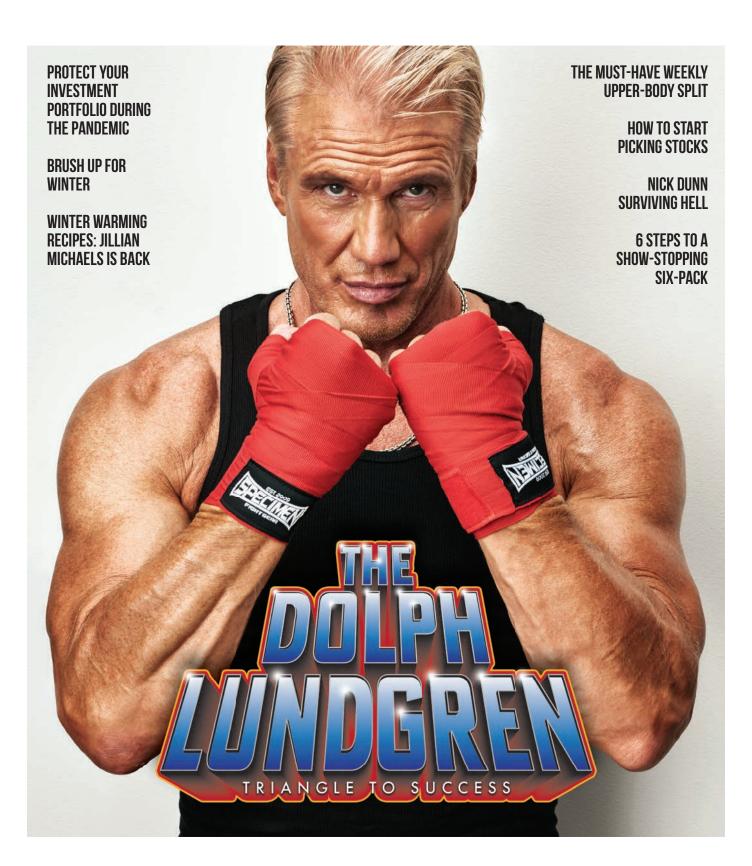
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OUR EXPERTS



DOLPH LUNDGREN

Hollywood icon "If he dies, he dies" Rocky IV actor Dolph Lundgren reveals his tried and tested 'triangle to success'.



MATT GREEN Arnold's protégé

Protégé to living legend Arnold Schwarzenegger, Matt Green provides a workout regimen inspired by the functional moves of our forefathers.



JILLIAN MICHAELS
TYTRAINER

The badass TV-trainer is back to share her seasonal winter warmer recipes with a healthy twist.



BROOKE ENCE CROSSFITICON

Real life Wonder Woman and global CrossFit star Brooke talks macros, training and being a female boss.



VICK TIPNES
BEST SELLING AUTHOR

Millionaire mogul Vick Tipnes reveals the #beobsessedorbeaverage mindset that affords him lambos and phantoms.



NICK DUNN TRUE SURVIVOR

Wrongly imprisoned for four harrowing years, ex-para trooper Nick Dunn shares his secret to remain positive when facing sheer melancholy.



MUSCLE AND HEALTH

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PRINTED IN UK BY: WARNER'S MIDLANDS PLC, THE MALTINGS, MANOR LANE, BOURNE PE 10 9PH. TEL: 01778 391000

DISTRIBUTED BY: MUSCLE AND HEALTH LIMITED

DIGITAL SUBSCRIPTIONS: SUBSCRIPTIONS@MUSCLEANDHEALTH.COM

PRINT SUBSCRIPTIONS: UK/EU: +44 (0) 207 293 0451

USA: +1 (646) 661 2860

MUSCLE AND HEALTH LIMITED, 1 & 2 HERITAGE PARK, HAYES WAY, STAFFS, CANNOCK, ENGLAND, WS117LT

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EDITOR'S LETTER

We're often told never to look back, but is it time for regression?

The days of children cycling safely in the streets or kicking a ball around the park in the open air have been masked by a grey cloud of political and economical smoke; at least for now.

Could casting our minds back to more liberal days help feed us the hope and positivity we all so desperately need? The days of attending sporting events in the masses, absorbing the electric atmosphere and feeling the roar of the crowd.

The best part of those days for me? Watching classic movies like Rocky, when true camaraderie was a reality. I'd often slip my running shoes on and listen to Eye of the Tiger as I gained speed along the icy roads of the rural British winter.

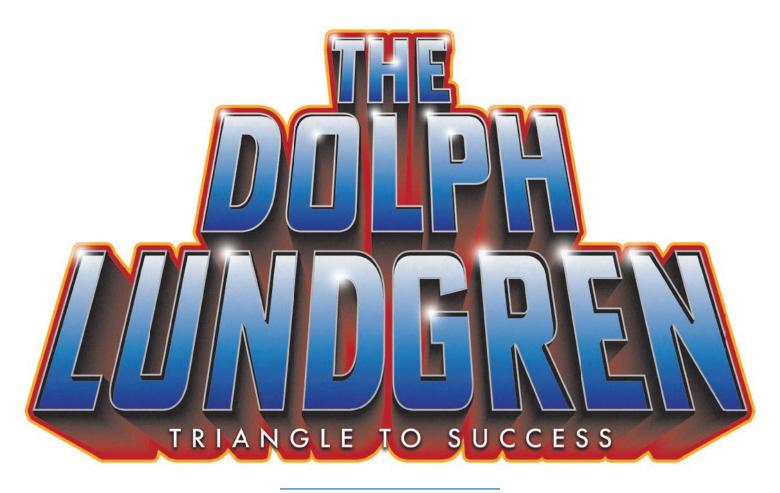
I wanted to believe those days gone by are a sign of days to come. I wanted to revive those magical sensations. Chatting to Ivan Drago would do the trick! I reached out to Dolph Lundgren himself and well, my prayers were answered and I remain hopeful that certain classics will survive and the future will be classic.

Why? Because Dolph was, and is, everything I'd hoped he'd be.
Untarnished by the bright lights of Hollywood, the Swedish action hero truly opened my eyes and broadened my perception of time.

and

@dannilevyfit





BY DANNI LEVY PHOTOGRAPHY BY PER BERNAL

ACTION STAR DOLPH LUNDGREN HAS MADE OVER 70 MOVIES AND AT 62, HE'S NOT DONE YET!

WITH A NEW APPROACH TO LIFE, A BEAUTIFUL YOUNG FIANCÉE, AND EVEN MORE FILM PROJECTS ON THE HORIZON, THE SWEDISH-BORN ROCKY IV STAR IS LOOKING AND FEELING BETTER THAN EVER!

"I think it's a combination of things," Dolph says when I hastily attempt to chip into his secret to eternal youth. If Zoom had a baby face filter, I'd believe he had it switched on!

"When you're talking about someone's looks, there's the facial structure and the muscles and all that kind of thing, but looks come from the inside as well," he says. "You can't expect to have a youthful body without the mindset to match."

Dolph first took up martial arts in his early teens and it was at this time he began to explore the relationship between his body and mind.

"I think the dichotomy between being a fighter and my laid-back nature is perhaps what helps to keep me young," he says. "Most people know me for saying 'I must break you' (as Ivan Drago) and running around with an assault rifle, but I guess I have two sides. My childhood was abusive, and my dad beat me a lot. I think a lot of kids who were beaten by their dads go into contact sports or the military because they're somehow trying to be strong and make up for that. On the other hand, I have a certain softer side to me and a search for the inner truth.

"I started martial arts when I was 14 years old and I had to learn to be a fighter, but I also had to practice the spiritual side of it. This seemed to give me some kind of inner peace and inner calm. Practicing karate and judo was an internal journey as well as a physical one. As I got older, I started to do a lot of meditation. I've always continued with that spiritual journey.

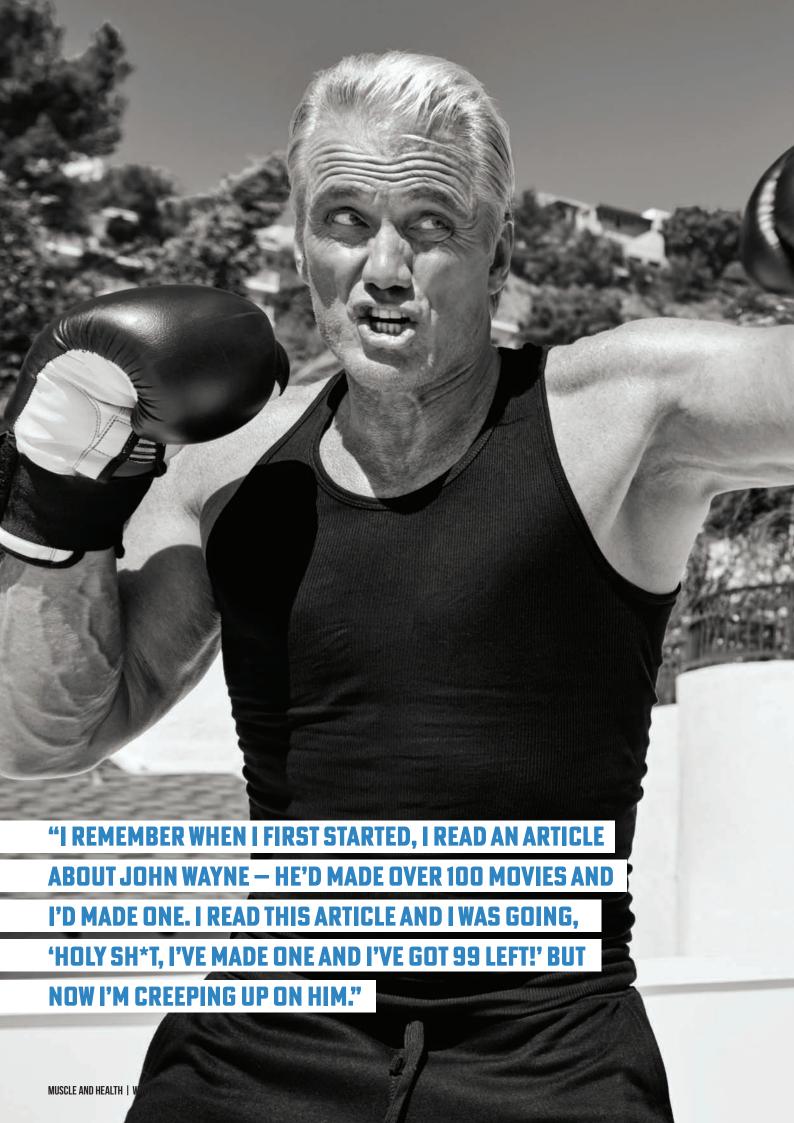
"I had a very tough time dealing with the trauma of my childhood up until about five years ago or so. I sort of went in both directions because of it, I guess. Most people who know me, know that softer side and the people who don't know me, don't."

"I HAD A VERY TOUGH TIME DEALING WITH THE TRAUMA OF MY CHILDHOOD UP UNTIL ABOUT FIVE YEARS AGO OR SO."

With over 70 movies under his belt, Dolph attributes this professional creativity to his ability to suppress pent up emotion and anger. But he wasn't born into a creative family and was encouraged to take an academic career path.

"I studied chemical engineering to





try to appease my dad," he says. "My older brother was an engineer and I wanted to impress my dad and get his love and acceptance too. I was intelligent as a kid and I channeled that into engineering. I got a scholarship to his favorite school, MIT, and at that point I thought 'well I've proven myself now' and I started to do some acting. I knew that engineering wasn't for me. It was a nice way to get out of Sweden, but it wasn't what was going to make me happy.

"I KNEW THAT ENGINEERING WASN'T FOR ME. IT WAS A NICE WAY TO GET OUT OF SWEDEN, BUT IT WASN'T WHAT WAS GOING TO MAKE ME HAPPY."

"My analyst (therapist) said, 'you can either hijack an emotion and use it as a fighter in a ring for a real fight, or you can use it for a movie character'. The problem is, you can hijack an emotion and use that, and you feel good for a while, but then three days later it comes back, and it starts running your life. In my case, I was very self-critical and self-destructive. There was a time in my life when I was drinking too much and doing dangerous physical feats. If you asked me to do anything a little bit dangerous I'd have said yes! Had I not have become an actor, I'd have been far more destructive for sure, and that would have ruined my life and my kids' lives. If you look at fighters and you look at their private lives they're usually not very stable.

"I've made over 70 movies now which is amazing. I remember when I first started, I read an article about John Wayne — he'd made over 100 movies and I'd made one. I read this article and I was going, 'holy sh*t, I've made one and I've got 99 left!' but now I'm creeping up on him."

Dolph enjoys meditation and

advocates a clean eating approach to fueling his body and mind. He has recently developed a work-life balance that he believes can slow the aging process.

"I'm usually super organized, but lately I've been trying to be a little more free-flowing with it all," he says. "I meditated more or less every day for six years or so, but now I give it a break every once in a while. On a typical meditation day, I get up anytime from say 6am. I used to get up at 4am, but that was like a masochistic approach! I try to meditate for 30-45 minutes depending on how much time I have, check some emails, and then train either before breakfast if I'm doing some cardio, or after breakfast with weights. If I'm filming, sometimes I'll train after work. Lately I've been going for a hike before breakfast or doing my cardio, then trying to chill for a bit on the couch and watch the news. I do some strength training twoto-three times a week, then go hiking or do boxing two-to-three days a week, so I train about five days in total.

"Food wise, I try to eat three clean meals a day and two snacks. I try to keep my protein intake over 100 grams a day. I don't eat meat-I eat fish and eggs. I'm pescatarian and I do use supplements and take protein shakes and bars sometimes too.

"THERE WAS A TIME IN MY LIFE WHEN I WAS DRINKING TOO MUCH AND DOING DANGEROUS PHYSICAL FEATS. IF YOU ASKED ME TO DO ANYTHING A LITTLE BIT DANGEROUS I'D HAVE SAID YES!"

"I try not to stress too much because that ages you more than anything. I was very stressed for many years. I'd get up and immediately go for a run, immediately

train and then immediately go to work and never took a break, and then after work go out drinking with friends. It was a vicious never-ending cycle and I had to stop because of various injuries and also I knew I couldn't go on like that. Two months ago, I was prepping for an exhibition fight in Vegas so then I was boxing two-to-three times a week, but that couldn't take place because of the COVID pandemic, so now I do about 15 minutes warmup and then 10 x three-minute rounds once a week, either with the bag or shadow boxing. I then do push-ups and sit-ups for three minutes on, three minutes off. It varies but right now I am doing one day a week or two and then hiking. Since I'm 62 1/2, I don't necessarily want to train every day all the time. I think it's better for your body to have a day off."

Having undergone double hip replacement surgery in April 2017, Dolph bounced back determined to maintain his strength and stamina.

"I had some more surgery five weeks ago, so I'm in the build-up phase at the moment," he says. "I have a film starting in five weeks with the British actor Scott Adkins, he's a martial artist I've made a couple of films with. It's about two guys who've become unlikely partners in this kind of heist they're involved in. I'm directing and because of that I am working on packing on some muscle."

DOLPH IS PERFORMING A 3-DAY SPLIT ROUTINE AHEAD OF HIS NEXT MOVIE ROLE

DAY ONE: BACK & BICEPS DAY TWO: CHEST, SHOULDERS & TRICEPS DAY THREE: LEGS

"I like doing supersets, especially for triceps," he says. "I don't like to lift super heavy. I find if I go too heavy it just makes me tired, I don't have time to recover and I don't get any gains from it. When you're 25 it's okay, but when you get to a certain age it's pointless trying to overdo it.

"WHEN I DID ROCKY IV,
IT WAS SIX MONTHS OF
HARDCORE TRAINING.
SLY AND I HAD A 10PM
CURFEW, BUT FOLLOWING
THAT STINT, I HAD TWENTY
YEARS OF LIGHTS OUT AT
4AM PARTYING! NOW I'M
BACK TO THE LIGHTS OUT
BY TEN."

"I did forty years of martial arts and a lot of my friends have had hip replacements as well. Thousands and thousands of roundhouse kicks full blast and fighting and sparring take their toll, so I had all that and it certainly crept up on me; that's when I had my hips replaced. About two years ago I was doing something stupid and one popped back out when I was doing Aquaman. They had to cut the scene and it was the same scarring to fix it, so ever since then I've been cutting out the kicks and mostly I do boxing now. It's obviously mostly upper-body, but you're moving around so you still get a full-body workout. I don't do super heavy squats or deadlifts but I can go heavy enough now that it helps me with age. I just don't do highs kicks or the splits anymore.

"I abused my body a lot through fighting and action movies and lack of sleep and I burned the candle at both ends, so now I have to be careful and take care of myself. I train less and I look and feel better. When I did Rocky IV, it was six months of hardcore training. Sly and I had a 10pm curfew, but following that stint, I had twenty years of lights out at 4am partying! Now I'm back to the lights out by ten.

"It's all about balance and selflove. You can go to Italy and see a guy who lives on red wine and pasta and looks great and then see a healthy guy in LA who looks older through stress, so it's about finding the right balance and happy point for you and trying to be relaxed in your approach. "I would say that right now I'm the most balanced as an individual I've ever been. It's so strange that I had to get to this age before I figured it out. Some people figure it out immediately and don't know what they had and then they lose it, others have it and keep it, and for others, like me, it takes a long time to figure it out. I'm a perfectionist and it took me time to put together all the pieces. My dad put me through trauma that caused me to carry a lot of negative emotion, but I found my happy place in the end.

"I LIKE DOING SUPERSETS, ESPECIALLY FOR TRICEPS," HE SAYS. "I DON'T LIKE TO LIFT SUPER HEAVY. I FIND IF I GO TOO HEAVY IT JUST MAKES ME TIRED, I DON'T HAVE TIME TO RECOVER AND I DON'T GET ANY GAINS FROM IT."

"Most people struggle to slow down and reflect. They're all running to try to get there quickly, but where are they trying to get to? Where are they going? We know there's an end, so what are people trying to do? The important thing is to try to learn to enjoy the moment. It sounds like a cliché, but I think you have to be in touch with yourself physically, mentally and emotionally and work on all those factors. It's a triangle.

"I'm trying to actively go in the other direction and reverse aging-I think it's part of my job and if I hit that triangle I can do that. I feel younger as a person than I did five years ago."

Following his divorce from Anette Qviberg, the mother of his two daughters and subsequent break-up from girlfriend Jenny Sandersson in 2017, Dolph was happy to focus on work and training outside of a relationship, but fell head over heels for Norwegian personal trainer Emma Krokdal, 24, whom he began dating in July 2019 and since became engaged to.

"I certainly didn't have in mind to meet someone new," he says. "I was almost the complete opposite! I wanted to be single and have a breather from the pain and the heartache of my last relationship and then Emily came along and I realized that a lot of young people have a really fresh outlook on life. The younger generation are going to take over the world and many 24-year-olds are very mature by then. Artists like Jimmy Hendrix and Bob Dylan had a very profound insight into life at a very young age. Back in the day, a lot of young women probably would have had like seven kids, but the world is a different place now. Emma trains me with the weights which is her speciality and I train her with the boxing. We're a perfect match.

"They say youth is wasted on the young and whilst that's not true for everybody- like Emma- it is true for me because I matured very late. I feel very lucky that I have someone like Emma at this age, it's changed my life and I hope I can give her the kind of help and support that takes a lot of time to discover and amass."

"I WOULD SAY THAT RIGHT NOW I'M THE MOST BALANCED AS AN INDIVIDUAL I'VE EVER BEEN."

"When it comes to training, Emma teaches me stuff I didn't know because there is a new approach to fitness now that I wasn't aware of. When I trained with Stallone back in the 80s it was very basic."

















AS A NATURALLY SKINNY KID, I WAS TEASED FOR MY LACK OF SIZE AND DEFINITION. AT THE AGE OF 15, I BEGGED MY FATHER TO TAKE ME TO THE GYM, SINCE I WASN'T OF AGE TO TRAIN ALONE. TO BEGIN WITH, I FOCUSED ON THE "POPULAR" LIFTS LIKE BICEP CURLS AND CHEST FLYES. I ATTEMPTED PRETTY MUCH EVERY FOOD HACK IN THE BOOK IN A BID

TO PACK ON SIZE, INCLUDING THE INFAMOUS GOMAD (GALLON OF MILK A DAY) APPROACH, BUT TO NO AVAIL.

I was sick and tired of trying my best and not seeing results. As I began to study and familiarize myself with the correct physical and nutritional approach, I quickly learned I'd been doing everything wrong. By the age of 18, I'd qualified to become a personal trainer. I went on to study kinesiology at university and became completely hooked on research.

I have now created a science-based approach and shared my knowledge with the world. My goal is to help the average Joe apply this knowledge to his/her own physiological needs.

One of the most common questions I'm asked is "how can I lose stubborn belly fat?"

A lot of trainers will tell you it's not possible. I beg to differ.

Here's how to make the impossible possible in three simple steps. All you need is perseverance!

Determine how long it will take you to lose your stubborn belly fat by choosing the photo that best represents your current body fat percentage.

You'll need to get to around 10% body fat to see a prominent six-pack. We will use the optimal rate of fat loss to ascertain how long it will take you to get there, based on your starting point right now. Most people are unaware of the physiological catch with belly fat that explains why it's so hard to lose when compared to other areas.



Compared to other areas your belly contains more subcutaneous fat cells that are very resistant and tricky to burn off.

The belly receives significantly less blood flow than most other areas of the body, making it more difficult to burn the fat. This is why the face, chest and arms burn fat more quickly and easily.

THE 3 STEPS:

1) MAKE SURE YOU'RE IN A CALORIE DEFICIT.

It may sound obvious, but this principle is the same regardless of where you need to burn fat. You'll need to combine this with lifting weights for best results.

2) MOBILIZE THE BELLY FAT SO YOU CAN START LOSING FAT FROM THAT AREA.

You will need to adhere to step 1 for long enough that the fat starts to come off from the belly because the body will prioritize burning fat from other areas first as it's much easier for your body to burn off fat on the chest and arms than it is on the belly. This is where people fall off the wagon, they don't stick to their calorie deficit for long enough that the body gets past this and begins



to target the fat on the belly. Don't get frustrated and quit prematurely. Although there may not be much of a change at first, if you stick to the plan that little bit longer you will finally see the fat loss from your belly. Give your body the opportunity to mobilize that stubborn body fat and ride it out for long enough that your body has stripped off sufficient fat from other areas that it now needs to rely on belly fat for fuel. There is a scientific connection between the amount of fat on your belly and your abdominal blood flow. Once you start getting leaner on your belly, the blood flow to that area will increase to use that fat for energy.

3) CHOOSE THE RIGHT EXERCISES TO SPOT REDUCE FAT FROM THE BELLY.

Perform abs exercises to build up the abs so they become more visible, even when carrying more belly fat. This way you won't need to get AS lean to get your six-pack to pop the way you want it to. Use weighted abdominal exercises with progressive overload, just like you would with any other area of your body.

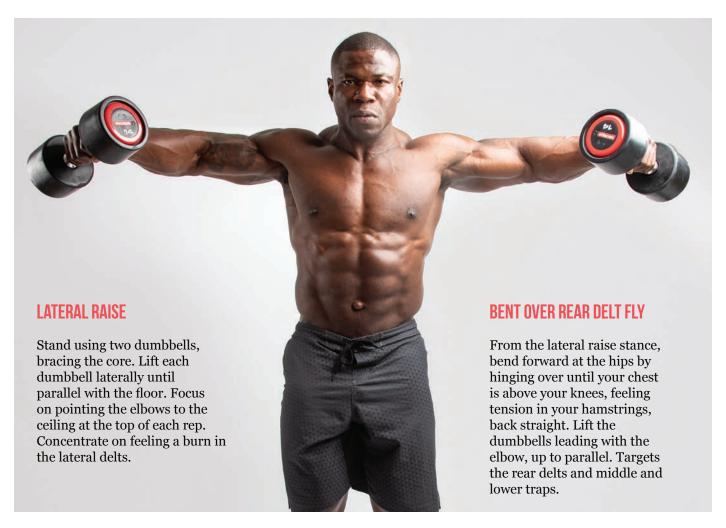
STUDIES DO SHOW YOU CAN SPOT REDUCE FAT FROM YOUR BELLY.

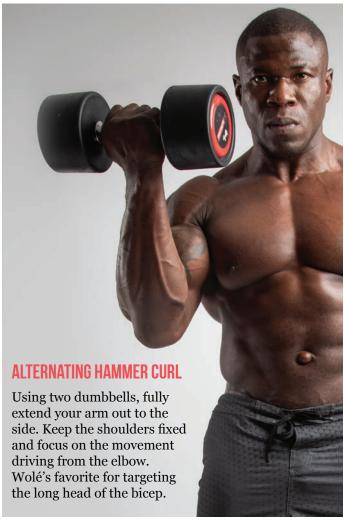
by exercising the muscles around the belly to increase the blood flow there and then follow up with low intensity cardio which prioritizes burning fat that's been mobilized from that area. You could, for example, perform an abs workout first and follow that up with 30 mins of low-intensity cardio to burn off the fat that's been mobilized. These studies are relatively new, but there is science to support this theory.

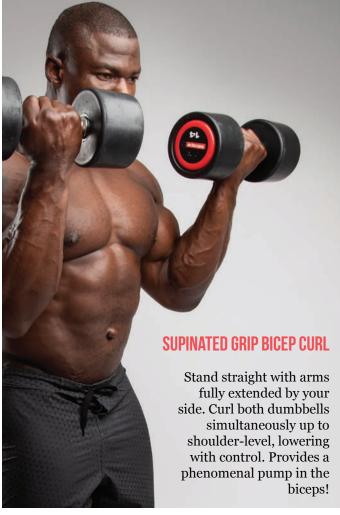
Source: https://www.ncbi.nlm.nih.gov/pubmed/28497942













SLICKED BACK

For those with short or long hair, where a hairdryer can be used to slick the hair back off the face before finishing with a gel or serum for hold or shine. This is a very sophisticated look and is great for men who like that professional, businessman image. A great look as it works for most face shapes.



SIDE PARTINGS

Side partings are a great way for men to change up their look, particularly if they are used to a middle parting, as changing to a side parting can give their hair added volume. Side partings will continue to become popular as we head into the winter season and there are so many ways these can be incorporated into men's hairstyles, whether they have short or long hair.

A quiff, fade or comb over style also looks particularly great paired with a side parting, adding more drama to the look and giving it a more contemporary finish.



BRUSH UP FOR WINTER

BRITISH MEN'S HAIRDRESSING AWARD-WINNER JIM SHAW SHARES HIS TOP 5 HAIRSTYLE PREDICTIONS FOR WINTER 2020.



BUZZ CUT

A lot of men will have experimented with the buzz cut during the lockdown period and shaved off all their hair as it got too long and unruly. I think a lot of men will have been surprised that they could pull off this look and also would have loved how low-maintenance this finish is with no styling required. If a client is interested in trying this in the salon, we normally advise to start with a clipper on number 3 or 2 and then they can see how they feel before cutting this any shorter and perhaps going to a number 1.



Photographer: Tony Le-Britton Hair: Jim Shaw using American Crew American Crew UK Make-Up: Roseanna Velin Styling: Bernard Connolly







LONG AND WAVY

During the lockdown period, we noticed men either shaving all their hair off or allowing their hair to grow long and embracing it. I think a lot of men were surprised at how much they liked the longer length and how much easier it is to style. Now, more men are starting to come into the salon and keep their hair slightly longer. Instead of opting for a complete restyle, they have just been trimming their hair or asking for advice on styles to suit the longer length. Waves are a hairstyle that we have seen become more and more common and I think this will definitely continue into winter 2020. Men love to have hair that's easy to style and all that's required for this look is a simple texturizing spray like a salt spray to give the hair more of a wave and some volume and grit. This is such a casual yet cool hairstyle and will be a huge hit with men due to it being very low-maintenance.





SHORT AND TEXTURED

As we approach the winter season, men's hairstyles are definitely becoming more low-maintenance, textured and soft.

With this in mind, those who prefer shorter hairstyles will be looking at adding more texture into their style and we will notice a lot of men asking for layers within their short hair to do this or requesting more of a Caesar style haircut, where the hair is faded on the sides and thickness and texture is left on the top.



Hair: Jim Shaw and Daisy Carter Styling: Jim Shaw Photography: Tony Le Britton Makeup: Roseanna Velin

PREP YOUR SKIN! WINTER IS COMING

YOUR SKIN HAS ENDURED THE SUMMER MONTHS, STUCK WITH YOU THROUGH LOCKDOWN AND HELPED KEEP YOUR BODY COOL DURING THOSE GRUELLING WORKOUTS. NOW IT'S TIME TO GIVE SOMETHING BACK TO YOUR EXTERIOR LAYER.

"Cold weather and low humidity levels during winter results in dry air. This draws moisture away from the skin, tightens the pores and reduces blood circulation, " explains Vivian Lau, founder of Vitruvian Man.

"With the reduced blood circulation, the skin's natural protective oil- sebum production will decrease, leaving the skin feeling dry and for some even cause cracked skin. Hence, regularly moisturizing your skin and drinking more water during winter will ensure that you're always well equipped for any environmental challenge."

Treat your skin to the ultimate winter prep package, with our choice of top frost-friendly offerings for this season.



FACEGYM TRAINING STICKS

Applied to the face before exercise, the motion activated Training Sticks produce better results for your skin, the harder you go in the gym.

\$49.81 facegym.com

VITRUVIAN MAN SKINCARE

Luxury organic skincare for the modern man to feel calm and confident on the inside and radiate on the outside.

Supreme eye cream \$81.27 Cleanser & toner \$41.28 www.vitruvian-man.com

BRAUN SERIES 7 70-N7200CC

Advanced AutoSense technology also reads and adapts to beard density, giving the most efficient, precise and effortless shave to date from the brand.

\$426.93 from various outlets



CURRENTBODY SKIN LED LIGHT THERAPY MASK

This fully flexible device delivers the perfect dose of LED light to the skin to penetrate deep into the skin's surface to boost circulation, stimulate the production of collagen and even skin tone.

CurrentBody Skin LED Light Therapy Mask is available for \$452 from currentBody.com







OVERCOMING THE SCARCITY MINDSET

BY SAMANTHA YARDLEY

VICK PITNES IS THE UNDISPUTABLE
PERSONIFICATION OF RAGS TO RICHES. RARELY DO YOU MEET SOMEONE
WHO OOZES CHARISMA QUITE LIKE
THIS GUY, THE MEDICAL TECHNOLOGY
MOGUL WHO DOMINATES IN HIS FIELD
AND HAS REAPED THE FINANCIAL
REWARDS AS A RESULT. WITHIN THE
FIRST COUPLE OF MINUTES OF OUR
INTERVIEW, I'M POSITIVELY ENTHRALLED AND IT BECOMES PAINSTAKINGLY CLEAR THAT WITH A MINDSET LIKE VICK'S THERE'S NO WAY HE
WAS SETTLING FOR ANYTHING LESS

THAN LAMBOS AND PHANTOMS...

"I remember in 2015 I pulled over on the highway crying because I had \$78 left in my bank account" begins Vick with refreshing honesty. "I'm a blue-collar guy; I came from no money" he reveals. It emerges that a mere six years ago, Vick was barely making ends meet, bringing in \$700 a week and facing financial destitution.

"I sold everything I had in my house. I had no furniture; my mattress was on the floor. It was a really bad situation. To top it off, I had just got divorced. You name it. It was it was happening to me" he recalls earnestly.

So, how did Vick turn his situation

around so starkly and in such a short period of time? "The big shift that happened for me was when I went from thinking in scarcity to thinking big" he explains. "People think, 'what's average' and 'what's normal' and shoot for the status quo as a goal. And they usually end up a little lower. It wasn't until I started thinking big that I saw rewards."

"BEING NORMAL AND BEING AVERAGE ISN'T GOING TO GIVE YOU SECURITY"

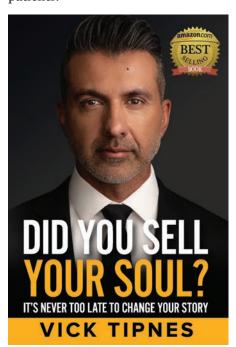
"Being normal and being average isn't going to give you security. In today's environment, you must think in abundance" muses Vick wisely. "If you're seeing 1,000 clients a month, aim for 10,000. Because if you're just

humming along and everything is normal, and average, and a catastrophe hits you... you're done. You want to crawl into a cave because you're scared about what's going to happen. However, if you're so big and your abundance is so large, you're making way more money than you then you need and then you can breathe a little bit."

Today, Vick has over 200 employees at his firm Blackstone Medical, which specializes in providing a home monitoring solution for sleep apnoea, "we've grown in leaps and bounds and have been an Inc 5000 company for four years in a row" he gushes.

"I started Blackstone Medical Services in 2012. Literally, just with this idea that I was going to provide a product and service for testing people that suffered from sleep apnoea, it's a disease that affects your ability to breathe at night. Typically, if you get tested, you have to go to a hospital or to a sleep lab, so I developed a product that allows you to get tested in your home" explains Vick. "The product is the size of a cell phone, we ship it to your house, you do the test, send it back to us and our physicians diagnose you.

"I started in my kitchen, I knocked on doors; getting doctors to refer business" he says humbly. "Through a lot of hard work, consistency and being persistent. We grew to be the largest provider in the US across 50 states and we serve over 165,000 patients."



And so, to the all-important question... what can our readers do to implement change to achieve real success? "I think you have to take where you are now and just decide; are you happy? Most people will say 'no', if that's the case, then you have to start thinking bigger! You can't level up in life, your income, your abundance and security unless you're willing to think big. Push that envelope otherwise, you're just you're going to be this normal, average man."

"I SEE A LOT OF PEOPLE THAT FAIL BECAUSE THEY'RE LAZY. IF YOU WANT BALANCE, YOU'RE NOT GOING TO BE SUCCESSFUL."

Vick asserts that reaching mediocre levels of financial success is, in fact, the riskiest situation of all, leaving people in danger of becoming complacent. "Being comfortable is definitely a disease. I wake up every day like the rent's due" he says. "You'll be surprised how many people are just not willing to put in the effort. They're not willing to wake up at six in the morning to go work out. They're not willing to stay late. They're not willing to go meet with somebody on a Saturday or a Sunday because it cuts into their personal time or whatever BS. I see a lot of people that fail because they're lazy. If you want balance, you're not going to be successful.

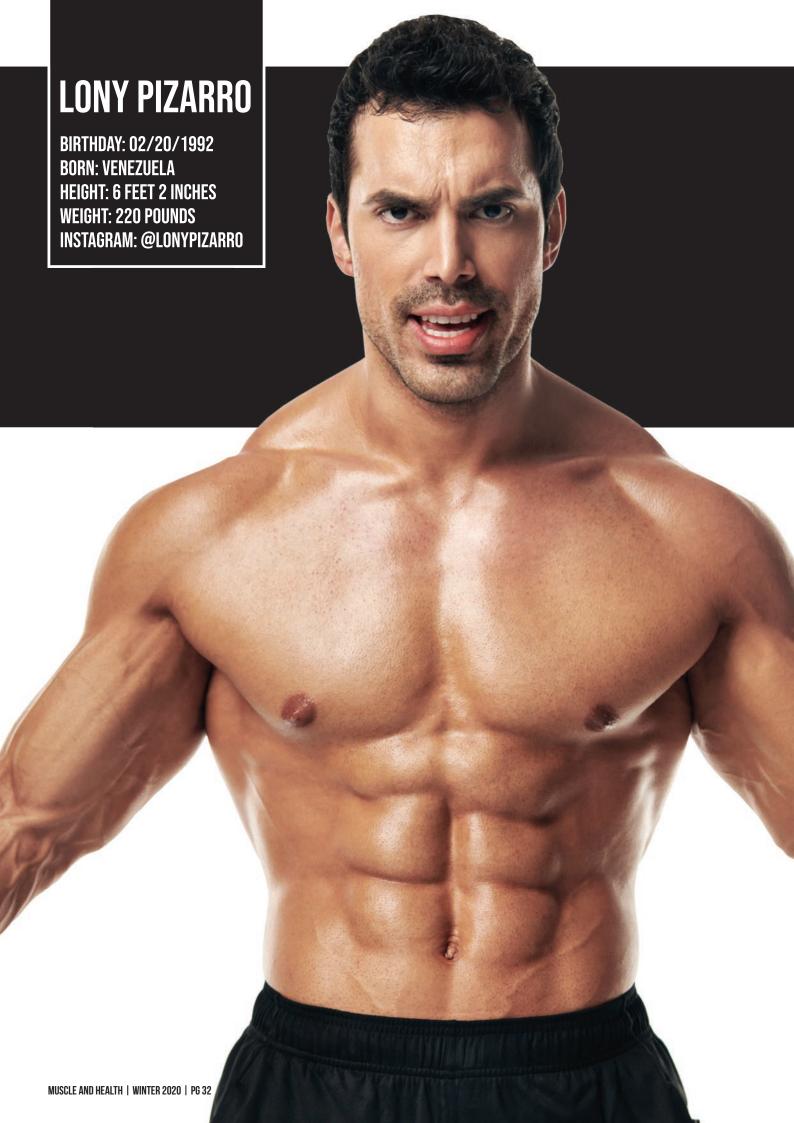
"I WAKE UP EVERY DAY LIKE THE RENT'S DUE"

"What are you willing to tolerate? Are you willing to tolerate not having money? Are you willing to be reasonable about it? If you can't go buy what you want or help your family, that's your decision. There's some things you have to wait for; I wanted a Rolls Royce. I wasn't going to get it in 2012 but I've got it now. Some things take time.

"I highly encourage people to not be reasonable. You decide. There's no finish line, it's an everyday constant vigilance."

Vick's book Did You Sell Your Soul? Is available on Amazon.





STEPS TO A SHOW STOPPING SIX-PACK

BY DANNI LEVY / PHOTOGRAPHY BY PER BERNAL

LONY PIZARRO TRAVELLED TO THE US AS A FRAIL, BULLIED IMMIGRANT FROM VENEZUELA IN SEARCH OF THE AMERICAN DREAM. THROUGH SHEER HARD WORK AND DETERMINATION, HE BECAME NYC'S NEXT TOP FITNESS MODEL.

"Together, we can show the world how to live the life of their dreams and fight unprecedented rates of obesity, heart disease and diabetes," he says. "Life is full of unlocked potential."

Ramp your core workout up a notch and build abdominals that push against the skin by performing Lony's ab workout as a twice-weekly circuit.

AVOID MAKING THESE 3 COMMON MISTAKES TO TAKE YOUR ABS TO LONY'S LEVEL!

DON'T TRAIN YOUR ABS LIKE THE REST

OF YOUR BODY

The last thing you want is a big blocky waist. What you're really after is a shredded, lean six-pack. In order to achieve this, focus on burning off that fat that's covering your abs, whilst simultaneously strengthening the muscle fibers. This can be achieved with high repetitions and reduced rest periods.

DON'T RELAX YOUR CORE

Engage your core at all times. It's important to maintain tension when performing each and every movement. Your focus should be put on feeling the muscle working with each repetition. Most people don't truly learn this for many years and when they finally do, they start seeing results!

DON'T JUST FOCUS ON ONE MUSCLE

Learn a little about the human anatomy. You don't need a degree, but it is crucial to understand the abs are made up of six major muscle groups and the fibers run in different directions. These include the rectus abdominis, transverse abdominis, and external and internal obliques. Each muscle performs a different action, such as trunk rotation, spinal flexion, or stabilization.

FOR MORE GREAT WORKOUTS VISIT

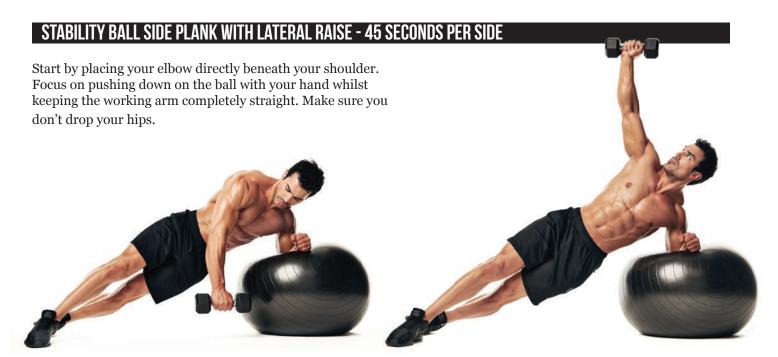
WWW.MUSCLEANDHEALTH.COM

KNEELING SUPERMAN WITH CROSS BODY CRUNCH - 30 SECONDS PER SIDE

It's very important you round your back resulting in spinal flexion and fully extend by reaching forwards and kicking back as far as you can. Imagine you're reaching for the walls.





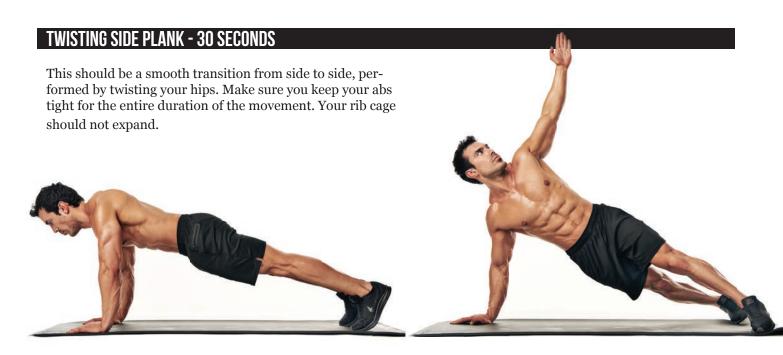


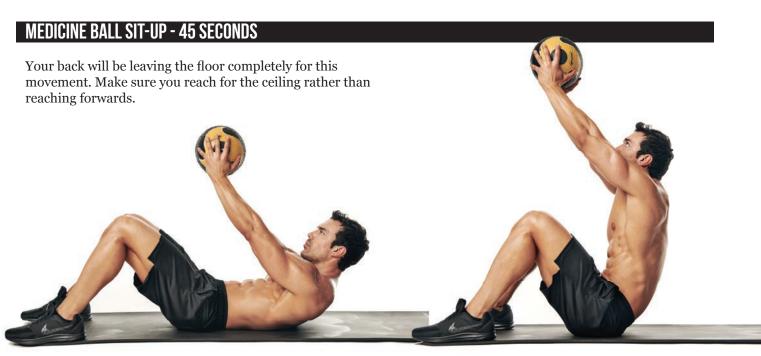
PLANK WITH KICK THROUGH - 30 SECONDS

Intentionally engage your transverse abdominis and obliques by rotating your hips rather than leading with the foot.

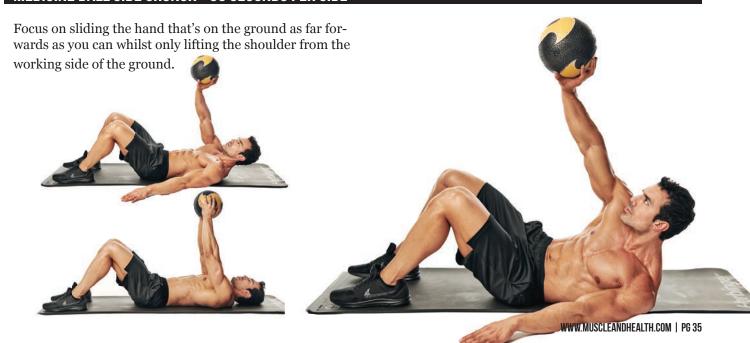












GAMING TECH TO BLOW YOUR MIND

BY SAMANTHA YARDLEY

PLAYSTATION 5

NEVER HAS THE LAUNCH OF TWO BADASS NEW GAM-ING SOLUTIONS BEEN QUITE SO WELCOME! 2020 HAS BEEN A TUMULTUOUS YEAR FOR ALL OF US AND SOME MUCH-NEEDED PURE, UNADULTERATED FUN IS EXACTLY WHAT THE DOCTOR ORDERED. STEP FORWARD THE PLAYSTATION 5 AND XBOX SERIES X.

Oh, what a time to be alive! Just as the nights are drawing in and we cast our eye in search of some home-based entertainment, what should present itself? Not one but two spanking new boredom-busters from gaming giants XBox and PlayStation, guaranteed to provide hours of fun.

The XBox Series X launched on 10th November and is touted as the most powerful release to date. That means extra-large frame rates, lightning-fast load times, and rich, encompassing graphics to provide next-level merriment. This new generation system retails at



\$499, with a budget option of the XBox Series S for a wallet-friendly \$299.

The long-awaited PlayStation 5 launched a mere two days after its XBox counterpart and boasted similarly spectacular sounding specs at a retail price of \$399.99 for the PS5 Digital and \$499.99 for the PS5 with an Ultra HD Blu-ray Disc drive.

Described as providing a

"breath-taking next-gen gaming experience" this slick new offering from the gaming superpowers at PlayStation boasts a custom processor with integrated CPU and GPU for mind-bogglingly crisp visuals. Super speedy load times are supplied by the next-level quick SSD with integrated I/O.

Both offerings are hitting the ground running with a plethora of games to suit every taste and timed to perfection too with Christmas wish lists filling up with the likes of the hotly anticipated Assassin's Creed Valhalla and Watch Dogs: Legion from XBox and Devil May Cry 5 Special Edition (Capcom) and Call of Duty Black Ops: Cold War, to name but a few.

2020 may just have pulled it out of the bag after all. Santa, we've been so very good...



NOOCUBE

What could you achieve if there was no limit to your creativity, focus and flow?



DOLPH'S

BREAKFAST

Oatmeal with nuts and fruit.

POST-WORKOUT SNACK

Protein shake with banana or apple.

LUNCH

Shrimp/tuna/salmon + rice/pasta/potato + veggies/

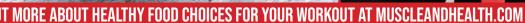
SNACK

Fruit/ nuts/ smoothie or protein bar.

DINNER (LATEST 7PM UNLESS EATING OUT)

Scrambled egg sandwich with cheese/ spinach pasta with protein source/ homemade vegetable soup.





"I FEEL LIKE GOD'S GIFT AFTER GAINING 75 POUNDS OF MUSCLE"

BY SAMANTHA YARDLEY

BRIT-BASED, 27-YEAR-OLD SAM PERRIN RENDERED HIMSELF UNRECOGNISABLE AFTER GAINING A PHYSIQUE-SMASHING 75 POUNDS OF PURE MUSCLE AND A RATHER DASHING BEARD.

Hard-gainer Sam changed his entire life after breaking free from the constraints of self-doubt by piling on the pounds. "I felt insecure and weak; like everyone was better than me" begins Sam, as he starts to describe his pregym existence. "I was a typical mesomorph, very small and was scared of every other man" he says candidly. "I didn't like myself and had nothing to be proud of."

At 5'11" Perrin tipped the scales at a mere 130 pounds at the tender age of 21 and he became notorious in his hometown of Taunton for always sporting a jacket to hide his small frame, even in the height of Summer. With Arnie as his childhood hero he provided a stark contrast to the shadow he dreamed of casting.

A breakup with a girlfriend further exasperated Sam's feeling of low self-worth and to add insult to injury, an altercation with his ex's new partner, who dwarfed him physically caused a nasty concussion. "I hated myself even more after that, so I started boxing. I had some early success, but my heart

wasn't in it, so I tried my hand at MMA" he reveals. "I supplemented sparing with weights at the gym with a friend and started gaining a little bit of size.

"It was then I realized it was bodybuilding that was producing a visible difference to my physique. I hated myself so much, and just wanted to be a normal size and look average and it was bodybuilding to create the opportunity to make this possible" he exclaims fervently "and so I rerouted my efforts towards the weights room."

Sam's journey to swole wasn't without obstacles; "I was scared of every other man in the gym to begin with" he recalls. "I would wait until nine in the evening when the premises were dead, and always took a buddy for support. If one evening they couldn't make it, I wasn't able to pluck up the courage to go alone.

"WHEN I STARTED SEEING RESULTS, I FELT LIKE GOD'S GIFT"

"When I started seeing results, I felt like God's gift" he chuckles "I started going out and wearing nice clothes and being proud of my appearance" recalls Sam. "Not to mention, I finally found the confidence to wear a shirt without a jacket on!"

For the first five years into his

training regimen Sam dabbled with a push/ pull split but was forced to take a more aggressive approach when he signed up to compete in his first bodybuilding show. Sam levelled-up with an uncompromising 'bro-split' that he perfected in his personal mecca of Sups Gym, focusing on one body part each session to allow for optimal recovery. "Abs are my best asset despite never training them" he says, "but I hit them with lots of compound movements like squats." Nearing the end of his competition prep, Sam incorporated cardio by utilizing the Stairmaster and treadmill to further decrease bodyfat, his sights set on a podium finish.

"The biggest struggle was working long eleven-hour shifts alongside being a family man and finding time to train for two and a half hours every day" says Sam. "The time constraints put a huge strain on my current relationship and I almost ended up single whilst preparing for the competition" he reveals sombrely.

The sacrifice was all worthwhile though as Sam explains: "Girls like me now I have more self-confidence, I feel more attractive, and I finally don't feel like I'm the loser in the room" he says. "I'm no longer trying to blend in... now I want to stand out as the biggest guy in the room, I want to be the absolute best."





MUSCLE AND HEALTH

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MUSCLE, HEALTH, AND LIFESTYLE NEWS AT WWW.MUSCLEANDHEALTH.COM



NATALIE LAMB IS A NUTRITIONAL THERAPIST AT BIO-KULT AND GIVES AN INSIGHT INTO TEN WAYS PROBI-OTICS CAN HELP BOOST OUR HEALTH, LOOKS AND MOOD.

- 1. WEIGHT LOSS: New studies are indicating that the mix of bad and good bacteria in our gut could play a role in weight gain. Ensuring you are getting lots of good bacteria alongside a healthy diet and fitness regime could help to reduce unwanted weight around your midsection.
- 2. MOOD: Not many people are aware of how well connected the brain and the gut are. Research has indicated that maintaining a healthy gut flora could help to reduce anxiety and lower levels of brain activity linked to emotion and pain, whilst increasing activity associated with decision making.
- **3. SLEEP:** The gut is largely responsible for the production of the 'happy hormone' serotonin, needed to make the relaxation hormone, 'melatonin.' Taking a multi-strain probiotic could therefore boost the production of these hormones to help you sleep soundly.

4. STRESS: Stress can disturb the mixture of bacteria in the gut, allowing an increase in bad bacteria. Stress has been shown to irritate or aggravate a range of diseases; probiotics could therefore be a valuable tool for encouraging the growth of beneficial bacteria which supports healthy immune functions.

4. FATIGUE: A lack of energy could arise when you aren't getting the vital vitamins and nutrients from your food needed to keep you functioning at your best. A multi-strain probiotic, such as Bio-Kult (www.bio-kult.com) could help to sustain healthy levels of good bacteria, to help you absorb the goodness from the food you're eating. A healthy gut flora also aids in the production of extra B vitamins, which are essential for energy production throughout the body.

6. TEETH: In recent years, there has been a lot of interest in the use of probiotics and the maintenance of a healthy gut flora in preventing and treating oral infections, including dental cavities, periodontal disease and halitosis.

7. BLOATING: It is the bad bacteria in the gut which can produce gas and cause bloating in the stomach.

Sugary foods can feed this bacteria, helping it to multiply. Taking a multi-strain probiotic could help to top up the beneficial bacteria to prevent an imbalance in the gut and reduce the effects of bloating.

8. SAD: Taking a daily probiotic was recently shown to increase vitamin D levels by more than 25% (well known to be low during the winter months and in SAD) and to modulate the area of the brain responsible for mood.

9. ALLERGIES: Allergies are said to be a malfunction of your immune system. With 70% of the immune system lying in the gut, maintaining a healthy gut flora could help to manage the various symptoms of allergies.

10. IBS: IBS is associated with an imbalance of the normal 'friendly' bacteria in the intestine, and is becoming increasingly common in our modern busy lifestyles. A multi-strain probiotic could help top up levels of healthy bacteria supportive of healthy digestive function.

www.bio-kult.com



NAME: BEN HEURING From: New Hamburg

OCCUPATION: FITNESS MODEL CURRENT WEIGHT: 190 POUNDS Instagram: @Ben.Heuring

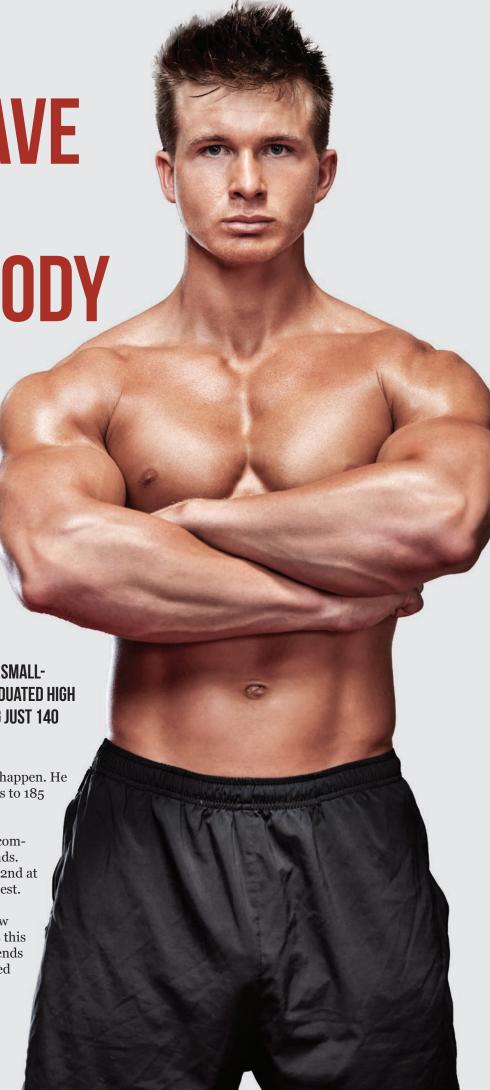
BEN & THE BEANSTALK
BY DANNI LEVY

BEN HEURING WAS A LATE BLOOMER. THE SMALL-EST KID ON THE BASEBALL TEAM, HE GRADUATED HIGH SCHOOL STANDING AT 5'7" AND WEIGHING JUST 140 POUNDS.

When Ben started lifting, magic began to happen. He shot up to 6ft and increased his body mass to 185 pounds.

At 21, Ben entered his first bodybuilding competition and stepped on stage at 210 pounds. Eventually, he hit 215 pounds and placed 2nd at the nationals with 18" biceps and a 45" chest.

Ben, now 23, has since downsized and now tips the scales at 190 pounds and sustains this weight for fitness modelling. He recommends eliminating fats post-workout for sustained lean muscle growth.



BEN'S BIG GAINS MEAL PLAN FOR WINTER BULKING

Ben gained 30 pounds of muscle in 12 weeks on the following meal plan. He used this plan to bulk up and build muscle prior to becoming a fitness model.

FOUR TIMES PER DAY	FOUR TIMES PER DAY	FOUR TIMES PER DAY
WEEKS 1-4	Weeks 5-8	Weeks 9-12
1lb 93% lean ground turkey1 cup rice2 handfuls broccoli	1lb 96% lean ground beef1 cup rice2 handfuls broccoli	2 chicken breasts1 cup rice2 handfuls broccoli

EVENING SNACK	POST-WORKOUT
7-8 tbsps	Whey protein
peanut butter	with two
on white	scoops peanut
bread with 1	butter and
glass 2% milk	water

BEN'S MODEL MAINTENANCE UPPER-BODY WORKOOUT

TOTAL TIME: 45 MINS Frequency: 2 x per week







CHEST CABLE FLYES

SETS: 3 | REPS: 15 | TEMPO: FAST | REST: 30 SECS

TRICEPS ROPE PUSHDOWN

SETS: 2 REPS: 30 TEMPO: FAST REST: 30 SECS









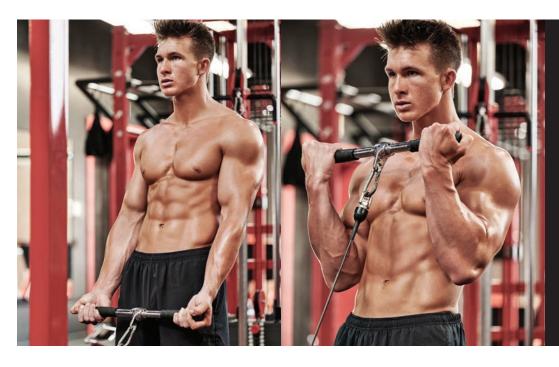
DUMBBELL OVERHEAD TRICEPS EXTENSION

SETS: 3 REPS: 15 TEMPO: STEADY REST: 20 SECS



DUMBBELL TRICEP KICKBACK

SETS: 2 | REPS: 20 | TEMPO: FAST | REST: 30 SECS



BICEPS CABLE CURLS

SETS: 3 REPS: 20 TEMPO: FAST REST: 30 SECS

DUMBBELL Hammer Curls

SETS: 3

REPS: 15 (ALTERNATING)

TEMPO: STEADY REST: 20 SECS



RUSSIAN TWISTS

SETS: 3

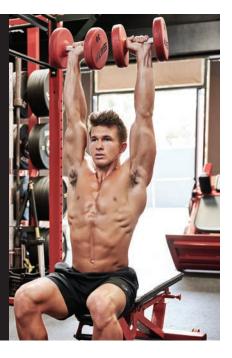
REPS: 30 (EACH SIDE)

TEMPO: FAST REST: 30 SECS



DUMBBELL OVERHEAD PRESS

SETS: 3 REPS: 15 TEMPO: STEADY REST: 20 SECS



STRAIGHT ARM ROPE PULLDOWN

SETS: 2 REPS: 30 TEMPO: FAST REST: 30 SECS







REAR DELT FLYES

SETS: 3 REPS: 20 TEMPO: FAST REST: 30 SECS



REAR DELT CABLE FLYES

SETS: 2 | REPS: 20 | TEMPO: FAST | REST: 30 SECS



WIDE GRIP PULL-UPS

SETS: 3 | REPS: 15 | TEMPO: FAST | REST: 30 SECS



SEATED CHEST FLYES

SETS: 3 | REPS: 15 | TEMPO: FAST | REST: 30 SECS



SEATED ROW

SETS: 3 | REPS: 15 | TEMPO: STEADY | REST: 20 SECS



THE DIGITAL PORTRAITS GIVING SPITTING IMAGE TOONS A RUN FOR THEIR MONEY

BRITISH SATIRICAL PUPPET SHOW, SPITTING IMAGE IS BACK AND BRINGING THE WORLD'S TOP PLAYERS TO LIFE THROUGH INNOVATIVE CREATIONS GUARANTEED TO CAPTIVATE A TELEVISION AUDIENCE. THE SHOW'S CARICATURIST ROGER LAW'S WORK EXUDES PASSION, FLAIR AND ORIGINALITY WHILST PORTRAYING THE SOMEWHAT GRUESOME FEATURES OF EACH SUBJECT'S PERSONALITIES.

Albert Rafaelevich, a digital cartoonist from Uzbekistan does the opposite. Taking strong, overpowering characters, he creates images to reflect their power whilst striking a counterbalance by using calm, pastel colors and opting for warm, friendly facial expressions.

"I AM ALWAYS FACED WITH A DIFFICULT CHOICE WHEN IT COMES TO THE STYLE AND COLOR OF EACH DRAWING." SAYS ALBERT.

"Today, I like calm pastel colors. The drawing style is very technical and the goal is to create long-term admiration for my works. Sometimes I alter a drawing many times before I'm fully satisfied with it. I study nature and philosophy and this influences my work."

BY DANNI LEVY





"2020 IS LIKELY TO GO DOWN AS ONE OF THE MOST EVENTFUL YEARS IN THE HISTORY OF STOCK MARKETS," SAYS ADAM VETTESE, AN ANALYST AT MULTI-ASSET INVESTMENT PLATFORM ETORO.

You'd be forgiven for feeling bewildered about where to turn or what to think about your portfolio. COV-ID-19 brought the world to a halt during the first half of this year, and governments did their best to drive stimulus into the markets in the hope of speedy recoveries. This has created even more questions about where investors should turn for stability and returns.

Many investors may now be sitting on profits wondering how to re-invest them, while some may be holding stocks in beleaguered sectors and searching out alternatives to try and eke out some gains during these uncertain times. The below highlights three stocks that we think are worth watching, considering all the factors that are at play.

KINGFISHER

Kingfisher shares have gone from strength to strength since March lows, gaining 140%. The multinational retailer, whose UK presence includes B&Q and Screwfix, saw sales surge as Brits turned to DIY during lockdown. As we potentially enter a second wave of COVID restrictions, the trend of fixing the old, rather than buying new, could continue, especially as people continue to be furloughed and laid off from jobs.

UNILEVER

Unilever, a consumer goods giant responsible for brands such as PG Tips and Hellman's, is another example of a company who have seemingly done well during the crisis. In recent weeks, we have seen COVID-19 case numbers begin to rise again in Europe and as fears grow for another lockdown, some investors are looking to de-risk. During times of uncertainty, defensive stocks are of-

ten in favour. People will still have to buy essentials whatever the state of the economy and as such we believe Unilever is another good option.

APPLE

Apple, given its performance and the fact that FAANG stocks have made up as much as 25% of the S&P 500 this year, might seem like an obvious entry. Large tech has been the go-to place for investors in this stimulus fuelled equity rally, with Apple having made multiple record highs this year. The recent four to one stock split has made the stock more accessible to more investors with its lower price point, particularly as we can say that 2020 has very much been the year of the retail investor.

There are risks associated with all investing, and market volatility during a crisis can scare many people off. If you are a current investor looking to protect your portfolio, or are keen to start investing, the above could be opportunities.

https://www.etoro.com/















30g High-Protein Soft Cookies

fully enrobed in sugar-free milk chocolate www.musclechef.com



DOWNTIME ABBEY

CHAMPNEYS ISN'T YOUR AVERAGE SPA, IN FACT FAR FROM IT. FOUNDED ON THE PHILOSOPHY THAT HEALTH, BEAUTY, AND WELL-BEING SHOULD MARRY TOGETHER – THEIR PIONEERING CONCEPTS HAVE INSPIRED GENERATIONS.

Spa trends have been and gone, but the Champneys way has always been committed to encouraging wellness throughout its long reign as the leading destination spa.

There are five Champneys health resorts in the UK with health and fitness at the top of their agenda and now their hotly anticipated first spa in the north of England - Mottram Hall.

First opening its doors in 1940 and situated in the idyllic village of Mottram St Andrew, the Grade II listed Georgian estate is the perfect location for a UK staycation.

The luxury hotel is nestled within 270 acres of immaculately land-scaped gardens, complete with an 18-hole championship golf course should you fancy a round.

Recently a cool \$19.4 million was invested by Champneys to modernize the Cheshire estate whilst retaining the building's original charm.

Ten million alone has been spent on





the 33,000 square ft spa with stateof-the-art facilities including thermal experiences and poolside private cabanas with space for up to six people.

The new facilities include a 20m swimming pool, steam rooms, and saunas to detoxify and revitalize, along with a Brechel Sauna, cold rooms, experience showers, and an organic sauna. There are also 15 plush treatment rooms and a beauty lounge which offers manicure and pedicures as well as the UK's first Champneys barbershop.

The 18th-century Georgian country house hotel is home to 120 bedrooms with equally opulent decor. Superior rooms have beautiful lakeside views, while feature double rooms have their own private outdoor patio area.

Luxury dining is always an option as the renowned Carrington Grill restaurant has garnered an AA Rosette for Culinary Excellence. Seasonal menus focus on traditional English dishes tempered with a European twist.

The Cheshire social scene wouldn't be the same without the famous Mottram Hall afternoon tea, it runs from 12 pm to 4 pm every day of the week and offers indulgent cakes, freshly cut finger sandwiches, and scones smothered in jam and clotted cream.

Vacations from \$244pp (Moment of Calm Spa Break)

www.mottramhall.com



CLINIQUE LA PRAIRIE

FAMED FOR ITS AWARD-WINNING INNOVATION AND LUXURY SWISS HOSPITALITY, CLINIQUE LA PRAIRIE IS BASED ON THE HEART OF THE SWISS RIVIERA.

Thanks to ongoing scientific research, CLP is regarded as a leading light in preventative medicine due to its unique Revitalization program, designed to promote vitality, enhance the immune system and slow down the aging process. The luxury spa and wellness destination has introduced new five-day Energising Wellness and Immunity Boost programs to its world-renowned repertoire. The limited edition five-day programs Energising Wellness and Immunity Boost, are exclusively available for winter 2020 and spring 2021, with exclusive offers when booking for two.

IMMUNITY BOOST

Immunity is front of mind more than ever before with the world's focus on health amid the global pandemic. With the guidance of Clinique La Prairie's qualified health practitioners, this exclusive short-stay program aims to regain vitality and strengthen the body, boosting the immune system.

Prices start from \$7,571 or one person or \$10,832 or two people.

ENERGIZING WELLNESS

Enjoy exclusive treatments in the spa plus an IV drip and vitamin complex.

Prices start from \$9,767 for one person or \$15,912 for two people

cliniquelaprairie.com







If lockdown has made you want to step outside of the everyday and discover the limitless possibilities of the universe, the Space Retreat at Escape Ritual can help you do just that.

Explore your spiritual side through healing experiences, horoscope, palm and tarot readings. Deepen your exploration of movement in space through yoga classes and guided meditation sessions, designed to help you uncover the space in and outside the body.

Go in with an open mind and uncover the endless opportunities that await you!

healthandfitnesstravel.com offers 7 nights at Escape Ritual for \$2,251pp. Price includes full board and a wellness program.



The impressive Himalayan mountains create a relaxing and refreshing setting to step away from stress and make your health and fitness a priority for the new year.

Jump into the personal training, bootcamp and meditation sessions to give your body a much-needed reboot before letting go with a variety of rejuvenating massages and therapies. Treat yourself to the excitement of rafting or trekking and finish off the fun with an Ananda Rejuvenation poolside dinner by the pool for the ultimate fitness break.

healthandfitnesstravel.com offers 7 nights at Ananda in the Himalayas from \$3,280pp or \$4,192 for single occupancy.

Price includes full board, a fitness program and return private transfers.



Santani's sleep program is specifically designed to enhance your sleep quality. Set in the rolling green hills of Sri Lanka, guests can indulge in relaxation therapies, meditation and Hatha yoga.

This program aims to relive stresses, resulting in a better night's sleep.

healthandfitnesstravel.com offers 7 nights at Santani Wellness Resort for \$2,271pp. Price includes full board and a wellness program.





Reboot and recharge on this enhancing fitness retreat in the expansive forests of southern Thailand. You can reach optimum performance with strenuous workouts and a team of expert instructors and trained therapists, there to provide you with the tools to reach your peak physical and mental health. Consultations will ensure your program is tailored to your individual needs, and group training sessions and muscle relaxing therapies will make sure you start the year feeling healthy, motivated and stronger than ever.

healthandfitnesstravel.com offers 7 nights at Thanyapura Health & Sports Resort from \$744pp or \$1,106 for single occupancy. Price includes breakfast, a fitness program and return private transfers.



THOSE 9PM CRAVINGS HITTING YOU HARD? NOT LETTING YOU SAY NO?

Research has shown that late-night eating is linked to excess intake of empty calories, which makes it tough to move past plateaus and achieve health goals.

F45 Training Sport Nutritionist Kim Bowman is on hand to get you back on track and beat the bedtime binges!

Eat regularly throughout the day

Having consistent meals throughout the day is key for keeping blood sugars balanced and maintaining feelings of fullness. By eating regularly throughout the day, we keep blood sugars balanced and avoid hunger cravings.

Breakfast is the most important meal of the day

Breakfast is essential for setting your body up for either a productive day or one that may leave you feeling tired, irritable, and craving snacks later. Why? Breakfast is key for jumpstarting our metabolism after a period of sleep, and we want to ensure that we fuel up with quality nutrients that will keep our metabolism functioning optimally. Having high-glycemic foods—such as baked

goods, donuts, croissants etc. in the morning will cause blood sugar to skyrocket and crash soon after. While we might feel satisfied for a brief period, you'll be more likely to feel hungry shortly after. High-glycemic foods induce a rapid increase in blood sugar and a rapid insulin response, causing feelings of hunger to return more quickly than low-glycemic foods.

Low-glycemic foods cause a slower, steadier increase in blood glucose. These include sweet potatoes, quinoa, oats, whole grain bread (Ezekiel bread), beans, veggies, and some fruits, including bananas. Low-glycemic foods contain lots of fiber, and having them for breakfast alongside a quality source of protein and fat is key to avoiding cravings while also optimizing metabolism for efficient calorie burning throughout the day.

Protein and fiber are key to sustain feelings of fullness

Ensuring we achieve adequate protein and fiber intake throughout the day will ensure we avoid filling up on empty calories. Protein increases satiety, which helps to suppress ghrelin, a hormone that triggers hunger cues. There are two types of fiber, soluble and insoluble fiber. Soluble fiber, which includes fermented and resistant starch, is key for moderating cravings. It slows digestion, keeping us feeling more satisfied for

longer and regulating appetite.

A homemade smoothie is a great way to incorporate protein, fiber, and a number of vitamins and minerals. Be sure to incorporate a quality protein source and add a source of fiber, such as chia seeds or oats, to a smoothie for more nutrient density.

Stick to a meal timing method, such as intermittent fasting

Intermittent fasting is a mindful eating pattern that focuses on cycling through time windows of fasting and eating. By eating regularly throughout the day during a specific time window, such as 10am to 8pm, we allow our bodies to adopt an efficient pattern for metabolizing and digesting the food we consume in the day. Intermittent fasting research has highlighted that it is an ideal method for regulating insulin and stabilizing blood sugars, which is key for avoiding late-night cravings.

To start intermittent fasting, simply pick an 8-10 hour time window that you know you can stick to throughout the day and incorporate your meals at regular intervals throughout this period. It's a great way to become more mindful of your hunger cues while also ensuring you stay on top of consuming quality foods in the day to avoid cravings at night!

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TERMS AND CONDITIONS APPLY



JELQING: IS IT REALLY SOMETHING FOR NOTHING?

BY KERRI MIDDLETON

IT'S FAIR TO SAY, A LOT OF PEOPLE HAVE FOUND THEMSELVES WITH MORE TIME ON THEIR HANDS THANKS TO COVID. FOR SOME, IT HAS BEEN THE PERFECT OPPORTUNITY TO WORK ON THEMSELVES - WHETHER THAT'S BEING ABLE TO MASTER BAKING A CAKE OR PURELY MANAGING TO SPEND TIME WITH THEIR LOVED ONES WITHOUT LOSING THEIR TEMPER, BUT MORE COMMONLY PEOPLE HAVE DECIDED TO IMPROVE THEMSELVES. WHEN DID WE LAST HAVE THIS EXTRA TIME TO DO THAT ONLINE WORKOUT CLASS OR MEDITATION SESSION?

It turns out, a large volume of people are wanting to use their newfound time to work on their current package, but where do they start? In an ideal world, of course, we'd eliminate the stigma around penis size, as well as the false assumption that those with larger penises make for better sexual partners. There are countless studies showing that there's no actual sexual benefit from having a larger penis (for either team in the game). Not to mention, research suggests that a lot of bullying regarding penis size comes from other men.

With unemployment creeping up and many consumers having to keep a much closer eye on their bank, the suggestion of a 'cost-free' enlargement seems unlikely, but is it? The natural penis enlargement technique known as jelqing can not only be used to achieve a larger penis, but these penis stretching exercises make the erectile tissue stronger and increase the length, width and girth of the erect penis. Jelqing can also help someone last longer in that moment of need, giving a natural edge over anything else.

Jelqing is a natural therapy technique which utilizes a "milking" like motion on a penis that is 50 - 75% erect and normally takes approximately one minute to complete one cycle. Jelqing improves blood flow and circulation and is a great entry-level penis enlargement exercise that can be done in the comfort of someone's own home. When performed correctly jelqing exercises are a completely safe and natural way to a fuller, longer-lasting erection. Jelqing is a great way to boost sexual performance and is something anyone can start doing straight away - without any added equipment.

The key to getting results is, like anything, to be consistent with the approach. Jelqing ostensibly works by forcing blood into the penis, creating positive pressure to promote the growth of the penis and flushing harmful toxins out of the groin area and nutrient-rich blood back into the penis.

Basic jelqing involves a five step process accomplished in a simple, fluid motion:

- **1. LUBRICATE:** Before starting jelqing, lubricate!
- **2. OK-GRIP:** Using the thumb and main pointer finger to form an OK-grip.
- **3. START AT BASE**: Place the grip around the base of the penis, as close to the pubic bone as possible.
- **4. MOVE UP:** With light pressure on the grip, slowly move it up the penis. The ideal jelqing pressure is one that does not hurt but effectively pushes blood up the penis.
- **5. STOP BEFORE GLANS:** Stop the grip directly before it reaches the glans (head of the penis). Each jelq should take approximately two-to-three seconds and around 30 per session.

WHY WATERCRESS COULD HELP BOOST YOUR AMINO ACID PROFILE!

Amino acids are often referred to as the building blocks of proteins and are compounds that play many critical roles in your body, including regulating the immune function and building muscle. Your body needs twenty different amino acids to grow and function properly. Though all twenty of these are important for your health, only nine amino acids are classified as essential.

Unlike nonessential amino acids, essential amino acids can't be made by your body and must be obtained through your diet. The best sources of essential amino acids are animal proteins like meat, eggs and poultry but unusually for a plant, watercress has a full complement of the nine essential amino acids. What's more, although the overall number of calories are low in watercress, half of them are made up of protein – remarkably this proportion is about the same as chicken, cod and beef!

WATERCRESS POWER BALLS

Serves: 6

Preparation: 20 min Cooking: 0 min

INGREDIENTS

- o.70z watercress
- 10z pumpkin seeds
- 1.4oz Medjool dates
- 0.90z whole hazelnuts
- 0.30z puffed brown rice
- Pinch of ground turmeric
- Pinch of cinnamon
- Pinch of Himalayan pink salt
- 1 tsp cacao powder
- 1 tsp vanilla extract
- 1 tsp Manuka honey
- 0.2oz chia seeds
- Juice of ½ an orange

METHOD

Pick the watercress leaves off the stalks and finely chop. Place the pumpkin seeds in a food processor and blend until chopped to a crumb-like consistency. Reserve half of the pumpkin seeds on a plate and add the rest back to the blender.

Add all other ingredients to the blender. Blend on full power until everything is thoroughly combined and the mixture has come together, which may take a few minutes. Divide into 12 balls and roll in the ground pumpkin seeds to coat.

The balls can be kept for 3-5 days in a refrigerated airtight container.

watercress.co.uk



ULTIMATE SUPERFOOD SALAD

Serves: 2

Preparation: 10 minutes Cooking: 20 minutes

INGREDIENTS

- 3oz watercress
- 3.5oz quinoa
- Juice of 1 lime
- 2.5fl oz olive oil
- 1 pomegranate
- 1 ripe avocado
- 1 clove garlic
- 3.50z roasted sweet potato
- 1 small punnet alfalfa sprouts or mixed sprouts
- 1 head broccoli, cut into small florets
- o.9oz mixed nuts, toasted
- Sea salt and black pepper
- Pinch chilli flakes
- 0.9oz chopped cilantro

METHOD

Preheat the oven to 390°F, then chop the sweet potatoes into inch cubes with the skin on. Place into a roasting tray, season with salt and pepper, drizzle with olive oil and roast in the oven for 15-20 minutes. Cook the quinoa in salted boiling water according to the packet instructions. Place the broccoli into a metal colander and set over the boiling quinoa. Cover and steam the broccoli for three minutes.

Once cooked, drain and rinse the quinoa and broccoli under cold running water. Remove the sweet potato from the oven.

Cut the pomegranate in half and squeeze the juice from one half into a large bowl. Add the olive oil, chilli flakes and lime juice, whisk together and season to taste. Add in the cilantro, alfalfa, quinoa and sweet potato and toss well.

Peel the avocado, remove the stone and roughly chop. Spread the quinoa and sweet potato mixture onto a serving plate and dot the avocado over the top.

Finally, bash the second half of the pomegranate with a wooden spoon to knock the seeds out and scatter these over the plate along with the toasted nuts.

watercress.co.uk





TV IS STEALING YOUR LIFE. READ THAT AGAIN. TV IS STEALING YOUR LIFE. I THOUGHT I'D REITERATE THAT FOR MAXIMUM AFFECT.

In the US (the world's official worst offender on the television consumption front) the average time spent per day watching TV is three hours and fifty-eight minutes. This mind-blowing statistic from Nielson Holdings PLC is in fact, brought down by younger viewers who average less than 20 hours a week. On the other end of the scale, older people watch less than 50 hours a week, while adults consume 35.5 hours a week or five hours and four minutes per day (77 days each year).

It's a trend that the rest of the world is hot on the heels of with Poland, Japan and Brazil filling the next worst offender lists respectively.

And the numbers seem to be exacerbating by the day with streaming services like Netflix and Amazon Prime making viewing your favorite show convenient, advert-free and usually available in binge-worthy whole series drop formats.

This harmful habit is positively linked to contributing towards obesity (a cause that I have recently become inadvertently synonymous with). Studies consistently evidence a link between screen time and excess weight, a theory first concluded some 25 years ago by Harvard Universi-

ty. In the Nurses' Health Study, it was concluded after looking at over 50,000 middle-aged women for six years that for every two hours spent watching television, they developed a 23 percent higher risk of becoming obese and a 14 percent increased risk of developing diabetes. In another more recent study conducted by Grontved A, Hu FB, it was found that for every two hours in front of the box the risk of developing diabetes increased by 20 percent, heart disease: 15 percent and early death: 13 percent.

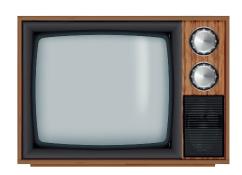
These harrowing statistics are enough to make anyone think twice about that extra episode of GOT. Reduce your intake by switching off the screen and heading outside for some fresh air; take a stroll, experience some greenery and recruit a loved one. Guaranteed to uplift your mood, invigorate your senses and provide a whole host of health benefits.

TV is designed to suck you in and cause addiction. The news is the perfect example of what to avoid. An endless stream of repeating narratives designed to frighten you, so you feel inclined to keep tuning in. Most of the stories are just downright depressing and bear very little repercussions on your own life. Who cares about not looking cultured when you can't join in on the latest political scandal snooze-fest at the water fountain?

Try an electricity timer, move the TV to a less prominent position or

get rid of it all together. Extra shame for TVs in the bedroom too; use that room for sleeping and sex, prioritize both and see stark improvements in those areas also.

Break free of the media spiral and start experiencing your life! Move your body, cultivate meaningful relationships, learn a hobby, invest in yourself. You'll soon wander how on earth you wasted so much of your most precious commodity... time.



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SURVIVING

BY SAMANTHA YARDLEY

FEW PEOPLE HAVE TRULY
EXPERIENCED THE KIND OF LIFEAFFIRMING ANGUISH SUBJECTED
UPON BRIT PARATROOPER
NICK DUNN, WHO AS PART
OF THE 'CHENNAI SIX', WAS
WRONGLY IMPRISONED FOR FOUR
TORTUROUS YEARS

As I sit down to chat with the Geordie hero, I'm overwhelmed by the poignancy of his story; a brave veteran entangled in a web of propaganda that resulted in his unjust incarceration, thousands of miles from home. I psych up to do the awe-inspiring survivor justice. But, just a few minutes into our interview, after he's explained the phrase D&V, Diarrhoea and Vomiting with great gusto, (in relation to the atrocious hygiene conditions he endured), I couldn't be more at ease listening to his dulcet Geordie twang as he relives his nightmare, whilst still exuding positivity and squaddie charm.

"Seven years ago, this week was when the hell began" reveals Nick after concluding his anecdote relating to the "crippling" pain of one such frequent D&V episode. "I had left the military after serving in Northern Ireland,

YOU DIDN'T BEAT ME."

"I WALKED OUT THAT PRISON WITH MY

HEAD HIGH AND MY PRIDE INTACT. AND I

SECRETLY SAID TO MYSELF, I BEAT YOU.

IMAGES TAKEN BY NICK ON A SMUGGLED SPY PEN





Afghanistan and Iraq to join the private security sector in India" he says. At the time, a lot of vessels were getting hijacked by Somali pirates so the demand for maritime security personnel was at an all-time high.

"In 2012, there were two Italian Marines who murdered two local fishermen" explains Nick solemnly. It transpired that the killings were not convictable due to them citing the belief of piracy presence, which caused an uproar in the Indian media, resulting in authorities thirsty for blood to appease rising tumult amongst the Indian population.

"We were set up, 100%" explains Nick, adding: "there's absolutely no way the authorities would come out to investigate us when we weren't doing anything wrong. At this moment in time, seven years ago, we were in the port to take on provisions. Everything was up in the air, with different organizations coming onto the vessel, checking our weapons" he says solemnly. It emerged that after accusations of a completely unfounded terrorist plot, to attack a nuclear power plant, that the authorities decided to frame Nick and five others with illegal weapons charges. Weapons that one month previously, had been given the seal of approval at a Mumbai proof house. "I was doing a law-abiding job, protecting vessels and Indian crew. I wasn't a terrorist" he adds.

After a lengthy legal battle, Nick



was thrown into an Indian prison, crammed into a tiny cell with a hole in the floor for a toilet, dire food rations and a severe ant infestation "I found myself in a living nightmare" he says. "Our immune systems weren't the best. We were prone to illnesses and I lost weight, around 10 kilograms. I felt like a shadow of my former self."

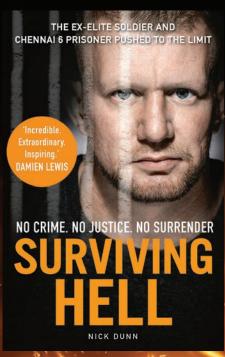
"THEY CAN TAKE MY FREEDOM. THEY CAN BEAT ME TO A PULP, BUT THEY WILL NEVER DIMINISH MY SPIRIT AND MY PRIDE"

"It was difficult. I'm not going to say it was a breeze in the park. My lowest point was being told about me mam suffering a double aneurysm five days before Christmas in 2013. Not only did I have to deal with being in prison for a crime I didn't commit; I'm getting told me mam's fighting for her life. It ate away at me. Some days I thought I just had enough and wanted to throw in the towel. How much can one mind take? I was 5000 miles from home with an ill mam.

"People call it a modern travesty of corruption. It should never have happened. But it did" says Nick bravely fighting through his evident distress. "Being in the military toughened me up and gave me a stronger mind. We prayed for morale. That is what keeps you going. We built a little Flintstone gym, using flagstones ripped from the ground that we chis-

elled by hand into makeshift weights, it was good for our minds. That's how I dealt with things by always trying to remain positive, as best as I could.

"They can take my freedom. They can beat me to a pulp, but they will never diminish my spirit and my pride" he says resolutely. After four long years and a relentless media campaign back home to free the Chennai Six, Nick was finally able to return to England to his elated family. "I walked out that prison with my head high and my pride intact. And I secretly said to myself, I beat you. You didn't beat me."



FUNCTIONAL MOVES OF OUR FOREFATHERS

BY SAMANTHA YARDLEY

ARNOLD SCHWARZENEGGER'S PROTÉGÉ MATT GREEN SHARES HIS BACK TO BASICS WORKOUT ROUTINE INSPIRED BY THE FUNCTIONAL MOVES OF OUR FOREFATHERS

"The idea for this workout comes from getting back to the basics, removing the distractions, and focusing on the outdoors" says the former aid to the Governor of California. He adds: "Old school, no excuses, raw and brute strength."

"I learned early on the importance of getting out into nature, away from the daily grind. Some of these exercises are the oldest skills of a dying breed of men that did manual labor jobs, such as bailing hay, pulling and lifting heavy objects, flipping tires and cutting wood" says Matt, his passion for fitness evident.

"Compound exercises utilize multiple joints to activate many muscle groups using free weights. This means maximum muscle recruitment, high nervous-system activation, and more stimulus for growth" he says "These movements are known to increase natural testosterone levels and growth hormone in the body, which will

in turn, help build strength and promote size on your frame. With the high level of stress these lifts place on your body, a huge amount of testosterone will be released during your workout."

"That's not to say I don't train classic bodybuilding styles, I do, but we all need to change things up and get outdoors and clear our heads while developing our physiques in a new way. Not to mention how accomplished you will feel after you get outdoors and get back to your roots in the great outdoors workout!"





COMPOUND WORKOUT

3 X WORKING SETS TILL FAILURE



Start out with a light weight and work your way up to failure, 5 sets of pulls. This is designed to work your total body, be sure to have a tight core and focus on having a strong stance with your legs and use your biceps back and chest to pull that weight.



3 sets of 10 reps, rest 1 to 2 minutes if needed. Hold the log just above your upper chest, hands slightly wider that shoulder-width. Think of an imaginary straight line drawn from the elbows through the wrists and hands, and into the sky. Press the log up as the elbows extend and return to the starting position.



Start at 15 seconds with 15 seconds rest and work up to 30 seconds with 15 seconds rest; 5 sets. Get in the athletic stance (feet shoulder-width apart, knees bent and slightly sit back) when you do this exercise. Ensure your shoulders are in line with your hips.



20 walks, down and back; 4 sets. Keep your back straight and engage your core as you grasp a log in each hand. An old-school strongman style exercise that really helps with grip strength and coordinated body effort.





Down and back counts as 1 set. Perform 3 sets of this powerful posterior chain movement to kill your glutes and feel your core in the morning. This is a great metabolic exercise that can be beneficial to your training regardless of whether your goal is to pack on new muscle or get lean.



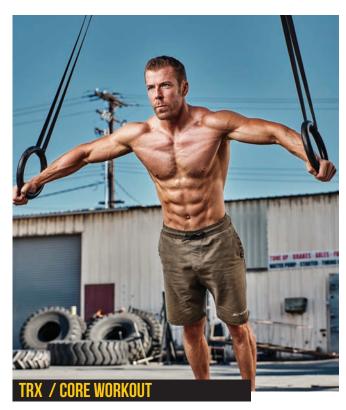
10 flips for heavier or 20 for smaller tires. 30 seconds rest; 3 sets. This is all about form so be careful to lift with your legs, not your back and engage your core. This is a great compound lift, targeting quads, hamstrings, shoulders, chest and arms.



Pick 5 stones in increasing weight, lift each onto a platform, do 1 round, rest 1 minute and then repeat the round of 5 stones: 3 sets. If you have only 1 stone, repeat 5 times with 30 seconds of rest: 3 sets. Be sure to lift with your legs and not your back and focus on keeping core tight and back straight.



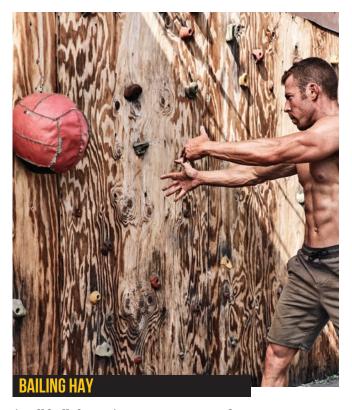
Aim for 25 chops (work your way up), 30 seconds to 1-minute rest, 4 sets. This is a killer workout and not one for the faint of heart. Take a 5lb to 10 lbs. sledge-hammer and hit a tractor tire. This mimics the form of wood chopping. Make sure to keep the abs tight and relax the shoulders and upper body.



3 working sets with 12 to 15 reps. TRX works by using your own body weight. Designed for building stabilizer muscle and as a result, with stretching can help with flexibility.



15 reps, 3 sets. Stand upright with feet shoulder-width apart and core tight. Step forwards, plant your foot and bend your knees to lower yourself towards the floor. Press up through your heel to return to your starting position, ensuring your body remains upright.



(Wall ball throws) 20 reps, 30 seconds rest; 4 sets. Start by picking up the weighted ball and then pivot your body to throw it against the wall; let it fall back down and pick it up again. This was designed to mimic lifting bales of hay and moving them onto or off a trunk. Great for the midsection.

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HOW TO START PICKING STOCKS A PRACTICAL BEGINNER'S GUIDE

BY NICK AGWUNCHA

BEFORE HOPPING ONTO THE INVEST-ING GRAVY TRAIN, IT'S IMPORTANT TO ASK YOURSELF THE FOLLOWING:

- 1. Have you paid off all outstanding high-interest debt?
- 2. Do you have a six-month emergency fund for urgent and unplanned expenses?
- 3. Are you willing to hold your investments for more than five years?

Investing is not a get-rich-quick scheme. It requires knowledge and time, especially if you are going to get involved in stock picking, one of the riskiest of them all. Often, people will invest in a particular stock based on recent news coverage. This can be a mistake. To prevent you from making costly errors whilst also giving you a good chance of making some decent returns, I've laid out a simple guide for picking stocks.

DEVELOP A BASIC UNDERSTANDING OF THE BUSINESS

Ask yourself:

- What is their business model?
- What is their competitors' advantage over businesses operating in the same industry?
- How much market share has the business acquired?
- What is the dynamic between shareholders and the management of the business?

REVIEW THE FINANCIAL STRENGTH OF THE COMPANY

A high-quality stock tends to have a good financial track record and can generate strong gross margins and net margins which is a good indication that their products and services are in demand.

Check that:

- The company doesn't hold too much cash or too much debt (holding too much cash may be an indication the market is saturated, meaning the business has limited potential for further growth).
- The company shows rising cashflow.
- There is evidence of consistent revenue and net profit.
- The company presents a high return on equity.
- The investment offers a good price to earnings ratio. This is just a way to determine whether the stock is fairly valued/priced.

You can check these financial metrics yourself in the company's financial statements available in the annual report.

UNDERSTAND THE GROWTH PROSPECTS OF THE BUSINESS

It's fair to say COVID-19 has allowed people to take a step back to evaluate the companies and industries that are able to ride through a crisis and emerge stronger. Understanding the drivers behind a company's growth gives a good indication as to whether stock prices may go up in the long-term. In putting this into practice you may want to consider the following COVID-19 trends and companies:

COVID TRENDS

- The world is shifting towards a cashless society so digital payments are booming (Square, Mastercard and PayPal).
- Remote working is here to stay
 (at least for some time), which
 may lead to individuals pursuing
 more freelance opportunities, so
 there will be a continued surge in
 the demand for certain platforms
 (Upwork, DocuSign, Twilio).



CELEBRITY BODY SCULPTOR MAGNUS LYGDBÄCK

BY SAMANTHA YARDLEY

VIBRANT BODY TRANSFORMATION-ALIST TO THE STARS, MAGNUS LYGDBÄCK IS RESPONSIBLE FOR SOME OF THE BEST BODIES IN HOLLYWOOD. HE DISCUSSES HIS COMPREHENSIVE APPROACH TO OVERHAULING THE A-LIST.

"I've been working as a trainer for 21 years" begins Swedish-born Magnus, who at 41 could easily pass for a guy half his age. "I'm a nutritionist, personal trainer and life coach and over the past 15 years I've been traveling the world working with pop artists and actors.

"I just came back from a movie called the Northmen, which is a big Viking saga with Alexander Skarsgård. I worked with him on Tarzan as well, he was in great shape then and I'm just as proud this time. He's almost 44 years old you know" he beams.

"THERE'S A LOT TO LEARN WHEN YOU ARE AROUND PEOPLE THAT HAVE A CERTAIN DRIVE, WHO HAVE MADE IT ALL THE WAY AND BEEN THROUGH HELL."

"I normally get involved four to six months ahead of time and build a character both physically and movement wise. If someone needs to gain 20 pounds, we'll try to make that happen. On movie sets, I'm with my actor 24-7. On big Hollywood productions, you need to be present and be very hands on. I get involved in everything! I'm a part of building the gyms and making sure that we get the equipment we need, I get the right chef on board, and sign off the menus too" he says. "I make sure that the right food comes out, at the right time. And that my actor is finishing it.

"I'm there to physically coach them as well if they have shirtless scenes. Actors aren't like bodybuilders, they can give you 200



different emotions but physically, they don't have great control over their body. So, I'm there on sets, standing next to the director watching which angle we're filming in, pumping them up in-between takes. I coach my actors to look more angry, proud, whatever it might be physically. It's the same when you're working with an actor who needs to move like an animal or swing a sword. I ensure the scene has a certain energy to it."

Magnus ensures his approach goes over and above the strategies implemented traditionally by celebrity trainers. "I work with a much more holistic structure and I always think outside of the box instead of looking at what everyone else is doing. Nowadays, I have a reputation. The proof is in the pudding. I've done enough good makeovers that movie producers know what they're getting now.

"I'M SO PROUD OF ALL OF THE TRANS-FORMATIONS I'VE DONE."

"I'm lucky that I can pick my projects now, so I always try to work with people that I think are talented, inspirational, and who I think will bring it. Because for me, it's important that I get the result, every time I do a job. It's not about getting the most money or working with the most famous person. It's about getting the end result because that's going to lead to my next job and it's going to make me feel fulfilled.

"I meet a lot of people that have made it. And there's a lot to learn when you are around people that have a certain drive, who have made it all the way and been through hell. I feel super lucky to be able to spend my days meeting inspirational, talented, and hardworking people; it's such a gift!

"I'm so proud of all of the transformations I've done. Mark Ruffalo was a standout last year; he was playing twins and had six weeks to gain 40 pounds for the second brother, that was amazing. Tarzan, I was super proud of, Alicia Vikander as Lara Croft, James McAvoy in Glass, Gal Gadot in Wonder Woman and Ben Affleck in Batman."

Whilst Magnus is famed for his physique-tweaking brilliance it's the more profound makeovers that really bring him gratification. "There's so many transformation stories that I cannot talk about" he reveals. "I work with artists that have suffered with substance abuse, they were in a very dark place and have now come out the other side. That's what I'm really passionate about; the changes that you don't see, that takes people from darkness to light, those are the ones I'm most proud of."

Not content with being one of the world's most prolific trainers, Magnus has now set his sights on several exciting new ventures, including setting up a YouTube channel and starting a new supplement line "you're going to see all the traditional supplements but with a twist" he teases.

All that world domination, however, hasn't dampened Magnus' desire to keep his own physique in tiptop shape and he adopts a three-faceted exercise approach to being the best he can be. implementing one regimen that he loves, one that is good for him and one that allows him to develop a new skill. "I love lifting weights; classic strength training, that's my number one. I do yoga and meditation for my number two. Number three is Jiu Jitsu, I want to become a better Jiu Jitsu practitioner. I encourage everyone to have a number one, two and three in their program."

magnusmethodapp.com

LOOK OUT FOR MAGNUS' WORKOUT IN THE NEXT ISSUE OF MUSCLE AND HEALTH!



WHAT TO WATCH WHEN CHOOSING A PRELOVED LUXURY TIMEPIECE

JAMES CONSTANTINOU IS THE FOUNDER OF PRESTIGE PAWNBRO-KERS OF UK TV CHANNEL 4'S POSH PAWN FAME.

THE RISE IN POPULARITY OF SMART WATCHES HAS DONE LITTLE TO STINT THE DEMAND FOR LUXURY TIMEPIECES. ONCE CONSIDERED AN AFFECTATION OF THE AFFLUENT, LUXURY WATCHES ARE AN INCREASINGLY POPULAR AND WEARABLE MEANS OF INVESTMENT.

Whatever your style, here are a few faux pas to avoid when buying your watch so that you can ensure your investment is a safe one.

Factors affecting the value of a timepiece include:

Brand: Certain brands are so revered that they maintain their value regardless of consumer trends and the whims of fashion. Namely, Rolex & the BIG 3 - Patek Philippe, Audemars Piguet, Vacheron Constantin – are beyond fashion.

Style/Model: Most luxury watchmakers have at least one iconic model. Currently, sports models are all the rage; topping the secondary market. At **Prestige** the most popular watches are the sports models such as the Daytona, Datejust, Yacht-Master, Submariner and Seamster.

Materials: Without extensive proof of their authenticity, watches made from high value materials do not sell as well as one might expect on the secondary market. On the flip side, the demand for stainless steel (316L and above), with a ceramic or enamel bezel seems tireless.

Trends: Don't be a sucker for fads. 'Fashion is a flat circle.' Although the rarity of a watch is no guarantee that it will appreciate in value, certain limited-edition models will not depreciate. Variables affecting the value of a watch, for the purists amongst watch collectors, include minor details such as specific serial

numbers etc. no. 1/1000, for example.

The secondary market for **women's watches** does not command such high prices, however, staple luxury brands such as Louis Vuitton, Cartier and Chanel are fairly reliable when it comes to maintaining their value. However, to be certain, when investing on a lady's behalf, choosing a men's/mid-size stainless steel or 18k Rolex Datejust would be your safest bet.

Do your research and look after your watch... It is an art unto itself: Official merchandise,





original boxes and authentication papers will guard your investment against depreciation, as will properly maintaining the condition of your timepiece. N.B. some automatic models require more servicing than others and some are much costlier to service.

Predicting future trends is no easy feat, therefore, advice for prospective investors would be to choose an asset that brings you joy personally. For added assurance choose a brand/make/model based on its aesthetic longevity and material durability rather than for its flamboyance or gaudy allure.

Ultimately, it's a subjective process, dependent on what impression you wish to leave and what activities you wish to use it for.

You can visit the pre-loved store here: https://shopprestige.com/

Instagram @prestigepawnbrokers @shopprestigeluxury @jamesposhpawn



THE WORLD'S MOST OPULENT FACE MASK

BY DANNI LEVY

Amidst the coronavirus pandemic, the lower half of our faces have joined our breasts and bottoms as essential areas to cover up before leaving the house.

Fashion labels across the globe continue to offer us alternatives to the traditional "face nappy", but none do it as luxuriously as Jacob & Co.

The New York City firm, famed for its revolutionary timepieces and jewelry collections, have unveiled the Diamond Face Mask.

The show-stopping creation has an 18 carat white gold link studded with 3,040 white round diamonds and costs \$250,000.

"The Diamond
Face Mask tells the
world that you value health and safety
and it represents
luxury. It's like a
way to escape from
the ordinary world
with extravagance,"
they say.

Only one Diamond Face Mask has been made, but if you'd like one, Jacob & Co will accept orders via their website www. jacobandco.com







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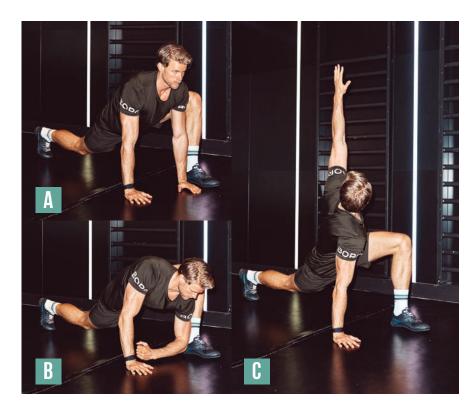
Models: Marcus Sühr (Co-Founder), Bidisha Larsson Photographer: Karl Anton Bjorkman

13WINTER 2020 | PG 8

WARM-UP 2 SETS WITH 30 SEC REST

01.SPIDER LUNGE WITH ROTATION 12 REPS

This is probably one of the greatest dynamic warm-up stretches you can perform. Opens the hip, stretching out the hamstrings and mobilizing the T-spine. All in one simple movement. Alternate reps on each side so you perform a total of 12 reps.





02.COSSACK SQUAT 12 REPS

This is a challenging exercise for many, but one that you can benefit greatly from. It opens up the hips and is also good for inner thigh (adductors) mobility. Try to keep a tall spine through the entire movement and don't lift the heel of the leg your sitting down on off the ground, in order to go deeper into the movement. Alternate from side to side until you have performed 12 reps.

03.HIP HINGE OVERHEAD STICK RAISE WITH PUMP 12 REPS

Push your hips back into a hinge position and keep your core engaged throughout the entire movement. To increase activation in your upper back muscles, imagine trying to tear the stick apart by pulling to the sides with your hands. Perform 12 reps.



3 SETS WITH 90 SEC REST

04.ONE-LEG ROMANIAN DEADLIFTS 12 REPS ON EACH SIDE

Go slowly down by pushing your hip back and make sure you're keeping your body straight all the way from your foot up to your shoulder. Pause 2 seconds in the bottom position before driving your hips forward and standing back up again by engaging and squeezing your glutes. Perform 12 reps on one leg and then go straight into the next exercise using the other leg.





05.ONE-LEG GLUTE BRIDGE WITH HOLD 30-45 SEC

To ensure you're maintaining a good spine position and not arching your back during this exercise, drive the elevated knee up and towards your chest at the same time as you're engaging your abs. Push yourself up to the engaged position through your heels and squeeze your glutes as much as you can. Hold for 30-45 seconds, then relax and thereafter immediately start over with the first exercise of the superset on the other leg before resting.

3 SETS WITH 90 SEC REST

06.NARROW ELEVATED HEEL SQUAT 10 REPS

Now it's time to really get those quads working hard! Place the bar as high on your back as possible to make is easier to maintain an upright torso position. Hit the brakes hard on the negative phase to make sure you are going down in a really slow tempo, aim for a 5 sec count. Go as deep as your mobility allows without losing form. Pause 2 sec at the bottom position then get back up in a faster, but still controlled pace. Try to feel your quads being the boss of the movement. Don't pause at the top, instead resume the negative phase of the lift again as soon as your legs are almost fully extended. Perform 8-10 reps.





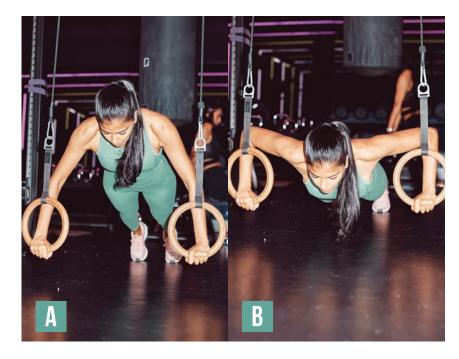
07.ASSISTED SISSY SQUATS, TO FAILURE (AS MANY REPS AS POSSIBLE)

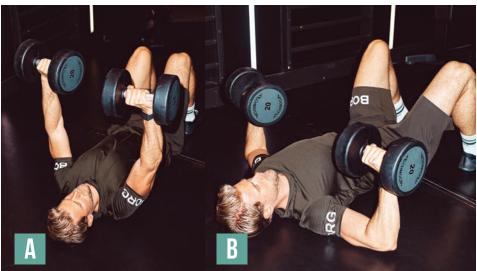
Raise your heels off the ground and fully lock your hips out (always push the hip forward). Try to feel as though you are trying to let your knees touch the ground as far away from you as possible. Use your hands as support but try to keep it to a minimum. Raise yourself back up from the bottom position and do as many reps as possible to really feel the burn!

3 SETS WITH 90 SEC REST

08.OLYMPIC RING ISOMETRIC HOLD 30-40 SEC

Go down so that you feel a slight amount of stretch in your pecs. Hold there for around 30-40 sec and continuously fight against gravity by pushing with your pecs. Make sure to maintain a good spine position by engaging your core and squeezing your glutes all the time during the hold.





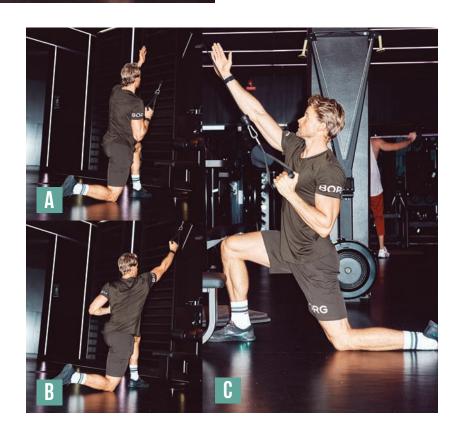
09.DUMBBELL FLOOR PRESS 8-12 REPS

Cement those shoulders to the floor throughout the entire movement. Make sure to move the weights slowly and really focus on squeezing your pecs as hard as possible every rep. Perform 8-12 reps.

SUPERSET 3 SETS WITH 90 SEC REST

10. HALF KNEELING SINGLE ARM LAT PULLDOWNS 10 REPS ON EACH SIDE

Pull your elbow down and back towards your hip. Squeeze your lat muscle hard and make sure your chest is pointed up slightly towards the sky. Focus on working hard on the eccentric phase and slowly let your lat stretch out almost fully before you pull and contract hard again. Perform 10 reps on each side.



II. SINGLE ARM GORILLA ROWS 10 REPS ON EACH SIDE

Keep your stance wide, spread your knees and keep your back straight by "sitting" back with your hips during the entire movement. Pick a heavy kettlebell and perform a strong pull off the floor, maintaining good control of the weight in the negative phase. Perform 10 reps on each side.





SINGLE EXERCISE 3 SETS WITH 90 SEC REST

12. RENEGADE ROWS 12 REPS

This session is more of a core and finisher exercise, so pick a width of your stance that makes you work hard to keep both feet pressed hard against the floor and your hips as stable as possible throughout the movement. The same goes for the dumbbells, here's an opportunity to test your limits and see how heavy you can go without compromising on form. But don't go too heavy so you just throw the dumbbells around without control, that won't be helpful for anyone! Perform 12 heavy reps.

Enjoy the workout? Scan the QR Code to download the app and start your free 30-day trial. No subscription required.



Maeya Clothing is a new activewear brand producing uniquely designed pieces that offer both great performance and an incredibly luxurious look and feel. The brand was created and founded by Somaiah, a Saudi-born, London-raised pro fitness athlete and personal trainer.

Maeya Clothing started as a dream of creating the very best fit of leggings with unmatched workmanship; a legging that would be elite in function, wearability, fashion and comfort. All of Maeya's items are designed in Dubai and shipped worldwide.

LIMITED EDITION LEOPARD CROP TOP AND RYLEE LEGGINGS IN CRUSHED RASPBERRY

The Rylee legging is made in Maeya's new Aluxe fabric, double-brushed for luxurious softness and slightly more compressive for that super-flattering contouring fit. They were designed with a high, seamless waistband to smooth and shape with a stretch and fabric quality to give a barely-there level of comfort.

Maeya's one-off crop top is a standout piece of activewear in a stunning hand-painted, watercolor leopard print and features a distinctive back design. Made with a secure under-bust band, the top offers medium support with removable pads and was designed to mix and match with any of Maeya's range of solid leggings and shorts for a truly unique gym outfit.

ELITE LEGGINGS AND SENNA BRA IN PINK

TIE-DYE

The Elite leggings are Maeya's softest, made from a double-brushed fabric that provides great performance with a luxurious feel. The leggings are extremely comfortable with 4-way stretch, a flattering waistband and are fully squat-proof making them suitable for workouts of any kind.

The Senna sports bra features a beautiful double cross-back design offering medium support and removable padding. The Senna bra was designed with a secure band and flattering cut to keep you looking amazing during your workout.





IMMUNITY-BOOSTING HYDRATION HACKS



COLD BUSTER TEA

MAKES: 8 to 10 drinks TIME: 10 minutes

When you're not feeling your best, this tea works wonders. It's inspired by the traditional Korean citron tea, which is a honey and yuzu citrus mixture. While technically not a "tea," this cold buster offers all the soothing goodness of a hot tea to pacify a sore throat when you're sick (and just the right answer if you're looking for a more natural solution). Nzung adds turmeric for its anti-inflammatory properties, and fresh ginger because it's great for soothing coughs. She recommends buying pregrated ginger as an easy shortcut.

- 1 2" piece fresh ginger, peeled
- 1 cup raw honey
- 1 tbsp ground turmeric
- 2 lemons, halved lengthwise, thinly sliced, and seeded
- 1 orange, halved lengthwise, thinly sliced, and seeded
- Hot water
- With a mortar and pestle, grind the ginger into a paste. In a large bowl, mix together the ginger, honey, and turmeric, then stir in the lemons and orange. Mix well.
- 2. For each serving, put two heaped tablespoons of the mixture into a mug (citrus and all), fill with hot water, and stir to blend.
- 3. Transfer any leftover citrus mixture to an airtight container and refrigerate up to one month. You can use it straight from the fridge when you're ready for more.
- 4. Note: If you're in a hurry, you can use two tablespoons store-bought minced ginger or ginger paste, from a tube or jar.





OVERNIGHT THAI MILK TEA

MAKES: Four 16-ounce drinks

TIME: 10 minutes, plus steeping and chilling time

"Whenever I walk into a Thai restaurant, I immediately think of my favorite Thai meal combo: pad Thai with a creamy Thai iced tea. That glowing, bright orange elixir is completely hypnotic and a treat every time. When I create Thai tea at home, I do my best to leave out the artificial food coloring and flavor additives that some places use. Steeping black tea with cloves, star anise, cinnamon, and cardamom produces a softer amber color while also generating all the natural, complex flavors that make this drink unique. Almond or coconut milk works as a dairy-free substitute for the half-and-half" says master cook extraordinaire Dzung.

6 tea bags of strong black tea (Assam/Darjeeling)
1 cup half-and-half or milk of your choice, to taste
1/3 cup sugar
2 star anise
2 green cardamom pods
4 cups boiling water
Ice

- In a 32-ounce jar or pitcher, combine the tea bags, sugar, cloves, star anise, cinnamon sticks, and cardamom pods. Add boiling water to the top of the jar and let steep for two hours.
- 2. Remove the tea bags and the spices, give the mixture a quick stir, and let cool to room temperature. Cover and refrigerate overnight.
- 3. Fill four 16-ounce glasses with ice, divide the spiced tea among the ice-filled glasses, and top with half-and-half. Stir and enjoy!

TURN UP THE BEET DRINK

MAKES: Two 16-ounce drinks

TIME: 10 minutes

Author Dzung Lewis says "I love a drink that's vibrant, delectable, and good for you. This fuchsia-swirled almond milk smoothie is a showstopping breakfast sidekick or coffee alternative on the go. Look for steamed and sliced beets in the refrigerated produce section (or frozen ones if you can't find them) at your local supermarket."

- ½ cup fresh or frozen raspberries
- ½ cup ¾ chunks cooked beets (fresh or frozen)
- 3 large fresh or frozen strawberries, chopped
- ¼ cup pomegranate seeds
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 to 2 tbsp maple syrup, to taste
- 2 cups almond milk
- Ice
- 1. In a blender, whirl together the raspberries, beets, strawberries, pomegranate seeds, vanilla, cinnamon, maple syrup, and one cup of the almond milk until super smooth.
- 2. Fill two 16-ounce glasses with ice and divide the smoothie between the two. Add almond milk to the top of each glass. Mix well and serve!

Note: If using frozen berries, you may need to add more of the milk during the blending process to achieve a super-smooth texture.

Photography by Eva Kolenko



ASK EMMA

BY DANNI LEVY / PHOTOGRAPHY BY PER BERNAL

THE DOLPH LUNDGREN AND EMMA KROKDAL ROMANCE IS THE TALK OF HOLLYWOOD! WE SIMPLY COULDN'T SHOOT THE PERFECT PAIR WITHOUT FINDING OUT MORE ABOUT HER!

AS A PT LIVING IN SUNNY LA, WHAT'S YOUR FAVORITE WAY TO GET YOUR CARDIO IN?

My favorite way to get cardio in here in LA is hiking in Franklin Canyon, biking by the beach or boxing!
During quarantine we have really switched up our routine and spend more time training outside, which I love!

HOW MANY TIMES A WEEK DO YOU TRAIN TO KEEP IN SHAPE AND WHAT DOES YOUR TRAINING SPLIT LOOK LIKE?

Currently I'm doing four days of strength training. Two upper-body days and two lower-body days. Then I do one day of boxing for an hour and one day of hiking. I find my routine a lot more functional now that it's more varied, compared to going to the gym six days a week. I look forward to each workout!

DOLPH TOLD US HE LIKES TO COACH YOU BOXING! IS THIS SOMETHING YOU ENJOY AND DO YOU ENCOURAGE YOUR OWN CLIENTS TO INCORPORATE BOXING INTO THEIR WORKOUT REGIMES?

Yes, I have been doing boxing with Dolph for a few weeks now and I love it so much! Such a fun way of getting a full-body workout and a good cardio session. We like to throw in some assault bike intervals, stair sprints and body weight exercises as well and do a total of 10 x 3 minute rounds, plus warm-up and stretch. An hour flies by. If you have a good coach like I do, I'd definitely recommend implementing boxing!

YOU HAVE SUCH A BEAUTIFUL LOOK! DO YOU HAVE ANY PLANS TO MODEL OR COMPETE, OR EVEN HIT THE MOVIE SCENE?

Thank you! I don't think modeling or competing is for me, but I loved acting when I was younger. I used to do a lot of theater and it was my dream to become an actress as a child, but when I got a bit older I just got into the fitness industry and that's what took me to LA. I work as Dolph's trainer on movie sets so I am getting a close look at movie production. Sometimes Dolph and I work on scripts together. I'm not sure I'll hit the movie scene, but you never know!

AS A PESCETARIAN, WHAT'S YOUR GO-TO SOURCE OF PROTEIN?

I love a good fresh salmon fillet! There is nothing like a Norwegian salmon fished by my uncle haha. But I also like eggs, egg whites and shrimp for good protein sources. I also have a protein shake every day. I tried being vegan for six months and I loved it, but it gets complicated when traveling because it's challenging to get adequate protein.

FAVE CHEAT MEAL?

My favorite cheat is definitely Norwegian milk chocolate!

FAVE WORKOUT TRACK?

My favorite workout track really depends on what training I'm doing, but I love house music or rap. At the moment I'm in love with:
'Losing It - FISHER'

FAVE BODY PART TO TRAIN?

I've always loved training lowerbody. I could train it every day, but I've recently kept it to two days per week to enable my muscles to recover properly as I go pretty hard on my lower-body days. I've also started to enjoy training upper-body a lot more! I have to keep getting stronger to be able to handle Ivan Drago!

TELL US YOUR FAVORITE MOTIVATIONAL PHRASE?

My favorite motivational phrase is 'What's meant to be will be', which I have tattooed on my arm, and also 'Everything happens for a reason'.

I truly believe that every tough time leads to something good and it helps to have that in mind when going through something difficult. I have learned so much from my downs and it has made me who I am today!

TELL US ABOUT YOUR BEAUTY REGIME

Right now, I'm loving the Simply Nuna products! Each rollerball blend helps with a different thing, so headaches, energy, allergies, sleep etc. They're amazing!

https://linktr.ee/simplynuna Use livingwell10 for 10% off!







INGREDIENTS

- 2 tbsp coconut oil
- 3 cups onion, diced
- 2 cups celery, diced
- 1 cup mushrooms, diced
- 1 cup apple, cored and diced
- ½ cup dried cranberries or dates, chopped
- ½ cup flat-leaf parsley, chopped
- 4 tsp poultry seasoning
- ½ tsp salt
- ½ tsp black pepper
- · 2 cups organic almond flour
- 3 eggs, whisked

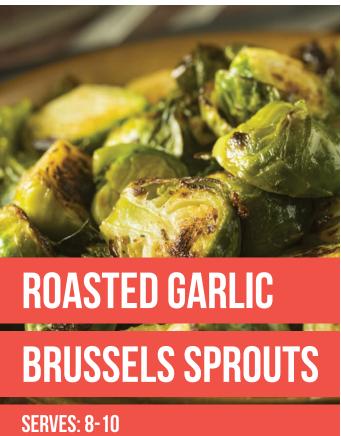
DIRECTIONS

Preheat oven to 350°F.

Heat oil in a large skillet over medium heat. Add onion, celery, apple, mushrooms, cranberries or dates, parsley, poultry seasoning, sage, salt, and pepper.

Sauté 7 minutes and transfer to baking dish.

Stir in almond flour and mix well. Add the whisked eggs and stir well. Bake for 50 minutes.



INGREDIENTS

- 8 cups Brussels sprouts, trimmed
- 2 heads of garlic
- 2 tbsp extra-virgin olive oil
- ½ tsp salt
- ½ tsp black pepper

DIRECTIONS

Preheat oven to 400°F.

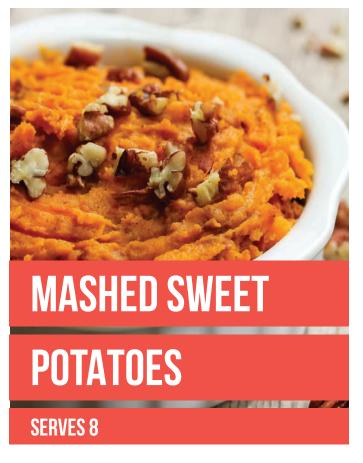
Separate garlic cloves and peel.

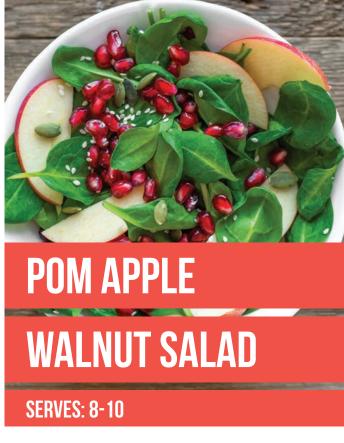
Toss garlic and Brussels sprouts with olive oil, salt, and pepper.

Spread the vegetables on a large baking pan coated with cooking spray.

Bake vegetables for 25 to 30 minutes, stirring occasionally, until the vegetables are tender.

Serve immediately.





INGREDIENTS

- 4 medium sweet potatoes skin on, diced into
 2" pieces
- 2 tbsp pure maple syrup
- ½ tsp ground cinnamon
- ½ tsp salt
- 1/4 tsp ground ginger
- Pinch nutmeg
- ½ cup ready to drink coconut milk (not canned)
- Raw pecans, crushed (for topping if desired)

DIRECTIONS

Steam the sweet potatoes until very tender, approximately 15 minutes. Don't remove the skin.

Once tender, transfer to a food processor, add coconut milk, ginger, cinnamon, salt, nutmeg, maple syrup and purée.

Sprinkle a couple of crushed pecans on top, if desired and serve immediately.



Jillian Michaels, health and wellness expert and creator of the Fitness by Jillian Michaels App

WWW.JILLIANMICHAELS.COM

INGREDIENTS

- ½ cup chopped walnuts
- ½ tsp freshly ground black pepper
- 4 cups torn radicchio
- 4 cups baby spinach
- 3 Fuji apples, thinly sliced
- 2 heads Belgian endive, cut lengthwise into strips
- 1 cup fresh pomegranate seeds

DRESSING

- 1 cup apple cider vinegar
- 3 tbsp minced shallots
- ½ cup walnut oil
- 1 tbsp raw honey
- 1 tbsp fresh lemon juice
- 1/4 tsp freshly ground black pepper

DIRECTIONS

Put all salad ingredients into a bowl and toss.

Then, mix all dressing ingredients into a small bowl and whisk briskly until blended.

Drizzle salad dressing over salad and serve.



BROOKE ENCE: THE REAL LIFE WONDER WOMAN

**★ BY DANNI LEVY ★ **

HAVING STARRED IN WONDER WOMAN AS BUTT-KICKING AMAZONIAN WAR-RIOR PENTHISELEA, ELITE CROSSFIT COMPETITOR BROOKE ENCE KNOWS A THING OR TWO ABOUT BEING A FEMALE BOSS!

Brooke's Naked Training App is a global hit. The synchronicity of beauty and brains inspired me to delve deep into the past, present and future of the girl who is seemingly unstoppable.

Speaking from her home in Santa Cruz, CA, Brooke spoke in a cool, soothing tone that created the perfect dichotomy between power and inner-peace.

"Initially, I launched an eBook with

my partner Jake which was a transformation program and that naturally grew into an app," she says.

"You can move freely through the programs and there are home bodyweight and dumbbell programs available, so you can switch between gym and home. It's been a lifesaver during lockdown and it's great if you're traveling. The app is for men and women. We all have the same muscles and don't need to train differently- it just depends on your goals and starting point."

A self-confessed macro machine, Brooke insists dietary data is of primary importance in order to support a consistent training program.

"Macro diets have become very popular and there's a reason for that, but a lot of people don't actually know what macros are and just jump on the bandwagon," she says. "This is how macro diets first became a trend. Realistically, all you're doing is hitting a certain number of carbs, proteins and fats in order to structure your caloric intake. This is what helps me best to maintain my body composition and performance. We need data and that's what macros are for. It's much easier for a coach to look at hard data and make changes rather than trust someone's word. 99% of the time as a coach you'd predict someone was 'accidentally' lying because if you need help, you've not been doing it correctly and likely have been doing things mindlessly.

"Even as a professional athlete, I always enlist a coach to help calculate and monitor my macros. I was



never over-consuming, but I am a total snacker, I love snacks, so to get someone to sit down and pay attention to what they're eating helps to work on habits, and change not only what you're putting in your body, but the way you feel about certain types of foods. There can be a lot of underlying connections or emotions attached to certain foods and we need to dig down and identify those by using data. It doesn't matter whether your goal is to gain weight or lose weight. It's very empowering for someone to know they can control the physical outcome of what they're putting into their body. It can be so scary to feel you're out of control with food and you need help. Consistency and slow changes give you the power and the understanding you need to change your diet for good."

As a former figure competitor, Brooke has since made a name on the CrossFit circuit and adapted her food intake accordingly.

"I first tried CrossFit when I was in college in 2009, I was 19," she says. "It was when the sport was first getting big. I found a CrossFit gym because I'm from Utah and had been asked to audition for a circus show in Vegas as a performer- I sang and danced growing up and wanted help brushing up on my gymnastics skills. A friend told me this gym might be able to help me. When I tried CrossFit for the first time, it totally crushed me. I'd tried the bodybuild-

ing and bikini world and won two figure competitions, but I had learned it was very hard to have your worth in sport be so subjective to whoever was judging you in that world. It took a long time to not look at myself and judge my body purely on aesthetics. By contrast, CrossFit was all about what you can do- not what you look like or your age. I liked that.

"EVEN AS A PROFESSIONAL ATHLETE, I ALWAYS ENLIST A COACH TO HELP CALCULATE AND MONITOR MY MACROS."

"I was teased a lot growing up for my strength and my arms and I was finally in a community where it was celebrated- not for my looks but for my ability. There's so much equalitymen vs women, it's such a wonderful space and I've been doing it ever since!

"When I compete (in CrossFit), I eat a lot more, because I'm training a lot more," she says. "I don't need to consume a ton of food in comparison to some of the other CrossFit girls. The most I've ever eaten was 2,000 calories a day. My coach said no-one going to the CrossFit games should be eating less than that. I was strong and my weight went up 4-5 pounds, but I didn't feel good for that little bit of extra weight. I perform and compete better when I feel good, so my coach got rid of the idea that I had to eat that much and I sat between

1850 and 1950 calories. I wish I could eat more but I just didn't need to. I was around 152-155 pounds at 5'6" 1/2. Now I'm not competing and I don't eat that many calories. I sit at 149 pounds and I enjoy wine with friends. My lowest weight has been 146."

BROOKE'S CROSSFIT PREP MACRO SPLIT

150-160g protein 175-190g carbs 50- 65g fats

"These could alter depending on where I was in my training. I'd carb load if I had a load of running or biking ahead of me. My body functions better with low fat because I don't digest it super well," she says.

Despite being hugely successful on the circuit, Brooke has put the games on hold and instead decided to focus on her business projects and television work.

"Before quarantine, I was training to compete at the West Coast Classic," she says. "I planned to compete again just to enjoy it and for everyone who enjoys watching me compete, because it's been a long time. It got cancelled and gyms closed. It was very hard because I live by myself, but I quarantined with my two best friends at my home. I had just gone through a divorce that took its toll on me and my focus was on the competition and my training so it was rough, but I got through it.

"Now I have my YouTube up and running and I'm working on my vlog with a new videographer. I'm filming a new TV series and working on another new secret project that's been coming to fruition for four years. I'm not training to compete but I'm training to be ready for anything.

"I am starting a new female-owned business for women too that I'm super excited about. It's a monthly subscription and I've been thinking about it for so long. I'm an ideas person and I finally have time to launch this one which is going to be awesome. I'm a real entrepreneur.

"From a young age I always wanted to do everything. I'm the youngest of four and my parents always pushed us 100% to do any sport we wanted to so long as we gave it our all, or they'd pull us out!"

Now that Brooke has time to focus on aesthetics, she focusing on developing certain muscle groups.

"At the moment I'm committed to getting my butt bigger," she says. "I have big hamstrings and strong legs and I'm adding in butt exercises whenever I can!"

BROOKE'S TOP 3 BOOTY BUILDING EXERCISES

- Squats
- Bulgarian split squats
- Barbell hip thrusts

"I love this booty band trio of exercises," she says. "It can be performed as a finisher, or in-between weighted sets or banded kickbacks and hip extensions. Great for home workouts!"

- Sit on a bench with the band below the knee and your butt down. Take feet slightly wider than hip-width. Lean back and do abduction with your knees, rolling your feet out. Keep tension on the band. Do sets of 30.
- Sit up straight and do 30 sitting upright.
- Lean forwards and do 30 with your chest above your legs.

Instagram: @brookeence nakedtraining.app



MEGAN DAVIES' SUPER MOVES TO TORCH FAT FAST!



BEACHBODY ON DEMAND SUPER TRAINER, MEGAN DAVIES, CREATOR OF ONLINE HOME TRAINING AND NUTRITION PROGRAMMES, CLEAN WEEK AND MUSCLE BURNS FAT, PRESENTS HER SUPER MOVES SURE TO TORCH THOSE CALORIES, TONE AND

Get ready to switch the power on and push through every single rep to reach the finish line.

Workout breakdown: Complete each exercise separately or as a circuit with 30 seconds of rest in-between exercises. You'll need: Workout mat, 2 dumbbells, chair/couch.

INCHWORM 3X12

STRENGTHEN YOUR BODY AND MIND.

Get to work on your chest, shoulders, core and legs. We're going to fire up your heart rate through this smooth movement pattern.

Stand tall with feet under hips. Crouch to the ground and walk the hands forwards into a plank. Pause. Walk the hands back, return to the crouched position and stand back up. Repeat 12 reps, 3 sets.



HOLLOW BODY HOLD 3X15-30 SECONDS

Time to switch on that core. Lie on your back, on the floor, with arms reaching above your head and legs straight out in front of you. Lift your head, upper back and legs a few inches off the floor, while driving the lower back towards the ground. Think of a boat or banana shape. Keep energy through the legs, core, and arms the entire time. Modify by raising the legs higher and bending at the knee slightly. Work your way up to holding for 30 seconds!



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THRUSTERS 3X15

Now it's time to work the legs and glutes, and continue to push through the burn in the core and shoulders. Hold a pair of dumbbells at shoulder-height, weights parallel to the ground. Sit the hips back and lower into a squat. Stand up with power while driving the weights overhead. In the overhead position, the core and glutes should squeeze and biceps should be by the ears. Return the weights to shoulders and repeat, 15 reps. 3 sets.

PUSH-UP TO ALTERNATING KNEE TAP 3X10

A great upper and core set to come now. Start in a plank position with hands flat on the floor slightly wider than the chest and a straight line through the body with legs, booty and core tight. Lower your chest between the hands and push back up into plank position. As you return to plank position drive your right knee towards your chest and tap the top of your knee with the left hand. Repeat the push-up using the opposite hand and leg for the knee drive on the next rep. Modify this movement by placing your knees on the floor or by bringing your hands to a higher surface like the back of a sofa or your kitchen counter. 10 reps for 3 sets.



BULGARIAN SPLIT SQUAT TO LATERAL RAISE

3X8 ON EACH SIDE

More leg work with some lateral upper-body work now, are you ready? Standing in front of a sturdy chair with a light pair of dumbbells, reach one leg back and place the top of your foot on the cushion. Lower into a lunge position while pulling the dumbbells up to shoulder-height. Arms should be almost straight with elbows slightly bent and pointed behind you during this motion. Return to start position.

For modification, ditch the chair, and place the ball of your foot on the floor in lunge position instead. 8 reps



WINDMILL CONCENTRATION CURL 3X8 EACH SIDE

Combining lower body strength with a test for upper body and stability now.

With a pair of dumbbells in hand, step out into a warrior pose. Back foot faces straight ahead with a straight leg, front foot faces to the side and knee bends towards 90 degrees. Lean towards the front leg, rotating your body so your chest faces forwards. Open your arms straight and perpendicular to the floor with your bottom elbow pressed up against the knee and both palms facing forwards with the dumbbells. Holding one dumbbell above you, perform a concentration curl with the other arm. 8 reps, 3 sets.

MOUNTAIN CLIMBERS USING KITCHEN TOWELS 3X30 SECONDS

Time to add speed and take your workout up a notch – double time mountain climbers incoming. If you're at home in the kitchen, you can use towels to slide on the floor.

Maintaining a plank position with shoulders over the wrists, using the towel to slide one foot in, drive your knee to your chest. Alternate legs and move as fast as you can with good form.

Remove the towel for classic mountain climbers and test your speed and power. 30 secs work for 3 sets.



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SHIFTING SIDE LUNGE TO REVERSE FLY 3X8 EACH SIDE



Now to work your legs, glutes, back and shoulders. With a light pair of dumbbells held with straight arms in front of you, position your feet wider than shoulder-width apart. Straighten one leg while sitting back the hips and leaning towards the other side. (Think of a single leg squat on the working leg, but that straight leg is still giving some support!) With the chest slightly forwards, pull the dumbbells away from each other with elbows slightly bent, and squeeze between the shoulder blades at the top. Lower arms and straighten working leg back to the centre position. Repeat on other side.

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