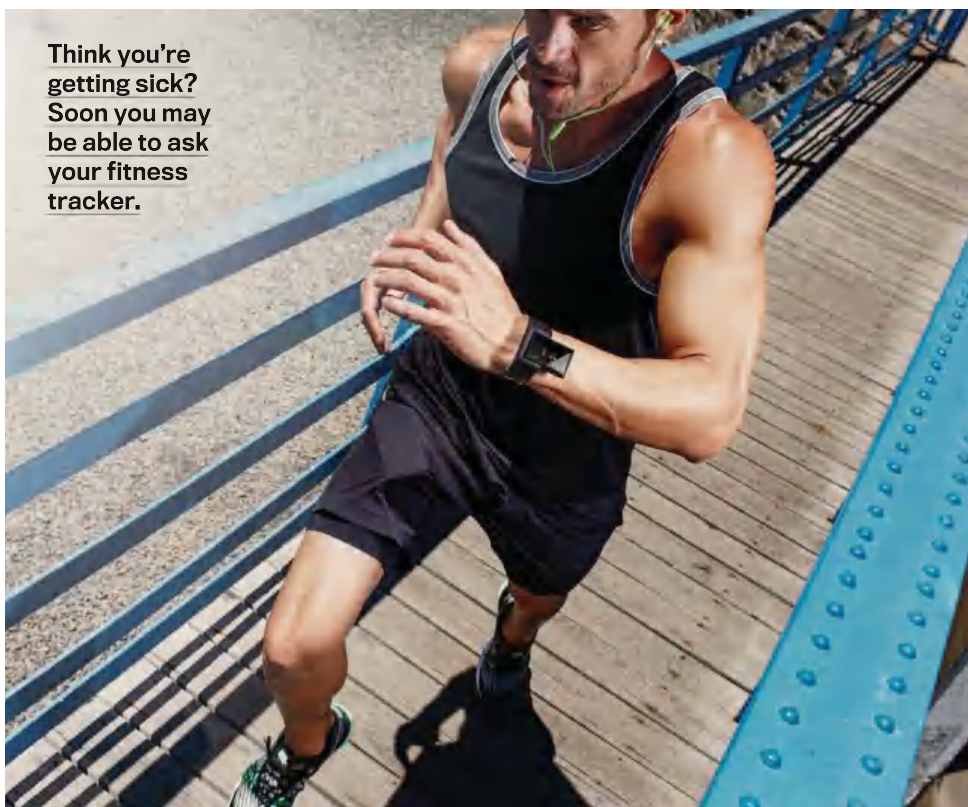
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Think you're getting sick? Soon you may be able to ask your fitness tracker.



On the right track

Wearables are packed with tons of sensors that can track everything from skin temp and blood oxygen to steps taken and sleep quality. But what if they could actually tell us when we're getting sick? Well, apparently they can—or, at least, soon will. ■ For a year, Stanford U. scientists followed 43 subjects strapped with as many as eight tracking devices each and gathered more than 250,000 measurements—even radiation exposure. They made some amazing finds, like what causes jet lag (falling blood-oxygen levels in flight) and how to detect inflammation and the risk of type-2 diabetes. They even diagnosed a case of Lyme disease before it became full-blown. ■ Can tracking the common cold be far behind?



Billions of gym-loving germs agree: DermSafe is a real killer.

Gym Equipment Is Filthy, Wipe It Down

RESEARCH SHOWS that the levels of bacteria on most gym equipment could put a gas station bathroom to shame. One recent study found treadmills to be 74 times filthier than a water fountain, and free weights 362 times buggier than a toilet seat—and more than 70% of those

bugs were potentially dangerous to humans.

Luckily, most gyms have hand-sanitizer dispensers—but not all. So keep some alcohol-free sanitizer (it won't evaporate and dry out your skin) in your gym bag.

Skinvisible's powerful DermSafe hand sanitizer is

a good choice: Its active ingredient, chlorhexidine gluconate, which is used in operating rooms around the world, kills bacteria, viruses, and even the MRSA superbug. Give equipment a swipe before use: Kill the bugs, then go kill your workout.

3 things to watch this month

1. YOUR HAIRLINE (if you want an early cancer warning):

Dramatic hair loss at an early age can be a sign of prostate cancer. A study of more than 400 men found that those who scored high on a "hair-loss scale" were up to four times more likely to have a malignant tumor when they came in for a prostate biopsy. (U. of Toronto)

2. YOUR BOOZE (if you're feeling famished):

Alcohol tricks your brain into thinking you're starving. Researchers monitored the brain activity of drunk mice (some rodents have all the luck) and found that the hooch excited neurons called AGRP, which sound off when your body goes into starvation, leading the mice to gorge. (U. College London)

3. WHAT YOU FEED YOUR GUT (if you want to protect your ticker):

Patients admitted to the hospital with chest pains and high TMAO—a molecule made by gut bacteria—are much more likely to die, have a stroke or heart attack, or need bypass surgery within six months. Pound down those pre- and probiotics! (European Heart Journal)

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FEEL LIKE NEW.

Sweet nothings get you something

■ To stay close with your significant other, share upbeat, positive stories or encouragements about the day's events at bedtime, not carping, criticisms, or complaints. • A study at Oregon's Gonzaga U. on post-9/11 military couples' emotional lives found that bed talk about both big and small positive moments caused the couples to feel closer to and more supported by their partners; negative conversation had the opposite effect. • When you share happy info and your partner is happy for you (and vice versa), it benefits both of you, says study author Sarah Arpin. • In short, save your downer news for daylight hours; and be sure to throw an "Attaboy!" her way when she reveals something even remotely cool that happened.



Get better at everything

MAKE SMARTER DECISIONS

Listen to your "gut": A study on very successful high-risk financial traders found they were so attuned to their bodies, they could guess their own heart rate and pick up anxiety signs, like racing heart and breathlessness, with amazing accuracy. (*U. of Cambridge*)

MASTER A NEW SKILL

Once you learn a new skill, hammer it into your skull by reviewing it over and over, even if it feels like overkill—that will reinforce it for the long term. But don't try to learn another new skill without at least a few hours' break, or you'll end up sucking at both. (*Brown U.*)

HAVE HOTTER SEX

It's not finding your "soul mate" that will score you great sex in a relationship, it's effort. In fact, people who believe there's a "right person" out there for them aren't nearly as satisfied with their sex life with a partner as those who believe it's hard work that does the trick. (*U. of Toronto*)

GUARD YOUR FACEBOOK

There's a 24% chance someone close to you is hacking your FB page—or soon will, says a survey of 1,308 users in which 1 in 5 copped to snooping. The reasons vary: GFs do recon, friends prank, and family are just plain nosy. So sign out—and keep an eye on Gram. (*U. of British Columbia*)

From top: Chris Graymer/Trunk Archive; Christopher Griffith

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ON TOP

Everything
you need to
make life work
for you

Hot slam!

Both a full-body blitz and a steam-venting adrenaline rush, a med ball workout is a smashing way to muscle up

BY NICK TUMMINELLO

PHOTOGRAPHS BY
JAMES MICHELFELDER

When's the last time you got to name an 80-pound kettlebell after your boss and hurl it into a concrete wall? Or crash a 45-pound plate into the ground chanting, "Cut me off? I'll cut *you* off!" Then you can see the beauty of a med ball workout. Even the ancient Greeks knew the benefits of banging around a weighted leather training ball—not just for safely working virtually every muscle in the body and building power but also for the sheer joy of getting out occasional anger or frustration at the gym without worrying about decapitating any shirtless meatheads taking selfies.



How It Works

Guys often forget to include a power component in their training programs. Power, for those who flunked physics, is the ability to express force over time—or, for our purposes, the ability to complete a weighted movement rapidly (and, occasionally, angrily).

That's where medicine ball training comes in. Tossing a med ball in different directions trains your body to generate power without applying the brakes. You don't have to slow down at the end of the range of motion like you do when using weights—you can just let the ball fly. On top of that, it's easy to learn and helps improve explosiveness immediately.

The result: a body that performs and a lean six-pack inside of a month.

Also, research from *Evolution and Human Behavior* found that throwing a med ball engages the cerebellum and posterior parietal cortex of the brain—meaning, it can improve your attention span and ability to concentrate.

Plus, what other resistance workout lets you beat the living shit out of something without hurting yourself (or anyone else)?

DIRECTIONS

Have on hand two medicine balls of different weights and bounces (see specifics, right). Do the workout once a week, on a separate day, to supplement your regular weight training. Rest two to three minutes between sets.

1

SQUAT PUSH THROW

Sets: 5-6
Reps: 3-5

Stand with feet shoulder-width apart and hold the ball at chest level, with your elbows underneath it. Squat as low as you can while keeping your back flat. Explode upward, throwing the ball as high as you can. Allow the ball to hit the floor, pick it up, and reset.



2

REVERSE SCOOP THROW

Sets: 5-6 Reps: 3-5

Stand with feet shoulder-width apart and hold the ball at arm's length in front of you. Bend your hips back and lower your torso toward the floor while keeping your lower back in its natural arch. Explosively extend your hips and throw the ball overhead and behind you. Walk to the ball and begin the next rep.



**PIVOT ON
YOUR BACK
HEEL AS YOU
THROW, AND
MAKE YOUR
SHOULDERS
AND HIPS
MOVE AT THE
SAME RATE.**



3

SIDE SCOOP THROW

Sets: 3-4 Reps: 3-5 (each side)

Stand with legs staggered and your left foot forward. Bend your hips and knees slightly and hold the ball at arm's length. Twist your torso to the left, shifting your weight to your left foot, then throw the ball across your body to the right as if you were throwing something heavy into the back of a truck.



4

LUNGE AND OVERHEAD THROW

Sets: 5-6 Reps: 4-6 (each side)

Hold the ball overhead and lean backward until you feel a stretch in your abs. Step forward and throw the ball at a wall. Make sure you're back far enough that the ball can bounce before you catch it.



■ For Exercises 4 and 5, use a rubber medicine ball that weighs six to 15 pounds and has some bounce to it.

5

ROTARY THROW

Sets: 4-5 Reps: 4-6 (each side)

Face the wall with feet shoulder-width apart. Hold the ball at arm's length and twist to the right. Explosively throw the ball at a wall and catch it after it bounces off the floor once.



▶ What's the deal with that colorful tape I see runners and CrossFitters wearing on their legs, arms, knees, and elbows? Does it really do something or is it a stupid fad?

LEN S., MIAMI, FL

It's kinesio tape! And if you're nursing an injury but continuing to train, it could be your new best friend for support.

Kinesio tape, or elastic therapeutic tape, is designed to boost the body's natural healing process while supporting and stabilizing muscles and joints without restricting movement—almost like compression shorts and shirts, or even sleeves. It also alleviates pain, manipulates soft tissue to prolong the benefits of manual therapy, and facilitates lymphatic drainage by pulling on the skin (the tape stretches around 14%), which basically lifts it a microscopic amount.

Best of all, it's easy to apply and comes in nearly every color. You can get very specific with the placement of it as well as how tightly you apply it. Check out kttape.com for instructions.



Ask the trainer

Celebrity trainer **Gunnar Peterson** reveals how to exorcise common aches and injuries and explains why everyone's wearing tape

Everyone keeps talking about how important foam rolling is. What's so great about it?

HOWARD D., SAN JOSE, CA

Rolling around on the floor with foam tubes is a terrific pre-workout protocol.

Foam rolling helps mobilize your fascia, the connective tissue surrounding your muscles. If you use a foam roller regularly, you'll have greater range of motion and less pain during your training; you'll also be less likely to get injured.

Add five to 10 minutes of foam rolling after your warmup but before your workout, and you should see results almost immediately.

I just got back into lifting weights, and now my left elbow is killing me...I can barely lift a frying pan. What gives?

MIKE F., CRANSTON, RI

Why are you lifting frying pans? Get to the free weight section, man!

But seriously, pain is a sign you may have injured yourself—or are about to—so listen to it. It could be a tendon strain, tendinitis (usually from overuse), even a fracture or dislocation (though, unless there was Ambien in your pre-workout shake, you'd probably remember those).

My bet is you strained your tendons by going too gung-ho. I applaud the gusto, but in the future, if you feel pain, take

a break—don't work through it!

But to get some relief now, a few ideas: In the spirit of your newfound fitness zeal, you could work *around* the pain; so, since it's your elbow that's bothering you, focus on lower-body moves.

You could also take a couple of days off and, when the pain subsides, slowly get back to upper-body moves, but doing them at a slower tempo.

If that doesn't work, have a physical therapist or masseuse do some soft tissue work. That often does the trick by boosting blood flow to the tendon.

If you're still in pain after that, make an appointment with an M.D.

My knees hurt when I'm doing heavy squats—is that inevitable, or am I doing something wrong?

RON S., BUTTE, MT

Is knee pain inevitable? Not if you're using proper form. But that pain could also be a sign of patellofemoral pain syndrome—or a misaligned kneecap—which isn't good. These tips should help:

First, be sure you're wearing shoes with the right support—please, no squatting in squishy running shoes! Wear flat-footed shoes made for lifting, or even a pair of Chuck Taylors.

Next, don't let your heels come off the ground when you squat—that can push the knees too far forward and

cause strain. Flat-soled shoes will help you sit back on your heels.

Box squats can also help you master proper form. Squat in front of a box about 15 inches high, or high enough that your thighs are below parallel when your butt hits the box. Set your feet wider than your hips, and angle your toes out 15 to 30 degrees.

Finally, build up stability in your knees and ankles by doing moves that strengthen them from different angles under different loads, like walking lunges and prowler pushes.

But till the pain goes away, try an anti-inflammatory like aspirin, and ice the knees nightly for 20 to 30 minutes.



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NOVEMBER 1-5



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TOUGHEST SPORT ON DIRT

It happens daily: Some dolt posts an Instagram video claiming he went on the Cocoa Puffs diet and lost 38 pounds in two days. The bogus info then gets shared so much and repeated so often that eating artificially flavored sugar balls for weight loss starts to sound like sage advice. Nonsense like that might not pass your smell test, but some of the misconceptions, such as the five listed below, are harder to spot and may hinder your ability to remain lean, healthy, and injury-free.



Free weights are actually safer than machines.

Mythbusters

These fitness falsehoods were around long before “fake news” was a thing

1) Muscles need high-volume training for max growth.

HOW IT STARTED: Steroids were rampant in the bodybuilding scene during the '60s and '70s, and lifters discovered that 'roids allowed them to perform more sets per muscle group without endangering recovery. So they trained with more volume, more often, and still saw their muscles grow faster—and way bigger.

THE TRUTH: Sans 'roids, you risk overtraining. Rather than thrash a body part with as many sets and reps as possible and then waiting a week to hit it again, you can perform approximately two sets per exercise and train that area again later in the week. “Instead of 52 workouts for that body part in a year, you’ll do 104,” says Jason Ferruggia, a performance-enhancement coach in Warren, NJ.

“This allows you to double your stimulus for growth and ultimately get even bigger.”

2) Lactic acid causes muscle fatigue.

HOW IT STARTED: Century-old research (done on frogs, nonetheless) suggested that lactic-acid levels within muscles increased with fatigue.

THE TRUTH: “Lactic acid increases with fatigue because it’s fueling your muscle contractions,” says Chad Waterbury, a neurophysiologist in Los Angeles. It causes the painful burning sensation in your muscles that makes you want to stop lifting, but your liver is also converting lactic acid into more energy, so it’s actually helping to offset fatigue. Muscle fatigue is prompted by an accumulation of protons within the muscles, which is caused by the breakdown of glycogen, the stored carbohy-

drate that helps to fuel exercise.

3) The knees should never travel past the toes during squats.

HOW IT STARTED: A 1978 Duke University study claimed that keeping a vertical lower leg better protected the knees when squatting.

THE TRUTH: Where your knees end up during any lift is highly dependent on the length of your legs and where on your joints the muscles attach. Some guys—usually shorter ones—have no trouble squatting without their knees passing over their toes in the down position, but others (usually tall drinks of water) may find that their knees drift far forward. Purposely trying to keep your knees behind your toes when your body doesn’t want to add strain to the hips and lower back can lead to injury.

“A toned appearance depends on your level of body fat and muscle development.”

4) Light weights and high reps tone muscles.

HOW IT STARTED: Bodybuilders often use light-weight, high-rep sets leading up to a contest. The idea is that more reps translates to more calories and fat burned, putting them in the best position to be as lean and vascular as possible when they step onstage to flex in their underpants.

THE TRUTH: Bodybuilders typically pair this training style with low-carb, calorie-restricted diets; that’s what accounts for their rapid fat loss. “A toned appearance depends on your level of body fat and muscle development,” says Jim Smith, C.P.P.S., owner of Diesel Strength and Conditioning.

5) Machines are safer than using free weights.

HOW IT STARTED: Exercise-machine manufacturers

advertise that their equipment isolates target muscles and prevents injury by having the lifter perform an exercise through a preset path of motion, thereby eliminating room for error.

THE TRUTH: The restrictive movements of machines might actually increase injury risk because they’re unable to accommodate a person’s individual limb length and strength curve. This can place shearing forces on joints. “When you use free weights,” says Smith, “your body naturally makes adjustments throughout the exercise’s range of motion according to your strength level, speed of movement, and proficiency at executing reps.” Machines don’t allow for this. And when singularity arrives, they probably won’t allow us to use them for exercise anymore, either.

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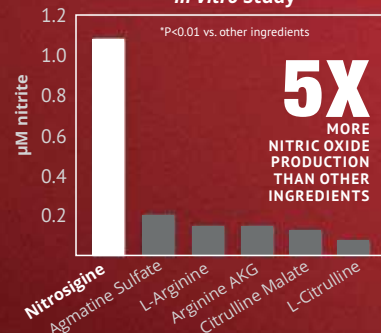
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Nutrition21

Knock it out of the park

Blow your co-workers and pals away with a ball-cracking, home-run-whacking swing this softball season By Adam Bible

Y Yeah, it's no fun being picked last for a team. And when it's softball with your buds or co-workers, it's even worse. ("Yo, Betty Crocker makes a better batter than you!"). But with these tips from pro hitting coach and founder of the Hitting Vault, Matt Lisle, that'll never happen again.

The secret to smacking dingers and running up your OPS, says Lisle—who's spent years teaching the ins and (hopefully not) outs of high-powered batting to MLB players—is mastering the basics. "Swing the bat athletically, in the proper sequence—core firing first, and the hands and arms following," he explains, not the other way around. "Focus on turning your navel toward the pitcher, ahead of your shoulders, to unlock real power."

Follow these steps and watch that clincher fly.

◀ To show off that home run trot, good batters hit through the ball and continue a full-torso rotation all the way through—it's one of the best ways to increase power.

HOW TO DO IT Follow Lisle's easy steps for hitting the ball faster, harder, and longer



1) Step tall into the batter's box. Place feet shoulder-width apart near the back line. Your hands should be near level with your rear shoulder, with the bat's knob pointing down.

2) Center your weight over the space between your feet. Keep your eye on the ball and shift your weight from your back foot to your front foot. Stride out deliberately as the ball comes in.

3) Turn your core quickly when your front foot hits the dirt—imagine you're stepping on the gas pedal in a drag race—and let it get ahead of your shoulders.

4) Finish your swing by hitting through the ball. Continue a full torso rotation to increase power, showing your back to the plate.

From top: Robert Benson/Getty; iStock

Chew the caff

The latest mid-workout pick-me-up offers more than minty refreshment

By Natalie Gingerich Mackenzie



Caffeine, the most widely used “drug” in the world, has been shown in study after study to help athletes run faster, lift more, bike harder, and jump higher. But gone are the days of waiting in line for a barista to shout your name for you to retrieve a \$7 latte to get your caffeine fix.

In recent years, caffeine has been popping up in all kinds of sports fuels, from gels to chews. And the latest delivery method promises an even faster jolt: chewing gum. Run Gum, created by two-time Olympian Nick Symmonds, contains 50mg of caffeine per piece, along with taurine (an amino acid

found in meat and fish that supports brain development) and B vitamins. That gives a two-piece serving about as much caffeine as a standard cup of joe. Jolt Energy Gum has 40mg caffeine per piece plus guarana (a South American seed with twice as much caffeine as coffee) and ginseng,

and Military Energy Gum packs 100mg caffeine per piece.

Why gum? “It [absorbs] faster than coffee or gels,” says Asker Jeukendrup, Ph.D., a professor of exercise metabolism at Loughborough University in the U.K. and a leading researcher on caffeine and exercise performance. The caffeine is absorbed quickly into the bloodstream through the lining of your cheeks. Plus, absorption through the skin has the potential to increase its

A recent study found that men who ingested coffee were able to squat more.

bioavailability, giving you more vigor from fewer milligrams. Also, chewing any kind of gum has been shown to increase alertness, lower stress, and improve performance.

So far, the data look promising. One recent study from New Zealand found that caffeinated gum gave cyclists a stronger final push, increasing their

power output during the final 10km of a 30km workout by nearly 4%.

Still, there's more research to be done to figure out the ideal timing and dosage. A 2010 study, in which athletes popped a piece five minutes before performing intervals, saw a 6% performance improvement, while the New Zealand study found that it took about 20 minutes for caffeine to kick in. Though the caffeine will stimulate, research suggests a tolerance to caffeine can occur in as few as four days if taken daily.

To find your ideal kick, Jeukendrup recommends starting with lower doses and experimenting. “Caffeine works with as little as 3 milligrams per kilogram,” he says.

But a stick of gum may not work for everyone. The New Zealand researchers noted that while caffeinated gum did improve cycling performance, only 13 subjects experienced the boost. Meanwhile, five had a negative reaction and were nonresponsive. Researchers suggest the variability may be caused by differences in how people metabolize caffeine—akin to how one person can cap off dinner with a cappuccino and sleep like a baby, while another gets the jitters.

MORE WAYS TO GET YOUR GYM JOLT

If you're not into chewing gum, here are four other workout-ready ways to get caffeinated



Clif Bloks Energy Chews

■ Orange and Tropical Punch have 25mg per Blok, so you can customize your level of caffeine and top off carb stores. (clifbar.com)



GU Roccane Energy Gel

■ Select flavors of these 100-calorie packs pair aminos and carbs with 35mg of caffeine. (guenergy.com)



Jelly Belly Extreme Sport Beans

■ From the folks who make rotten-egg jelly beans comes electrolyte- and vitamin-spike jelly beans with 50mg of caffeine. (jellybelly.com)



Stress Tea

■ Boost your mood with 100mg of caffeine. The green tea and other compounds claim to help improve focus and enhance blood flow and brain function. (stresscookie.com)

Zuke 'em!

Eggs, sausage, and shrimp team up to turn this low-carb Paleo dish into a 52-gram protein powerhouse

By Nick Massie

Shrimp and Sausage-stuffed Zucchini

SERVES 3

INGREDIENTS

- 3 zucchinis
- 1 egg
- 12 oz sausage
- 12 oz shrimp, roughly chopped
- Kosher salt and freshly ground black pepper
- Olive oil

DIRECTIONS

- 1) Cut the zucchini in half lengthwise, scooping out the seeds to form a boat. Transfer the zucchini boats to a foil-lined sheet, then season with kosher salt, pepper, and olive oil. Roast in a preheated 350°F oven for 10 minutes.
- 2) Meanwhile, combine one egg, sausage, and shrimp. Remove the roasted boats and stuff with the sausage-shrimp mixture. Return to the oven for 15 minutes or until the stuffing reaches an internal temperature of 165°F. Top with salsa and fresh cilantro.

PER SERVING

Calories 598, Protein 52g, Carbs 8g, Fat 39g

BETTER THAN BREAD

Zucchini is a supremely versatile veggie and one of the best sources of the powerful antioxidants beta-carotene, lutein, and zeaxanthin.

PRIME PROTEIN

Shrimp has 19 grams of protein in a 3-oz serving, making these delicious sea critters excellent muscle builders.

SAUSAGE PARTY

Even though sausage is high in fat, it's also satiating and boosts this recipe's protein content.

Food styling by Susan Ottaviano

NEVER LET HUNGER GET IN THE WAY OF YOUR GAME.



#LETSFEAST

BE A STALKER

A stalk of asparagus is loaded with vitamins A, C, E, K, B6, plus iron, copper, and calcium. It also contains asparagusic acid, which gives your urine that, er, sexy skunklike odor.

AH, PUCK IT

To keep your burgers from becoming hockey pucks, push a dimple in the middle before cooking. For optimal juiciness, cook to medium-rare (130°F on a thermometer).

SHROOMING

Portobello mushrooms are an excellent source of riboflavin (energy), selenium (cancer prevention), copper (iron production), and potassium (lowers blood pressure).

A burger well done

Get your grill on and power up on a classic summer protein

By Carlo Filippone

SERVES 4

BURGER INGREDIENTS

20 oz lean ground beef
1 tsp chopped onion
1 tsp chopped red bell pepper
1 tsp chopped green bell pepper
½ tsp chopped parsley
Juice of ½ lemon
Salt and pepper

VEGGIE SIDE

6 asparagus stalks
2 portobello mushrooms
1 yellow squash, sliced
¼ cup olive oil
¼ cup balsamic vinegar
Salt and pepper

INSTRUCTIONS

1) Prepare half of a

charcoal grill for direct high heat or turn on one side of a gas grill to high.

- 2) Mix all burger ingredients in a bowl, then wet your hands with cold water and shape meat mixture into 4 patties.
- 3) For the vegetables, place all ingre-

dients in a bowl and mix well.

- 4) When grill is ready, brush grate with oil and place burgers on the grill over direct heat, cooking for 4 minutes on each side for medium-rare.
- 5) Remove vegetables from marinade and place on the grill to the

side of the burgers. Brush vegetables with marinade as they cook.

- 6) Remove when tender and slightly charred all over and serve with burgers.

PER SERVING

427 calories, 28g fat, 5g carbs, 39g protein

Food and prop styling by Susan Ottaviano



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Bite into all this sausage, egg and cheese sandwiched between a buttery croissant, then tell us: How would you describe the taste?

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HIGH TIMES

Hailing from the Greek Island of Cyprus, halloumi's high melting point prevents it from melting on a grill—the outside gets crisp while the interior turns velvety.

Grilled cheesy

Loaded with protein while being difficult to melt, halloumi is a unique cheese for both the salad bowl and grill By Matthew Kadey, R.D.

TOP IT OFF

Halloumi delivers six grams of protein per one-ounce serving, which makes it a solid (and tasty) choice for boosting protein content in salads and even pizza.

GRILL MASTER

Although known to be a tough melt, halloumi takes only about 45 seconds before it begins to soften on the grill.

Halloumi salad

SERVES 2

INGREDIENTS

- 1 (8 oz) package halloumi cheese
- 1 peach, halved, pit removed
- 1 red bell pepper, quartered
- 4 cups salad greens
- 1 cup canned lentils
- $\frac{1}{2}$ cup chopped basil
- 2 tbsp chopped walnuts
- 1 tbsp capers, drained
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp honey
- 1 garlic clove, minced
- $\frac{1}{4}$ tsp black pepper

INSTRUCTIONS

- 1) Bring a charcoal grill or a gas grill to medium-high heat.
- 2) Upend halloumi onto one of its long sides, and slice lengthwise into 2 big slabs. Cut each slab along its width so you have 4 square pieces of cheese. Brush both sides with oil and peach and pepper pieces with oil.
- 3) Place cheese, peaches, and pepper on a greased grill grate. Cook until grill marks appear, about 2 minutes per side.
- 4) Spread greens, lentils, basil, walnuts, and capers on plates. Slice peaches and bell pepper, and place on each salad along with halloumi. Whisk together oil, lemon juice, honey, garlic, and pepper. Drizzle over each salad.

PER SERVING

702 calories, 37g protein, 48g carbs, 41g fat

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Step right up

Which new, high-tech smart scale should you buy? We tested the top five brands for two weeks to find out. by Michael Frank

Your mom's antiquated spring-loaded home scale isn't the most accurate or best way to measure progress. If you like the way your body looks, but the scale flashes a higher number than expected, it can seriously mess with your head. That said, mining the trove of meaningful data provided by high-tech smart scales—body mass index (BMI), bone mass, body fat, etc.—is worth its weight in muscle. • A smart scale also sends a harmless electric current through fat, muscle, bone, and water to measure your body's percentages of each. • Let's now weigh our smart-scale options.

1) Withings Body Cardio \$180, withings.com

MEASURES: Full-body composition, body fat, water percentage, muscle and bone mass

PERFECT FOR: Fitness and health fiends

SELLING POINTS: Accuracy; compatible with more third-party apps and devices than the other smart scales we tested.

DRAWBACKS: None

■ Withings tops our list for one reason: it exclusively measures pulse wave velocity, to help assess overall cardiovascular health. It's also calibrated for athletes.

178.0

Withings



2) QardioBase \$150, getqardio.com

MEASURES: BMI, water and bone mass, muscle, body-fat percentage

PERFECT FOR: Weighers who need reminders

SELLING POINTS: Alarm; "Smart Feedback" mode

DRAWBACKS: BMI accuracy

■ Enable the "Smart Feedback" mode and set your weight target and QardioBase will display a smiley face indicating you're progressing toward your weight loss and strength goals, in other words, you've been crushing leg day.



3) Fitbit Aria \$130, fitbit.com

MEASURES: BMI, weight and lean mass, and body-fat percentage over time

PERFECT FOR: Fitbit users

SELLING POINTS: Supports up to 350 lbs.

DRAWBACKS: Works only with Fitbit app, stats aren't in depth

■ The scale works seamlessly with Fitbit's app and trackers to set goals and use Calorie Coaching to achieve them. You can see your stats and progress like lean body mass vs. fat on the Fitbit dashboard.



4) Wahoo Balance \$80, wahoofitness.com

MEASURES: BMI, weight, weight trend

PERFECT FOR: Apple-using bargain hunters

SELLING POINTS: Lets you set weight targets

DRAWBACKS: Doesn't use electrical impedance to dive deeper into metrics

■ A no-frills Bluetooth scale that's nearly as accurate as the Withings and built so any Luddite could set it up. But while its compatibility with third-party apps is a plus, it lacks the granular fat and muscle data that provide deeper analytics.



5) Garmin Index Smart Scale \$150, garmin.com

MEASURES: BMI, full-body composition

PERFECT FOR: Garmin devotees

SELLING POINTS: Can track the stats of up to 16 people

DRAWBACKS: Doesn't play well with third-party apps like Google Fit

■ Garmin smartwatches and scale collect data separately, but all of this info is available to view on your Garmin Connect mobile app or Garmin Connect desktop account.

Old-school weigh-ins

If all you want to know is your precise weight, nothing beats the accuracy of a doctor's scale. Invented in 1917 by "the best scale man in the country," Mathias C. Weber, the Health-O-Meter or balance-beam scale, is tall and stately with that shaky bottom plate and little slider on a beam. It compares the masses of two objects (one being your body) on opposite sides of a beam; as the beam pivots on a fulcrum, a counterweight slides until the beam stops moving, and you have your weight. It's also low maintenance: Place it on a flat surface (use a level), keep it away from drafts (which can affect the beam), and zero-out the counterweight (turn the little "balance-ball screw" knob on the side).



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Azzopardi**

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Curb Your Enthusiasm

Superfoods offer countless health benefits—but if you don't go easy on portions, you'll pack on the pounds

by Adam Bible & Tiffany Gagnon



Nice going: You've sworn off processed and fast foods and are now a card-carrying member of the superfood fan club, stocking up on enough health-boosting, illness-thwarting edibles to make a nutritionist weep sugar-free tears of joy. ■ But even superhealthy foods can have less-than-super downsides. We're talking calories: Shovel quinoa down your craw or stuff your cheeks with walnuts and it's your ass that'll pay the price. ■ So go the "ration-al" route instead by sticking to these guidelines.

Quinoa

CALORIES:
222 per cup
SUGGESTED DAILY LIMIT:
½ cup

■ Unlike true grains, quinoa has more antioxidants, more protein (including all nine essential amino acids), fewer carbs, and sufficient levels of heart-healthy monounsaturated fatty acids.

But here's the rub: Quinoa is also higher in calories than pasta or rice, so it can be easy to overindulge. Try mixing in plenty of antioxidant-rich vegetables, like kale and cauliflower, to maximize the portion size but minimize the calories.

Bean-Based Pasta

CALORIES:
200 per ¾ cup
SUGGESTED DAILY LIMIT:
¾ cup

■ Pastas made with bean, lentil, or pea flour are gluten-free, and have more fiber and protein than regular, grain-based pasta. They're also rich in nutrients like folate and thiamine—both essential for revving the metabolism and turning food into energy.

Just be sure your pasta's 100% grain-free, not the same old flour noodles gussied up with just a smidgen of bean—those alternatives are usually higher in calories, fat, and sodium.

Dark Chocolate

CALORIES:
170 per ounce
SUGGESTED DAILY LIMIT:
1-2 ounces

■ Lower in sugar than milk chocolate (or almost any other candy), dark chocolate—with at least 70% cacao—is full of antioxidant and anti-inflammatory flavonoids.

Still, even the darkest chocolate isn't calorie-free, so have a couple of squares, then wrap that bad boy up.

Walnuts

CALORIES:
190 per ounce
SUGGESTED DAILY LIMIT:
1 handful (14 halves)

■ Eating walnuts is such a good way to get omega-3 fatty acids—which promote heart health and maybe even weight loss—they're a fave of the American Heart Association.

Being 15% protein and 65% fat, however, they also pack beaucoup calories, so proceed with caution. A handful seems to be the sweet spot. That amount, according to recent research, may help lower blood pressure, cholesterol, and inflammation.

Olive Oil

CALORIES:
120 per tablespoon
SUGGESTED DAILY LIMIT:
1-2 tablespoons

■ This oil, a monounsaturated fat—the good kind—has

been found to help lower risk of heart disease and high cholesterol. It's also full of antioxidants called polyphenols, which battle cell-damaging free radicals and help tamp down inflammation.

One downside: Like all oils, olive is basically just fat, making it super-high in calories. So have a light hand when you pour.

Coconut Oil

CALORIES:
120 per tablespoon
SUGGESTED DAILY LIMIT:
1-2 tablespoons

■ With its medium-chain triglycerides, coconut oil provides energy and may promote fat loss. It also seems to raise HDL (good) cholesterol, even though its main fatty acid is saturated—usually a bad thing (we're looking at you, red meat).

Whether coconut oil is the nutritional savior it's been painted as is still TBD—but compared with fats like butter or lard, it absolutely delivers. So enjoy it—just don't swill it.

Dried Fruit

CALORIES:
100 per ounce
SUGGESTED DAILY LIMIT:
1-2 ounces

■ Dried fruit packs more antioxidants than fresh, plus tons of nutrients (vitamin E, potassium, magnesium).

But the dehydration process also crams all the fruits' sugar into little



STICK TO HALF AN AVOCADO, OR GETTING INTO YOUR WRANGLERS COULD TURN INTO A WRESTLING MATCH.

diet-killing calorie bombs; so mix them into salads or trail mix, but resist the urge to eat them straight from the bag.

jars—though if the barrel look is what you're going for, it's not a bad idea.

Avocado

CALORIES:
300 per 1 whole
SUGGESTED DAILY LIMIT:
½ avocado

■ Eating half an avocado at lunch can keep you feeling full for hours afterward, a study in *Nutrition Journal* found, which—on top of lowering heart disease risk and improving cholesterol levels—is one more reason to pick this fruit.

Don't overdo it, though. Think of the avocado as the "fat" cat of superfoods—each has 29 grams! Sure, it's healthy monounsaturated fat, but too much could still split the seams of your jeans.

Nut Butters

CALORIES:
90 per tablespoon
SUGGESTED DAILY LIMIT:
2 tablespoons

■ The good news: Nut butters are versatile and full of healthy fats, vitamins, minerals, flavonoids, and plant-based protein.

The not-quite-as-good news: Just two tablespoons will run you about 200 calories—and, who ever stops at two tablespoons?

To keep temptation at bay, buy your favorite nut butter in serving-size cups or squeeze packets, not barrel-size



For the 15 easiest and healthy recipes, go to mensfitness.com/manfood

Walker stalker

The *Walking Dead*'s
Christian Serratos
looks forward to death

By Chris Lee

Even when covered with postapocalyptic grime and zombie entrails, the sultry Christian

Serratos is still one of the hottest women on TV.

But that doesn't mean the 26-year-old star

from AMC's *The Walking Dead* welcomes all the

attention she gets from walker stalkers (aka fans).

"I can be cranky," she

admits. "I'm also very introverted and shy. So I

have to remember to not be so beastly all the time. I'm

learning from these fans to push myself outside my

comfort zone—to be more personable."

Being beastly is a professional asset

portraying Rosita Espinosa on *TWD*: a scrappy

outbreak survivor with a couple of failed relation-

ships, badass combat skills, and a rising body count to

her credit. But the former figure skater—who put

her Olympic ambitions on hold to play Kristen

Stewart's BFF in the

multibillion-dollar-grossing *Twilight* franchise—has

made peace with her zombie antagonists.

"I know that at some point my character is going to

die. When it comes, it's going to be great!"





"I can be cranky. I'm also
very introverted and shy.
So I have to remember to not
be so beastly all the time."

Cheat sheet

If you got down with O.P.P. but still want to salvage your relationship, the path to redemption can be rocky but rewarding *By Brittany Smith*

Whether you had a one-night stand, a long-term affair, or an online fling, if you want to rescue your relationship, expect the road to redemption to be the emotional equivalent of Frodo's trek to Mordor. But you can win back her trust if you have patience, the balls to admit you sinned, and these expert tips from Simon Marcel Badinter, host of relationships talk show *The Rendezvous with Simon and Kim* on iHeart Radio.

1. Own up to it (without rubbing her nose in it)

"Tell your girlfriend the truth. Be 100% honest, but never give intimate, visual details, even if she asks," says Badinter. What she's imagining is bad enough; giving her the complete play-by-play can be poisonous.

Just answer on a need-to-know basis: how many times it happened, if she knows the person you cheated with (if so, you could be SOL, but still, tell her the truth), and if you have feelings for that person.

Yes, she's going to go stark raving mad. Let her cry, scream, rant; brace yourself—you deserve it.

2. Apologize the right way

Do this in person, in her space (apartment, home, etc.), never by phone, e-mail, or text, or you can add "asshole" to your list of character traits right after "cheater."

When apologizing, don't quote song lyrics, movie lines, or advice from your buddies. In your own

honest way, describe the magnitude of the regret you feel for hurting her. "If you still love her and are really sorry, she'll see your apology is sincere," Badinter says.

Also: When apologizing or explaining why you cheated, don't point any fingers. Blaming your indiscretions on something that was missing in the relationship is a cop-out: You need to solve relationship problems, not use them to justify sneaking off with someone else.

Finally, if she needs time to think things through alone, get out. Don't text, call, or show up at her door until she tells you it's OK. Respect her needs—for a change.

3. Prove you're willing to change

You need to show changed behavior and be fully transparent in everything, says Badinter. For starters, break all contact with the person you cheated with. Delete her number and remove her from your



"TELL YOUR GIRLFRIEND THE TRUTH. BE 100% HONEST, BUT NEVER GIVE INTIMATE, VISUAL DETAILS, EVEN IF SHE ASKS."

social media while your partner watches. Women are intuitive, Badinter says—if you can regain her trust, you have a chance.

4. Figure out why you cheated

While she's deciding if you're worthy of a second chance, search inside to find out why you cheated in the first place. Is it something you've done before? Are you afraid of commitment? Insecure? Having a tough time in some other facet of life?

If it wasn't just a one-off, and you self-

destruct every solid relationship you're in, try seeing a couples counselor (either solo or with her, if she'll go) to explore the problem.

"Once you know why you did it, you can make sure not to repeat the same mistake," Badinter explains.

5. Accept that she may never take you back

Not even heavy-duty groveling will erase the crappy thing you did—that much is a given. So understand that it's very possible she'll choose to walk

away. She may not be capable of forgiving you—ever.

6. If she does take you back, make the relationship stronger

"Don't focus on your guilt; focus on showing her love," says Badinter. Play guilty and you'll probably get her anger, not her pity: "There's a difference between wanting to be with her because you love her and because you're filled with guilt," and she'll know the difference.

And remember: If you screw up again, you're on your own.

Trunk Archive

The Sex Files

Our experts answer your most intimate questions—no holds barred

I like having sex with the lights on so I can see her body. She says that's not romantic. What should I do?

JACK N., DELAWARE, OH

■ You like doing it with the lights on because you like to watch; she wants the lights off because she feels insecure and knows you're watching. The solution?

Candlelight sets a romantic tone and is very flattering. She'll look and feel beautiful and will know you put thought into setting the mood. Light as many candles as you want, the more the better. You'll see more of her, and she'll feel more into you.

Or toss a light scarf over the lamp next to the bed. Just be careful not to fall asleep—both could be fire hazards!

DR. NELSON

■ It's pretty common for women in our society to be a little self-conscious, but take it from me—big, bright, garish ceiling lights that make her feel like she's at the office just really aren't sexy.

Try leaving the lights on but dimming them. (If you don't have a dimmer, you'll need to buy one.) You can also try some attractive, strategically placed lamps with soft, lower-watt light bulbs. Christmas lights are nice, too.

You'll still be able to see her body, but she'll feel sexier with soft lighting that will accentuate her features.

MOUSHUMI GHOSE

■ You seem to be a typical guy who enjoys the visual, but darkness may help her focus more on sensations. Ask her what she means by "not romantic." What's she missing with the lights on? Find middle ground.

DR. AARON

THE PANEL



PSYCHOTHERAPIST/
SEX THERAPIST
TAMMY NELSON,
PH.D.

PSYCHOTHERAPIST/
SEX THERAPIST
MOUSHUMI GHOSE

PSYCHOTHERAPIST/
SEX COUNSELOR
MICHAEL AARON,
PH.D.

WRITER/COMIC
JENA FRIEDMAN

■ It sounds like you just need to be more compelling in persuading her to have sex with the lights on, really hammer into her how sexy she looks when you can see her whole body.

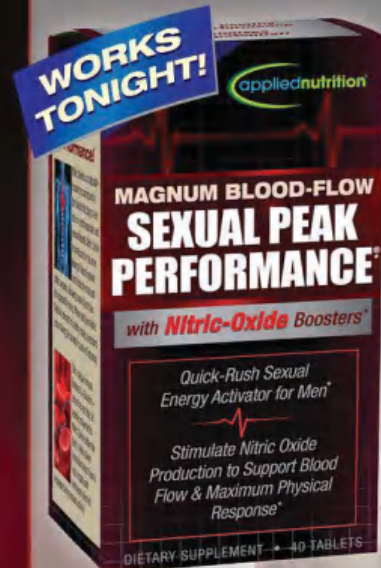
If that doesn't work, you could scare her into it. Maybe tell her about how one time you had sex without the lights on and something terrible happened, like a dog got involved, or someone got strangled by the bed sheets. You can be really creative with this one.

And if that doesn't work, do something sketchy when the lights are off, like "accidentally" put your butt in her face. That might inspire her to light a damn candle.

JENA FRIEDMAN



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Tough enough

Neither Mother Nature's wrath nor your butterfingers can stop this crop of durable gear from getting the job done

By Adam Bible Photograph by Sam Kaplan

1) Mission Workshop the Fitzroy Bag

It was engineered with ample space, urethane-coated zippers, and military-grade material to ensure electronic devices, valuables, and top-secret paperwork remain safe and dry in the worst downpours. **\$245, MISSIONWORKSHOP.COM**

2) Voormi Access Pullover

A soft wool inner layer with outer nylon exterior helps this pullover stand up to rough abuse while you scale the crags, and a water-repellent finish brushes off any preclimb IPA spills. **\$199, VOORMI.COM**

3) ToughTested 8000 mAh Battery Pack

A built-in LED flashlight, two USB ports, and the strength to juice up your smartphone

five times per charge make this water-, dust-, and shockproof power pack ideal for both the wilderness and the urban jungle. **\$60, TOUGHTTESTED.COM**

4) CRKT Pilar Knife

This minimalist low-profile knife hides toughness with a stout 2.4-inch blade and a bead-blasted stainless-steel handle. **\$40, CRKT.COM**

5) Casio G-Shock G-Steel Street Vintage Style Watch

The latest in Casio's fabled G-Shock line features a stainless-steel body and an abrasion-resistant Tough Leather band made from synthetic leather and resin. **\$300, GSHOCK.COM**

6) Machine Era Co. the Hidebound Bottle Opener

Created from solid steel and finished with a black patina, this sleek bottle opener will make short work of any bottle cap that dares enter its clench. **\$30, MACHINE-ERA.COM**

7) Paracable Charging Cable

Each five-foot cable is sheathed in aluminum and wrapped in a 32-strand paracord, meaning it was created to survive a beating. **\$23 TO \$28, PARACABLE.COM**

ASK THE MIXOLOGIST

BEVERAGE DIRECTOR
AT GATHER
RESTAURANT IN
BERKELEY, CA

DANIEL SHEEL



I had a bunch of parties over the winter—now I'm stuck with a ton of half-empty liquor bottles. How long does booze last?

TOM B., OMAHA, NE

■ Most people say liquor doesn't have a shelf life, but that's not totally true. Yes—many typical spirits are shelf stable until the end of time. So that dusty bottle of scotch you break out only for the holidays will be fine until your son is of age. Just make sure the seal is sound. I like to swap out original corks for artificial corks so less evaporates over time.

However, spirits that have a lower alcohol by volume (ABV) can't just sit out on a shelf—they need to be refrigerated. For anything less than 25% ABV—vermouth, sake, and some liqueurs and cordials—you've got to keep it cool after opening. If you're in doubt, check the label—ABV can vary by drink and by brand. Once in the fridge, these drinks keep for up to six months.

Also, always check the flavor of liquor you've had for a while. Once exposed to oxygen, the taste will gradually change—sometimes for the better and sometimes for the worse, but it'll never be the same as when first opened.

Now trending

Thirsty? We've got your next round covered. By Brian Good

The '60s ushered in the era of Tiki drinks like the mai tai. In the late '90s, *Sex and the City* had all the girls you dated ordering Cosmos. Last year, the Manhattan reemerged on every trendy restaurant's cocktail menu. We asked some of our favorite bartenders to weigh in on the next big drinks you'll soon be sipping in your favorite watering hole (or whipping up at home).

#CLASSICSRETURN

RUM & VERMOUTH

"For the home bartender, rum is where it's at this year," says Natasha Torres, bar manager at Lantern's Keep in New York City. "It comes from so many different countries and can be made with so many different types of sugar, and each gives it a unique flavor profile. Some you just want to sip like a fine whiskey."

"Vermouth is another classic spirit making a big comeback," says Jacques Bezuidenhout, co-owner of the Wildhawk bar in San Francisco. "There are dozens of variations of dry and sweet vermouth that will pair perfectly with your favorite gin or vodka, and most people never think to try them."

OWN THE TREND

The best bottles

Pick up a bottle of Mount Gay XO Cask Strength Rum. Made by the world's oldest rum company (in operation since 1703), it blends eight- and 15-year-old aged rums, creating rich oak, ripe banana, and toasted almond flavors. For a vermouth with an equally storied history, grab a bottle of Drapo's Blanco, Rosso, or Dry Vermouth. Produced in Turin, Italy (the birthplace of vermouth), Drapo is the gold standard of these fortified wines.

#MYFAVNEWBOOZE

CHAREAU, AROMATIQUE & ANCHO REYES VERDE

Dozens of new liquors are introduced every year. Only a few really



break out to the big time. A couple notables to check this month:

"I really love this new spirit called Chareau," says Zak Klapperich of Embers Ski Lodge in Nashville. "I can't stop using it. It has an all-natural aloe flavor and can turn any simple tequila or gin drink into something amazing."

Another bottle to look for is a spice-packed liquor called Aromaticque. Originally produced to help with digestion back in 19th-century Germany, the spirit combines sweet and bitter spices in a secret ratio that hasn't changed significantly in almost 200 years.

Swap that classic negroni with this spicy mezcal and poblano variation.

Finally, check out Ancho Reyes Verde, a green chili liqueur crafted from poblano peppers. "It has a sweet, herblike flavor that's very different from the smoky heat of traditional Ancho Reyes," says Scott Baird, co-founder of Trick Dog in San Francisco. "It works really well in mixed drinks but is also delicious chilled."

OWN THE TREND Master these three easy classic drinks

Try Chareau in a supereasy martini: 2 parts vodka to 1 part of the aloe liqueur, over ice with a lemon twist. Swap Aromaticque for vodka in a Moscow Mule: Just mix 4 oz ginger beer with 1½ oz spirit, plus a squeeze of lime. Or try Ancho Reyes Verde in a smoky negroni (above): Stir together 1½ oz each of mezcal and vermouth with 1 oz Campari and ½ oz Ancho Reyes. Serve on ice with a twist of orange.

BAR BASICS Prepare the perfect cocktail

The key to a great drink is all in the preparation

■ If the cocktail you're making contains citrus, fruit juice, or dairy, it should always be made in a shaker. Pour the ingredients over as much ice as you can pack in the cup and shake until the outside of the shaker becomes frosty. Then strain and serve. ■ For all other cocktails, the ideal prep is stirring, not shaking. You want minimal dilution of spirits! But don't just dunk a spoon in the glass and swirl it around. Stir rapidly and silently, keeping the ice from jumping around and adding air to your drink. Use a long-handled bar spoon and move it quickly around the glass exterior, hugging the outside edges. The motion should come from your fingers and wrist, not your forearm. ■ Most bartenders rack up at least 30 rotations using a chilled spoon before serving any drink.



THE CARMUDGEON

ALL THINGS SPEED,
FROM AN AUTO ENGINEER
AND LIFELONG RACER

BY JOHN DINKEL
(AKA @CARMUDGEON)



**Should I always
buy the most
expensive gas?**

JAKE L., LAVONIA, MI

■ No, no, and no! You should buy the grade, or "octane rating," listed in the owner's manual or inside the fuel-filler flap.

The octane rating measures how well a fuel resists knock, or pinging—essentially uncontrolled combustion—in an engine. The most common levels are 87 (regular), 89 (midgrade), and 91-93 (premium). The higher the number, the greater the resistance to knock.

You gain nothing except a thinner wallet by buying a higher octane than needed. Engines today have a sensor that retards engine timing (basically, pulls power out) if it hears knocking. So if the engine needs 93 and you use 87, the sensor will cut power to prevent engine-killing knock.

If you don't need all the performance your engine's capable of, you can probably get away with cheaper fuel. But—and this is a big but—you'll likely get worse fuel mileage, too. So the lower cost could be outweighed by more frequent fill-ups.

For high-performance engines built before knock-sensor tech, use the highest octane. And don't be fooled by ads about additives, the EPA already requires them in all gas to clean vital parts like fuel injectors and intake valves.



Getting personal with...

Infiniti's Sleek New Coupe

The shark-shaped Q60 takes a bite out of any terrain it tackles

by Nicolas Stecher



NAME: Infiniti Q60 Coupe

BASIC PERSONALITY: Chateaubriand looks at skirt steak prices

LIFE STORY IN 25 WORDS

OR LESS: Infiniti's first true breakthrough was with its gorgeous, Z-inspired G35 Coupe. Now it resurrects its spirited two-door bloodline with the sleek Q60.

FAST OR SLOW? Depends. In top-tier Red Sport trim, it zooms 0-60 in about 4.5 seconds. In base "2.0t" trim? Well, just sit back and enjoy the comfort, who's counting?

SPECIAL TALENTS: The twin-turbocharged V6, which can be boosted from 300 hp to a hot-blooded 400 hp (in Red Sport trim). The cabin's buttery leather and fine detail would cost much more in a German sled.

EASY OR TOUGH TO HANDLE? One of the first "drive-by-wire" systems, Infiniti's

DAS (Direct Adaptive Steering) is more precise in its second generation, with fewer steering corrections needed and a vastly better feel. Throw in adjustable digital suspension, drivetrain modes, and other options, and the Q60 offers a mind-boggling 336 possible driving combinations. Yes, that is overkill.

BEST SIDE: Pretty much all of 'em. The Q60's proportions and exterior design are among its most alluring qualities.

FAVORITE THING TO DO ON A DATE: Long sweeping turns and open road. The Q60 wasn't built to carve canyons, but it's an eminently luxurious cruiser.

TURN-ONS: Value. You get essentially the same bodywork and 19-inch alloy wheels whether you buy the base 2.0t or the high-performance Red Sport.

MOST ATTRACTIVE TO: Guys who appreciate a good-looking car and want a luxury marquee's top-of-the-line two-door, but don't need racetrack speed to match. Many cars talk "athletic," but with its flared front fenders, 19-inch staggered wheels, and swole haunches, the Q60 boasts Olympic sprinterlike definition.

AVAILABLE TO THE AVERAGE JOE? Absolutely. Whether it's the sizzle and power of the Red Sport (\$51,300) or the value and sporting looks of the 2.0t (\$38,950), one will make both you and your wallet happy.

MOST LIKELY TO BE REMEMBERED FOR: A combo of sinewy sheet metal and sumptuous appointments that make it a sports coupe built for real-world driving, not racetrack murdering.



▲ With its striking lines, twin-turbocharged V6, super-responsive steering, and luxe interior, the Q60 is both athletic and sophisticated.

Boston calling

How to gear up for, get into, and master the 26.2-mile run of your dreams

By Peter Koch

This month's Boston Marathon (April 17) is the oldest annual marathon in the world and, for workaday runners, the most prestigious. Even weekend warriors and self-described "joggers" aspire to pound the storied 26.2-mile course from Hopkinton east through the Boston suburbs, over the Newton Hills, and into Copley Square.

With that kind of history, Boston's also one of the hardest marathons to get into—hopefuls need to meet tight qualifying standards to apply for entry. This year's edition is long-since full, but qualifying is

currently under way for 2018—although if you've never done it before, you've got some work to do.

To punch next year's ticket, you'll need to qualify by running a USATF- or AIMS-certified marathon in less than 3:05:00 for ages 34 and under, 3:10:00 for ages 35 to 39 (based on your age on race day, 4/16/18) anytime between now and mid-September, when registration opens for the event.

Terrence Mahon, who coaches the Boston Athletic Association's High Performance Team, suggests you do even better than that: "You want to be three minutes under the qualifying time for the

Boston's famed course culminates at Heartbreak Hill—the ultimate wall for testing one's endurance.

best shot of getting into the race."

Keep in mind, too—getting in is the easy part. With a net elevation drop of 459 feet and a prevailing tailwind, Boston is also one of the most diabolical courses you can race.

"It took me three tries at Boston to get it right," says running legend "Boston Billy" Rodgers, who has won the race four times. Was it worth it? "Even with all the challenges, it's the kind of race that changes your life," he says.



Make It Happen

Three keys to training for Boston

RUN TO THE HILLS ▼

"Your training should include every aspect of hill running—lots of uphill intervals, long downhills, downhills into uphills, and whatever combination you can think of as you go," says running coach Terrence Mahon. "Run on undulating terrain three to four times per week to prepare your legs for the road to Boston."

ACE YOUR PACE

"Boston is not a course where even pacing should be your goal," Mahon says. With its constantly rolling terrain, "you want to be a little quicker on the downhills so that you can be a little slower on the uphills and not panic about losing your overall pace." The more a runner can appropriately gauge his physical and aerobic efforts on hills, the better he will do at pacing it out correctly, with steady effort from start to finish.

STRENGTH TRAINING

"It's all about making sure your legs are resilient enough to handle all the downhill pounding before climbing up the hills," Mahon says. He recommends three sets of 90-second to two-minute wall squats and double-leg hip bridges three times per week for a solid month before incorporating hills into your weekly training.



ADVENTURE CALENDAR

MAY 7

Colorado Marathon

FORT COLLINS, CO

■ This speedy, downhill race is one of the country's most scenic, tracing the Poudre River Canyon to historic Fort Collins. comarathon.com

MAY 28

Mountains 2 Beach Marathon

OJAI, CA

■ The M2B has one of the highest Boston qualifying rates (32% in 2016) thanks to mild spring temps and a similar drop. mountains2beachmarathon.com

JUNE 17

Grandma's Marathon

DULUTH, MN

■ Once a locals-only event that was sponsored by a fledgling Saloon & Grill, it now attracts world-class talent. grandmasmarathon.com

SEPT. 9

Last Chance BQ.2 Marathon

GENEVA, IL

■ It's pancake-flat, mostly shaded, and, with 16 aid stations, offers latecomers their best crack at toeing the line in Hopkinton. lastchancebqgr.com



▼
**BETTER CALL SAUL
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MONDAY, APRIL 10.**

Bank on him

Better call Jonathan Banks when you need Hollywood muscle By Chris Lee

Over half a century in Hollywood, Jonathan Banks has carved out a career as the quintessential bad guy. His dead-eyed stare has radiated menace on literally hundreds of TV shows and movies—everything from *Wiseguy* to *The Waltons*, *Beverly Hills Cop* to *Horrible Bosses 2*. But you probably know the four-time Emmy nominee as the invective-spewing crime scene “fixer” Mike Ehrmantraut from *Breaking Bad* and its prequel, *Better Call Saul*. • A day before his 70th birthday, the D.C.-born fan favorite agreed to break down a few hard-won life lessons—and gleefully recall that time he guest starred alongside Delta Burke on *Designing Women*.

What actor did you want to be?

Anthony Quinn. I was 16 watching him in *Zorba the Greek*. I thought, “Here’s this man who takes the world in his arms. Here’s this tough guy—and trust me, I wanted to be a tough guy—who wants to touch as much of the world as he can.” That’s the direction I wanted my life to go in.

Did you get into fights growing up?

I saw a little too much shit when I was a kid. I’d go to bars. There’d be fights. I had that look—I don’t know what to tell you. I was ready to go. At 17 I got my ass kicked really good. Got put in the hospital. Had my head stabilized so my brain wouldn’t swell. There are bars that are rough and ready. All it takes is a couple of drinks. And whatever anger someone is carrying in them, they’re ready to rumble. I strongly advise young guys: Stay out of those bars!

Any altercations as a grown man?

I’ll tell you something funny: A couple of months ago, I was out with my wife, who is the love of my life. Some guy was being obnoxious to people. I thought, “That fucking

prick!” I started to get up. My wife is from Spain and still has an accent. She put her hand on me and said, “Yonathan, your shoulder is torn. Your knee doesn’t work. What do you think the outcome of this is going to be?”

How memorable was *Beverly Hills Cop*?

Beverly Hills Cop was a breakthrough for me. There’s a scene where Eddie Murphy comes in. I’m sitting in the background, and I’ve already killed his friend. And I’m just looking at him. [Director Martin Brest] said, “Don’t you think you should show a little more? Go a little larger?” I said, “I don’t think it should be any more.” I have always felt that the camera will pick up everything. I’m a big believer in letting a camera rest on an actor in silence. And also, real toughness comes in a lot of shapes and sizes.

What about *Designing Women*?

On *Designing Women* I played a homeless guy who lived in an abandoned gas station. He wins a contest, and they come in to decorate it. He becomes very

demanding about what they were doing. It was a lot of fun! They still make jokes about it. I didn’t design my career to be a journeyman actor, but at the same time, I loved what I did. I’ve done some of my finest work on shows like that.

How does one live a happy life?

Keep believing in yourself until the day you die. If you’re not a liar and you’re trying to lead a decent life, then you’ve got to give yourself credit. I put my head on the pillow at the end of the day and tell myself: “You know what, Johnny Banks? Sleep well. You’re doing the best you know how. Maybe you can do better tomorrow. Just try.”

Any thoughts on retiring?

If I leave acting, I’ll just go. No goodbye. I have huge respect for guys who did that: Gene Hackman, Sean Connery. When William Powell stopped, he stopped. Moved to Palm Springs without fanfare. I like the strength of doing that. My work is my work. My ego is something else. And I would like to not have such a large ego that I need to advertise it.

From top: Steve Schofield/Contour by Getty; Ben Leuner/AMC



◀ Why so furious? The cast of *Fast 8*.



SEE

The Fate of the Furious

The honeymoon is over for Dom and Letty in the eighth film in the *Fast & Furious* franchise. Here's what we've pieced together so far: A new, gorgeous woman, Cipher (Charlize Theron), joins the mix. She finds Dom (Vin Diesel). Dom goes rogue. He betrays his family. Cipher makes out with Dom in front of Letty (Michelle Rodriguez). Bitter foes Hobbs (Dwayne Johnson) and Deckard (Jason Statham) have an epic prison brawl. There's some sort of submarine-across-a-frozen-lake car chase. Cars fall out of buildings. Tej (Ludacris) goes ludicrous and unloads a wrecking ball that destroys police cruisers while in hot pursuit. Sounds like the endless art of seduction lives on! Find out if 8 will be enough. **April 14**

SUPPORT

RAGS OF HONOR

CHICAGO BUSINESSMAN MARK DOYLE wanted to help the nearly 300,000 veterans who were homeless for at least one night last year, so he started Rags of Honor, a screen-printing apparel company whose slogan is:

"They had our backs. Let's keep the shirt on theirs." Rags of Honor has hired and trained 44 veterans who design and produce military- and patriotic-themed T-shirts and sweatshirts. \$25-\$36, ragsofhonor.us



READ

A LITERARY GRAND SLAM

Opening day is upon us! Hit a tome run with the latest on our national pastime.



The Cubs Way: The Zen of Building the Best Team in Baseball and Breaking the Curse

Get the scoop on how the Cubbies defeated the 108-year-old Curse of the Billy Goat. \$28, [AMAZON.COM](http://amazon.com)



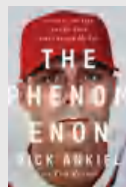
42 Faith: The Rest of the Jackie Robinson Story

To break the color barrier in baseball, Jackie needed faith... and a God-fearing team owner. \$25, [AMAZON.COM](http://amazon.com)



Ballplayer

Follow Chipper Jones' story from Florida country boy to eight-time All-Star for the Atlanta Braves. \$27, [AMAZON.COM](http://amazon.com)



The Phenomenon: Pressure, the Yips, and the Pitch That Changed My Life

Pitcher Rick Ankiel lost his mojo on the mound but batted his way back to the majors. \$27, [AMAZON.COM](http://amazon.com)



Macho Row: The 1993 Phillies and Baseball's Unwritten Code

Lenny Dykstra helps lead the shaggy, hard-partying Fightin' Phils to the 1993 World Series. \$28, [AMAZON.COM](http://amazon.com)

PLAY



MLB THE SHOW 17 Making it to the actual majors may not be as grueling as it is in *The Show*. Select the retro mode to pay homage to your childhood idols—like recently enshrined Hall of Famer Ken Griffey Jr.—while saving all your stats, or play GM and build a World Series champion. \$60, preorder at theshow.com, available March 28

April showers

Treat your hair as well as you treat your muscles by lathering up wisely
BY BARRET WERTZ

▶ Using the wrong shampoo can lead to damaged hair, a dry scalp, and unruly locks. But figuring out which shampoo best suits your hair's needs can be a dizzying process. So we removed the guesswork for you and provided our top selects for fresh-feeling follicles.



YOU HAVE...
a man crush on how good your greasy hair looks.

TRY...
Big Sexy Hair H2No 3 Day Style Saver Dry Shampoo

BECAUSE...
dry shampoo—spray at the hair roots and run your fingers through it—won't remove waves like conventional shampoos. It will also give your hair a thicker look.
\$19, BIGSEXYHAIR.COM



YOU HAVE...
a dry, itchy scalp, or a head full of dandruff.

TRY...
Axe Daily Dandruff Defense Shampoo

BECAUSE...
it will get rid of the flakes (duh), so you can add dark-colored shirts back into the rotation. You'll see results as early as the first wash.
\$4, AXE.COM



YOU HAVE...
thinning hair and want it to become less prone to breakage.

TRY...
Bumble and bumble Full Potential Hair Preserving Shampoo

BECAUSE...
it exfoliates the scalp, removes excess oil and hair product, and promotes better hair growth with less breakage as soon as your first month. \$31, BUMBLEANDBUMBLE.COM



YOU HAVE...
great hair already and want to give it a good cleaning.

TRY...
Old Spice Steel Courage 2 in 1 Shampoo and Conditioner

BECAUSE...
the shampoo and conditioner combo works fast and smells great. Let it sit a bit to allow the conditioner to do its thing; lather and rinse.
\$4, OLDSPICE.COM



YOU HAVE...
a hectic schedule and need one product that cleans you from head to toe.

TRY...
He's a 10 Miracle 3-in-1 Shampoo, Conditioner & Body Wash

BECAUSE...
this thick, rich formula lathers up to cleanse and moisturize your hair, scalp, and body, leaving you with a subtle yet manly fragrance.
\$17, ITSA10HAIRCARE.COM



What winners know

Advice, wisdom, and healthy-lifestyle hacks from *Men's Fitness* Editor-at-Large **David Zinczenko**

BUY THIS!

Commute like a pro

■ When it comes to your daily commute, I'm all for anything that gets you pedaling. But if you want to elevate your cycling game, invest in the new (and insanely affordable) Classic 2.0 Gotham Edition from Priority Bicycles. At a mere 26 pounds, it's tough as nails, and it's got a supercool, all-black stealth-bomber design. Best of all: It's got wide, puncture-resistant tires so you'll glide right over any obstacles like a champ.

\$469, PRIORITY BICYCLES.COM



DRINK THIS!



Spice up your wet bar

■ According to a study by Texas A&M U., watermelon delivers "Viagra-like effects." So if you've got a big date, try your hand at making the Watermelon Crush, a delicious, tequila-based aphrodisiac cocktail from New York-based certified sommelier and chef Shana Wall (@shanawall). It's the perfect amount of kick—and watermelon and honey—for toasting the return of warm weather.

CHECK OUT THE RECIPE AT MENSFITNESS.COM/DRINKS



WEAR THIS!

Breathe life into your blue blazer

■ You've got a blue blazer hanging in your closet. It's probably your go-to jacket for basically any occasion that requires one: dinner parties, job interviews, even dates. But who ever said you needed only one? And who ever said it should be just a boring shade of navy? For major style points this spring, I say invest in this sporty and slim-fitting, tailored wool-mélange blazer from Tommy Hilfiger. It's as comfortable as your favorite sweats—but infinitely dressier. And with its stylish, lighter-blue wool pattern, you'll easily stand out from the crowd. **\$395, USATOMMY.COM**

DO THIS!

Find out what's SUP in Maui

■ Looking for a great, active adventure this spring? Maui's gentle waves and soft-sand beaches are perfect for learning the art of stand-up paddling. I recommend staying at the Four Seasons Resort Maui at Wailea. Then the folks at Maui Sports Adventures can meet you there for a lesson or tour. **FROM \$495, FOURSEASONS.COM**

KNOW THIS!

"YOU'RE OFTEN AT THE TOP ONLY A FEW YEARS BEFORE TIMES CHANGE. FOCUS ON TOMORROW'S CHALLENGES."



Clockwise from top left: Courtesy of Priority Bicycles; GettyStock; Courtesy of Tommy; Aurora Photos

The six scents

A new fragrance is a subtle extension of your mood and personality, which is why it's important to spend time searching for the right one for you

BY BARRET WERTZ



1) Vince Camuto Original for Men

3.4 OZ, \$77
VINCECAMUTO.COM

YOU'LL FEEL
Polished

OPENING NOTES
Italian bergamot and black pepper
DRIES DOWN TO
Vetiver wood and leather

2) Polo Ralph Lauren Red Extreme

4.2 OZ, \$95
RALPHLAUREN.COM

YOU'LL FEEL
Caffeinated

OPENING NOTES
Black coffee and blood orange
DRIES DOWN TO
Black ebony wood and cocoa absolute

3) Paco Rabanne Invictus Intense

3.4 OZ, \$93
MACYS.COM

YOU'LL FEEL
Vibrant

OPENING NOTES
Orange blossom and bay leaf
DRIES DOWN TO
Salty amber and dynamic wood

4) Calvin Klein Eternity Intense

3.4 OZ, \$84
MACYS.COM

YOU'LL FEEL
Sexy

OPENING NOTES
Grapefruit and white pepper
DRIES DOWN TO
Vetiver and smokey resin

5) Bottega Veneta Pour Homme Parfum

3 OZ, \$135
NEIMANMARCUS.COM

YOU'LL FEEL
Masculine

OPENING NOTES
Cedar leaves and cardamom
DRIES DOWN TO
Leather accord and tonka bean

6) Azzaro Wanted

3.4 OZ, \$85
MACYS.COM

YOU'LL FEEL
Irresistible

OPENING NOTES
Fresh lemon and spicy ginger
DRIES DOWN TO
Tonka bean and smokey juniper

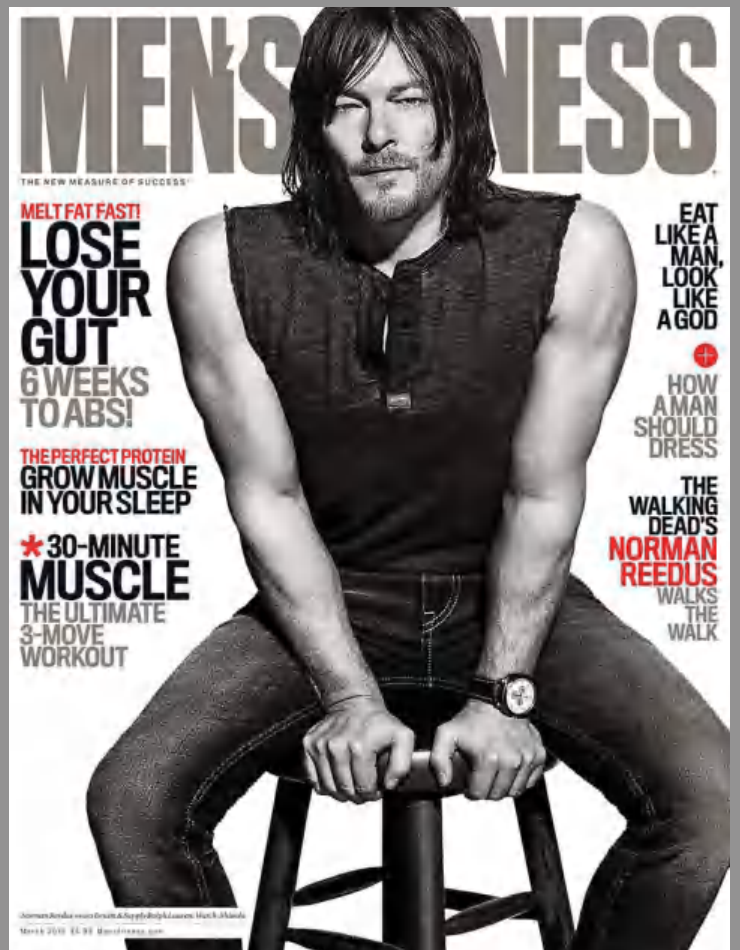
Prop styling by Brian Byrne

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MEN'S FITNESS

Get the look

Joe Manganiello's stripped-down sense of style can work for just about any guy and any body type By Barret Wertz

Two-time *MF* cover guy Joe Manganiello has mastered the art of looking stylish without reeking of effort. Even better, Manganiello's look—a perfect white tee, broken-in, faded-black jeans, black moto jacket, and Air Force 1 Flyknit sneakers from Nike—isn't difficult to replicate.

The Jacket

Leather jackets can add ruggedness to an outfit, but choosing the wrong style can make you look like an extra from *Grease*. This Inky moto style from Andrew Marc in supple lambskin makes this jacket wear as if you've had it for years, while the zip sleeves and belted sides allow for more or less room should you need it. \$695, saksfifthavenue.com

The T-shirt

High-quality Pima cotton shirts, like the hand-stitched tees produced by L.A.-based Mercer Market, are lightweight and durable. Finding the perfect fit will also help draw attention to your chest. \$115, mercermarket.com

The Jeans

Stretch denim is having a moment, and these 98% cotton and 2% spandex Brixton Jeans from Joe's will help you realize why. The stretch adds comfort in the thighs and butt, which any guy who squats on the regular desires while wearing pants. \$188, joesjeans.com

The Kicks

These Nike Air Force 1 Ultra Flyknits are a throwback to the AF 1s released back in 1982, but they come with updates that include reflective accents, better conditioning, and Flyknit tech for added breathability and support. \$150, nike.com



Manganiello pulling off his best Joe Cool.

Grooming by Christie Caldar; Tailoring by Jamie McCarty for Next Artists; Top right: Getty

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This page and opposite: iStockphoto

This bud's for you

If finding a reliable workout buddy were as easy as finding a reliable drinking buddy we'd all be ripped

By Jeff Wilser

Confession: I once used a dating site to find tennis partners. I trolled OkCupid and searched for profiles that included the words *tennis* or *Federer* or *Djokovic*, and then I messaged women to see if they wanted to play. They didn't. Apparently, "Hi, I'm not really looking to date, but I'd love to improve my backhand," is not the way to anyone's heart. • Evidently science has proven my desperation to find a partner as multiple studies have shown the benefits of one: Having someone to exercise with makes you more likely to hit the gym more frequently and accomplish your goals; you'll push yourself harder than if going solo; and it improves mood. • Having a workout buddy can also boost your performance. One study of the Oxford University Boat Club rowing crew showed that the group who rowed in unison released more endorphins and rowed harder and faster compared with rowers practicing alone. And the extra influx of endorphins into their brains resulted in a higher pain threshold, allowing them to row longer and hurt less. • So if you're in the market for someone to pound the pavement or bang the plates with—or lob tennis balls back and forth to—here are a few tips on how to go about it.

How to assess a workout buddy

Find these five qualities, and someone's lesser faults—like a proclivity for telling dad jokes—won't seem like such deal breakers.

- 1) ACCOUNTABILITY** No more snoozing when someone's relying on you, otherwise guilt kicks in. Roll out of bed and take care of business.
- 2) AVAILABILITY** Same gym, same hours, same geographic location. Long-distance workout buddies work about as well as long-distance relationships.
- 3) POSITIVITY** The words *emotional support* might sound like something from an old *Oprah*, but one study from Aberdeen found that "emotional social support" from a workout partner increased workout frequency.
- 4) A (SLIGHTLY) HIGHER SKILL LEVEL** Ideally, your partner is just a bit better than you are at the activity, but not so much that there's a glaring discrepancy. A study from Kansas State University found that the "optimal exercise partner is 40% better than the other, motivating the less-skilled partner to exercise for a longer period of time and at an increased rate."
- 5) PLATONIC ONLY** Rule of thumb: You should not want to have sex with your workout buddy.

How to keep a workout buddy

Nothing's more annoying than being all revved up to slam some plates, then be kept waiting for a buddy who moseys in like he's on Caribbean time, yaks while you're trying to concentrate, or just doesn't show up at all.

- 1) ALWAYS SHOW UP ON TIME** Accountability is the fuel that keeps your workouts going.
- 2) SKIP EXCESS CHITCHAT** A little idle talk is fine in between sets, but you don't want to be "that guy" rambling on and on and on while your partner is doing squats.
- 3) DITTO, MIDSESSION SELFIES** Post glamour shots on your own time.
- 4) AGREE ON STRATEGY** You need to have compatible routines. If one of you is waiting three minutes between sets and the other 30 seconds, this will last as long as a 76ers winning streak.
- 5) USE PEP TALKS SPARINGLY** You can't turn every set into the climax of a *Rocky* movie. I once had a training partner shout, "Come on! Come on! You've got this!" at the top of his lungs on every set, even a routine set of dumbbell curls. Pep talks are like salt: A little bit adds spice, too much ruins the meal.



Where to find a training partner

THERE ARE MORE WAYS than ever before to find a training partner. Of course, you can ask at your own gym. The people who run the desk may know of someone who's looking to pair up, or might be open to it; they may also have a bulletin board you could post a notice on, or a Facebook page where you could post a request.

But, thankfully, there are some higher-tech ways to do your scouting, and none of them involve Craigslist. (I gave Craigslist a shot, but the search for "activity partners" and "running" served up the results "longest-running poker game in New York" and "how to tango your way out of depression." Maybe next week.)

Here are three training-matchup sites I tried, and what I learned.

BVDDY

BVDDY.COM

PROS: Free; slick interface; addictive.

CONS: Didn't score as many matches as I had hoped; still don't know how to pronounce "Bvddy."

MY EXPERIENCE: This is considered the "Tinder for athletes," but it felt weird swiping left or right to meet other dudes. In my sporty-pictured profile, I wrote, "Mainly looking for tennis partners, but I'm down for whatever," then realized it might sound like I'm, well, down for whatever. (I quickly edited.) When I landed on someone, it was awkward to message him, but I finally matched with a person who looked promising. I asked, "Hey, Shawn! Up for a run?" A few minutes later... "Hey, I'm in! When do you usually go?"



MEETUP

MEETUP.COM

PROS: Free; it's nearly a lock that your city will have a group for whatever floats your boat, including boat floating.

CONS: Not as flashy as the newer apps.

MY EXPERIENCE: Many ways to find a tennis buddy: beginners tennis mixers on Sunday afternoon. Intermediate tennis mixers on Friday nights. Social tennis. Competitive tennis. Kids' tennis. Senior tennis. I attended a "tennis social" where a dozen people in their 20s and 30s smacked balls into the net, missed their serves, and accidentally whacked balls over the chain-linked fence—perfect, just my speed. Instantly, I had new tennis buddies—mission accomplished.



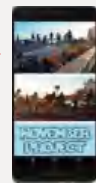
NOVEMBER PROJECT

NOVEMBER-PROJECT.COM

PROS: Free; people are cool; has a singles vibe.

CONS: Activities mostly focused on running and calisthenics, so you can't really "do your own thing"; only available in select cities.

MY EXPERIENCE: In the freezing cold, in the purple glow of predawn, people began hugging. It was my first time, so they huddled around me and gave me a hearty welcome. They asked my relationship status. "Single." They gave a holler. After nine minutes of sprints, pushups, and monkey climbers, I was shattered. I'd found a training partner—100 of them! ■



Jeff Wilser is the author of *Alexander Hamilton's Guide to Life*. Twitter: @JeffWilser



This page: Gallery Stock; Opposite page: Greg Vaughan/Thelicensingproject.com

Child, please

Parenting is one of life's biggest challenges. Rather than make it harder on yourself by yelling at your "problem child," work on creating a relationship and understanding what's causing the behavior.

By Thom Gardner

Who would have thought that the greatest piece of parenting advice would come from the never-respected Rodney Dangerfield: "The best thing about kids...is making them." I may not remember when I made mine, but since he was born, fatherhood has been one of the biggest challenges I've ever faced—but one that brings me joy. • When my son was born, his cries were like gale-force winds tearing through our apartment, his squirms like a baby octopus trying to slip out of a straightjacket—damn you, burrito-style swaddle! And because human beings are born with a hierarchy of attachment, his mother was No. 1 and I was a distant No. 2, cleaning up his number two. • There were plenty of times I paced the floor holding my infant son, wondering if something was wrong with him, resorting to tactics that worked for my wife but somehow failed me. I went so far as to record her voice singing his favorite lullaby: Kenny Rogers' "The Gambler." • My feelings of ineptitude gave way to despair, then anger. But knowing when to fold 'em isn't an option for a dad. Instead, I had to double-down and rethink my role as a nurturer and open up to emotional vulnerability and discomfort—his *and* mine.

Understand the struggle

Between the ages of 18 months and 3 years old, toddlers are like mini MMA fighters. They hit, kick, and push their way through situations that obstruct their needs and wants.

Instead of meeting this seemingly aggressive but absolutely normal behavior with forced apologies, empty threats, or, worse, physical punishment, try to grasp the emotional needs that are driving this behavior and you'll create positive conditions that will help your child thrive at every age and stage.

This can be tough because, according to child psychologist Laura Markham, Ph.D., author of *Peaceful Parents, Happy Kids* and founder of the lifesaving website *Aha! Parenting*, dads tend to shut down their emotions. "They're often scared by feelings because they don't know if they can calm them."

Her mission: coaching fathers to tolerate these feelings. "You say to your child, 'You wish Mom were here? I miss her, too. But I'm here. I'm your dad. I'm going to care for you because that's what daddies do. Cry as much as you want; show me how upset you are. I've got this. I've got you. You're OK.'"

And in situations where your toddler grabs, pushes, or doesn't use words, it's important to understand "that young children have limitations in self-regulation and in reasoning," Markham says.

If you, as a father-nurturer, meet your kid's needs with empathy and understand the developmental stages he or she will go through from the get-go, you'll be impacting this father-child relationship for a lifetime.

Be the hero, not the villain

Understanding a child's limitations doesn't give that child a free pass to behave in ways that can hurt another child, but it does give us insight into how to coach kids through social challenges and set limits that foster greater cooperation in the long run.

Taking on the role of an authoritarian and enforcer rather than our child's champion erodes that relationship. Ultimately, Markham points out, "you are your child's protector, and your child doesn't deserve to be shamed." This includes actions like punishing a child on the playground (for example, the poor use of time-outs) for the sake of satisfying other parents' expectations.

"It's often hard to get a strong-willed child into a time-out without a power struggle. The cost to your relationship is so huge. That's when you find kids



Understanding your child's development will foster building a lifetime bond of his feeling comfortable coming to you for advice and help.

acting out over and over again."

We've all heard the term "acting out"—when repressed emotions bust through and manifest in undesirable behavior. But here's the kicker: Kids stop acting out only if their underlying feelings are validated. During a time-out, Markham says, a child isn't befriend those feelings and learning to manage them. Instead, she suggests, engaging your son or daughter in physical play before heading off to the playground to release tension through laughter, which increases endorphins that trigger positive feelings in the body.

Rules of the Playground

Use Markham's three-step process to set limits when a child is having a difficult time keeping it together—not just during play time, but anytime.

- **Acknowledge the child's POV**
"You really wanted that shovel back, that's your shovel and so you hit that boy to tell him so." See it from their point of view and you'll connect with them, which is what gives you influence.
- **Set limits**
"Hitting hurts. We cannot hit. If you hit, we have to leave the park." Then follow through, reiterating that it's your job to keep not just your child but also the other children safe.
- **Explain a better alternative**
Supply your child with appropriate words to use, like "Move, please," or "Don't take my shovel," or "Give me back my shovel."

The kind of rough-and-tumble play that dads typically engage in has long-term benefits. In his comprehensive report, *Fathering and Mothering with Boys and Girls—the Example of Fathers' Physical Play*, researcher Richard Fletcher states physical play lets boys "manage aggressive impulses," as opposed to "being punished for transgressions" because "the father provides safety for his son to explore his physical power." This benefits girls too, as physical play helps them become more active and can influence their self-image.

The power of nurturing

My son's now a whip-smart 5-year-old who loves *Star Wars*, leaping from the highest point of the playground and building with Legos. Sure, he looks to me for wrestling and roughhousing, but I know that the foundation of our relationship rests on his confidence that he can come to me for comfort.

Interestingly, this also impacts my relationship with my wife.

"A protector isn't just fierce, he's also nurturing," says Markham. "When a woman sees that in a man, that's who she wants to father her children. Every woman who watches a man nurturing a child says, 'Oh, that's a man I want to be with.'"

Conceiving my son was probably fun, but it's the countless memories I've made with him, by forging a relationship since birth, that I cherish the most. ■

BUCK UP
Bull rider Guilherme Marchi competes at the debut event of the 2017 PBR season at Madison Square Garden in New York City.





With the risk of death every eight seconds, professional bull riding has evolved from a bunch of crazy cowboys into “the toughest sport on dirt.” And that’s no bull.

BY JIM SCHMALTZ

GREAT BULLS OF FIRE

The start of every PBR event begins with pyrotechnics, explosions, and flames.



ERNEST HEMINGWAY

famously said, “There are only three sports: bullfighting, motor racing, and mountaineering; all the rest are merely games.” Never one to shy away from short, declarative boasts, the famous writer was implying that if you’re not risking your life, you’re kind of a dork. 🐮 Hemingway romanticized bullfighting—still popular, yet controversial, in some countries like Spain, nonexistent in the States—where a stately gent in fancy duds plays peek-a-boo with a ferocious, charging 2,000-pound bull who wants to gore you. Though bullfighting can be fatal, it seems an unfair match, as the preening bullfighter slowly, and quite literally, skewers his pursuer in a slow dance of death.



MAY GOD HELP 'EM
A little stretching and a whole lot of praying for Marchi as he prepares for his ride backstage at the Garden.



HOLY CHUTE
Marchi gets settled on his bull in the chute.

If Hemingway were alive today, it's hard to see how he wouldn't include bull riding in his short list of noble bucket list pursuits. While a longtime rodeo pastime, bull riding didn't hit the big time as a spectator sport until the founding of the Professional Bull Riders (PBR) in 1992, when a group of 20 enterprising cowboys each invested \$1,000 to create a proper league with rules and bylaws consistent with other major sports.

After a slow start, the PBR (which coincidentally is the same acronym for a cheap beer beloved by hipsters) is a genuine phenomenon. Called "the fastest growing sport in the world" in 2013 by *Forbes*, that initial \$20,000 investment is reportedly worth more than \$4 million today. "As best as I can tell, no U.S. sport has produced a return close to PBR over a similar period," finance expert Mike Ozanian wrote in *Forbes*. Perhaps that's why talent agency WME|IMG, the folks who acquired UFC in 2016 for \$4 billion, bought out PBR in 2015 for a reported \$100 million.

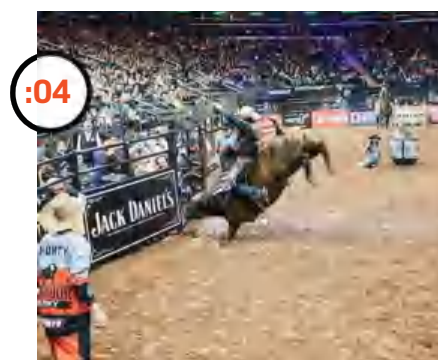
Professional bull riders make a living now—a good one, actually. J.B. Mauney, the all-time top money earner on the circuit, has pulled in more than \$7 million. That's not counting earnings from endorsements, special appearances, and other extras available to any successful pro athlete, niche or otherwise. You may

think that's a pretty good payday for only eight seconds of work, the allotted time riders must stay on a bull in order to earn points. If that sounds like easy money to you, then this is your first rodeo. No matter how experienced, skilled, or tough a bull rider is, his next ride may be his last.

"All sports have the pressure of winning and losing, but where our sport goes to another level is that a bull rider literally has the pressure of living or dying every single time he competes," says Ty Murray, known as the King of the Cowboys and the most celebrated rodeo athlete of all time. "It's the world's most dangerous sport."

Now retired, Murray is a nine-time

ONE BUMPY RIDE
A lot happens in just eight seconds. A very brief timeline of a qualified bull ride.



"ALL SPORTS HAVE THE PRESSURE OF WINNING AND LOSING. OUR SPORT GOES TO ANOTHER LEVEL IN THAT A BULL RIDER LITERALLY HAS THE PRESSURE OF LIVING OR DYING EVERY SINGLE TIME HE COMPETES."



Just like every other sport, bull riding has its own set of quirky terms

PBR 101

BUCKING CHUTE Before a bull and the rider enter the arena for a ride, they're waiting inside the "chute," the gated steel box on the outer line of the arena. When the rider is all set and ready to go, he'll nod his head to signal that the gate to the chute should open up.

GOLD BUCKLE The PBR World Champion is presented annually with this sport's coveted gold buckle, the ultimate symbol of achievement in bull riding. The custom-made belt buckle is valued at more than \$10,000.

HUNG UP One thing a bull rider doesn't want to be. If a rider gets thrown from the bull, but his hand remains on the bull rope, it means he's "hung up" on the bull. The situation can be scary for riders, but more often than not, the bull-fighters will come in and help the rider get free from the rope.

MULEY Simply a hornless bull.

SCORING

A qualified ride lasts eight seconds; the rider must have one hand in the bull rope and one hand in the air.

There are four judges. Each ride can earn up to 100 points for the rider and the bull—that's right the bull gets a score, too—with a maximum of 50 points awarded to the rider and 50 points to the bull depending on how the ride is judged. The bulls will always get a score—based on their spinning, kicks, if they stumble—for the round, even if the rider doesn't make it to eight seconds.

Riders are judged on balance, effort, endurance, control, and even style. Extra points can be given for spurring. —**MATT JUSSIM**

ENJOYING
THE RIDE
Marchi
has his
600th ride
in sight.



world champion cowboy and an original PBR investor before becoming its biggest star, winning the gold buckle (world championship trophy) in 1999. He's the only PBR personality with crossover cred, having dabbled in mainstream network TV with appearances on *CSI*, *Walker: Texas Ranger*, in which he played himself, and *Dancing with the Stars* in 2009, where he hoofed his way to fourth place.

A competitor in rodeo events since he was 5 years old, Murray is a descendent of a long line of cowboys. He's also a veteran of languishing in various stages

of disrepair from his bull riding injuries while grimacing in the waiting rooms of orthopedic surgeons.

"I've had all four limbs surgically repaired—both knees redone and both shoulders redone," says Murray, recounting the physical trauma of his PBR years. "Being a bull rider is comparable with being an NFL running back, as far as career lifespan. A 32-year-old bull rider is an old man. And when I say it's comparable with being an NFL running back, that's if everything goes right. When things don't go right, it can



★ ★ ★ ★ ★

A SMART, EFFECTIVE TRAINING PROGRAM HAS HELPED MARCHI BECOME ONE OF THE MOST CONSISTENT RIDERS IN PBR HISTORY.

be 1,000 times more catastrophic.”

Few have faced these risks as often as Guilherme Marchi. The Brazilian-born Marchi, who's ranked 30th in the world, is the first PBR competitor to reach the 500-ride mark and is closing in on 600 as he veers toward retirement after 13 years on the circuit. Ranked third all time in PBR prize winnings (\$5.1 million), the 34-year-old is a resilient athlete who has suffered his share of torn ligaments and ripped tissue yet still has the stamina and mental toughness to sit in a chute, take a deep breath, and brace for liftoff.

“I have had a blessed career,” says Marchi in a thick accent. “I’m now 34

years old, and I’m still enjoying it. I love what I do!”

At 6’ and 198 pounds, a good size for a bull rider, Marchi has benefited from a smart, effective training program (see his workout on page 12) that’s helped him become one of the most consistent PBR riders in history. He’s also a symbol of the international appeal of the sport and its potential to reach far-flung markets in South America, Australia, and beyond.

The PBR currently has riders from six countries—U.S., Canada, Brazil, Mexico, Australia, and New Zealand—who compete in major markets around the country, gradually disabusing a wider audience of the crude rural stereotypes that have clung to rodeo events for decades. PBR is a well-organized,

professional league that serves a diverse demographic (in the early years, women ages 24–44 made up about 60% of the sport’s audience). Broadcasts of PBR events earn strong ratings of their approximately 50 showings on CBS and CBS Sports Network each year, and word of mouth after live events continues to contribute to its explosive growth. Currently, PBR conducts more than 300 bull riding events each year.

As with NASCAR, the element of risk is part of the sport’s appeal, but tragic injuries and fatalities are almost nonexistent, thanks to equipment improvements and other safeguards put into place. But make no mistake—there’s enough danger in a night of PBR rides to impress even Ernest Hemingway. ■



RIDE 'EM URBAN COWBOY

How to ride a mechanical bull

Expert Will Roberts on how to harness your inner Travolta

1) GRIP

“Grab the handle with your nondominant hand and reach underneath the strap, not over it.”

2) POSITIONING

“Place crotch/midsection close to the front of the saddle. The farther back you sit, the quicker you’ll be catapulted off.”


3) BALANCE

“Keep your feet forward and turned out. When the bull goes forward, lean back; when it goes back, lean forward.”

4) TECHNIQUE

“Put your dominant hand near the head, palm out. Then make your hand an L-shape for balance.” —MJ





The **6** Greatest Outdoor Workouts, Period

BY PETER KOCH

After a dark and cold winter, the fluorescent-lit gym starts to feel as drab and stuffy as a fluorescent-lit cubicle, and the old routines of arm day and leg day and ab day just aren't cutting it. Ditch the racks and benches and venture outdoors into the sunshine. Your bleary eyes will find life's better with the wind in your hair, the sun on your back, and the world zipping past. We've ranked the top outdoor sports—mountain biking, trail running, open-water swimming, obstacle-course racing, road cycling, and rock climbing—based on exercise efficacy, calories burned, cost of gear, availability, and risk factor to see which one offers the most burn for your buck. So go ahead and take your fitness to the next level while communing with nature. The outdoors awaits. Go work it.

6

Mountain Biking

TAKE A WILD RIDE

For a lot of guys, “mountain biking” conjures up images of adrenaline junkies in full-face helmets rocketing down white-knuckled descents and hucking themselves off cliffs à la Red Bull Rampage. “It’s not necessarily gnarly,” says seven-time world champion endurance mountain biker Rebecca Rusch. “It’s like skiing, where you can choose a green, blue, or black trail depending on your skill level.” For her, mountain biking is all about leaving the road behind and exploring. “It’s easy to say, ‘I want to see what’s over that hill’ or ‘I’ve never been in that valley over there, so I think I’ll check it out.’ I really like the distance you can cover on a bike; you see so much more.”

WHAT IT WORKS

“Endurance—heart and lungs—is something people in the gym neglect,” says Rusch. Dirt riding hits more than just legs. “If you’re riding really technical trails, it’s a ton of upper body, core, and midsection.”

CALORIE BURN

694 per hour

PROS Besides for the downhill bits, mountain biking, done right, is low-impact. If there’s an obstruction like a large rock, you can get off your bike, walk around it, and keep going. It’s also mentally engaging “because you’re constantly looking ahead and making choices about picking a line, standing or sitting, and shifting gears.”

CONS Your ass will probably hurt from rattling over roots and rocks, so stand up in the pedals when riding through obstacles to spare yourself some of the beating.





5

GET A GRIP

Rock Climbing

The whole world melts away when you're high up on a rock face, with nothing between you and the deck but 10mm of rope and your grip on the rock. And that's what's beautiful about rock climbing: There are no full-length mirrors, no babes to impress, and—thank God—no Nickelback looping over a sound system. It's just you, your partner, the route, and, in many cases, killer views. "I love the individual challenge," says Kris Peters, who's made a name for himself training world-renowned rock climbers like Daniel Woods and Emily Harrington. "It's you against the rock up there, and it's an incredibly self-satisfying feeling when you complete something you've worked so hard for." To get started, find a guide and take a class or two that'll get you up on real rock on Day 1 and give you a feel for the sport. If it suits you, get more practice at a climbing gym and, in the process, look for a more experienced partner who'll literally show you the ropes.



KRIS PETERS

"I love the individual challenge. It's you against the rock up there."

WHAT IT WORKS

"Climbing is a very upper-body-dominant sport—grip strength, finger strength, pulling strength from your lats," says Peters, whose Black Mountain Training specializes in climbing- and mountaineering-specific strength. "The three biggest muscle groups that are going to get worked are biceps, lats, and forearms."

CALORIE BURN 837 per hour

PROS Climb enough, and your upper body will be rock hard, as if it, too, were chiseled from stone. Because of the intense mental focus and physical

effort it requires, climbing is almost like a workout combined with meditation. You clear your head and work the route, and when it's done you've accomplished something incredible while getting ripped.

CONS "On outdoor rock, you're always going to need a climbing partner and a ton of gear," says Peters. "And the gear is wicked expensive." And unlike running or, say, riding a bike, it takes a serious time investment to learn the sport and get started. Plus, access to outdoor rock is quite limited. "That's why a lot

of people go to the gym—all you need is your harness and your shoes, since most gyms already have a belay device, ropes, and everything else you need." Also, lots of climbers have skinny legs for a reason. And then there's the considerable fear factor of dangling from a rope high off the ground. Try to remember that climbing is a technical sport—dependent on strong ropes that are anchored to a system that will support your fall—and not a risky one, so long as you climb within your limits and, most important, follow safety protocols.



4

Open-Water Swimming

MAKE A SPLASH

We've all heard what a great fat-burning exercise swimming is, but most of it happens in the pool, where swimming endlessly back and forth, focused on lane patterns, is even more monotonous than the treadmill. Taking the swim outside lets you actually get somewhere—like across a lake or river or bay—and environmental factors add challenge, not to mention the “no turning back” motivational approach, to the workout.

WHAT IT WORKS

Each stroke in the water works your shoulders and upper back, while pulling the water hits your lats and triceps hard. Don't forget the hamstrings, quads, and glutes, which are largely responsible for your kick. And, because you need to practice breath control while working major muscle groups, it's a hell of an aerobic exercise that can leave your muscles and lungs screaming.

CALORIE BURN

694 per hour

PROS

“Swimming is a full-body workout,” San Diego-based triathlon swim coach Kevin Koskella says, “without the pounding of running or the danger of cycling with traffic.” It's a long, steady swim since “you don't get that flip turn every 25 or 50 meters where you can push off the wall and glide.” You also won't send your heart rate as high as running, which means it's

even better for burning fat.

CONS

Even Koskella felt like a fish out of water when he first started open-water swimming. “There are so many more elements out there,” he says. “You don't have walls or lane lines to follow. And you usually can't see what's below you, either, so the fear of the unknown is a big factor.” Ocean currents and riptides can come into play depending on your local geography,

so be sure to educate yourself before heading out. There's a lot more to get used to—navigating by sight, lengthening your stroke to conserve energy, breathing more efficiently, and calming your nerves—but that comes with practice. “Get into a breathing pattern you're comfortable with and focus on counting your strokes,” Koskella advises, “which will put your mind in a meditative state as you swim.”

Paul Bradbury/Getty Images; Patrick Schneider

3

Obstacle-Course Racing

GET DOWN AND DIRTY

Imagine running a brutal cross-country race over rugged terrain. Then you sling a 50-pound sandbag over your shoulders and put in a huge anaerobic effort hauling it up a mountain. Then you're back to running, only now your legs are heavy and wooden, your muscles tweaking. Next you leap into freezing-cold ice water that makes your legs full-on cramp. Now you've got to jump up and scale a wall, but your calves are no longer firing, they've shut down. That's obstacle-course racing (OCR), and—oh, right—there are 20 more obstacles between you and the finish line. "It's in those moments that you've got to dig deep and find strength within yourself," says David Magida, one of the sport's first pro athletes and the recent author of *The Essentials of Obstacle Race Training*. Yes, what once looked like a mud-splattered fad of people taking the scenic route to a drinking party is now a real, grueling sport (with professional athletes), and a growing one at that. "That's what makes the sport so beautiful—you find out a lot about yourself over the course of a race."



WHAT IT WORKS

Because of the event-based nature of OCR, it's more a way of testing fitness than of building it. "It's all about being challenged by a race that tries to break you down from every facet of fitness imaginable—strength, power, endurance, speed, agility, mobility and, just as critical, recovery," Magida says. "It tests you, it pokes holes in your fitness, and challenges you to correct them so you can be better the next time you line up."

CALORIE BURN
552 per hour

PROS The "R" in OCR stands for "race," so straight-up speed is important, but all of those strength obstacles—heavy carries, wall climbs, monkey bars, and the like—tend to level the playing field for guys who do a lot of strength work. And

the races are fun! "I think we were designed to run, to jump, to climb, to move, to get dirty," Magida says. "It makes you feel like a kid again, but it also kind of makes you feel like a man at the same time."

CONS OCR sounds like a prison escape, as it's more than just a test of strength, endurance, and speed; it's a test of toughness. Crawling through mud beneath barbed wire, hefting yourself over high wooden walls, running through charged electrical wires, jumping into grimy water—you're bound to get bruised and battered. And then there's the fitness beatdown: "By the time you cross the finish line, you're crushed," Magida says. "You're sore for days." And while the equipment may be minimal, race entry fees often start near the triple digits.



2

Road Cycling

RULE THE ROAD

America has 2.68 million miles of paved roads—enough to circle the equator 107 times!—to explore, and, on a bike, the adventure begins right outside your door. And while there's long been a perception of elitism in roadie culture, that's disappearing, replaced now by a more welcoming community. "Nowadays, you finish the ride, you high-five your buddies, you grab a beer, and you're stoked—that's the new norm," says recently retired pro cyclist Ted King. Fitness, beer, and stoke? Sounds like a winning combination.

There's a huge variety of leg workouts to do on a bike, from strength-building SFRs to sprint intervals and hill climbs.

WHAT IT WORKS

One look at a professional road racer's tree-trunk quads and carved-from-granite leg definition is proof enough this is a lower-body workout. King makes the case that "if you're really pumping your bike in a sprint, there's plenty of upper body to be done," but sprints last only a matter of seconds. Still, there's a huge variety of leg workouts to do on a bike, from strength-building SFRs (slow-frequency repetitions) to sprint intervals and hill climbs.

CALORIE BURN

816 per hour

PROS You can cover a lot more ground on a road bike, which is the fastest, most efficient mode of human-powered travel. And because it's more efficient, King says,

"you can do a ton of work in a one-hour ride—you can sprint, you could do SFR, you could do endurance, you could do whatever—and that's going to be much more efficient than a comparable one-hour run" that would leave your body wasted for days.

CONS "You have to get over the fact that you've got to wear spandex," King quips, "and you're only going to look cooler when you shave your legs." So there's that to deal with, and traffic. Plus, cycling gear isn't cheap. (Plan to spend at least \$1,000 on a solid entry-level steed.) Racing technology is advancing at a Tour de France-worthy pace, though plenty of that tech trickles down to beginner bikes, meaning you can get more bike for your buck than ever before.

This spread, clockwise from top left: Dan Pattucci (2); Paul Nielson



1

Trail Running

BLAZE A TRAIL

When pounding pavement starts to grind on your nerves and joints, it's time to lose yourself on the local trails. Exploring wilderness on your own two feet is "very raw and very natural, and that's what inspires me," says pro trail runner Max King. That, and the fact that it takes your stale cardio routine to the next level, building a more full-body fitness than the treadmill could ever hope to. "Outside, you've got undulating trails, you've got hills, you've got uneven terrain and uneven footing," says King, "so [trail running] works those stabilizing muscles in a way that you don't get from the very repetitive motion of running on a road or treadmill. It takes that basic runner and fills him out into a more complete athlete."

WHAT IT WORKS

As with any kind of running, trail running is primarily going to work your lower body—quads, glutes, hamstrings, and calves. But

irregular terrain—riddled with roots, rocks, and other obstacles—and softer surfaces require you to use more stabilizer muscles and connective tissue

and engage your core muscles for stability.

CALORIE BURN
735 per hour

PROS Dirt running is dirt cheap, since the only gear you

need is a pair of trail shoes (\$100 to \$150). Plus, softer surfaces and uneven terrain mean fewer of the overuse injuries that typically plague runners (hello,

runner's knee!), though there are environmental factors—more exposure, falling hazards, animal encounters—that, depending on your outlook, can be seen as very good. And you burn up to 10% more calories than on concrete.

CONS Finding a trail isn't nearly as easy as stepping out your front door. They're almost everywhere, from rugged mountain ranges to local city

parks, but seeking them out takes time and effort. Also, King points out, "it's still just running." There's enough lower-body work to beef up your chicken legs, but you're still not hitting your upper body much. King supplements trail runs with core work, upper-body weight training, and rock climbing. And, well, if you really don't like running, you probably won't like it any more in the boonies. ■



MAX KING

Trail running is "very raw and very natural, and that's what inspires me."

**"It's so liberating to
play a bitch,"
says Ricci of the
villainous role she
once played on
Supergirl. As for
Designated
Survivor, she says,
"It's intense."**



Designated Spellbinder

As “President” Kiefer Sutherland’s aide on *Designated Survivor*, Italia Ricci is really good at arousing our interest, our admiration, and pretty much everything else **BY MOLLY LANGMUIR**

Maybe it’s the fact that, as a kid, Canadian-born Italia Ricci went through “a witchcraft phase” that explains how a teen who got “bullied so badly” for her buck teeth and braces turned into one of the hottest actresses on TV.

Add to that the almost overnight success she achieved with the kind of dumb luck typically found in bad chick lit and romance novels, and it’s clear: Ricci is one helluva spellbinder.

Ricci, 30, didn’t plan to go into acting; she wanted to be a lawyer. That changed the summer before law school when she and a pal played extras on a show filming near Ontario.

“A writer saw me in the lunch line and asked me to audition for a role, and I got it,” Ricci says. “Then he wrote me into another episode, and the whole thing snowballed.”

A few more bit parts—like *Hot Woman No. 1* on *How I Met Your*

Mother—and Ricci was snagging roles on shows like the CW’s *Supergirl*.

But it’s on ABC’s hit *Designated Survivor*, which just resumed its first season, that the newlywed Ricci (she married *The Flash*’s Robbie Amell last October) landed her best role so far, as Emily Rhodes, aide to a president (Sutherland) who ends up in office after an explosion kills every top pol but him.

“It’s terrifying,” she says of the show’s premise.

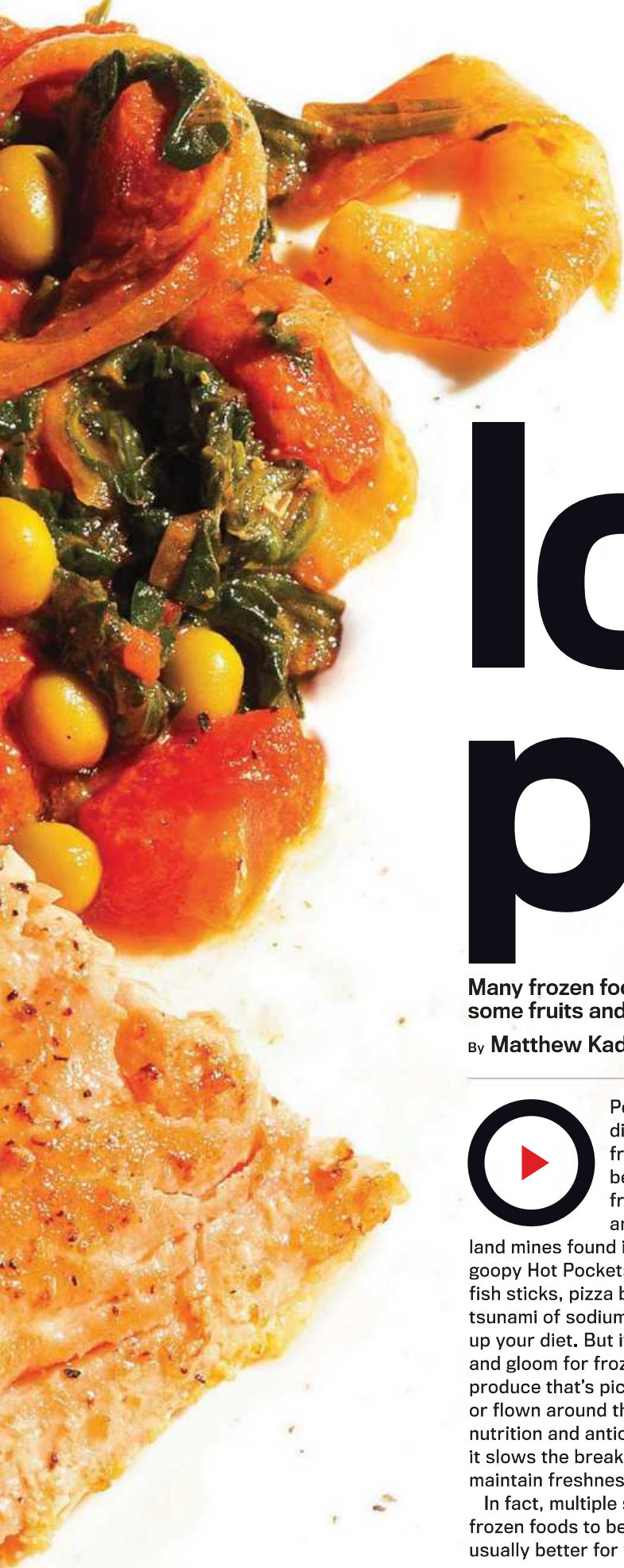
To relieve tension on set, there’s ample fun—like the time she put Kiefer in a headlock. She also chills with Nintendo. Not that she takes her role lightly: To prep, she admits, “I read *How Washington Actually Works for Dummies*.”

Though she hopes to be a *Survivor* “for the next 10 years,” she has other plans, too: “I’ve always wanted to do a period piece—maybe with corsets.” Bewitching, indeed.



The U.S. Department of Agriculture recommends storing food at 0°F or lower to retain vitamin content, color, flavor, and texture.





Ice picks

Many frozen foods don't deserve the cold shoulder they get—in fact, for some fruits and veggies, the freezer can be the best place to chill out

By **Matthew Kadey, R.D.** Photographs by **Brian Klutch**



People frequently dismiss the idea of frozen foods being better for you than fresh food. The boxes and bags of nutritional

land mines found in the freezer aisle—goopy Hot Pockets, freezer-burned fish sticks, pizza buried under a tsunami of sodium—can easily blow up your diet. But it's not all doom and gloom for frozen fare. Fresh produce that's picked up and trucked or flown around the country loses nutrition and antioxidants; freezing it slows the breakdown and helps maintain freshness.

In fact, multiple studies have found frozen foods to be just as good and usually better for you than fresh: In

2013, U.K. researchers found that about two-thirds of the frozen fruits and veggies they tested had more vitamin C and antioxidants (like polyphenols, lutein, beta-carotene, and anthocyanin) than refrigerated produce.

Another study out of the University of Georgia compared fresh and frozen strawberries, blueberries, green beans, broccoli, cauliflower, corn, spinach, and green peas from six grocery stores. Initial tests found both varieties had similar nutrition levels. The food was then stored—fresh in the fridge, frozen in the freezer (duh)—and tested again five days later. The fresh lost vitamins, mostly A and C, and folate.

So don't be a fresh-food-only snob. Jump into the deep freeze with these healthy recipes.





Pork with cherry sauce

SERVES 2

■ Frozen fruits like antioxidant-packed cherries can add a sweet kick to muscle-friendly animal protein. Even cooler: They're already pitted for you.

INGREDIENTS

- 1 large yellow onion, thinly sliced
- 4 tsp canola oil
- Salt and pepper
- $\frac{3}{4}$ lb pork tenderloin
- 2 garlic cloves, minced
- 2 tsp minced fresh ginger
- 2 cups frozen cherries
- 3 tsp balsamic vinegar
- 2 tsp fresh thyme
- 2 tsp orange zest
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{4}$ tsp cinnamon

DIRECTIONS

- 1) Preheat oven to 400°F. In a bowl, toss onions with 2 tsp oil and a couple of pinches of salt and pepper. Pile the onions onto the

center of a baking pan. Season pork with salt and pepper and place on the bed of onions. Roast 30 minutes, or until pork reaches an internal temperature of 145°F. Let pork rest for about 5 minutes before slicing.

- 2) Heat 2 tsp oil in a skillet over medium heat. Add garlic and ginger and cook for 1 minute. Add cherries, 1 tsp vinegar, thyme, orange zest, chili powder, cinnamon, and a pinch of salt. Reduce heat to low and simmer until cherries begin to break down, about 5 minutes. Remove from heat and stir in remaining vinegar.
- 3) Place onions on plates and top with pork slices and cherry sauce.

PER SERVING

368 calories, 38g protein, 25g carbs, 13g fat

Look for bags of frozen fruits and vegetables where you can feel the individual contents. A bag that feels like a block of ice has been thawed and refrozen, which degrades flavor and nutrients.



Salmon curry

SERVES 4

■ Bags of frozen peas are a stealthy way to infuse your diet with plant protein and fat-torching fiber. And cup for cup, frozen prechopped spinach is actually more concentrated in a range of must-have nutrients like folate, vitamin K, and calcium than its fresh counterpart. Both are an effortless addition to this protein-packed curry in a hurry. Serve over brown rice.

INGREDIENTS

- 1 tbsp canola oil
- 1 yellow onion, chopped
- $\frac{1}{2}$ tsp salt
- 2 garlic cloves, finely chopped
- 1 tbsp finely chopped fresh ginger
- 1 tbsp red curry paste
- 1 (14 oz) can diced tomatoes
- $\frac{3}{4}$ cup canned coconut milk
- $\frac{1}{2}$ box (about 5 oz) frozen chopped spinach
- 1 cup frozen peas

- 1½ lbs center-cut skinless salmon fillets, cut into 2-inch pieces
- Juice of $\frac{1}{2}$ lime

DIRECTIONS

- 1) Heat oil in a large skillet over medium heat. Add onion and salt; cook until soft and darkened, about 5 minutes. Stir in garlic and ginger; heat for 1 minute. Stir in curry paste; heat for 30 seconds. Stir in tomatoes and coconut milk; bring to a simmer and heat for 5 minutes.
- 2) Stir in spinach and peas and return to simmer. Lower heat to medium-low, nestle in salmon, and coat salmon in the sauce. Cover pan and heat for 5 minutes, or until salmon is cooked through. Squeeze in lime juice.

PER SERVING

544 calories, 39g protein, 18g carbs, 36g fat



Blueberry cheesecake muffins

SERVES 4

■ Who says you can't have dessert for breakfast? These stacks deliver a winning combo of quality carbs, mass-making protein, and good-for-you fats. Research shows the payload of antioxidants in blueberries can help mitigate the muscle damage associated with intense workouts. And levels of vitamin C can actually be higher in frozen blueberries compared with fresh.

INGREDIENTS

- 2 cups frozen blueberries
- 2 tsp grated lemon zest
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ginger powder

Salt

- 2 tsp cornstarch
- 2 cups light ricotta cheese
- 2 tbsp pure maple syrup
- 2 tsp vanilla extract
- 8 tbsp almond butter
- 4 whole-grain English muffins, toasted

DIRECTIONS

- 1) Place blueberries, $\frac{1}{4}$ cup water, lemon zest, cinnamon, ginger powder, and a pinch of salt in a medium-size saucepan over medium-high heat. Bring to a boil, reduce heat to medium-low, and simmer, stirring

occasionally, for 15 minutes. In a small bowl, stir cornstarch into 2 tbsp water until dissolved; stir into blueberry mixture and heat for 1 minute, or until sauce is thickened.

- 2) In a bowl, stir together ricotta, maple syrup, and vanilla extract.
- 3) To serve, spread 1 tbsp almond butter on each English muffin half. Top muffins with a dollop of ricotta mixture and blueberry sauce.

PER SERVING

542 calories, 30g protein, 54g carbs, 25g fat



Edamame chicken wraps

SERVES 4

■ Don't overlook frozen edamame—it's packed with plant protein, fiber, and a range of essential vitamins and minerals. Boiled and seasoned with salt, edamame is a stellar snack option. Or use it to make this superfood sandwich spread that will leave mayo green with envy.

INGREDIENTS

- 2 cups frozen shelled edamame
- 1 ripe avocado
- $\frac{1}{2}$ cup cilantro
- 1 small canned chipotle chili pepper in adobo sauce
- 1 garlic clove, minced
- Juice of 1 lemon
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp salt
- 4 large whole-grain wraps
- 2 cups sliced cooked

chicken

- 2 carrots, sliced into matchsticks
- 2 jarred roasted red peppers, sliced

DIRECTIONS

- 1) Prepare edamame according to package directions. Drain and combine in a bowl with avocado, cilantro, chili pepper, garlic, lemon juice, cumin powder, and salt until slightly chunky. If needed, add a bit of water to help with mixing.
- 2) Spread mixture on wraps and top with chicken, carrots, and roasted red peppers. Roll tightly and slice in half.

PER SERVING

509 calories, 39g protein, 44g carbs, 19g fat



Corn, cauliflower, and crab soup

SERVES 4

■ The dynamic duo of crab and Greek yogurt boosts protein content, while corn provides niacin, which generates the energy you need to crush it in the gym. Look for tubs of fresh crab meat in the seafood section of supermarkets.

INGREDIENTS

- 3 cups frozen corn kernels
- 1 tbsp canola oil
- 1 yellow onion, chopped
- $\frac{1}{2}$ tsp salt
- 2 garlic cloves, minced
- 1 tsp cumin powder
- $\frac{1}{2}$ tsp chili powder
- 2 cups vegetable broth
- 3 cups frozen cauliflower florets
- 1 cup plain Greek yogurt
- Juice of $\frac{1}{2}$ lemon
- 4 tbsp prepared pesto
- 12 oz fresh lump crab meat

DIRECTIONS

- 1) Thaw 1 cup corn kernels; set aside.
- 2) Heat oil in a large saucepan over medium heat. Add onion and salt; heat for 5 minutes, or until onion is soft and darkened. Add garlic, cumin, and chili powder; heat for 30 seconds. Add broth, 2 cups corn, and cauliflower. Bring to a boil, reduce heat to medium-low, and simmer for 10 minutes.
- 3) Place soup in a blender with yogurt and lemon juice; blend until smooth.
- 4) Divide soup among 4 bowls and top each with 1 tbsp pesto, $\frac{1}{4}$ cup thawed corn, and 3 oz crab.

PER SERVING

343 calories, 28g protein, 28g carbs, 15g fat

Regarding chili, soups, and stews that are going to cook for a while—or blended smoothies—don't bother defrosting the frozen veggie or fruit.

Avocado isn't the newest food out there, but this superfood has so many benefits to it in terms of vitamins and minerals and fiber and protein.





THE FIRST IN A SERIES OF SPECIAL FEATURES CELEBRATING OUR 30TH ANNIVERSARY

30 ways to get lean

■ Ah, spring: It brings longer days, warmer rays, and the inescapable certainty that—at some point in the very near future—you’re going to have to take your shirt off in public. If you have yet to shed the comfy layer of adipose you acquired over the past few months, relax: There’s still plenty of time to do it—and to add some muscle while you’re at it. ■ In honor of *Men’s Fitness*’ 30th year, we’ve compiled 30 of our most effective get-lean tips to kick-start your beach-body plan. And though a concerted program of *both* diet and exercise is most effective for shedding fat, we’re not going to weigh you down with specific diet-to-exercise ratios. Just keep in mind that losing weight should be part of a holistic strategy that leaves you stronger, fitter, and healthier overall. Now, get ready to rule the summer.



Ever see a fat mermaid? Swimming is a dynamite fat-zapping workout.

Opening spread: Greg Lotus/Trunk Archive; This page: Offset; Opposite page: Travis Rathbone/Trunk Archive

1

Do your best Michael Phelps imitation. Don't just splash around, swim. It's low impact and can burn 900-plus calories an hour.

2 Go heavy on squats.

The more muscles you can recruit with proper form, the stronger you'll get and the more fat you'll burn.

3 Train with a stronger pal.

His ass-kicking will work you harder and get you stronger.

4 Go on the prowl.

Combining cardio and weights—like

pushing a prowler, jumping rope, or doing circuits—burns max fat.

5 Run ten 100-yard sprints.

You'll burn up to 500 calories and sleep like a rock at night.

6 Eat off a blue plate.

Seeing food on a blue dish—as opposed to red or yellow—reduces appetite, studies show.

7 Buy nuts (peanuts, pistachios) unshelled.

You'll eat half as many if you have to shell them yourself.

8 Chew mint (or sugar-free mint gum) after meals.

The flavor tells your brain it's time to stop eating.

9 Do power yoga.

It can burn 344 calories per hour.

10 Train fasted once a week.

Skipping a pre-workout meal—aka intermittent fasting—works to keep adrenaline high and blood sugar low.

11 “Drown” your appetite.

Dehydration can make your body think it's hungry, so drink 130 fl oz of water per day.

12 Start skimming!

Ditching cream and sugar for skim milk and no sugar can save you 105

calories a cup. Drink two cups a day, and that's 76,650 calories a year.

13 Use only ellipticals with handles.

You'll recruit muscles in your arms and burn almost double the calories overall.

14

Get egg on your face. Among people who skip breakfast, 30% are more likely to be obese, says the American Heart Assoc.



15

Shop till it drops.
Your weight, that is:
New gear can inspire
you to lift harder, get
leaner, and recover
faster. Try these:



NIKE METCON DSX FLYKNIT
Ditch the running shoes when
lifting—you'll work heavier and
safer wearing sneakers with a flat
sole, supportive heel, and airy,
superlight upper. \$160, NIKE.COM



CROSSROPE BOLT
With its aluminum handles, ball
bearings, and two weighted ropes,
this jump rope can't be beat for
burning calories or flying through
double-unders. \$59, CROSSROPE.COM



MOJI CURVE PRO
This freezable, portable massager
has four stainless steel balls for
a 360-degree massage that helps
break up gnarly muscle knots for
improved mobility. \$50, GOMOJI.COM

**Berries' fiber
and flavor can
turn a smoothie
into a hunger-
killing weapon.**

16

Berry the past.
The resveratrol in strawberries, raspberries,
and blueberries can help you drop pounds by
turning flabby white fat into calorie-torching
beige fat, reports Washington State University.



**17 Use panko
to crush
that crust.**
Panko flakes soak
up less oil than
breadcrumbs, so
they're perfect for
coating proteins
like pork chops
and chicken.

**18 Learn the
dirtiest
menu words.**
Alfredo, butter,
breaded, battered,
crispy, fritters,
golden, refried,
loaded, pan-fried,
covered, and—the
all-time filthiest
ever: *smothered*.
Avoid them all.

**19 Then
learn the
(c)leanest menu
words—and use
them religiously.**
Grilled, baked,
lightly sautéed,
primavera,
marinara, roasted,
and—the Messiah
of Menu-dom—
steamed.

**20 Booze
smart.**
Order cocktails
with soda water
and fresh lime
juice instead
of sweetened
mixers, which can
add 150 calories
to your glass.

**21 "Garçon,
a doggie
bag, please!"**
Ask the waiter to
serve you half your
entrée and pack
half to go.

**22 Scare
the shit
out of your
muscles.** Aww,
they're too timid
to work out with
unfamiliar gear
like SandBells or
truck tires? Tough
nuts! Make them
do it anyway—the
changeup will
help your body
recruit more
muscle fibers.

**23 Treadmill
line? We
don't need no
stinking treadmill
line.** Do box jumps
or burpees while
you wait.

**24 Try the
"burns
twice" diet.**
Hot spices rev up
your metabolism
and help you eat
more slowly.

**25 Honor
thy fava.**
All beans, really:
They're protein-
and fiber-packed
and can melt fat.



29

Iron things out with her. Training with your sig-o can boost the odds you'll stick to a workout by as much as 34%.

26

Choose the right supps. Supplementing wisely can help you fight cravings, shed water weight, and have more energy to train.



MHP XPEL
This powerful herbal diuretic was engineered to eliminate excess water retention, reduce bloat, and aid fat loss.



INSPIRED-BAR
Mark Wahlberg's all-natural bars supply mega protein and nutrients while sticking to the strictest quality and safety guidelines.

27

Give yourself half a break.

Cut rests in half. You'll send your muscles and cardiovascular system into overdrive, and burn more fat.

28

Be a HIIT man.

Turn your body into a fat-burning furnace by alternating sprints with jogs.

30

Think of each meal as a jealous lover.

Don't let anything distract you from your food. Doing something else—watching Netflix, working, watching Netflix while working—during a meal can cause you to eat 50% more, says the *American Journal of Clinical Nutrition*. ■



The Need for Weed



Athletes are openly using marijuana for pain relief and as a recovery aid. Science says it works—without boosting performance, as steroids and other performance enhancers do. So why isn't it legal in sports? By Chris Lee

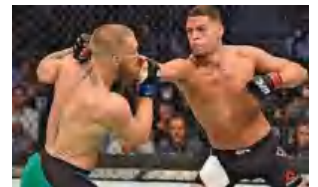
POUNDING ALONG Rocky Mountain trails for 10 to 45 miles daily in preparation for such grueling, high-altitude, multiday events as the Ouray 100 Mile Endurance Run and Fat Dog 120, pro ultramarathoner Avery Collins faces certain practical decisions before lacing up his sneakers, like: Should he smoke marijuana through his vape pen or consume a cannabis-infused chocolate bar? • “Edibles, for me, provide a much deeper high—everything is much more natural and flowing—and it makes the run much more spiritual,” says Collins. “As far as smoking goes, it’s a clearer high. Sometimes even more energetic. Typically, I prefer it on a shorter run—10 to 15 miles—because it’s going to wear off a lot faster.” • The 24-year-old upstart, who set course records at the Colorado 200 Mile Endurance Run & Relay and the Cloudsplitter 100 and who’s won or placed at similar events across North America, is quick to point out that he avoids consuming pot during competitions—cannabinoids are, after all, banned by the World Anti-Doping Agency. But like a growing number of long-distance runners who’ve started using cannabis in their pursuit of mental stamina, increased focus, and pain relief, Collins is upfront about the benefits of weed workouts—particularly when it comes to the pot extract cannabidiol (CBD), which he uses via →

PRO-POT PROS

Weed: It’s not just for surfers and ski bums anymore



▲ Eugene Monroe / Football



▲ Nate Diaz / MMA



▲ Steve Kerr / Basketball

“Smoking brings a clearer and sometimes even more energetic high than edibles. Typically, I prefer it on a shorter run—10 to 15 miles—because it’s going to wear off a lot faster.”

AVERY COLLINS



transdermal patches and Ben Gay-like gels to bounce back from sports-sustained wear and tear.

“After a 30- to 40-mile run, I’ll sit down, and my legs will keep throbbing and pounding; it’s like they think they’re still supposed to be going,” says the Steamboat Springs, CO-based runner, who’s sponsored by Roll-uh-Bowl bongs, Mary’s Medicinals, and Incredibles, a line of pot-infused chocolates. “That’s when the CBD compounds help tremendously. They calm down your legs and, because they’re anti-inflammatory, let them recover faster.”

LEGIONS OF BUDDING SPORTS FANS

These days Collins is hardly the only athlete decimating the stereotype of cannabis users as lazy, chip-chomping stoners. In an era when 28 states and the District of Columbia have adopted laws making marijuana medically or recreationally legal, and a recent Gallup poll indicates 60% of Americans support pot legalization, an increasing number of elite athletes are stepping forward to proclaim their cannabis advocacy in ways that would have been unthinkable just a generation ago.

Overtaking decades of stigmatization of pot as a gateway drug that ineluctably leads to the abuse of more dangerous Schedule I substances like methamphetamine and heroin, this new wave of sports-world acceptance puts cannabis forward as a “biohack.” That is, a plant-based alternative to opioid pain-relief drugs such as codeine or OxyContin that has the added benefit of unlocking the mind’s potential to boost physical output.

Furthermore, so-called canna-athletics is no longer the exclusive domain of chill bros like surfers and ski bums. Weed workouts and cannabis-enhanced recovery products

have come into vogue among pro football players, bodybuilders, Major League Baseball players, mixed martial artists, and endurance athletes—as well as some of their coaches, many of whom are helping promote the efficacy of cannabis through word of mouth.

“I think all athletes—whether they’re NFL or NBA pros or just serious athletes wanting to better their fitness—are learning about the therapeutic potential of this plant,” say Suzanne Sisley, M.D., an Arizona-based physician and psychiatrist affiliated with the advocacy group Doctors for Cannabis Regulation, who regularly treats pro athletes’ sports-related injuries. “Athletes are teaching each other how to do this. It’s like a peer-mentoring process.”

Among those pro-pot pros: UFC commentator and Brazilian jiu-jitsu black belt Joe Rogan, who wrote on his blog: “Getting high and working out is one of the least talked about and least appreciated pleasures of fitness”; 2006 Tour de France winner Floyd Landis (who was later stripped of his title for using synthetic testosterone), who uses cannabis to combat chronic hip pain and launched a line of recreational marijuana-infused products



Number of states that have legalized pot for medical or recreational use

called Floyd’s of Leadville last summer; even Golden State Warriors head coach Steve Kerr, who admitted trying—but disliking—cannabis as a remedy for back pain. On a podcast last December, however, Kerr expressed hope that the NBA would consider removing marijuana from its banned-substance list. “I don’t think there’s any question that pot is better for your body than Vicodin,” Kerr said. “Yet athletes everywhere are prescribed Vicodin like it’s vitamin C, like it’s no big deal. There’s this perception that over-the-counter drugs are fine and pot is bad. I think that’s changing.”

Jim McAlpine is the founder of the 420 Games, a three-year-old, family-friendly sporting-event series intended to “change the perspective on cannabis and the people who use it within a healthy and active lifestyle.” Last May, the longtime weightlifter, open-water swimmer, and cannabis user announced he’d be opening Power Plant Fitness, a San Francisco gym/wellness center that would allow members to consume marijuana products on site, under the supervision of cannabis-knowledgeable fitness professionals.

“It’s always been a huge part of bodybuilding culture to smoke,” says McAlpine, recalling the scene in the 1977 documentary *Pumping Iron* when seven-time Mr. Olympia winner Arnold Schwarzenegger is shown enthusiastically smoking a joint. “We all hid it. But the collective consciousness has changed to take that stigma away. It’s like coming out of the closet for a gay person. I’ve had to hide this my whole life as an athlete. But now I can stand up and feel proud about it!”

LET’S BE BLUNT: IT WORKS...

Sports pot proselytizers like to say that cannabis isn’t a performance-enhancing drug: Unlike anabolic steroids, testosterone, or EPO, marijuana has never been shown to

Preceding spread: left, Jamie Chung/Trunk Archive; right, Getty (3); This page: John Burkett/Red Tide Productions; Opposite: Getty (2)

give users an unfair competitive advantage.

But, users say, its benefits—physical and mental, pre- and post-workout—abound. The plant's psychoactive effects will be familiar to anyone who's ever watched a Cheech & Chong movie. Users experience mild, short-term euphoria but also, at times, anxiety and introspection, thanks to a cannabinoid called tetrahydrocannabinol, aka THC.

"Cannabis helps your mind get into a flow state as an athlete," McAlpine says. "Whether you're skiing or running or in the gym lifting weights, cannabis can unlock your mind's potential to focus on the sport you're participating in."

Meanwhile, another cannabinoid in weed, the aforementioned CBD—which, notably, doesn't get users stoned—is now widely recognized for its anti-inflammatory and pain-relieving properties as well as its ability to lessen anxiety, insomnia, and the symptoms of multiple sclerosis. It even gained notice in 2013 as a treatment for childhood epilepsy.

Though outlawed by the UFC, CBD is increasingly popular among fighters looking for alternatives to prescription pain pills. Brawlers like UFC welterweight Nate Diaz even use it to treat symptoms of concussions and chronic traumatic encephalopathy (CTE), a progressive degenerative disease resulting from severe or repeated blows to the head.

"It helps with the healing process and inflammation," Diaz said while smoking

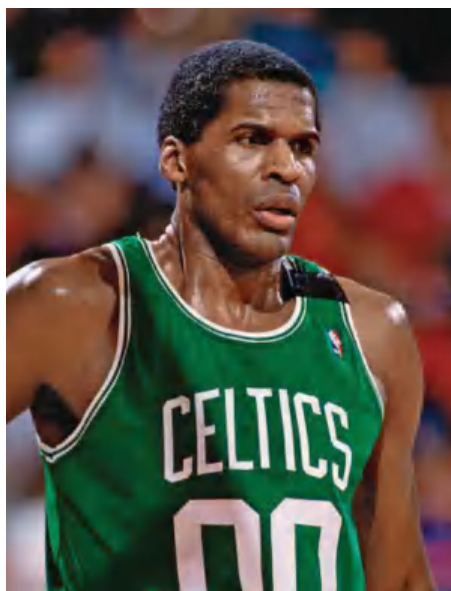
a CBD-loaded vape pen during a press conference after UFC 202 last August. "So you want to get these before and after the fights, training. It'll make your life a better place."

According to a relatively new but growing body of research within the medical world, weed's palliative power owes to an in-built compatibility with the human body's endocannabinoid system—its largest neurotransmitter system—which is, in fact, named after the marijuana plant *Cannabis sativa*. "The endocannabinoid system is present in all of our organs," says Steven DeAngelo, author *The Cannabis Manifesto: A New Paradigm for Wellness*. "It's also the neurotransmitter system that processes cannabis. And it endogenously produces chemicals similar to, if not identical to, what the cannabis plant produces to maintain homeostasis."

...BUT NOT WELL ENOUGH, SAYS THE FDA

Though widespread anecdotal evidence points to a legitimate biological basis for the benefits of marijuana, the substance cannot be designated a true "medicine" until undergoing rigorous controlled trials by the U.S. Food and Drug Administration. And due to what many legalization proponents call bureaucratic heel dragging, that has yet to happen.

"The FDA has not approved any drug product containing or derived from botanical marijuana for any indication," reads a statement on the administration's website. "This means that the FDA has not found any such product to be safe or effective for the treatment of any disease or condition."



YOU DOPE!

Some ganja-loving athletes are just stoned-cold stup id. Take, for instance...

1/ Robert Parish

The ex-NBAer was nabbed for FedEx-ing a pack of weed to his house.

2/ Michael Phelps

The über Olympian lost \$\$ when sponsors saw a pic of him using a bong.

3/ Nate Newton

He was jailed post-NFL for having 213 lbs. then 175 lbs. of weed in his car.

4/ Chris Perez

The ex-Indian got caught mailing pot to his home—addressed to his dog.



BUZZKILL

DESPITE ALL ITS BENEFITS, CANNABIS HAS ALSO BEEN FOUND TO IMPAIR SHORT-TERM MEMORY, DECREASE ALERTNESS, ACCELERATE MUSCLE FATIGUE, AND RAISE THE RISK OF HEART ATTACK.

Moreover, users face certain risks that have grown only more acute in recent years due to the increasing potency of marijuana. Research shows that cannabis consumption—particularly in heavy doses (above 100mg) and for chronic users—can impair short-term memory and decrease alertness, limit lung capacity, and pose increased heart-attack incidence, especially for users with preexisting heart conditions. According to Ben Greenfield, an Ironman triathlete/fitness trainer/holistic nutritionist who wrote the best-selling biohack compendium *Beyond Training*, those risks should be taken seriously by athletes.

“For events that require fine motor skills, like tennis or golf, it could have a deleterious effect,” says Greenfield. “There are some suggestions that it could cause damage to the heart. One study published in the American Heart Association’s journal found that pot use can cause what’s called transient ventricular regional ballooning: TVRB of the heart, a form of cardio myopathy that can weaken the heart muscle and mimic symptoms of a heart attack.”

In terms of maintaining an athlete’s lung health, though, Greenfield says eating weed beats smoking it, hands down: “Edibles, vaping, patches, or mouth strips would be highly encouraged versus smoking.”

For her part, Sisley admits she was deeply skeptical of cannabis as a wellness tool when she first encountered it a decade ago among veterans suffering from PTSD.

“I consider myself a scientist,” says Sisley, who’s also a certified clinician for Major League Baseball. “I don’t advocate anything unless it’s based on data.”

But having spent the past six years conducting an FDA-approved medical-marijuana study on treating veterans with PTSD, for which she was given a \$2 million grant from the Colorado Board of Health, Sisley’s come to accept its “whole plant” medicinal value: “There’s

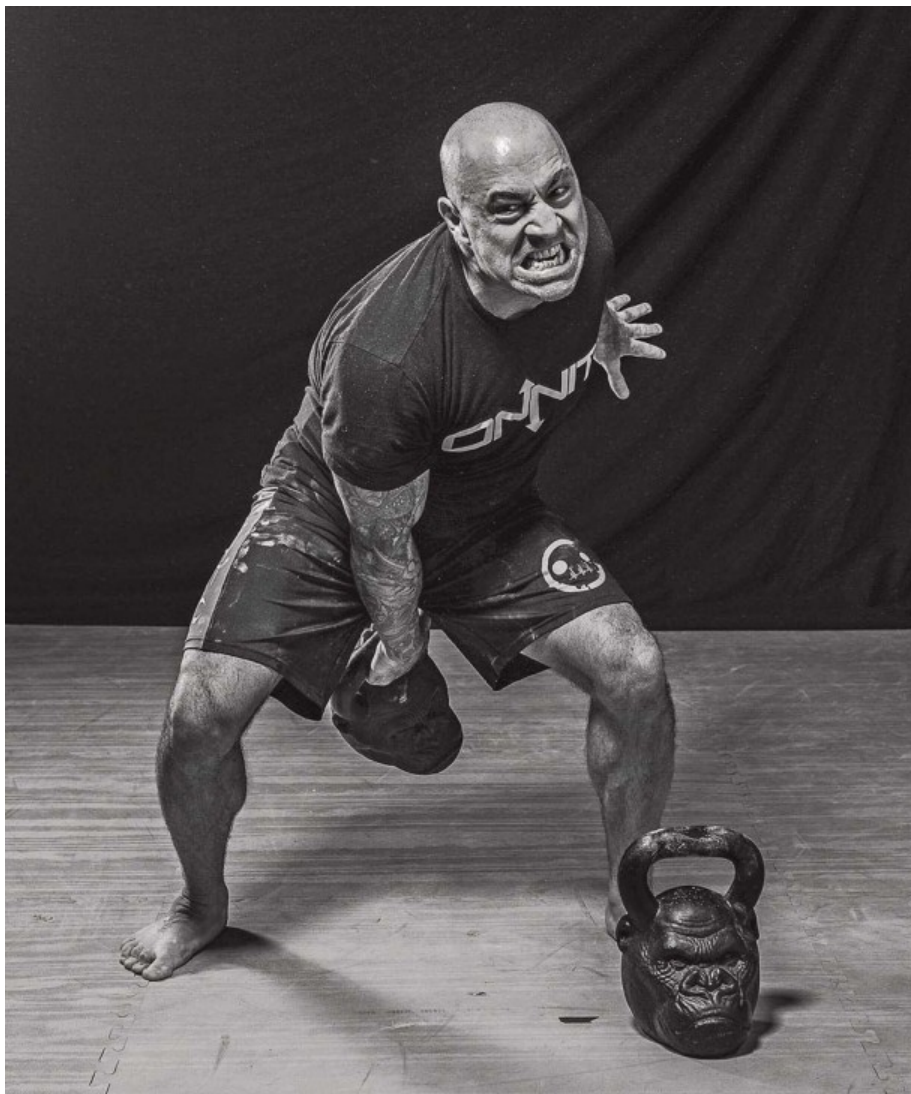
already substantial data suggesting that cannabis can promote neuroprotection,” says Sisley, who will begin a study on NFL players and medical marijuana use for CTE in late 2017. “And it can be really useful for athletes experiencing multiple head injuries. They could use it as a preventive tool for brain repair.”

REEFER MADMEN OF THE NFL

Exhibit A: Ex-Baltimore Ravens offensive tackle Eugene Monroe. Last year, Monroe

“Getting high and working out is one of the least talked about and least appreciated pleasures of fitness.”

JOE ROGAN



This page: Courtesy of Onnit; Opposite page: Howard Simmons

94 MILLION

Number of people in the U.S. who've admitted to using pot at least once

became the first active NFL player to openly advocate for the use of cannabinoids to treat chronic pain and CTE.

In June, however, Monroe was released by the team after publishing an open letter on the site *The Players' Tribune*, which pointed out the league's heavy reliance on opioids to get players back on the field. It noted that retired NFL players misuse prescription painkillers at a rate more than four times higher than the general population, and pushed for marijuana to be removed from the league's list of banned substances.

"I was at the opposite end at one point—the person who wanted no association with cannabis whatsoever," says Monroe, who retired last summer citing health concerns caused by the serial concussions he sustained over a lifetime of football. "Now I'm openly fighting for it. When cannabis is illegal and opioids are the No. 1 choice for managing pain, that's a problem. We need to let athletes consume cannabis to heal from injuries and manage pain and inflammation."

That point is echoed by Kyle Turley, a two-time NFL first-team all-pro and 1998 first-round draft pick. During his nine seasons as an offensive lineman for teams like the New Orleans Saints and St. Louis Rams, he sustained serious ankle, shoulder, and back injuries, which he says got him hooked on opioid pain medication. After retiring in 2007, he began having neurological issues, including suicidal depression and fainting spells, and the addiction escalated.

Finally, he swapped the meds for medical marijuana—and, two years ago, experienced a miraculous turnaround. "Cannabis saved my life, period," he says. "It's given me back my energy, my drive, my determination."

Now, as the NFL is mired in CTE lawsuits, Turley has become an outspoken advocate of overturning the league's cannabis ban. "The NFL's stance on this is terrifying. There's something on the sideline waiting to get in and save the game, and they don't seem to care," he says. "Are we going to get into the semantics of 'reefer madness' when the science is truly there?"

BLAZING THE TRAIL—THROUGH WASHINGTON?

But even the most 420-friendly sports evangelists will tell you that one size doesn't fit all when it comes to pot consumption. Given the hundreds of different cannabis phenotypes, Sisley says, user experiences tend to be "strain dependent," with different



varieties of weed provoking different levels of alertness—or paranoia—in users.

"Everybody reacts differently," she says. "That's why it's important to take it out of the shadows—to educate users and offer access to lab-tested cannabis. We want to enable athletes to come off the black market and find a strain that works for them."

Meanwhile, "microdoses" of pot are becoming more and more popular in the fitness community. Typically between 5mg and 10mg, these dosages are still large enough to trigger cannabinoids' positive effects, yet small enough not to stimulate its more negative ones.

But if new U.S. Attorney General Jeff Sessions has his way, pot laws will stay strict. He's made it clear he's a fervent foe of pot, stating last April, "We need grown-ups in charge of Washington to say marijuana is not the kind of thing that ought to be legalized." So it remains to be seen how he'll react if and when McAlpine makes good on his goal of taking Power Plant Fitness nationwide. (Three more California branches are in the planning stages.)

"Cannabis isn't for stupid stoners who sit on their asses and eat Taco Bell," he says. "There's a massive number of people who don't use it because it's not legal. When it becomes legal, and they hear of its benefits, they're going to want to try it. I'm creating this gym for the 'canna-curious,' to connect them with athletes who can serve as their sensei, or shamans, and ease them into a substance that can be intimidating."

As for ultramarathoner Avery Collins—who lives in Colorado, where liberal pot laws have given rise to a community of like-minded, toke-loving runners—he's passed from "canna-curious" to "canna-cool," and he doesn't give a damn who knows it.

GREEN BUCKS

Both athletes and celebrities are investing green in the weed industry

1 / FLOYD LANDIS (above)

Opened Floyd's of Leadville in Colorado, selling high-end cannabis oil and pharmaceutical-grade ointments.

2 / METHOD MAN & REDMAN

The *How High* stars partnered with the app BlazeNow to deliver weed in states where it's legal.

3 / CLIFF ROBINSON

Former Trail Blazer "Uncle Spliffy" is launching his own nickname-sake weed-grow biz in Oregon.

4 / DICK WOLF

The *Law & Order* creator put \$1.5 million into DigiPath, a Las Vegas-based provider of lab-testing and pot-education services.

5 / THE MARLEY FAMILY

To pay homage to the poster boy of getting high, the Marley Family launched Marley Natural.

"I couldn't care less, man. It doesn't bother me," he says about what people think. "There are a lot of elite athletes who use but refuse to say anything publicly because they're afraid they'll lose their big sponsors. But others are stepping out to say, 'I'm a cannabis user, and that doesn't make me a bad person.'"

Of his decision to forgo vaping during competition, he adds: "I want to follow the rules—and I don't like people making up excuses as to why I beat them." ■

Have you seen?



New fast-acting fat burner.
Exclusively at **GNC**
LIVE WELL

ultrisine.com



DRIVEN BY
MP
SCIENCE

YOUR BETTER-BODY BLUEPRINT

Edited by Michael Simone

BODY BOOK

Clusters let you work harder by giving your body brief respites of recovery time.

Shortcut to strength

YOUR 30-DAY, MUSCLE-JOLTING, NO-BURNOUT BODY PLAN

BY MICHAEL SIMONE // PROGRAM BY TIM MCCOMSEY // PHOTOGRAPHS BY PER BERNAL

HOW IT WORKS

Popularized in the 1970s by U.S. weightlifting coach Carl Miller, clusters—also known as interset rest periods—break sets of strenuous, strength-spiking lifts into shorter, more manageable bouts.

For example, instead of doing five sets of five reps using your five-rep max, you'd split the workout into four "clusters" of two reps, with brief rests in between.

Ultimately, you'll do more work, but it'll seem easier because your body will have time to "catch its breath" between clusters.

If you've spent the winter trying to pack on muscle but are looking to swap for something that'll help you burn fat before it's time to strut shirtless on the sand, consider working clusters into your routine for three to four weeks.

DIRECTIONS

For cluster sets, stick to a five-rep max. For regular sets, use weight that causes you to fail one to two reps shy of the designated number.

Tim McComsey is a personal trainer, dietitian, and the owner of TRYM FIT, trymfit.com.



1

Exercise 1B: TRX Row Pull.
The lower you set the handles, the harder the move will be.

DAY 1

60 min.

CLUSTER SETS FOR A SUPERSTRONG BACK

1A) TRX W PULL

Sets: 3 Reps: 10
Rest: 0 sec.

Set up the suspension trainer so that the handles are at about waist height. Using an overhand grip, beginning with the arms at a 90-degree angle to the body, pull the handles up toward the shoulders while moving the arms into a W shape, then slowly return to the start position.

1B) TRX ROW PULL ▲

Sets: 3 Reps: 10
Rest: 30 sec.

Lengthen the straps and hold the handles. Lean back with arms extended so that your body is supported by the trainer and only your feet are on the floor. Brace your core and hold your body in a straight line. With palms facing your feet, row your body up.

MODIFIED CLUSTER SET 1

2) WEIGHTED PULLUP

Sets: 5 (4 clusters of 2 reps)
Rest: 2 min. between sets;
10 sec. between clusters
Rep Max: 5

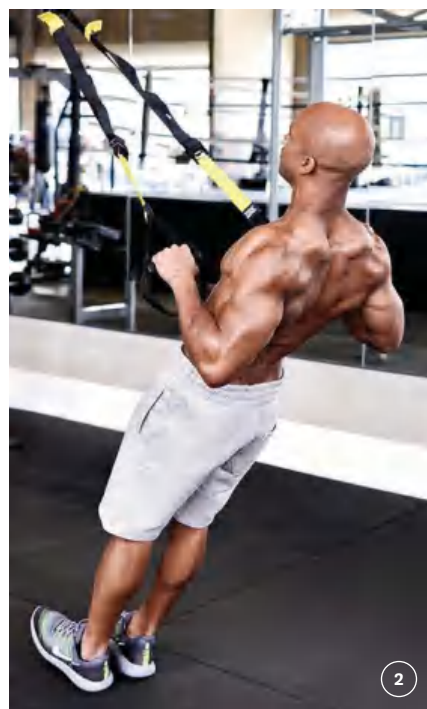
Attach a weighted belt to your waist and hold a dumbbell between your feet, or—if you can't complete your reps with weight—use your body weight alone. Hang from a pullup bar with hands just outside shoulder width. Pull yourself up until your chin is over the bar.

MODIFIED CLUSTER SET 2

3) BARBELL ROW

Sets: 5 (6 clusters of 2 reps)
Rest: 2 min. between sets;
15 sec. between clusters
Rep Max: 3-5

Grasp the bar overhand at shoulder width and let it hang in front of your thighs. Bend at the hips and lower your torso until it's nearly parallel to the floor. Bend your knees a bit to take tension off your hamstrings. Squeeze your shoulder blades together and pull the bar to your belly.



2

Grooming by Karen Pang

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Exercise 5: Dumbbell Incline Bench Row. Each week, rotate between a 30- and 45-degree incline.

4) UNDERHAND CABLE PULLDOWN

Sets: 3 Reps: 8-10
Rest: 45 sec.

At a cable station, grasp the bar at shoulder width with palms facing you. Pull the bar to your upper chest.

5) DUMBBELL INCLINE BENCH ROW ▲

Sets: 3 Reps: 10
Rest: 45 sec.

Grasp a dumbbell in each hand and draw your shoulder blades back as you row the weights to your sides.

If you have trouble getting through these routines, eliminate one set per exercise.

6) SEATED CABLE ROW

Sets: 3 Reps: 12
Rest: 30 sec.

Attach a lat pulldown bar to the pulley of a seated row station. Sit on the bench or floor with your feet against the foot plate and knees slightly bent. Keeping your lower back flat, bend forward at the hips to grasp the bar and row it to your sternum, squeezing your shoulder blades together in the end position. Extend your arms and feel the stretch in your back before beginning the next rep.

7A) TRX PIKE

Sets: 3 Reps: 10
Rest: 0 sec.

Adjust the TRX straps so your body is in a straight line when your feet are in the loops. Assume a plank position. Bend your hips and raise them high, legs straight. Return to a plank position.

7B) REVERSE CURLUP

Sets: 3 Reps: 10
Rest: 45 sec.

Lie faceup with palms and feet flat on the floor. Lift your hips up and drive your feet toward the ceiling. Pause, then slowly return to start.



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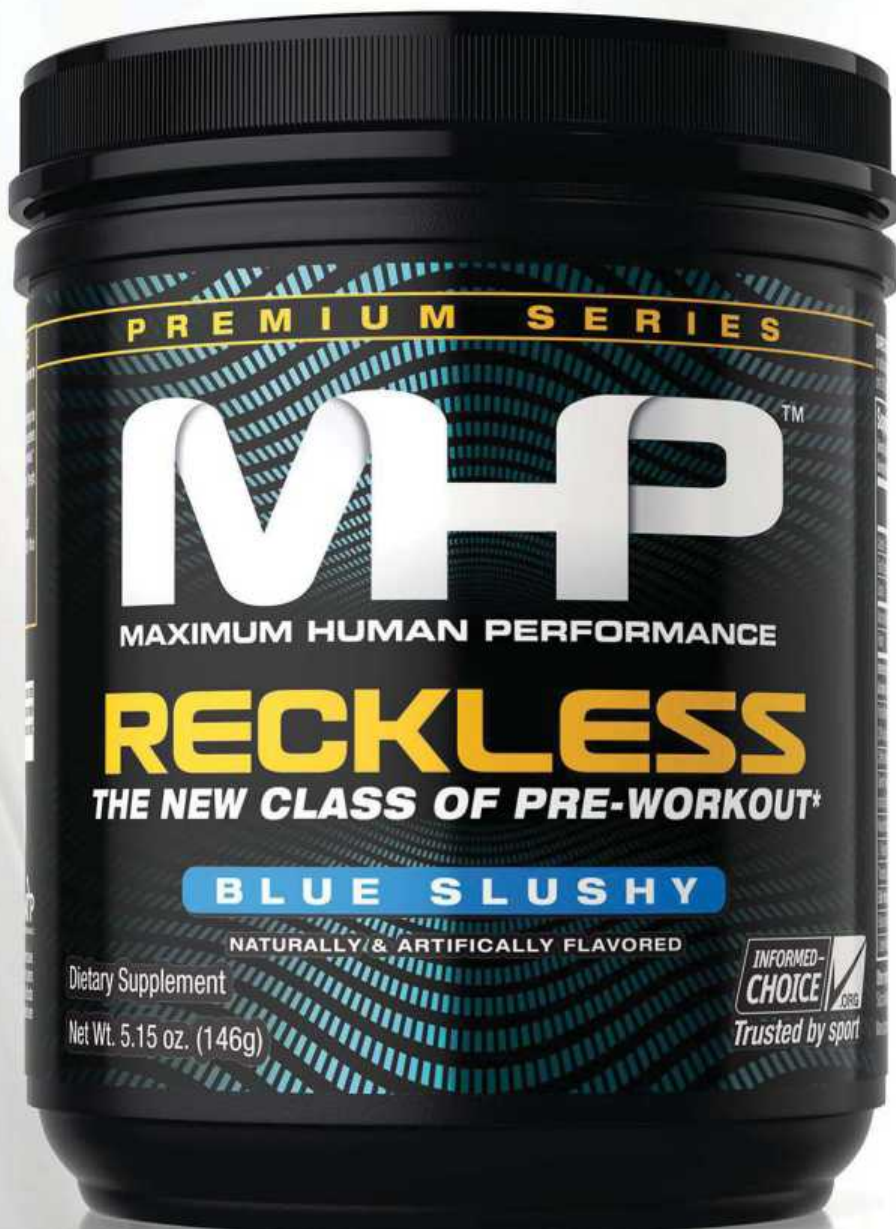
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DAY 2

60 min.

CLUSTER SETS FOR A SUPERSTRONG CHEST

1A) TRX PUSHUP

Sets: 3 Reps: 10
Rest: 0 sec.

Get into pushup position with your feet in the TRX cradles and lower your body until your chest is an inch above the floor. Return to the start position, keeping your abs braced and your body in a straight line.

1B) TRX FLYE

Sets: 3 Reps: 10
Rest: 30 sec.

Lengthen the straps to a point at which you would do pushups. Grasp the handles and get into pushup position, with hands under your shoulders. Your body should be straight and your core braced. Bring your arms out to your sides as if you were giving someone a bear hug. Lower your body until you feel a stretch in your chest and then bring your arms together again.

MODIFIED CLUSTER SET 1 2) BARBELL FLAT CHEST PRESS

Sets: 5 (4 clusters of 2 reps)
Rest: 2 min. between sets;
10 sec. between clusters
Rep Max: 5

Grasp the bar just outside shoulder width and slightly arch your back. Pull the bar out of the rack and lower it to your chest, tucking your elbows about 45 degrees to your sides. When the bar touches your body, drive your feet hard into the floor and press the bar back up.



Exercise 5: Flat Kettlebell Flye.
If this variation proves too difficult, switch to dumbbells.



Exercise 7B: Bicycle.
Take it easy on your spine—don't pull your head and neck forward.

MODIFIED CLUSTER SET 2

3) BARBELL INCLINE CHEST PRESS

Sets: 5 (6 clusters of 2 reps)
Rest: 2 min. between sets;
15 sec. between clusters
Rep Max: 3-5

Set an adjustable bench to a 30- to 45-degree angle. Grasp the bar just outside shoulder width, arch your back, and pull it off the rack. Lower the bar to the upper part of your chest and then drive your feet into the floor as you press it back up.

4) PUSHUP

Sets: 3 Reps: 8-10
Rest: 45 sec.

With hands at shoulder-width apart and your body braced, lower yourself until your chest is an inch above the floor, then explode up.

5) FLAT KETTLEBELL FLYE

Sets: 3 Reps: 10
Rest: 45 sec.

Lie back on a flat bench with a kettlebell in each hand. Keep a slight bend in your elbows and spread your arms wide, lowering the weights until they're even with your chest. Flex your pecs and lift the weights back to the start position.

6) CABLE CHEST PRESS

Sets: 3 Reps: 10
Rest: 45 sec.

Attach single-grip handles to the top pulleys of two facing cable stations. Stagger your feet for balance and press the handles from shoulder level.



7A) TRX OBLIQUE SWING

Sets: 3 Reps: 10
Rest: 0 sec.

From the pushup position with your feet locked in the handles, tuck your knees up and to the side; return and repeat on the other side.

7B) BICYCLE

Sets: 3 Reps: 10
Rest: 45 sec.

From the floor, pedal slowly. Alternate between pulling your left and right knee to your opposite elbow.



For more cluster sets, visit
mensfitness.com/clusters

DAY 3

60 min.

CLUSTER SETS FOR SUPERSTRONG LEGS

1A) TRX SQUAT

Sets: 3 Reps: 10
Rest: 0 sec.

Grasp the handles of a suspension trainer at chest level. Lower your hips down and back. Drive through your heels as you extend your hips and stand upright. Squeeze your glutes at the top.

1B) TRX HAMSTRING ROLL IN ▶

Sets: 3 Reps: 10
Rest: 30 sec.

Lengthen both handles to about or just below knee height. Lie on your back and place each heel of your feet in the foot cradles with legs straight. Bridge your hips up so your body forms a straight line, then bend your knees, curling your heels toward your butt. The closer you place your hands to your sides, the more support you'll get.



Exercise 1B: TRX Hamstring Roll In. Do not push off with your palms.



Exercise 3: Barbell Romanian Deadlift. Find barbells uncomfortable? Use a hex bar or kettlebells.

MODIFIED CLUSTER SET 1

2) BARBELL FRONT SQUAT

Sets: 5 (4 clusters of 2 reps)
Rest: 2 min. between sets;
10 sec. between clusters
Rep Max: 5

Grasp the bar with a shoulder-width grip and your elbows parallel to the floor. Take the bar out of the rack and let it rest on your fingertips. Step back and set your feet at shoulder width with toes turned out slightly. Squat as low as you can without losing the arch in your lower back. Drive your heels into the floor and return to the top.

MODIFIED CLUSTER SET 2

3) BARBELL ROMANIAN DEADLIFT ◀

Sets: 5 (6 clusters of 2 reps)
Rest: 2 min. between sets;
15 sec. between clusters
Rep Max: 3-5

Hold a barbell with a shoulder-width grip and stand with feet hip width. Bend your hips back as far as you can. Allow your knees to bend as needed while you lower the bar along your shins until you feel a stretch in your hamstrings. Keep your lower back arched throughout.

4) BARBELL SUMO SQUAT

Sets: 4 Reps: 5-8
Rest: 60 sec.

Set up in a squat rack or cage. Grasp the bar as far apart as is comfortable and step under it. Squeeze your shoulder blades together and nudge the bar out of the rack. Stand with feet outside shoulder width and turn your toes out 45 degrees. As you squat down, push your knees out and then drive your heels into the floor as you come up.

5) SINGLE-LEG ROMANIAN DEADLIFT

Sets: 3 Reps: 8-10
Rest: 45 sec.

Hold a dumbbell in one hand and stand on the opposite leg. Bend your hips back and lower your torso until you feel your lower back is about to lose its arch. Squeeze your glutes and extend your hips to come up.

6) BARBELL BRIDGE

Sets: 3 Reps: 8-10
Rest: 45 sec.

Lie on your back on the floor with legs extended. Roll the bar up your thighs until it sits on your lap. (You may want to place a towel on your hips for comfort.) Brace your abs and drive your heels into the floor to extend your hips, raising them until they're in line with your torso. Use the same weight as you did for the sumo squat. Simply slide your body under the bar after you've rested and begin the glute bridges.

7) SUPERMAN

Sets: 3 Reps: 10
Rest: 30 sec.

Lie flat on your stomach with arms extended in front of you. Slowly lift your legs and arms up in the air as high as possible, then return.

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PERFORMANCE INSPIRED PRODUCTS

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— Rob,
Cranberry Township Police Dept.

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— Amy

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"I have tried several in the past but, this protein is so clean tasting and easy to mix. I don't feel bloated when I use the product due to the digestive enzymes in it, smart! Will be my go to moving forward.**"**

— Rob

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TO CHARITY**

PERFORMANCE INSPIRED PRODUCTS



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Taking in specific supplements before training improves performance and results, and Explosive Pre-Workout is formulated to deliver. Citrulline (3g) and arginine (3g) allow your body to deliver more blood and nutrients to hard-training muscles. Creatine (3g) drives more intense muscle contractions, and beta-alanine (2.5g) improves muscular endurance and strength.



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Recover faster and spur muscle growth with PI's BCAA PLUS Post-Workout. This tasty, all-natural formula blends Branched Chain Amino Acids (BCAAs), grape seed extract, and trans resveratrol antioxidants to heal muscles quickly and prevent fatigue. Available in Berry Fruit Blast and Tropical Mango Delight, this flavorful, gluten-free training supplement is the natural way to bounce back fast after an intense workout.

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The doctor is in

Jason George may play a doctor on TV, but off-screen the former track star stays in peak physical condition through a steady mix of running, boxing—and the use of a crossbow?

By Chris Lee Photographs by Benjo Arwas

Jason George is on the treadmill in the fitness room of his L.A.-area home, a space with a 79-inch TV, a sofa, and exercise equipment, including an elliptical, the aforementioned treadmill, and a much-used Weider Crossbow. The seven-season *Grey's Anatomy* star is running at a brisk pace but not struggling to remain conversational as he describes his training preferences—all while clocking nine-minute miles.

"When I run the streets, it's always headphones in my ears, going hard, but when I'm in here, I binge-watch TV or movies," says George. "It's amazing how long you can stay active when you're watching Captain America kicking the crap out of somebody."

Throughout his 20-year career, the Emmy-nominated actor has always been comfortable with his body. George, now 45, once appeared "buck naked" in front of 200 people in a stage production during grad school at Temple University, beat out thousands in a nationwide casting search to portray a lifeguard on the daytime soap opera *Sunset Beach*, in 1997, and, until last year, pulled double duty as the requisite "hot guy" on ABC's *Mistresses* and as Dr. Ben Warren in *Grey's Anatomy*.

"A part of my job is the physicality,"

he says, "but that's not the point. Fitness helps me think better, feel better, and move better."

The 5'11" 200-pounder exercises at least an hour daily: cardio-based muscle building augmented by weekly boxing sessions and trail running in Hollywood's Runyon Canyon Park to strengthen his stabilizer muscles.

"I'll pop six or eight miles on the elliptical," he says. "After every mile or two, I'll jump off and bust [out] two minutes of ab wheel [rollouts] and a pushup-plank combo: I'll go down and hold a plank, pull the leg all the way up to the side, come down, and do it the other way. You have to just mix it up."

Growing up in a military family in Virginia Beach, VA, George practiced mixed martial arts. While at Temple, he branched out into yoga, tai chi,

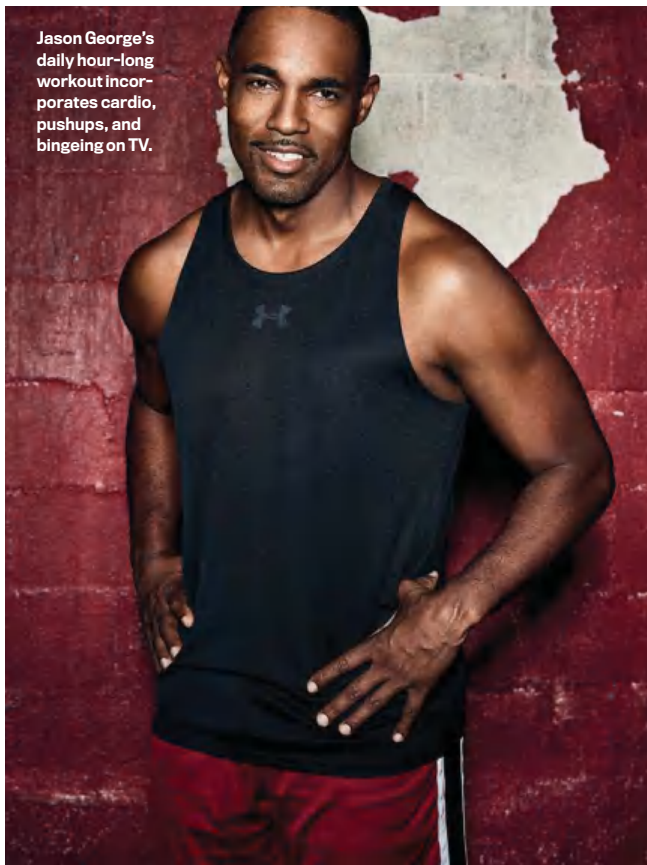
bioenergetics, and even dance. The result? A realization that gym training and acting work synergistically—especially when it comes to portraying a doctor.

"It's not like the average lawyer or doctor is a physical Adonis," he says. "But it is amazing how many intelligent, obsessed people are driven in their physical regimen as well."

Diet-wise, the actor adheres to Oscar Wilde's famous edict: "Everything in moderation, including moderation." "I'm a black man from the South. I like my food!" George says. "I'm a chicken and fish guy, but I throw a burger in once, maybe twice a week. I don't do carbonated drinks unless there's rum in them. And I tend to keep carbs out of my diet as much as possible."

And if a hectic schedule impedes his training, he'll

Jason George's daily hour-long workout incorporates cardio, pushups, and bingeing on TV.



▼
WATCH JASON GEORGE AS DR. BEN WARREN ON GREY'S ANATOMY, THURSDAYS AT 8 P.M. ET ON ABC.

improvise. "They've got golf carts that take people back and forth between their trailers and the set," says George. "I'll race the cart. It probably has a max speed of 30 mph. But I was the captain of my high school track team—I'll get there first!"



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Gauge your growth

Do you need a GH boost?
Find out by taking this simple quiz.

BY STEVE DOWNS

Hands up if any of the following describes how you feel or look lately: Your energy and vitality have been drooping; you've seen an unexplained increase in body fat ("What's that inner tube doing under my shirt?"); you've lost muscle mass and/or strength; you have less endurance than usual; the best way to describe your libido would be "nap time at a nursing home." ■ If you raised your hand at least twice, you may have a deficiency in human growth hormone. Nicknamed the "wonder hormone," human growth hormone—also called GH or HGH—is a peptide hormone that's produced in the pituitary gland at the base of the brain and plays a crucial role in everything from body height, brain function, and skin health to bone density, fat loss, and muscle growth. ■ Unfortunately, GH production peaks shortly after puberty, then goes on a steady—and, sometimes, rapid—downhill slide from there. ■ Are you being shorted (so to speak) in the GH department? Let's find out.

HGH: WHAT'S THE BIG DEAL?

As its name implies, GH is responsible for cell growth and regeneration. It's crucial for building muscle mass and bone density, but it also plays a major role in keeping all human tissue healthy, including that of the brain and other vital organs. It can even boost your sex drive.

When secreted, GH stays active in the bloodstream for mere minutes—just long enough for the liver to convert it into growth factors, the most crucial of which is insulin-like growth factor-1, or IGF-1. The main driver of tissue growth, IGF-1 synthesizes

amino acids and metabolizes fat and protein, which build muscle and burn fat.

In short, if you're not hacking it performance-wise, GH could be the culprit.

GET AN HGH HEADS UP

Clinical tests are needed to confirm a GH deficiency, but our short quiz (right) can give you an idea of your levels right now. If you find they're low, there are various lines of attack you can take:

For one, work on improving your sleep quality—it's then that your body secretes the highest amount of growth hormone.

After that comes exercise. A review of studies published

Nutritional intervention can naturally promote higher GH, research has shown.

in the journal *Sports Medicine* found that HIIT and resistance training stimulate GH production.

GIVE YOURSELF A KICK IN THE ABS

Whether you're hoping HGH will help you muscle up, slim down, sleep sounder, or get it on better, an efficient way to raise GH levels is with a supplement like Growth Factor-9.

Made by Novex Biotech, Growth Factor-9 is the only growth-hormone supplement clinically tested to increase serum GH up to 682% in two hours. This complex GH antecedent contains a patented ratio of growth-hormone-stimulating ingredients extensively vetted by researchers at a top U.S. university. What's more, it's backed by four clinical trials and 13 U.S. patents.

What makes it so effective? A highly specialized ratio of critical GH-building ingredients. See, the only way to directly add more GH to our body is by injection, which is illegal in the U.S. without a doctor's oversight and costs thousands of dollars. It's often abused in this way by athletes trying to gain an edge or

celebrities trying to stave off the horrors of aging.

But you can naturally up your GH by supplementing with certain precursors that stimulate secretion of the hormone—they include amino acids like glutamine, lysine, and ornithine. But the timing of taking these aminos, along with the amounts, is crucial and hard to follow faithfully. Growth Factor-9, however, eliminates all the guesswork. Packed with a proprietary combo with potent precursors, the formulation is easy to use and effective.

Take Growth Factor-9 before bed on an empty stomach. Combined with regular workouts, it can help turn your body into a GH-making machine. You may just find yourself looking and feeling younger, stronger, and more energized.



Growth Factor-9 is available at your local Vitamin Shoppe or GNC, or buy online at growthfactor9.com.

HiGH or low? Our HG quiz.

To find out if your HGH levels are on the up- or downswing, answer the questions below and score your answers from 1 (lowest, or "never") to 5 (highest, or "absolutely"):

- 1) Do you get eight hours of sleep?
- 2) Do you sleep deeply (as evidenced by dreaming)?
- 3) Rate your energy. Do you feel dynamic?
- 4) Rate your mid-section—how happy are you with it?
- 5) Rate how easily you produce visible muscle mass.
- 6) Rate your strength levels from six months ago and one year ago (two separate ratings). Do you feel strong?
- 7) Rate your endurance in the gym six months ago and one year ago (again, two ratings). How durable are you?
- 8) Rate your sex drive.

You should have 10 answers total. Add up the score, then read the analysis below:

- 40-50: GH levels are adequate, but supplementation could step up your performance.
- 30-39: Your GH needs a definite boost.
- 20-29: You have a marked deficiency.
- Below 20: You have serious work to do!

Built to perform

In fitness and in life, these Performix athletes embody self-motivation and determination By Shawn Donnelly

A cursory glance at the photos of Jay Maryniak, Mike Vazquez, Scott Mathison, and Andy Speer demonstrate something obvious—all four guys possess the self-motivation to train hard and live fit. Yet what the photos don't tell us is that, beyond outward appearances, the backgrounds of these men differ vastly: One is a capable breakdancer; another has overcome substance abuse. There's an aspiring actor, and one of the most in-demand personal trainers in New York City. • So it's fitting that the quartet found themselves aligned on Team Performix. • First recognized as an innovative supplement company that created Terra Intelligent Dosing technology—which ensures that athletes receive consistent supplementation throughout the day and never experience an energy crash—the Performix brand has expanded its reach by finding driven athletes with unique perspectives and personalities.

JAY MARYNIAK Instagram: @jtm_fit

■ Jay Maryniak adopted bad habits early—particularly getting intoxicated as an adolescent.

"I got into drinking and drugs when I was 11 or 12," he admits.

The downward spiral continued. "By age 20, I was in a bad place, and I'd almost lost hope."

A rehab stint helped turn things around: He got into shape and has remained sober for the past 11 years.

But sobriety wasn't his only challenge. After winning a Cross-Fit contest four years ago, Maryniak inexplicably fell ill and lost 15 pounds. A trip to the emergency room revealed why: He had type-1 diabetes. Untreated, the condition—in which the

pancreas produces little to no insulin—can cause high blood-sugar levels and damage the kidneys, nerves, and heart.

"My life changed," says the personal trainer from Bedford, NY. "I check my blood sugar eight to 12 times a day and give myself insulin with a pump. At first, I thought it was a curse, but it's become a blessing. Receiving messages from parents explaining how I've inspired their children—it's a beautiful thing."

GO-TO MOVE

DB Renegade Row

In a pushup position with your feet wide and a dumbbell in each hand, brace your core and row with the left arm. Return to start, and then row with the right arm.



THE TRUTH ABOUT GROWTH HORMONE

THINK ABOUT THIS: If human growth hormone didn't boost physical performance, increase muscle mass, reduce body fat, and enhance recovery, energy & endurance... then why has it been banned by virtually every professional and amateur sporting organization?



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‡Free standard shipping in the continental U.S.A. only. Individual results will vary. ©2017 All Rights Reserved. BR16188-9



SCOTT MATHISON Instagram: @scott_mathison_

■ A few years ago, Scott Mathison moved to Los Angeles to pursue a career in acting. It was a huge life change—and, after he discovered the outdoor fitness park near the Santa Monica Pier, it also became a huge change for his fitness regimen.

"I had just learned how to do muscle-ups and expected to wow people with what I could do," Mathison recalls.

But he was the one who was wowed by

the level of talent on display.

"Guys were doing flips and 360s. I was like, 'Oh, my God, I suck!' But it inspired me to learn one new move at a time, and I got hooked."

Now it's Mathison's array of acrobatic and aerial tricks that draws the crowds in Santa Monica. But there's still work to do, he insists.

"I want to be able to walk into any fitness location—a regular gym, a CrossFit box, a

parkour studio—and be good," he says. "I want to be the most well-balanced athlete I can be."

GO-TO MOVE Archer Pullup

Using a wide overhand grip, pull your body up so your upper chest is in line with the bar. Bring your body to your right hand as you extend your left arm straight out to the side. Repeat on the left side, extending your right arm, then return to the start position.

"Fitness is a lifestyle," Speer says. "It's about consistency over years."



ANDY SPEER Instagram: @andyspeer

■ Andy Speer worked at a pet store during his high school years. "I was into snakes and lizards," he explains.

Speer has come a long way since his reptile-wrangling days. A former pole vaulter at the University of Miami, he's become one of the most popular and respected personal trainers in New York City.

The secret to Speer's success, he says, is that he connects with his body and makes adjustments when necessary. "I stretch and perform mobility drills regularly—rolling my shoulders and ankles, stretching my calves, and standing on my toes. If the little muscles don't work, the big ones won't, either," he says.

Another tip: Build

fitness in your daily routine. "Fitness is a lifestyle," Speer says. "It's about consistency over years."

It's also about avoiding complacency.

"Along with doing the physical activities you enjoy, consider doing the things you may not love but know are good for you," he advises. "The more you do those activities, the easier they'll get."

GO-TO MOVE Man Maker

Get into a pushup position with a dumbbell in each hand. Do a pushup, row with one arm, then do another pushup, and do a row with the other arm. Hop to the standing position; finish with a hang squat clean to overhead press. Do not jump at the top. That's one rep.



MIKE VAZQUEZ Instagram: @michaelcvazquez

■ Mike Vazquez got serious about fitness seven years ago on the day his son was born. "I was always an athletic guy, but I'd let myself go," says Vazquez. "I wasn't working out. I was eating whatever I wanted. Life was getting worse, and I wanted to fix it. Above all, I wanted to be a

cool father. I decided to clean up my life and commit to fitness."

Vazquez began going to gyms and recording himself performing breakdancing moves and elaborate pushups. Although he got kicked out of a few gyms along the way, some of those YouTube videos went viral and helped him

build a sizable social media following.

"This was several years ago," he says. "At the time, nobody was doing anything like that. It was the right time, right place."

Vazquez now has nearly half a million Instagram followers. You could say he's turned into one cool dad.

GO-TO MOVE Shoulder Tap

Get into a pushup position with your legs spread wide for support. Brace your core and reach your right hand up to your left shoulder and tap it briefly. Repeat on the other side. Try to do 50 of them at a time.



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*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. *Based on Chocolate Fudge Flavor.



THE 40-20 CHALLENGE

TURN YOUR METABOLISM ON
FULL BLAST BY ALTERNATING
40-SECOND AND 20-REP SETS

BY MIKE SIMONE // WORKOUT BY WYATT KRUEGER
// PHOTOGRAPHS BY PER BERNAL

S

Sure, the hour or so we spend in the gym should be spent concentrating on getting strong. But who doesn't occasionally waste a few reps—or

entire workouts—fretting over a work e-mail that didn't get sent, a bill that didn't get paid, a right swipe that somehow went left...until finally you realize that the only thing you put 100% effort into was filling up your water bottle? Well, get ready: This routine is about to change all that.

HOW IT WORKS

Structured with both time and repetition components, this routine will force 100% effort from your body and mind at all times.

The first exercise has a time limit: You can't stop until time is up. That's followed

by a move with a rep goal. Don't even think about going on to the next move till you've hit your number. Then it's back to a timed move—you get the idea.

This methodical back-and-forth switch will keep your head in the game and your metabolism revved up.

DIRECTIONS

Do five rounds, with three minutes' rest in between.

Wyatt Krueger is a CrossFit Level 1 instructor and owner of CrossFit Amherst, crossfitamherst.com



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1) MOUNTAIN CLIMBER ▶

Reps: 40 sec. Rest: 0

With your hands and arms planted in the pushup position, drive one knee up to your chest and then quickly drive it back. Simultaneously drive the opposing knee up as the other returns. Repeat the process as quickly as possible.

2) ALTERNATING DUMBBELL CURL ▼

Reps: 20 Rest: 0

Stand holding a dumbbell in each hand. Without letting your upper arms drift forward, curl one of the weights while rotating your wrists outward so that your palms face you in the top position. Pause, then lower your arm to the start position.



Exercise 1: Mountain Climber. If this hurts your wrists, do it while gripping dumbbells to ease the pain.

Exercise 2: Alternating Dumbbell Curl. For a change of pace, switch to hammer curls.



3) SQUAT THRUST

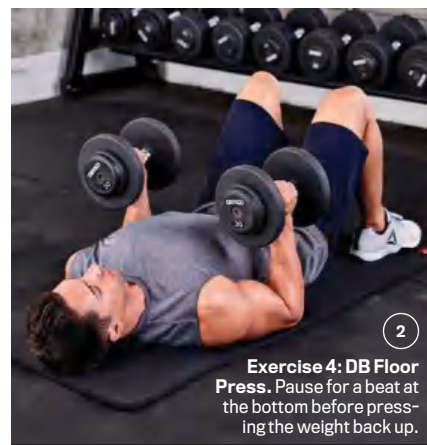
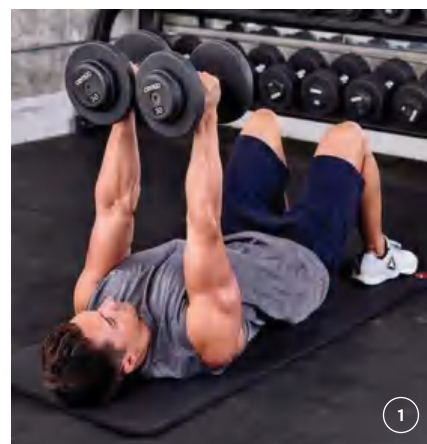
Reps: 40 sec. Rest: 0

Stand tall with your feet shoulder-width apart and arms hanging at your sides. Bend down and place your hands on the ground before hopping your legs back into pushup position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.

4) DUMBBELL FLOOR PRESS ▶

Reps: 20 Rest: 0

Lie on the floor with a dumbbell in each hand. Your palms should face each other and your triceps should rest on the floor. Explosively press the dumbbells up over your chest and squeeze hard at the top. Lower them until your triceps touch the floor.



Exercise 4: DB Floor Press. Pause for a beat at the bottom before pressing the weight back up.

Grooming by Karen Pang

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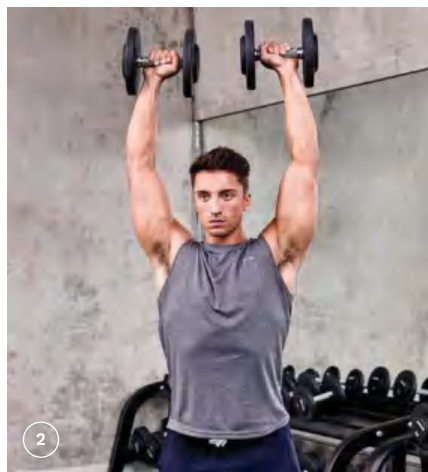
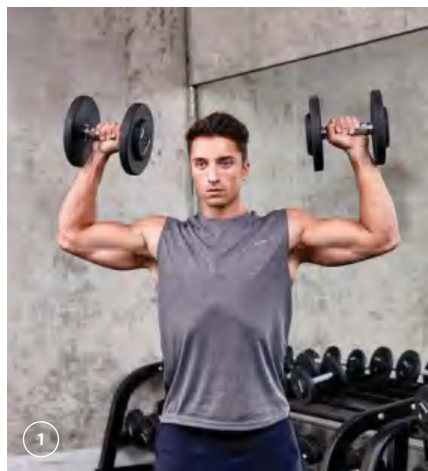


● Body Book Torch fat

5) REVERSE LUNGE

Reps: 40 sec. Rest: 0

Stand with your feet hip width, holding a dumbbell in each hand. Step backward with one leg and lower your body until your rear knee nearly touches the floor behind you. Drive back to the start position.

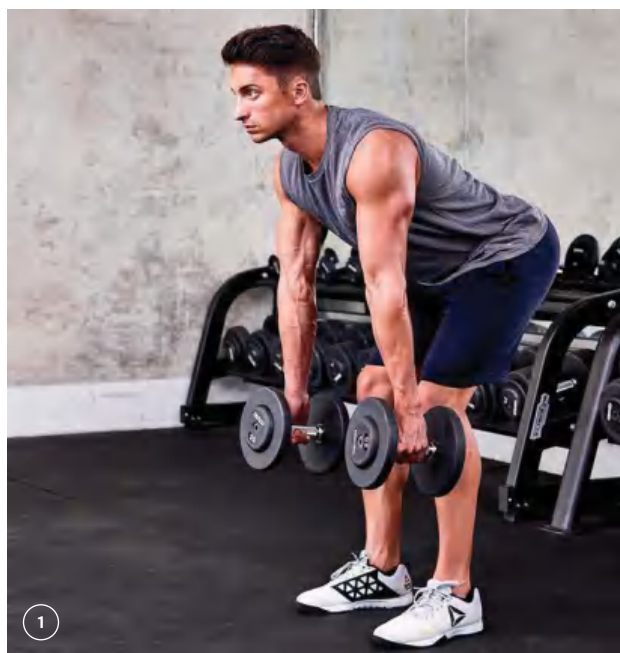


Exercise 6: Shoulder Press. On the descent, do not allow your elbows to drop below your armpits.

6) SHOULDER PRESS

Reps: 20 Rest: 0

Hold a dumbbell in each hand at shoulder level with palms pronated. Brace your abs and press the dumbbells overhead.



Exercise 8: Bentover Dumbbell Row. To change it up, perform alternating rows.

7) FLUTTER KICK

Reps: 40 sec. Rest: 0

Lie on your back with legs straight and extend your arms by your sides. Lift your heels about six inches and rapidly kick your feet up and down in a quick, scissorlike motion.

8) BENTOVER DUMBBELL ROW

Reps: 20 Rest: 0

Hold a dumbbell in each hand and bend your hips back until your torso is parallel to the floor. Draw your shoulder blades back and row the weights to your side.

If this challenge proves too difficult for you, try cutting the reps and time in half.

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How To: Get Rid Of Deep Belly Fat

LOS ANGELES (HH) – Researchers have announced a radical new technique that **not only fights potentially deadly belly fat, but also leads to slimmer waists, improved organ function, and perhaps, even a longer, healthier life.**

The only catch? The government wants to spend 5 years – and \$65 million – testing this technology.

But one doctor thinks that the technology is so effective, it is immoral to make people wait. So he's offering his patients a new version of the technique... now.

"The science has already been tested and it's effective," says Dr. Rand McClain, Chief Medical Officer at Live Cell Research. "I can't make people wait 5 years for something that could be helping them today." McClain is referring to a new field of health research that is said to activate a "master switch" inside your body's cells.

This switch controls when your cells store fat, and when they convert the fat into energy.

Control the "master switch," the theory goes, and you also control fat.

To researchers, this is far more than just an appearance issue. Scientists at Harvard and Johns

Hopkins Medical School recently stated that excess belly fat leads to diabetes, heart disease, cancer, and even early death.

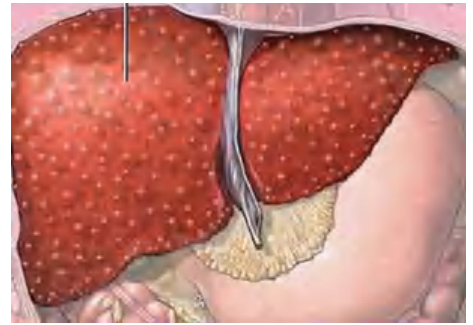
And it could be even more important to Americans who mistakenly believe that small amounts of exercise can radically change their bodies.

According to Dr. Todd Miller, professor in the Department of Exercise Science at George Washington University, "People don't understand that it is very difficult to exercise enough to lose weight. If that is why you are doing it, you are going to fail."

So a **new way to battle belly fat** – on the **cellular level** – could be the breakthrough the health community has been waiting for.

McClain feels the technique — which has been shown in clinical trials to actually alter specific cells in the human body — works best for people over 30, particularly those who may be experiencing excessive fatigue, weaker bodies, and even foggy thinking.

Best of all, McClain recently announced that he is making his method available – and affordable – to virtually all Americans.



With demand already high for his stunning technique, McClain created an online presentation detailing how the health breakthrough works.

You can watch the presentation here at **www.NoFat5.com**

This video has already caused a bit of an uproar, based in part on the honest, no-nonsense way Dr. McClain calls out both the medical industry and certain government agencies. One viewer commented: "This is so interesting...I had physical problems for years and had NO IDEA how easy it was to fix. Why did I not know this before? Rand is telling it like it is...we need more doctors like this!" But Dr. McClain's breakthrough has also caused some controversy.

When we reached out to others for comment, many stated that, as with any newly released technique, people should be advised to watch the entire video report before committing to such an unconventional solution.

Some some people worried... because if it works this well, it could put drug companies out of business."

See his presentation here >> **www.NoFat5.com**

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Finding the drive

When Sean Mahoney found himself with a wife, a new job—and almost 100 extra pounds, he said bye-bye to FryDaddy fries and hello to healthy bison

By Cassie Shortsleeve

In 2005, University of Arizona student Sean Mahoney clocked in at about 170 pounds. “I was in peak condition,” he says. But post-graduation, real life—marriage, a new job—hit hard. “The work was stressful, so I fought that with food,” he says. Paid company lunches didn’t help, either. He even slacked off at home: “Instead of cooking healthy, my wife and I ordered out because it was easy.” Four years out of school, Mahoney had gained almost 100 pounds. “I remember looking at the scale and thinking, ‘How did I do this to myself?’” It was time to get to work.

Realizing you’d gained so much weight must’ve been a rude awakening. It was—that, and going to buy new pants and seeing the waist size above 42.

What’s the first step you took to fix that? I joined a gym, one I actually wanted to go to. Seeing that money go out of my account each month, I’d tell myself, “Man, I’d better go!”

Was it tough to get back into it? Exercise had become nonexistent in my life. Except for some softball once or twice a week, I hadn’t worked out since 2005. So, yes, I had to start out slow.

What were your workouts like? I’d walk on the

treadmill, then to challenge myself more I added body-resistance workouts using the TRX and kettlebells.

What was the most trying part? The cardio. Unless I’m playing basketball or football, it’s not something I really enjoy.

Do you work with a trainer? Every two or three months I get a training session to learn a new routine, then I use that to create my own workouts.

How did you change your diet? I stopped using my FryDaddy to make wings and fries. And I cut out diet soda—aspartame really slows weight loss—and foods with



BEFORE:
265 lbs



SEAN MAHONEY

| | |
|--------------------|--------------|
| Age: | 33 |
| Home: | Chandler, AZ |
| Height: | 5'11" |
| Starting Weight: | 265 |
| Current Weight: | 172 |
| Total Pounds Lost: | 93 lbs |
| Starting Body Fat: | 48% |
| Current Body Fat: | 16% |

high-fructose corn syrup. I also started grocery shopping and cooking.

Plus, I began hardcore calorie counting; that made a huge difference. I had to figure out how to spend the calories on foods that’d keep me full and fuel me with energy like good proteins and fats.

Any cheat days?

On weekends we go out and have a beer or two, and I

don’t worry. We split a burger or pizza, but it’s quantity controlled.

Any newfound favorite foods?

Grass-fed bison. I substitute it for beef. You can’t tell the difference, but it has fewer calories, lots of protein, fats that are better for your heart, and vitamin B12 and iron. It makes you feel like you’re not on a restricted diet, which is why I love it.

How has your life changed since you started on this journey?

I don’t go out to lunch or out after work—I go to the gym. But it’s worth it, because on the weekends I feel free.

What’s been the best part of all of this?

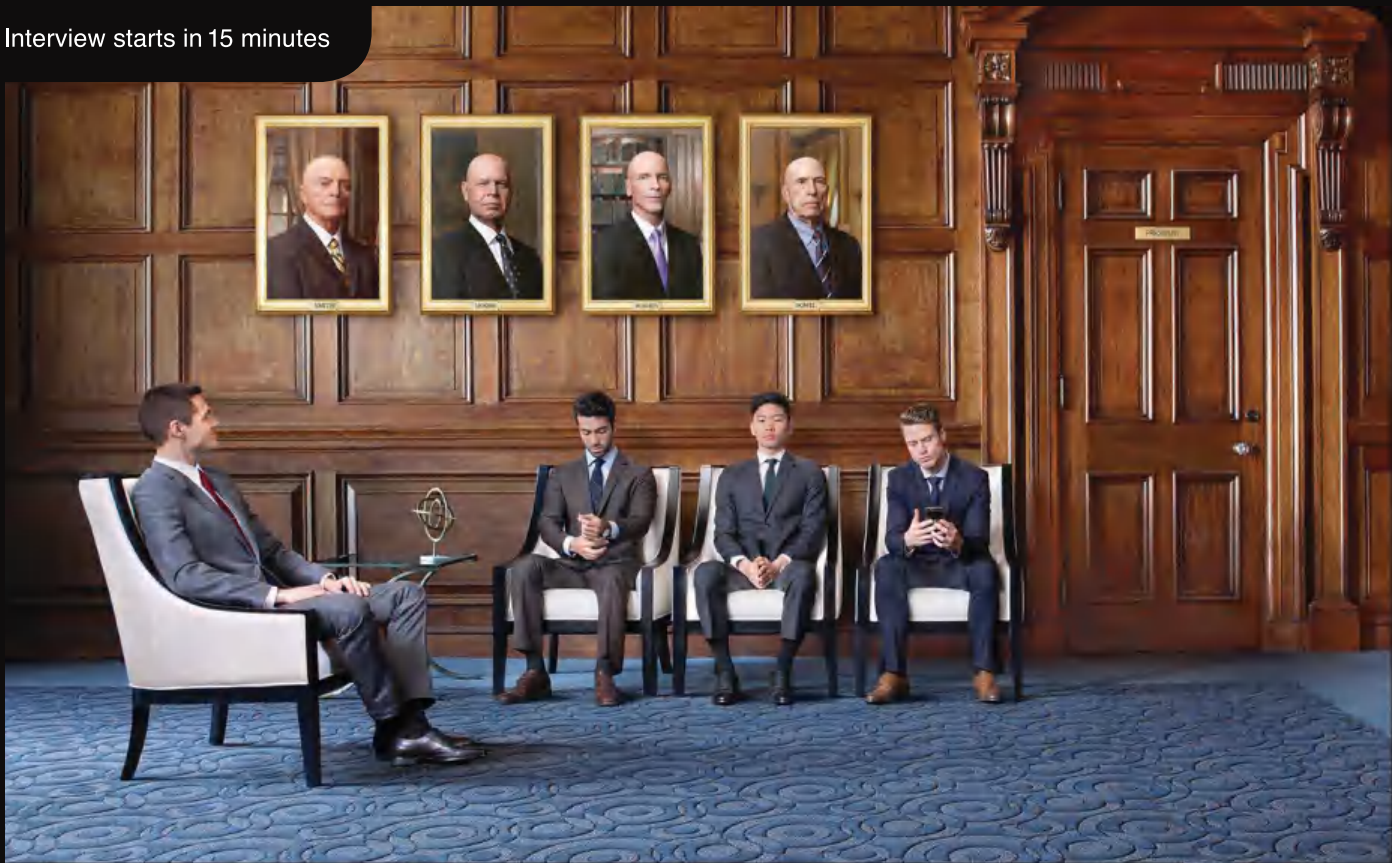
My wife and I were cleaning out a closet and found my Little League T-shirt. I put it on, and it fit!

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