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A full-page photograph of Javicia Leslie, a Black woman with long dark hair, smiling and posing in a boxing stance. She is wearing a black tank top, black boxing gloves, and a red and black Batwoman utility belt. The background is a plain, light-colored wall.

# JAVICIA LESLIE

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## MARCO PIERRE WHITE

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## COLIN WAYNE

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## MICHAEL HUDSON

**BITCOIN BOFFIN**

Michael Hudson protects our hard-earned cash by guiding us through the turbulent market of Bitcoin investing.



## BRAD WILLIAM HENKE

**OITNB STAR**

Brad William Henke reveals his journey from the NFL to dominating our TV screens.



# MUSCLE AND HEALTH

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# EDITOR'S LETTER

*"Our character isn't defined by the battles we win or lose, but by the battles we dare to fight."*

- Robert Beatty, Serafina and the Black Cape.

The storm that continues to sweep the globe has surely affected us all, but it is true to say we're not riding it together in the same boat.


As we continue to face our own fights, we grow, mature and bond as the human race unites against a pandemic. We fight this battle not as black or white, old or young, rich or poor, but as human beings. The waves that pound us relentlessly serve to break down the barriers of social, ethical and religious divide. For all the money in the world cannot serve a man with a suit of armor adept at protecting him from this monster.

Our only way through this storm is to stick together, carry one another and find new ways of livening up life in the trenches. At times, we may turn to our alter egos as a coping mechanism. The underlying facets of our personalities may emerge, for better or for worse.

Rather than constantly trying to be our 'idealized selves', perhaps this is a time to tap into the 'other self', an amalgamation of many sub-personalities enabling us to creatively play with our egos. Javicia Leslie does just that as the new star of the CW series *Batwoman*, stepping into Ruby Rose's cape for season two. Portraying Ryan Wilder by day, the German-born actress stays true to herself as a strong, bisexual black woman when stepping into *Batwoman's* cape at night, but in doing so transforms the world into her playground.

Perhaps that is the key; tapping into the database of our own minds to unleash the fun, adventurous parts that can survive even the darkest of nights.

And we will prosper.



@dannilevyfit



# JAVICIA LESLIE

## BATWOMAN: BENEATH THE CAPE

BY DANNI LEVY

**HER STRIKINGLY POWERFUL SILHOUETTE FITS PERFECTLY INTO THE BATSUIT FORMERLY WORN BY RUBY ROSE FOR SEASON ONE. INTRODUCING JAVICIA LESLIE AS RYAN WILDER, THE HEIR TO KATE KANE'S CAPE AND COWL.**

Born into a military household in Germany, Javicia moved to Maryland at a young age. In 2012, Los Angeles came calling and Javicia headed to Hollywood with her sights set on an acting career.

A self-confessed superhero fan, Javicia would often play make-believe as a child. Having landed her dream role over Zoom amidst the height of the COVID pandemic, she's already proven a lot to the world and her physical skills certainly leave nothing to be desired.

Working 16-hour days would certainly pose an unsustainable challenge for most, but for Javicia it's an opportunity to play out her fantasies and optimize her

mental and physical health. Her schedule is rigorous, and her principles are squeaky clean- I love this girl- and I know you will too.

"I'm on a fast at the moment," Javicia begins. Speaking from set in Vancouver, her telephone introduction was as casual and comfortable as that of a lifelong friend. "Every year in January I fast for 21-days. I'm on my fourth year of it now and will only eat plant-based foods that can be sourced organically in the garden. Nothing processed is allowed; no meat, no alcohol, no toxins.

"For me, it's a spiritual act that helps to open up those waves of communication and understanding. A lot of the toxins we put into our bodies can prevent us from being able to operate optimally. Fasting is a great way to jump-start the year and start it off as healthy as possible. The 21-days comes from the biblical Daniel Fast. I drop weight pretty quickly, so any longer wouldn't be great for me physique wise. I weigh 125 pounds and I'm just under 5'4" but I'd prefer to be 130 pounds because I carry a lot of muscle tone."

Photographer: John Jay / @johnjayusa  
Hair: Sean Fears / @seanchristopherfears  
Makeup: Dion Xu / @makeupbydion  
Styling: Jyotisha Bridges / @jyotisha\_







A Batwoman who runs on plant power. Love that! But how?

“I don’t feel weak when I fast and train because my diet is pretty much plant-based anyway,” says Javicia. “I might have a little bit of salmon here and there, but I never eat meat, so my body is used to not having animal foods. When I’m working out I’ll take a bag of cashews for protein and I use a specific vegan protein shake with nuts and nothing processed. I eat as much protein that comes from plants as possible. Avocado, nuts, grains and quinoa form a large part of my diet whether I’m fasting or not.”

Javicia stays superhero ready by practising a variety of physical skills.

“I started doing Muay Thai two years ago as a way of adding in extra training,” she says. “I try to lift heavy weights two-to-three days a week to train my shape. I also maintain my cardio on the Peloton bike. The Muay Thai is something I usually do twice a week. It’s fun and helps me to relieve my tension when I hit the mats. Also, I do Bo Staff, which I’m just learning and that’s another great way to connect the brain and the body. That’s my routine when I’m not filming every single day. When I’m on-set, my time is somewhat limited, so I follow a strict routine to help keep my mind and body in-check.

**“EVERY YEAR IN JANUARY I FAST FOR 21-DAYS. I’M ON MY FOURTH YEAR OF IT NOW AND WILL ONLY EAT PLANT-BASED FOODS THAT CAN BE SOURCED ORGANICALLY IN THE GARDEN”**

“Including travel time, I’m away for 16-17 hours a day. It’s an hour to get to work, two hours in hair and make-up, 13 hours of filming including lunch and then an hour home.”

## **JAVICIA’S DAILY SELF-CARE SCHEDULE WHEN FILMING**

- **WAKE-UP 90 MINUTES BEFORE LEAVING FOR WORK**
- **PELTON BIKE 20 MINUTES**
- **ABS 10 MINUTES**
- **STRETCH 10 MINUTES**
- **MEDITATION 10 MINUTES**

“My meditation also includes sage and crystal work,” Javicia says. “I started doing crystals about a year and a half ago. When I got here to Vancouver I went to a crystal shop and bought all the ones I thought I connected with the most.”

Having landed the role on a Zoom call, Javicia had to get creative in order to portray her alter ego to the best of her ability.

“My Zoom audition was a video I created showing off all my training,” she says. “My partner Jacob is my trainer. He got me into MMA and helps me choreograph and film routines. I also showed off my calisthenics skills. My brother was a semi-pro MMA fighter, so I was always around it, then when I got to LA I finally started to learn for myself.

**“A LOT OF THE TOXINS WE PUT INTO OUR BODIES CAN PREVENT US FROM BEING ABLE TO OPERATE OPTIMALLY.”**

“I love training with Jacob, but we’ve been apart since I left LA for Vancouver in August 2020. He sends me step-by-step Bo Staff videos and some mornings we’ll wake up and FaceTime and do yoga together to start off our mornings. I’m here until May but he can’t visit because of the pandemic. I was able to go home in December for two weeks to spend time with him, which was lovely.

“Physique wise I was already in shape before Batwoman, but I did make sure I got back into my cardio to build up my stamina,” says Javicia. “We’d been in quarantine for a while so I hadn’t been doing as much as I used to do, but I didn’t have to change my shape, just maintain my

muscle tone and ensure I didn’t drop weight since I can get skinny easily and I don’t want that.

**“MUAY THAI IS SOMETHING I USUALLY DO TWICE A WEEK. IT’S FUN AND HELPS ME TO RELIEVE MY TENSION WHEN I HIT THE MATS”**

“I love the squat rack. I love leg extensions and leg curls. My lower-body is my favorite part and I love to lift as heavy as possible. I don’t train my upper-body much because it only takes a few push-ups a day for me. Filming is such a great workout too. It’s my dream role.”

Returning to the subject of diet, Javicia says there will be no real change when the fasting period is over.

“I always have three-to-four main meals per day, plus lots of snacks including nuts and seeds,” she says. “I’m a huge snacker. I miss wine, but I will keep it mostly plant-based after the fast is over.

“On-set they prep my meals for me. They know my dietary restrictions and they’re always offering me cashews and plant-based snacks.

“I’m super, super into vitamins and minerals. I’m definitely a herbal supplement person and I love sea moss. I make my own sea moss gel. I soak it for about eight hours, then put in just a little bit of water to create





the gel and I use that gel with different herbs.

**“INCLUDING TRAVEL TIME, I’M AWAY FOR 16-17 HOURS A DAY. IT’S AN HOUR TO GET TO WORK, 2 HOURS IN HAIR AND MAKE-UP, 13 HOURS OF FILMING INCLUDING LUNCH AND THEN AN HOUR HOME.”**

“I try to drink a gallon of water a day. It must be specifically spring water because filtered water doesn’t have all the minerals we need. Chlorophyll is a huge part of my diet. I try to drink it at least once a day in my water. Sleep is really important too. I try my hardest (I don’t always succeed), to get at least six-to-seven hours a night. Breathing exercises are important so that your body gets the oxygen it needs. We don’t always take the time to just sit and breathe. I do these things every single day.”

So, what’s next for this pint-sized powerhouse?

“More action and I’d love a biopic role!” Javicia says. “I’d love to represent an athlete and play out true events, as opposed to taking on another fantasy character next. That would be really challenging. I want to do everything though!”

**“I’D LOVE A BIOPIC ROLE!”**

And some words of wisdom from the first black Batwoman to grace Hollywood.

“No matter what obstacles you’re facing, go find work ethic in the gym and in taking care of yourself. That kept me going when I was auditioning. If you’re feeling directionless, learning a new physical skill and maintaining a healthy lifestyle might feel like a hurdle but it will make you feel so much better. When I first started training it was for aesthetic reasons, but now it’s not about how I look, it’s the fact it makes me feel good throughout the day. Just take twenty minutes a day to find something physical that makes you feel alive.”





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# JAVICIA'S SEA MOSS GEL

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- Dandelion root
- Turmeric
- Black seed oil
- Schisandra
- Myrrh

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- Cashews: 5g protein per 28g
- Quinoa: 4.4g protein per 100g
- Broccoli: 2.8g protein per 100g



**FANCY A FORAGE FOR YOURSELF? TURN TO PAGE 70 FOR  
MORE GARDEN-BASED IDEAS.**

**TAKE A WALK ON THE WILD SIDE! CHECK OUT WORLD  
FAMOUS CHEF MARCO PIERRE WHITE'S DELICIOUS VEGAN  
RECIPES. TURN TO PAGE 74**



# NOEL CLARKE: BULLETPROOF

BY DANNI LEVY

## YOU WORKED AS A PT BEFORE UNLEASHING YOUR TRUE CALLING TO THE WORLD. DOES YOUR BACKGROUND IN FITNESS STILL COME KNOCKING, OR DO LONG DAYS ON SET KEEP YOU OUT OF THE GYM WHEN YOU'RE FILMING?

I train as much as I can. The only thing I'm not good at is fully committing when I'm at home. My past makes me love a gym, so I always prefer to get to one. If I'm filming, I will usually get up at four or five to train before work.

## YOU'RE ALWAYS IN SUCH GREAT SHAPE. ARE YOU A TUPPERWARE GUY, WHO PREPS MEALS AND TAKES THEM ON-SET, OR ARE YOU SIMPLY GENETICALLY BLESSED?

Ha! I'm not always in great shape. My body loves to grab on to fat due to toxins and lack of sleep. So, I bust my arse to get into good shape as much as I can, but don't starve myself. I just do it in a healthy way. At my age it's tough, so it's definitely up and down. I'm not genetically blessed at all so it's meal prep and watching macros for me, when I'm cutting, Tupperware or EatUp UK.

## AS A DAD, HOW DO YOU JUGGLE FAMILY LIFE OFF-SCREEN WITH FINDING TIME FOR YOURSELF TO TRAIN AND RELAX?

Well time for myself comes last. It's kids, training and relaxing when I can get it. You just have to find the time to get it done... so you do, there's no secret formula unfortunately. I wish there was.

## I DON'T THINK WE'VE SPOKEN TO ONE STAR WHO HASN'T JUMPED ON THE MEDITATION BANDWAGON RECENTLY. ARE YOU GOING TO SURPRISE US AND BREAK THE CHAIN, OR IS THIS PART OF YOUR REGULAR ROUTINE?

I'm breaking it. I do not meditate. I don't have time for that

shit. If it's not kids, it's work. I have too much to do to meditate, which I guess is why people would say I need it. I just do not physically have time to just sit there and do that.

I guess my meditation is getting in bed late at night and playing one level of a video game to wind down. Puzzles or whatever take me to a different places, so I'll do that and then sleep.

## TELL US WHAT TYPE OF SPORTS/TRAINING YOU ENJOY THE MOST?

Weights when I'm in gym and then I love Jiu-Jitsu and kick boxing. I did straight MMA training for a bit too, but I got very beat up, which I didn't mind, but I was walking around fucked up... really injured and it was affecting me day-to-day, so when I started filming Bulletproof, I couldn't go back.

## DO YOU TRAIN WITH ASHLEY, OR ARE YOU A LONESOME RANGER IN THE GYM?

Both. We will train together when away, but we will do our own sessions.

## YOU DON'T LOOK A DAY OVER 30. ANY DIET OR FITNESS SECRETS YOU'D LIKE TO SHARE ON THAT FRONT? ARE YOU A MORNING KALE IN THE JUICER KINDA GUY?

Haha! Thanks. I drink a lot of water, and that's all I ever wash my face with. None of that, cream this, or balm that. I don't do juicing at all. Sorry, I must be throwing people's thoughts out of whack with these answers. I have no real script other than get your steps in. I go for a minimum of 15K a day.

## GIVE US YOUR TOP 3 TIPS FOR BULLETPROOF ABS!

Get your steps in. Train your big muscle groups to burn fat; legs etc. People just think dropping some sit-ups will do it, but half the battle is lost after. Stay off the pizza and burgers, which I find tough as they are my favorite.

The background of the entire page is a close-up, slightly angled view of the American flag. The blue field with white stars is at the top, followed by a white stripe, and then a red stripe. The text is overlaid on these stripes.

# MEET THE STEEL MILLIONAIRE

COLIN WAYNE SERVED IN THE US MILITARY FOR ALMOST SEVEN YEARS, BEFORE TURNING TO FITNESS MODELLING IN 2013 AFTER HIS FACEBOOK FAN PAGE UNEXPECTEDLY SNOWBALLED OVERNIGHT AND LED TO HIM RECEIVING AN HONORABLE DISCHARGE. HAVING GRACED OVER 50 MAGAZINE COVERS, HE DABBLED IN THE NOTION OF BECOMING AN ACTOR, BEFORE FINDING HIS NICHE IN THE CUSTOMIZED STEEL BUSINESS. A PICTURE-PERFECT SOLDIER WITH NO COLLEGE EDUCATION, COLIN STARTED REDLINE STEEL IN 2016 FROM HIS HOME IN ALABAMA. JUST FIVE YEARS ON, THE COMPANY IS GROWING AT AN EXPONENTIAL RATE AND IS ON TRACK TO TURNOVER MORE THAN \$100M IN THE NEXT YEAR.

BY DANNI LEVY





"I wanted to be a customer at first," says Colin. "I got a quote from a company who produced customized steel products and discovered they had a backlog, so I searched elsewhere to see if there was somewhere I could get things done faster and when I looked for custom art decor on Google and Facebook there was nothing available. There was a Blue Ocean market right there. I knew that if I was willing to pay a premium for this piece for my son there were a lot of other people willing to do the same. This transitioned into consulting and I ended up making a business offer to buy into the company. They backed out the day we were supposed to sign and I started Redline by myself. It was a baseball sign of a player swinging a bat with my son's name engraved on a scrawl. It cost around \$350."

What started out as a sentimental purchase turned out to be the birth of something that would change Colin's life forever.

## **"BE COMFORTABLE WITH THE UNCOMFORTABLE. THAT'S HOW YOU PROGRESSIVELY GROW. YOU'RE ONLY GROWING IF YOU'RE UNCOMFORTABLE."**

"I guess when I bought the piece I didn't think about much from a business standpoint," he says. I was merely a consumer until I went to do my research. I still didn't see it as a great opportunity for myself, but I did see how I could help the company I'd purchased from as a consultant. From there, I began to like the idea of taking something from concept to reality in a matter of minutes and I loved the margins behind it. Once I started building out their business plan I knew without question it was a billion-dollar opportunity."

Colin met wife Breanna in 2014 whilst modelling.

"It was actually my wife's idea to transition me into something else," he says.

"I'm big on inner peace and I wasn't internally satisfied. I'd hit milestones and I was like 'what's next'? When I'd landed 50+ magazine covers it wasn't enough for me anymore. I wanted to transition into acting and moved to Hollywood for a while, but I didn't know anyone and it was really just a waste of time. Breanna helped support me with Redline right from the beginning."

A rookie in the world of business, Colin started from scratch and left no stone unturned.

"If you're not marketing savvy it comes down to knowing your physical margins. What are your fixed and variable costs? Take that information and ascertain what you can apply as a fixed marketing cost in order to break even. Be comfortable with the uncomfortable. That's how you progressively grow. You're only growing if you're uncomfortable. Our growth year-on-year has been astronomical. We're on pace to do over \$100m and we're only five years old as a business."

## **"WE'RE ON PACE TO DO OVER \$100M AND WE'RE ONLY FIVE YEARS OLD AS A BUSINESS."**

"I'd never run a single ad on Facebook before starting Redline. A lot of it was just testing. I knew consumer behavior, I knew about social influence, but I didn't know about the paid advertising side of things. I had to figure everything out from scratch. At times it was overwhelming. I'd say I'm pretty knowledgeable now though!"

"Every dollar for the first two years came through me

alone. About \$12m revenue was generated by me. I then hired a marketing expert who helped me with the media buying side and got case studies together with Facebook and Google. I still run the day-to-day operations, but I have more of a CMO and branding role now. I would rather hire people who are a lot smarter than me to piggyback off things I'm not as smart at. I want to step down as the CEO at some point and bring on someone to take us to levels we haven't ever been so that I can step back and focus on the bigger picture and elevate the brand a lot higher by partnering with large celebrities, endorsement deals and recurring subscription models. That's kind of where I'm wanting to go in the next couple of years. All that matters is what's best for the business."

**"EVERY DOLLAR FOR THE FIRST TWO YEARS CAME THROUGH ME ALONE. ABOUT \$12M REVENUE WAS GENERATED BY ME."**

Marketing aside, Redline built its reputation on producing high-quality steel products. This was another huge learning curve for Colin.

"I didn't know anything about manufacturing when I first started. I bought a plasma table that cuts things out of steel. It was very humble beginnings. I had never run a machine before in my life. Intuitively, I think I'm strong minded in the sense I'll go out and find the right people and craft a vision others can align with. I'm not afraid to take on any challenge.

"The first year, I didn't draw a single dollar from the business. My executive assistant Sean was my first employee. He's actually received his pay check out of my personal checking acc. It's all been bootstrapped taking profits and reinvesting them. About two years ago we went through a very challenging time when a nitrogen compressor went down. In Christmas of 2018 going into 2019 we had thousands of dollars of orders backlogged because of it and it almost sent us into bankruptcy. It was so close. We were literally weeks away. I was floating cash, stretching terms and doing anything humanly possible to keep us going. I wouldn't wish those times on anyone but it was out of my control. It opened my eyes to being more prepared and looking at fixed and variable costs for the entire operation. I put them into a 90-day escrow and then have a 90-day cash flow for revolving capital. Anything above that is where equipment and asset purchases can be made. You shouldn't buy anything until you get to that point."

**"ABOUT TWO YEARS AGO WE WENT THROUGH A VERY CHALLENGING TIME WHEN A NITROGEN COMPRESSOR WENT DOWN. IN CHRISTMAS OF 2018 GOING INTO 2019 WE HAD THOUSANDS OF DOLLARS OF ORDERS BACKLOGGED BECAUSE OF IT AND IT ALMOST SENT US INTO BANKRUPTCY."**

Colin is proud of the fact he's built Redline from the ground up.

"I'm 100% self-taught," he says. "I didn't have a mentor





**“BY THE AGE OF 35 I’D LIKE TO EXIT REDLINE. I THINK IT’LL BE WELL OVER \$1BN IN VALUE AT THAT POINT. I WANT TO EXIT AND CREATE MY OWN VENTURE CAPITAL GROUP.”**

for around 45 minutes. I usually do HIIT style training with very targeted muscle groups. I’m very big on chest and incline isolated movements with lots of time under tension. My career isn’t as a fitness model anymore so I’m just maintaining and staying in shape. I only eat once a day at 7pm when I get home and the chef cooks. The meal can be anything really. Tonight we’re having a Mexican dish with tacos. I don’t count macros or calories. I can eat anything to a degree because I have such a huge deficit from the intermittent fasting. I drink a ton of water and energy drinks. I don’t get hungry. I stay focused.

“I’m in bed by 10pm, so 7-10pm is the only time I get with my family really and I often work seven days straight during the fourth quarter and take Sundays off for the first through to the third quarter. I try to holiday with my family a couple of times a year or my wife and I will go to Vegas and get a babysitter.

“By the age of 35 I’d like to exit Redline. I think it’ll be well over \$1bn in value at that point. I want to exit and create my own venture capital group. I’ll seed my own marketing firm, that’s step one. Step two will be to take the seed capital and put it into a JVC (Joint Venture Capital) group, form it, hire a marketing umbrella, hire the best talent in the world, hopefully housed in Nashville and bring in people direct from Google and Facebook, then target specific demographic groups. We will then have them aligned into a single vertical. Each business I purchase will have to align with that core demographic. As I buy more businesses and consumer behavior becomes more challenging, I can use that marketing database and repurpose it into each company, because the demographic will be the exact same. So for example, you could have a celebrity endorsed perfume line, throw some celebs at it and then with around a 90% profit margin that should offset the costs of the celeb endorsements. I’ll then take those customers and feed them into companies 2, 3, 4 and 5, therefore acquiring customers at a zero cost acquisition. I will create essentially my own ecosystem for acquisition and it’s becoming more expensive every year to acquire new customers.”

## COLIN’S DAILY SCHEDULE

**WAKE UP: 4AM**

**LEAVE HOUSE: 4:30AM**

**START WORK: 5AM**

**LEAVE WORK: 6-6:30PM**

**PERSONAL CHEF COMES TO HOME: 7PM**

or a business coach. I just naturally get it. Every year I’ve become more and more self-aware. I’m big on the law of attraction and making 12-month commitments. They’re not goals, they’re commitments. Write down what you want to accomplish for the year and then give yourself 12 months to get those things done.

“2020 was the year of the comeback. I far exceeded the goals I set out for Redline to accomplish, even through COVID. I don’t care what’s thrown at you. The world is going to pivot and evolve but you have to evolve with it. We ended up hiring over 100 people and scaling revenue over 236% year-on-year.

“Documenting your intentions and putting them down on paper is a great first step, else you’ll end up living day-by-day and losing sight of those milestones. I’m very structured and extremely regimented. Conference calls are at the same time with vendors each week.

“There is really no time I switch off and put my phone in my pocket. The business is now in its year of foundation so that next year I can step away a bit and focus more on the marketing efforts and scale the revenue of the business a lot further.

“I have my own gym. I bought an entire warehouse gym. It was a Christmas gift to myself two years ago. I train at lunchtimes



# COLIN'S TOP 3 TIPS FOR STARTING A SUCCESSFUL NEW COMPANY

## 1. PROVIDE MORE VALUE THAN YOU ASK FOR IN RETURN

"Give away a free item with your products to give a higher perception of value."

## 2. ALWAYS GET MULTIPLE QUOTES

"Look at your physical margins and understand what your costs are and what they need to be in order to get a lower margin. Negotiate terms with every vendor. Even if it's a low order quantity, don't just settle. There are always other people you can challenge for better rates."

## 3. LOOK AT YOUR CUSTOMER ASCENSION MODEL

"Who are your top spenders? What can you do to get more of those top tier customers. It's the 80/20 rule, or if you take it a step further it's called the 4% rule. 80% of your customers are bringing in less revenue than the remaining 20%. That 20% focus group are the ones moving your business further."

Take care of those that take care of you and segment them. We've created a tier called Redline Elite for people who've spent \$350 or more over five or more orders. We create segmentation email flows to target these customers and tell them they're part of a rewards program to get \$150 in free product delivered to them with a certificate which I personally sign and a hand written thank you card. Always go the extra mile to show people you appreciate them and nurture those top-tier customers.

You can create a Facebook group for top spenders too. This can act as a focus group which you can utilize to do market research for upcoming products, with that 20% top-tier demographic which once again acts as a priceless free tool."

## FOUNDERS MASTERY

Want to learn more? The Founders Mastery is a super tactical in-depth workshop organized and run by Colin personally.

"We've had some incredible case studies with growth rates of 300% for some businesses since we started. I host these workshops every quarter at my home," he says.

Interested in attending an upcoming Founders Mastery event? Visit

<https://redlinesteel.wufoo.com/forms/sfnqiltopj2xqe/>  
Instagram: @colinwayne1 @redlinesteel  
[www.redlinesteel.com](http://www.redlinesteel.com)

# ARE YOU GAME?

**GAME MEAT IS MAKING A RESURGENCE ONTO OUR DINNER PLATES AND WITH GOOD REASON!**

Low-calorie, low-fat, high-protein and ethical. What's not to love? Try your hand at these mouth-watering dishes from prolific female hunter, Rachel Carrie.



# VENISON BAO BUNS

## INGREDIENTS

### FOR THE BUNS

- 18.5oz all-purpose flour
- 1 tbsp superfine sugar
- 1 tsp dried yeast
- 1.5 fl oz milk
- 1 tbsp sunflower oil
- 1 tsp baking powder
- 8.5 fl oz water

### FILLING

- 35oz of venison haunch
- 1 small diamant
- Large pinch of salt
- Apple cider vinegar
- Rapeseed oil

### HAZELNUT SATAY

- 3.5oz blanched & toasted hazelnuts
- 1 clove of garlic
- Fresh cloudy apple juice
- Soy sauce
- Sriracha
- Salt & pepper

### TO GARNISH

- Fresh cilantro
- Thinly sliced chillies

**MAKES: 12**

## METHOD

- Mix the dry ingredients together and add the milk and water. Bring the dough together into a smooth mix for two-to-three minutes.
- Place the dough into a bowl greased with a little oil, wrap with saran wrap then leave to prove until doubled in size.
- Whilst the dough is proving, sear your venison haunch in a hot pan on all sides. Once browned, roast in the oven at 350°F until it reaches an internal temperature of 120°F. Leave to rest.
- In a food processor, blitz the hazelnuts along with the garlic. Slowly add enough apple juice to create a peanut butter like consistency. Add the sriracha and season with soy sauce plus salt and pepper.
- For the diamant, peel the outer skin off with a knife, then thinly slice. Season with a large pinch of salt, then leave to stand for 10 minutes to draw out some of the water. Squeeze the excess water out through a cloth, then dress with the cider vinegar and rapeseed oil to taste.
- When the dough is proofed, roll into a large sausage, and cut into 12 equal pieces. Roll into small balls, then using a rolling pin, roll the dough out to a rough oval. Brush the top of the dough with oil, then fold in half. Place piece of dough onto a piece of parchment paper and leave to prove for 15 minutes.
- Using a steamer, cook the buns for six minutes.
- Prepare the venison by slicing very thinly and seasoning with salt and pepper. When cool enough to handle, begin to fill the buns by putting a little of the satay sauce in the bottom and top with the venison and diamant.
- Garnish with cilantro and fresh chilli.

# TABBOULEH STYLE SMOKED DUCK SALAD

## INGREDIENTS

- 14oz hot smoked duck breast
- 9oz couscous
- 2 tsp turmeric
- 1 tsp sea salt
- 1 tsp black pepper
- 1 pomegranate, seeds only
- 1 lemon
- 1 tbsp raspberry vinaigrette

## METHOD

- Add your couscous to a tub with a lid. Pour in 13.5 fl oz boiling water, the turmeric, salt and pepper and the zest and juice from the lemon.
- Stir well and place the lid on the tub, leave for six-to-eight minutes until the couscous is cooked and carefully break apart the grains with a fork to fluff them up.

- Toss the pomegranate seeds through the couscous and top with slices of hot smoked duck breast.
- Drizzle the raspberry vinaigrette over the dish before serving.

**SERVES: 4**



# GARAM MASALA PHEASANT WITH SOFT BOILED EGGS

## INGREDIENTS

- 4 pheasant breasts
- 4 hen or pheasant eggs
- 18oz purple sprouting broccoli, trim off the tough stems
- 3.5oz unsalted butter
- 1tbsp rapeseed oil
- 2 garlic cloves, grated
- 1 tbsp garam masala
- Sea salt
- Freshly ground black pepper

## METHOD

- Warm a skillet to a medium heat. Season the pheasant breasts with a little sea salt and pepper and drizzle with oil. Cook for four minutes on both sides before removing from the pan and setting to one side in a sheet of tin foil to rest.
- While the pheasant breasts are resting, cook the eggs and purple sprouting broccoli. Bring a pan of water to a rolling boil, add the eggs, and return to a simmer. Place a steamer or sieve on top and place in your purple sprouting broccoli to steam. Both will cook in six minutes.
- Set the purple sprouting broccoli to

one side and place the eggs into cold water to stop the yolk cooking through. Carefully peel and set to one side.

- Melt the butter with a little rapeseed oil in a small pan over a gentle heat. Add the garlic and the garam masala. Gently cook for a minute or two before seasoning with salt and pepper to taste.
- Layer the purple sprouting broccoli and pheasant and top with halved eggs. Dress with the spiced butter and a pinch of black pepper on the egg yolks.

**SERVES: 4**



Game & Gatherings The Cookbook by Rachel Carrie can be purchased online from [fieldsports-emporium.com](http://fieldsports-emporium.com).

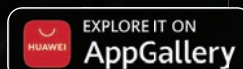
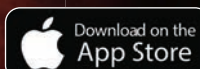
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Ashley Shepherd, aka “The Fit CPA”, is a certified public accountant turned entrepreneur focused on helping health and fitness entrepreneurs lower their tax liability through proactive tax planning and strategy to keep more cash in their pockets.

# 3 PILLARS FOR A HEALTHY MONEY MINDSET

**AN IMPORTANT ASPECT OF HEALTHY LIVING IS OUR RELATIONSHIP WITH MONEY. TO OBTAIN A POWERFUL RELATIONSHIP WITH MONEY, WE SHOULD FIRST ENSURE WE HAVE THE PROPER MINDSET.**

Using the three key points shown here, you will be able to create a mindset that will not only breathe wealth but will drive you to achieve more than you've ever imagined.

**MONEY IS YOUR TRUE VOTING POWER**

Money is how we vote every single day. When you spend money with a

business, you are telling them that you believe in their practices. If we want things to change (like lower prices on organic vegetables for example) then we have to vote that way with our money. Positive change happens when we collectively put this power to use for good.

**MONEY IS ENERGY**

When we have limited funds, it is easy to hold on to our money and be strict with our spending. The problem with this is that the limiting energy that we're putting out comes full circle and ends up preventing our ability to gain more. Hoarding your money could actually be what is keeping you from levelling up your finance game. Avoid believing you live in a world of scarcity and start believing in abundance.

Allow the good energy that you put out to make space for more good energy to come in – a powerful flow.

**WEALTH IS ACHIEVABLE (IT HAS BEEN MISTAUGHT)**

How you view money as an adult often stems from how you grew up. If you were constantly around people who didn't talk about and/or shamed those with money, you could live thinking money is either bad or hard to get. This can teach you uncomfortable habits surrounding money and can often prevent you from possessing an abundance. Wealth is achievable. Repeat it daily.

By Ashley Shepherd



# CAN CUPID SURVIVE COVID?

**FINDING LOVE THESE DAYS CAN BE A CHALLENGE AT THE BEST OF TIMES. THERE ARE MORE CATFISH IN THE SEA THAN EVER BEFORE AND SOCIAL MEDIA THROWS SO MANY OPTIONS AT US WE'VE OFTEN TURNED OUR ATTENTION TO FRESH MEAT BEFORE WE'VE EVEN MADE IT TO THE FIRST DATE STAGE.**

Single? The good news is, it is possible to meet your match amidst the current crisis. Here's how...

Celebrity dating coach and author of Amazon number one bestseller 'I Will Make You Click', James Preece says:

"These may be difficult times, but there's never been a better opportunity to find love. The pandemic has allowed singles to reflect on what they really want in life and for many it's a happy, long-term relationship. That means the focus is now on quality matches rather than quantity. I've been a dating coach for 15 years and I can honestly say I've never been so busy.

"While it might feel it's much harder to meet people right now, in reality it's become much simpler. Less choices and fewer options mean it's easier to work towards the end goal. Online companies have had to make big changes to survive - especially as short-term hook-ups are no longer desirable to many."

## VIDEO DATING

"Most online dating sites and apps have now introduced video dating. This is a function that was always likely to become popular, but COVID has accelerated this and forced companies to adapt fast. The secret with video dating is to keep it short and sweet. Video reels are not a 'date' replacement, but a chance to chat and build excitement

about a real-life meeting once you're able to meet in person. Creating the right ambience is important, so remember to dress up and have great lighting."

## ONLINE EVENTS

Real life singles parties and events are still an option for some, but again this is something you can now do online. Speed dating, quiz nights and even wine tasting parties are being held every day. The great thing about this is that distance is no longer an obstacle, so you can book up and practice your flirting game with singles all over the world. It's a fantastic way to increase your social circle away from the normal work calls."

## REAL LIFE MEETINGS

"Meeting someone in real life for a date is still very possible. The easiest option right now is simply going for a walk. You can fit in your daily exercise while getting to know new people outdoors. If you are going to do this, I'd suggest you grab a takeaway drink and sit/stand for a while first. Eye contact in eight second bursts is vital for making a strong connection, but this is hard to do when walking side-by-side. If your date requests that you wear a mask, don't hesitate to do so."

## A FINAL WORD OF ADVICE

"Don't put your dating life on hold any longer! We don't know how long this pandemic will last, so act now and you'll soon have someone amazing to lockdown with."

By James Preece

James Preece is the UK's top dating coach, his book 'I Will Make You Click: Online Dating Secrets Revealed' is available now. Visit [www.jamespreceec.com](http://www.jamespreceec.com) for more details.

@jamespreceecoach



# THE MUST-HAVE LOWER-BODY LOCKDOWN WORKOUT

BY DANNI LEVY

PHOTOGRAPHY BY PER BERNAL

CHASING A GOOD LOWER-BODY BURN WITHOUT ACCESS TO HEAVY WEIGHTS TOPS THE LIST OF OBSTACLES FACED DURING GYM CLOSURES.

“It’s all about taking what you have and making it work for you,” says super trainer Joel Freeman.

“Significant time under tension is a great way to make lighter weights feel heavy and induces that wonderful soreness one-to-two days later.

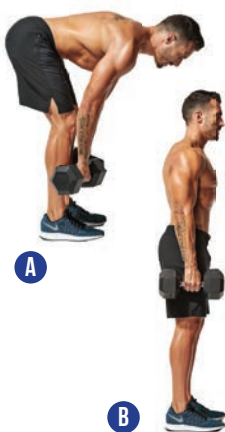
“Each exercise should be stacked, meaning you should complete all reps and sets before moving onto the next. Each set should take 50 seconds, followed by 20 seconds of rest, repeating for a total of three sets per exercise.”

FOR EXAMPLE:

EXERCISE 1 50 SECONDS » REST 20 SECONDS » EXERCISE 1 50 SECONDS » REST 20 SECONDS » EXERCISE 1 50 SECONDS  
REST BETWEEN EXERCISES — 60 SECONDS



FRONT LOADED SQUATS



DEADLIFT



CALF RAISE



GOBLET SUMO



BRIDGE



ALTERNATING SIDE LUNGE



REVERSE ALTERNATIVE LUNGE

# TAKE YOUR ARMS TO AGONY!

2 X JUNIOR BODYBUILDING CHAMPION AZEEZ SALU IS KNOWN AS 'THE BEAST.' IT'S NOT HARD TO SEE WHY!



**TOTAL WORKOUT TIME: 60 MINUTES**  
**REST BETWEEN SETS: 60 SECONDS**



**WEIGHT: 80% OF YOUR MAX (UP TO 100% WITH A TRAINING PARTNER)**



**TIP: SUPERSET TO SPEED UP TRAINING TIME**

## BICEPS

### CLOSE-GRIP BARBELL CURLS

4 x 12 reps

### SEATED ALTERNATE DUMBBELL BICEP CURLS

4 x 12 reps

### HAMMER CURLS

4 x 12 reps

### STRAIGHT BARBELL CURLS

4 x 12 reps

### EZ BAR CURLS STRAIGHT INTO SINGLE ARM STANDING BICEP CURLS

4 sets with 2 minutes rest between sets

Hit the EZ bar curls until failure, then go straight into single arm dumbbell curls for eight reps on each arm

## TRICEPS

### WEIGHTED TRICEP DIPS

3 x 15 reps

### CLOSE-GRIP BENCH PRESS

3 x 15 reps

### SKULL CRUSHERS

3 x 15 reps

### ROPE PULL-DOWNS

3 x 15 reps

### REVERSE GRIP TRICEP PUSHDOWNS

3 x 15 reps

Instagram: @azeezthebeast

# BITCOIN

## WILL THE BULLRUN LAST?



## BTC IS ENJOYING SOME SERIOUS TIME IN THE LIMELIGHT AND RECEIVING A LOT OF MAINSTREAM ATTENTION. BUT WILL IT EVER REACH \$1M AS SOME HAVE PREDICTED? I'M GOING TO STICK MY NECK OUT AND SAY NO. HERE'S WHY.

Bitcoin is not digital gold; it's not a magic get-rich-quick scheme; it's a technology - a distributed public ledger technology to be exact. And for technology to be valuable, it has to have utility - the ability to be built on, implemented and used in a plethora of different ways. For BTC to reach a \$1m price point, it would need to be useful as a technology. But it's not. If BTC were to achieve that price, they'd be relying on a level of (perfectly understandable) public ignorance to keep the bubble going and the price pumping.

Let me address some of that lack of understanding with some easily digestible figures. Bitcoin Core (BTC) is only capable of processing approx. three-to-four transactions per second, which is 240 transactions per hour, or 350k per day, because of the restricted block size of 1MB of data. This makes the BTC token a mostly-static asset that is slow (and expensive) to transfer, which isn't useful as a spending or payments technology. To put this into perspective, Mastercard processes around 5,000 transactions per second.

By contrast, the Bitcoin SV network is unlimited. There are no structural limits on the block size, and therefore, the number of transactions that can be processed, resulting in around 4,000 transactions per second at its peak points in 2020; not far off Mastercard levels.

So ironically, the more people wanting to buy BTC, the less useful it becomes - if you have long queues of people wanting to trade their tokens and only 350k can actually transact per day, it's rendered useless. And the volatility of the market means that in two days when your BTC trade goes through, you can't guarantee it will still be the same price as when you started.

For now, the volumes of BTC transactions taking place are just about sustainable - but with legitimate investment interest from hedge funds and other high net worth individuals - there will be massive transactional bottlenecks, and those queues will only get worse.

At Bitstocks, we like to use the pen and paper analogy - the blockchain is paper and bitcoin is a pen which writes on the paper. At the moment everyone is running towards the fancy 24 carat gold Parker pen (BTC) because it's in vogue, but if it doesn't have ink in it and it can't write, it's useless as a tool. What makes Bitcoin valuable as a technology is the ability to record immutable, verifiable information - which is why we direct investors to consider Bitcoin SV as the smarter choice long-term.

That said, the price of Bitcoin will likely continue to rise sharply into 2021. This is for two reasons. Firstly, the current geopolitical climate, which is indicating a distinct lack of trust in fiat currencies - causing further investment in cryptocurrencies, and secondly, a cryptocurrency company called Tether, that has courted controversy since 2019 and been accused of minting fake dollars (USDT) to swell their own reserves and manipulate the market price of BTC. Investors should beware the BTC Ponzi scheme! What goes up, must come down, and a crash at some stage is all but guaranteed for BTC.

BTC's recent price increase, I would argue, is due to the junction between the overreach of government power being at an all-time high, whilst confidence in the government sits at an all-time low. Fiat currency values are peaking as governments print stimulus money like crazy; the economic impact of the pandemic is really being felt - and we've seen previously that Bitcoin does well in these situations, as people look to make alternative investments and payment methods.

### THINK BEFORE YOU INVEST

Always do your own thorough research before you part with any cash.

Check the security attributes of your investment- did it come from an ICO or was it mined?

Are you dealing with a proper blockchain project which is underpinned by a registered company? Does it align with the original Bitcoin technology whitepaper from 2008? Does it pass the Howey Test?

If you're a business, could your company build infrastructure on top of it? Could you find a use-case for public ledger technology within your business?

(This article refers to Bitcoin Core (BTC), rather than Bitcoin Satoshi Vision (BSV). BSV is a token of the authentic and original design of Bitcoin technology, and BTC is a variant of it. Assessments of the market were correct on the time and date this article was first produced and are subject to change).

By Michael Hudson, Founder & CEO of Bitstocks

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# ONLY FUNDS

BY SAMANTHA YARDLEY

## HOW THE PERFECT STORM OF A GLOBAL PANDEMIC, A LACK OF SOCIALIZING, AND AN IMPENDING WORLDWIDE RECESSION CAUSED ONLYFANS TO CHANGE THE SEX INDUSTRY FOREVER.

The repercussions of COVID can be felt on a global scale, with life as we know it now changed unrecognisably throughout every sector. Whilst many businesses have struggled to stay afloat, one industry thriving because of corona-enforced restrictions, however, is OnlyFans. The website has reaped the rewards of a unique set of circumstances, as consumers, quite frankly have little else to do.

There are now over one million creators subscribed to OnlyFans, a site best known for charging fees for explicit content. Creators charge subscription fees for exclusive posts using the platform, which has notoriously evened out the playing field between porn stars, influencers, and the unassuming mom you see on the school run.

OnlyFans was founded in 2016, and according to Tim Stokely, the company's founder, the spiralling website now has 85 million sign ups as of January 1st, 2021, up from eight million in July 2019. OnlyFans has capitalized on existential boredom in spectacular fashion. Yes, sex has, and always will sell, but OnlyFans as a business model has hit the jackpot by leveraging sophisticated software in the perfect conditions and taking a 20% cut in the process. So much so, in fact, that reported revenue increased 150% from December 2019 to July 2020\*. To porn, OnlyFans is the Uber of taxis and the Airbnb of accommodation.

### "I CAN EASILY EARN FIVE FIGURES IN SEVEN-TO-TEN DAYS"

Social media influencer, Char Borley says: "I can't really complain, my OnlyFans keeps me really busy, it's my main source of income! I'm in the top one per cent of creators in the world" she reveals. "Over Christmas, I made more money in one week than I did in six months, because everyone was at home. I started my account ages ago, but never really did much on it until the first UK lockdown and then, it just went crazy! My social media followers asked me to create an account, but I never really used it that much until lockdown hit and I really ramped up my content out of boredom.

"Most people just want to chat with me or see me in a bikini. I tend to work a couple of hours in the morning and a couple in the evening and can easily earn five figures in seven-to-ten days. I got a \$2K tip at Christmas and get gifted lots of designer shoes and bags worth up to \$10K a piece. My main source of income is guys who pay to be 'financially controlled', it's a big fetish, they want to spoil me and call me goddess."

It has quickly become a highly saturated market, though, with many turning to OnlyFans out of desperation. Particularly since women-dominated markets have been hit the heaviest post-COVID. "Some girls are really struggling, as there are loads of celebrities using the platform now. I was lucky to be already established before the craze hit" says Char. It seems those capable of bringing in mega-bucks are often celebrities, models, or porn stars, who have a large social media presence to promote their content to an already engaged audience.

With social distancing measures in full force in many countries, causing loneliness, mass unemployment, and people working from home alongside a climactic shift in the way we consume content, OnlyFans shows no signs of slowing down anytime soon.

\*Second measure

**MAGNUS IS BACK  
WITH HIS DAILY  
WORKOUT  
ROUTINE!**



Photography by Per Bernal

MUSCLE AND HEALTH | SPRING 2021 | 49

# THE A-LIST TRAINING SPLIT

BY SAMANTHA YARDLEY

**FOLLOW THIS TRIED-AND-TESTED WORKOUT REGIMEN DESIGNED BY WORLD-RENOWNED CELEBRITY TRAINER MAGNUS LYGDBÄCK, TO ACHIEVE A CHISELLED PHYSIQUE WORTHY OF THE BIG SCREEN.**

Magnus Lygdbäck is responsible for honing the finest bodies in Hollywood and has achieved world-class notoriety after working with superstar celebrities across the globe. His impressive resume boasts everyone from the

likes of Gal Gadot, Alexander Skarsgård, Ben Affleck, and James McAvoy to name but a few.

His unconventional but highly respected scrupulous methods have achieved acclaim throughout La La Land for producing the absolute best bodies on screen. His extensive approach tackles not only a traditional workout structure, but also incorporates a rigorous focus on everything from nutrient intake and timing, rest, mindset coaching and even a bodybuilding-style posing critique on set, to achieve optimum emotion and drama from the actors' movements and muscu-

larity that's captured on screen.

You may have caught our feature delving into Magnus' awe-inspiring mindset last issue. This time, we go one better by revealing the workout responsible for the jaw-dropping movie star body transformations that resulted in his own rise to fame.

Follow the plan that benefits from Lygdbäck's years of experience for an all-over body bump that will build muscle and strip fat to reveal a body fit for a Hollywood blockbuster.

## MAGNUS' DAILY BREAKDOWN

### DAY 1: LEGS AND CORE

Warm-up on treadmill  
5-10min

Intervals 60sec sprints  
max speed, rest 60sec.  
4-6sets

Squats with bar-  
bell, 6 pyramid sets  
12,10,8,6,4,10reps

Deadlifts 4 sets 8-10reps

Leg press 4 sets 8-10reps  
Lunge 20reps 3

Skaters 20x4

Core Dragon raises 4sets,  
15reps

### DAY 2: CHEST, FRONT SHOULDERS AND CORE

Warm-up 10 min bike

Flat bench press 6 pyramid  
sets 12,10,8,6,4,10

Incline chest press 4 sets x 10  
reps

Cable cross flyes 4 sets x 10  
reps

Military press 3 sets x 10 reps

Oblique circle

Switch blade with rotation 60  
sec straight into:

The penguin 60 sec straight  
into:

Side dipping 30 sec on each  
side 4sets

### DAY 3: BACK, BACK SHOULDERS AND CORE

Warm-up rowing 10 min

Lat pulldowns 4 sets x 10 reps

Row 4 sets x 10 reps

Straight pulldown 4 sets x 10  
reps

Reverse fly 4 sets x 12 reps

Lateral raises 5 sets x 12reps

Stir the pot on Pilates ball 60  
sec x 4 sets

### DAY 4: ARMS AND CORE

Warm-up 5 min treadmill

Hamster on treadmill 2  
min, 1 min rest x 2 sets

Alternating bicep curls 4  
sets x 8 reps on each arm

Double biceps curls 4 sets  
x 10 reps

Skull crushers (French  
press) 5 sets x 10-12reps

Superset bicep curl in  
cable 4 sets x 10 reps  
straight into:

Triceps pushdowns with  
rope 4 sets x 10 reps

Dragon raises 4 sets x15  
reps

# THE CHOSEN FEW UK

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# DYE-ING FOR DENIM

**RAW DENIM IS MAKING A COMEBACK. THIS PURE DENIM IS DRY, UNWASHED AND UNTREATED, LEAVING IT STIFF AND FULL OF DEEP BLUE INDIGO DYE. CUSTOM REPURPOSED CLOTHING HOUSE JON.CRIF SAY DEMAND FOR THE FABRIC IS ON THE RISE, MEANING THEY OFTEN HAVE TO SEARCH VINTAGE STORES NATIONWIDE TO FULFIL THE LATEST CRAZE.**

“Raw denim retains its own natural colour with a neutral tone, making it a really versatile garment,” says Jon Diaz, creative designer at Jon.Crif. “A raw denim jacket or pair of jeans is a wardrobe staple, capable of transforming any outfit into something unique.”

“An everlasting material, garments made of raw denim become your second skin over time. They are items that constantly evolve by adopting the personality of the person who wears them.”

“The dye from raw denim can rub off onto shoes or other light items of clothing, but many of our customers say they refuse to wash it for fear of interfering with the authenticity of the garment.”

“Denim as a fabric never goes out of fashion, but raw denim in particular, is made to last forever. New generations of emerging designers increasingly respect and promote quality fashion with values and the environmental sustainability of clothing is a more prevalent issue than ever. For this reason, I can’t see raw denim being put through the wash anytime soon!”



Instagram: @jon.crif

# GEORGES ST-PIERRE

## A QUICKFIRE Q&A WITH THE MARVEL THAT IS GSP

### HOW DO YOU DEFINE SUCCESS?

When you're happy.

### WHICH IS MORE IMPORTANT TO YOU, FITNESS OR HEALTH?

Health is more important. Money can't even buy health.

### WHAT ARE YOUR FITNESS GOALS FOR 2021?

I want to become even more athletic. I want to perform moves that were too hard for me before.

### WHAT DO YOU WISH TO BE REMEMBERED FOR?

I'd like to be remembered as a great martial artist. Someone who changed the game as a philosopher, a thinking fighter.

### WHAT LESSONS DID YOU LEARN IN MMA THAT YOU'VE BEEN ABLE TO APPLY TO LIFE AFTER FIGHTING?

The white belt mentality. There are so many great things to know and learn from the world.

### WHAT OR WHO INSPIRES YOU THE MOST?

For who he's been as a martial artist, it's Royce Gracie. He's a legend. And for the way he has invented his own life, Arnold. He's a success at everything he tries.

### DO YOU PREFER TO TRAIN, WORK AND PERFORM SOLO OR ARE YOU HAPPIEST BEING PART OF A TEAM?

Suffering alone is part of the process but I love training with my teammates.

### WHAT IS IT THAT ENABLES YOU TO PUSH HARDER JUST WHEN OTHERS THROW IN THE TOWEL?

I just focus on the positive. I focus on my goal and how good I'll feel when I achieve it.

### DO YOU USE EXERCISE TRACKERS FOR TIME, DISTANCE, SPEED, CALORIES BURNED, ETC?

I track my times and data from sprinting and use the TRUCONNECT app. I also do sleep monitoring because sleep is so important to everything else.

### DO YOU MEDITATE?

Yes, I do. I do a special kind of breathing and meditation in the frozen water, like Wim Hof.

### HAVE YOU GOT A STRUCTURED WORKOUT PROGRAM OR DO YOU JUST DO WHATEVER YOU FEEL LIKE ON A PARTICULAR DAY?

I have so many different training methods and training partners that I have to be very structured six days a week. (Seven if you include the necessity to structure a rest day!) One of which is STRIKE.

### FAVORITE PIECE OF FITNESS EQUIPMENT?

I like to work with my body. The floor, the wall and my body.

### DO YOU LISTEN TO MUSIC WHEN WORKING OUT, IF SO, WHAT'S YOUR GO-TO TUNE TO GET FIRED UP?

Never. Music is cheating and distracts you from your suffering.

### SUNRISE SWEATING OR DO YOU OPT FOR LATER IN THE DAY?

Both! I train a lot...

### WHAT WORDS OF ADVICE WOULD YOU GIVE TO SOMEONE WHO IS STRUGGLING TO MAKE EXERCISE A REGULAR PART OF THEIR DAILY LIFE?

Don't wait for advice from me. Nothing comes for free. Pay your dues. Results come from sacrifice. Don't wait for me. Go!!!

Try Georges' exclusive STRIKE program at [truconnect.fit](https://truconnect.fit)

## STRIKE PROGRAM EXCLUSIVELY ON TRUCONNECT BY TV.FIT

This 46-minute combat-based workout takes you on a journey into the training lifestyle of a cage fighter. UFC champion Georges St-Pierre, gives an insight into his training and what has worked for him in the cage against his opponents.

STRIKE has been designed around 12-minute rounds. Each round starts with a realistic standing fight combination that is developed over a five-minute period so that you, the participant, understand why and where it was created. All forms of punch, knee, kick and block are used here. Following this takes you into an agility zone for three minutes. Covering all plains of motion and giving this combat concept a full 3D experience.

Fully catered to the champ's way of training. A three-minute floor section is now added. A compulsory part of cage fighting and once again a challenging training process.

To complete one of their fully loaded rounds, TruConnect now challenge all aspects of your training by giving you an *all out* one-minute.





# A GLOBAL SCALEXTRIC TRACK?

QUITE POSSIBLY, THOUGH WE'VE A WAY TO GO YET...

BY DANNI LEVY

**WE ALL WANT TO GO GREEN, BUT HOW STRAIGHTFORWARD IS THAT WHEN IT COMES TO GETTING FROM A TO B? ELECTRIC VEHICLES ARE GAINING POPULARITY. TESLA IS THE TALK OF THE TOWN. IS THE MOTOR TRADE READY FOR AN INFLUX OF LOW BATTERIES, OR WILL WE BE LEFT STRANDED AT THE SIDE OF THE HIGHWAY FIGHTING FOR CHARGE?**

Paul Tanner is MD at Alan Day Volkswagen, London. He says the industry will be ready as soon as we are and that measures to cope with an increase in EV drivers are already being addressed. The savings to motorists making the switch from fuel cars are pretty tempting too!

"Volkswagen have put billions into electrifying their vehicles to get themselves ahead of the game," says Paul. "Their platform for electric cars is now sold to other brands such as Ford, who use their technology. Over the next two years, Volkswagen have seven new electric cars coming out. Skoda, Porsche, Audi, Lamborghini and Seat are all bringing out ranges on the Volkswagen platform, making them one of the upcoming market leaders in electric cars. When Volkswagen introduced the ID.3, it was the biggest selling electric car in the world overall. We sold 36 electric cars within two hours

when we unveiled the ID.3 at our London branch. The ID.3 is carbon neutral and setting new standards as Volkswagen's first fully electric car. The ID.4 which is a 4x4, is out this season too and set to be a huge seller for Volkswagen. I don't think you'll see many petrol or diesel cars within five years in London. We don't sell any diesel vehicles at all now."

**But what happens if you run out of energy?**

"Even if you run out in an EV," says Paul, "the recovery services have just announced they will be carrying new booster technology to give you a charge and help you on your way."

**How many miles can I drive before running flat?**

"Our cars do 310 miles to a charge," says Paul. "Plus, they're quieter and you can turn your air con or heating on from your phone before you start your journey. It's amazing!"

**And how long does an EV take to charge? Surely, we'll all be queuing for hours at the charging points just to get going?**

"If you want a fast charge of around 80% you can do that in half an hour," says Paul. "You can go to get a coffee or go for a walk. Going forward, the infrastructure will change to give people home chargers and they're already talking about street lights having electrical chargers installed. Some EVs in future will be able to charge on a mat without plugging in too. For now, though, there are no queues and you can go on an app and check for your nearest charging spot. There are plenty of them. The only people who won't benefit are the petrol heads who want that loud engine noise. But in ten years' time, I don't think you'll be able to buy a petrol or diesel vehicle in the big cities anyway."

"One thing we noticed in London during lockdown was the quality of the air and rivers were noticeably cleaner, justifying the push for zero emissions moving forward. You'll have to replace the battery within eight-to-ten years but wear and tear is expected to be lower than that of a fuel car too. They're also quicker and lighter than most gasoline-fuelled cars. They're fully automatic and just go as soon as you put your foot on the accelerator. The faster you drive, the faster the battery will run out."



**GOING ELECTRIC SOUNDS GREAT, THOUGH I'M STILL A TOUCH CONCERNED ABOUT THE CHARGING TIME AND CONVENIENCE GIVEN I CAN ONLY EXPECT 310 MILES A POP. QUEUE TREVOR JACKSON, A LEADING GREEN ENGINEER, WHO SAYS HE HAS THE SOLUTION. TREVOR HAS INVENTED FUELS CELLS THAT POWER VEHICLES FOR UP TO 1500 MILES. THIS INNOVATIVE TECHNOLOGY CAN POWER A VEHICLE FOR 1500 MILES WITH ZERO CARBON. TREVOR BELIEVES WE WILL GO FULLY ELECTRIC, BUT NOT QUITE AS WE IMAGINED. THIS CONVERSION SYSTEM CAN BE ADDED TO A STANDARD ELECTRIC CAR AND ADD CONSIDERABLE DRIVING DISTANCE: [WWW.METALECTRIQUE.COM](http://WWW.METALECTRIQUE.COM)**

"We will go fully electric in the future, because we have to," says Trevor. "Oil means pollution in our cities which is now an official cause of death, and climate change has to be controlled otherwise we will suffer much worse calamities than pollution (loss of habitat, more deserts, mass migration, loss of coastal regions and loss of species). The other reason is that oil is finite and waning as a reliable source of fuel. A lot of oil is burned to make electricity so using this power to charge up batteries to drive cars is not solving the problem."

"Batteries for EVs are very expensive and a much bigger percentage cost for the manufacturer than for an equivalent fossil fuel powertrain. Profits on any car were always just a few percent so industry sources say that current EVs are loss leaders for manufacturers who want to gain market presence in the hope that battery prices will reduce. The trouble is that they won't: the often quoted target of \$100/kWh is unlikely to ever be achieved, with some analysts stating that the best we can expect is \$172/kWh and that demand for raw materials will then cause that number to go back up."

"The other issue is mobility. EVs currently are a lot like a big mobile phone with wheels and, like mobile phones, they're always plugged in. We need mobility and, at the moment, EVs reduce mobility. We've gone from a 'pay-drive-pay' scenario with affordable fossil fuel cars to

a 'wait....wait-pay-drive' model with more expensive rechargeable EVs. That, plus the driver's concern over low range are affecting the public perception of EVs. The fuel is the problem, so we need to change the fuel."

**So, what about fuel cells? Everybody's heard about fuel cells and some cars are powered by them, but the technology has not had widespread adoption. Why?**

"The reason is that the cost of the cell in a fuel cell is high," says Trevor. "Another issue is how to store the hydrogen. Some of these systems drive around with a hydrogen bottle pressurized to seven hundred times our atmospheric pressure. That's a really high pressure and needs spacecraft-level engineering to get enough range out of the car, but how safe is that when it's ten years old? The pump stations needed to create that kind of pressure are going to have to be really high-powered to do that, so where is that power going to come from? And the hydrogen is normally made from oil refining, so this isn't 'changing the fuel'."

"Halfway between fuel cells and batteries lies a different technology: a 'semi-fuel cell' which is a combination of the best bits of both technologies. This technology uses metal as a 'fuel' anode and oxygen from the air as a cathode to make clean, recyclable power. There's no stored charge, unlike in a battery, so it can't explode. There are no fumes and no CO<sub>2</sub>. The metal provides the electrical power from the electricity used in making the metal originally. It's like a power system forged in the mountains; as the best kind of semi-fuel cell is the aluminium-air battery and aluminium is made from mountain hydropower. The residue left after the huge mileage these systems can provide (non-stop 1500-mile tests have been done already) is sent back to the mountain hydro plant and converted back into metal."

**All sounds great, but what about charging?**

"You don't need to charge," says Trevor. "The system is always available, cassette-based and is swapped at the grocery store, gas station, or at home every 1500 miles; you only pay for the power you've used and then 90 seconds later you drive on your way again. The cost is lower than gasoline and a lot cheaper than rechargeable battery car operating costs!"



# A MINUTE OF MOTOR MANUFACTURING

**MONEYSHAKE HAS CRUNCHED THE NUMBERS ON ELECTRIC VEHICLES (EVs) TO SHOW YOU WHO'S LEADING THE ELECTRIC MARKET.**

**VOLKSWAGEN MANUFACTURES 10.3 MILLION MOTORS PER YEAR, WHICH EQUALS 19.8 EACH MINUTE.**

From the prestige of Bugatti and Bentley to the everyday appeal of Volkswagen and Skoda, the group has a brand for almost every driver in its vast output.

Tesla is number one for low emissions though, with an average output of zero CO<sub>2</sub> thanks to its innovative electric offering. See how other motor groups compare with our research findings.

**TESLA SELLS 64% MORE EVs THAN ANY OTHER MANUFACTURER AT 42 PER HOUR.**

The Electric Vehicle Outlook 2020 reports that 58% of all passenger vehicles sold will be electric by 2040, compared to just 2.7% today, suggesting a rapid increase in the next two decades. With financial incentives available for low-

or zero-emission vehicles, plus the advantage of getting the latest technology, more drivers are set to make the switch to electric cars.

But which manufacturer is ready to meet the electric demand? Of course, Tesla takes the prize for selling the most EVs at 370,000 a year, or 42 per hour. Almost 50,000 of these sales were from the game-changing, affordable Model 3, although it's been reported that Tesla has stopped selling the cheapest \$35,000 or £26,000 version.

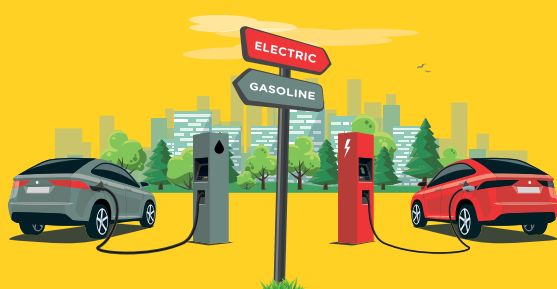
We already know that Tesla is leading the EV market, but by how much? Our research shows that Tesla sells 64% more EVs than any other manufacturer. Tesla also sells more EVs than BMW, Nissan, Volkswagen and Renault put together.

**NORWAY SELLS 261% MORE EVs PER 10,000 PEOPLE THAN ANY OTHER COUNTRY**

China dominates the market for the most EVs sold by country, selling over one million EVs a year, or 2,904 per day, which isn't a surprise as the country has such a high population. Considering this, China sells much fewer EVs per person than other countries at just seven EVs per 10,000 of the population.

The greenest country turns out to be Norway, selling 80,000 EVs per year, which is equal to 148 EVs per 10,000 people – 261% more than any other country. Sweden comes in second place, although the units sold per 10,000 people is a lot less at 41, suggesting that EVs are popular in the Nordics.

## ELECTRIC VS DIESEL TOTAL RUNNING COSTS OVER 36 MONTHS 10,000 MILES PER YEAR DRIVING IN LONDON, UK



**ID.3 LIFE PRO PERFORMANCE 204PS 1-SPEED AUTOMATIC 5 DOOR**

**TOTAL COST OVER THE TERM:** £14,604.40  
**COST OF ENERGY (AVERAGE):** £1,157.89  
**TAX (TOTAL):** £0.00  
**CONGESTION CHARGE:** £0.00  
**TOTAL:** £15,762.09

**GOLF 8 STYLE 2.0 TDI 150PS 7-SPEED DSG 5 DOOR**

**TOTAL COST OVER THE TERM:** £17,442.30  
**COST OF ENERGY (AVERAGE):** £2,870.94  
**TAX (TOTAL):** £280.00  
**CONGESTION CHARGE:** £3,900.00  
**TOTAL:** £24,493.24

**TOTAL SAVING WHEN GOING ELECTRIC: £8,731.15**

(RETAIL PRICE, COSTS AND CURRENCY APPLIES TO LONDON, UK ONLY)

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# BRAD WILLIAM HENKE TAKES THE STAND

BY DANNI LEVY

**“I’M HUNGRY  
I’M ANGRY  
I WANNA  
HAVE SEX”**



## **WHEN A RECURRING ANKLE INJURY PUT A STOP TO BRAD HENKE'S CAREER IN THE NFL, HE SEIZED THE OPPORTUNITY TO EXPLORE AN INTRIGUE FOR PERFORMANCE THAT HAD BEEN IMPOSSIBLE TO PURSUE DURING RIGOROUS COLLEGE TRY-OUTS.**

Brad fast established himself in Hollywood and built an impressive acting portfolio, perhaps most notably playing Desi Piscatella, a gay corrections officer in hit Netflix series 'Orange Is the New Black'.

Never one to shy away from a challenge, Brad recently accepted the part of Tom Cullen in the 2020 remake of Stephen King's TV series The Stand. Practically self-isolating in order to accurately assume the role of a man living amidst a global pandemic, he astonishingly found himself walking into the exact same scenario when filming wrapped, but this time for real.

"I stopped trying out for the NFL in 1993," says Brad. "Two ankle reconstructions left me with arthritis and I could no longer outrun the competition. I went eight years without training, I no longer felt as if I had a physical purpose and struggled to adapt."

## **"I WILL NEVER FORGET THE DAY I SAW A WOMAN OUT-SQUATTING ME. AS I TRIED TO MATCH HER, I PUSHED AND PUSHED UNTIL I WOKE UP THE NEXT DAY WITH A HERNIA!"**

In a bid to regain a sense of self-worth, Brad attended an audition for a TV commercial.

"I'd always wanted to give acting a try, but there was just no time when I was playing high-level football," he says. "Word got around they were scouting for football players as background actors in a TV commercial, so I thought 'why not?' and decided to poke my head in the door."

"I met some really creative people and was invited to attend acting classes and that's when my outlook on life changed. In the first class, I witnessed a man cry. I remember being completely dumbstruck by his ability to conjure up these emotions from nowhere. I asked myself how he could possibly achieve that. What made him feel that way? Was he using a special technique?"

"As a relatively 'normal' red-blooded male, I, up until this day, regularly experienced three emotions. They were: 'I'm hungry', 'I'm angry', 'I wanna have sex'."

"These were the only emotions I could truly relate to. I started attending the acting classes five nights a week and soon acquired the ability to think and 'act' beyond these three basic emotions. My first audition was for a movie called Space Jam starring Michael Jordan. I only had a small role, but I knew my football career was never meant to be and that acting was my calling in life. Performance had become everything to me."

Regularly cast in 'dad bod' roles, Brad remained pretty

sedentary, staying out of the gym and focusing purely on the psyche of moulding into character.

## **"I CANNOT DESCRIBE HOW BIZARRE IT WAS TO HAVE BEEN FILMING ABOUT A GLOBAL PANDEMIC FOR MONTHS AND THEN WALKING INTO IT FOR REAL."**

"I think it had been eight years by the time I finally made the decision to work out again," he says. "I will never forget the day I saw a woman out-squatting me. As I tried to match her, I pushed and pushed until I woke up the next day with a hernia! I learned my lesson, that's for sure! As a slow and sensible approach, I joined LA Fitness and started going to classes. I did step-up with abs and yoga to begin with, then I got myself a PT and started lifting weights. Whilst my rotund physique had served me pretty well in the audition room, I knew it was time to take charge of my health and I haven't looked back since."

Having regained a penchant for exercise, Brad now cycles along the coast from his LA home each morning and enjoys practicing boxing and Jiu-Jitsu.

"I feel so much better," he says. "I'd actually say I'm in better shape now than I was twenty years ago. Stretching is particularly important to me and when I'm flexible I feel as if my muscles look longer and leaner. I really enjoy Jiu Jitsu and think it's something everyone should try at least once. It empowers a person of any size to use incredible force they didn't know they possessed. It's such a clever sport and great fun."

## **"I'D ACTUALLY SAY I'M IN BETTER SHAPE NOW THAN I WAS TWENTY YEARS AGO."**

If he's on set, Brad typically uses meal prep companies and swerves junk food served up at the cast canteen.

"Usually, I'm not filming seven days a week but on work days I don't always get to train," he says. "The likes of Mark Wahlberg will wake up at 4am to hit the gym, but I'm a night owl and could never do that! I'm more creative late at night and unless I have to, I won't get up at the crack of dawn. When I was filming 'Orange Is the New Black' I'd have weeks when I was busy filming and others I wasn't needed at all, so I just worked my training around that. Now that I'm maintaining, I'm pretty relaxed about it."

Brad's most recent role presented ironic challenges no-one could ever have predicted.

## **"I'D REALLY LIKE TO PLAY SOMEONE WITH NARROW POLITICAL VIEWS WHO THEN COMES TO THE REALIZATION WE SHOULD ALL BE ENTITLED TO EQUAL HUMAN RIGHTS"**

"In October 2019, I flew to Vancouver to begin seven months filming a remake of Stephen King's series 'The Stand'. As one of the few survivors on earth after human-

ity is struck down by a pandemic. My character suffered a brain injury as a child and I wanted to portray this as accurately as possible. I had a friend in high school who suffered a blow to his head playing football. I will never forget the day he looked at me and said, 'In here, still me'. It still makes me cry to this day. I tried to bring some of that to this role and I think about him all the time."

Brad spent much of his time off set alone as a means of evoking the personality traits necessary to accurately represent his character, Tom.

"It was a large role and a very hard role, but I really enjoyed it," he says.

Little did Brad know the challenge posed by isolation during filming was far from over. Whilst 'The Stand' has been described as 'King's apocalyptic vision of a world decimated by plague', walking into the usually bustling airport lounge at Vancouver to return home to LA on March 12th, 2020, the devastated world Brad had endured for his art had now become his reality.

"There was literally nobody in the airport," he says. "I cannot describe how bizarre it was to have been filming about a global pandemic for months and then walking into it for real. Lockdown life was something my character Tom had learned to adapt to, but now I would have to learn to survive a pandemic too."

Back home in LA, Brad now hopes to help drive social change by taking on even more challenging roles in future.

"I'd really like to play someone with narrow political views who then comes to the realization we should all be entitled to equal human rights," he says. "Comedy is equally as important to me and I love to get involved in fun projects, but right now, the world needs people to get a crucial message out and entertainment is a powerful way to do that."

You can watch 'The Stand' on CBS All Access

Follow Brad on Instagram:  
[@bradwilliamhenke](#)



# THE LOCKDOWN THAT UNVEILED AN EXTRAORDINARY TALENT

BY DANNI LEVY

If ever COVID-induced confinement helped to serve as an inspiration for undiscovered talent, it's right here and now.

English teacher Calum Ferry, originally from Bridge of Weir, Scotland, lives and works in Gijón in the north of Spain. When the pandemic hit he picked up a pencil, then a paintbrush. The results are quite simply astonishing.

"In many ways, as a self-taught artist living in Spain, I feel like an outsider looking in and I feel as if I have to embrace that," says Calum.

"Living in a foreign country and starting out on an artistic journey can be quite daunting, but it has also provided me with the inspiration I need to produce meaningful work.

"I started by doing small black and white ink drawings of people at breakfast, having a glass of wine or simply relaxing, which coincided with the first lockdown here in Spain. I realized that for many people my art was a form of escapism and so, I continued making work that was fun and light-hearted. The drawings then developed into bigger, more colorful acrylic and oil paintings. I also started adding in my own patterns, inspired by the beautiful patterns I am surrounded by here in Gijón.

"It's not all rainbows though, as the black shadows depict a darker undertone in my work. The thick black lines fragmenting the figures and objects represent the feelings of depression and anxiety that consume many people from day-to-day, especially during lockdown. These feelings can be extremely hard to overcome and will always remain present, but I want people to know there is always something to be hopeful about.

"I want my work to be sincere in that it relates to something tangible, yet at the same time silly enough to make people smile. Hopefully, my paintings can continue to make life a little more enjoyable."

Instagram: @calumferry to view or purchase Calum's work



'The Lobster Tale', acrylic and coloured pencil on canvas, A3.



'Mind the Fish!', oil on canvas, A3.



'Déjà Vu', acrylic on canvas, A3, 2020.



'Cards and Whiskey', acrylic on canvas, 61x50cm, 2020.



'Gin to Go!', acrylic on canvas, 40x50cm, 2020.



**OVERCOME  
YOUR FEARS  
AND LIVE  
YOUR DREAMS**

## OVERCOMING FEARS CAN BE CHALLENGING AT THE BEST OF TIMES, BUT AMIDST UNCERTAINTY AND EVER-CHANGING LANDSCAPE IS OVERWHELMING FOR MOST. IN FACT, NHS STUDIES INDICATED ALMOST HALF (49.6%) OF PEOPLE IN GREAT BRITAIN REPORTED “HIGH” (RATING 6-10) ANXIETY DURING 2020, UP FROM JUST 21% IN 2019.

A big question is, how can we overcome fear, set new goals, and move forward, when many of us are simply hoping to go back to some sort of normality?

Real ‘fear’, physical fear especially, is an external threat that is imminent and in your face. Centuries ago, the feeling of fear may have come from facing a wild animal, but the fear we’re addressing here is rather a self-concocted story that we tell ourselves. This modern-day type of ‘fear’ is the reason so many of us let go of our dreams, ambitions and desires. Evidently, allowing this to happen is poor mind management. When we experience fear, what is really happening is, we’re saying “what if”, followed by a negative statement i.e., “what if they say no?” or “what if I don’t get that promotion?”

Put fear aside... how do you really want to experience your life, and what are you willing to do to take the necessary action moving forward? If you’re someone who wants to level up your performance, personally and professionally, you must overcome the belief that it is fear holding you back and to stop blaming fear for your progress. At a time when so much is going on externally, this may sound blunt, however, we can instead view this as an opportunity to take more control over our minds and tackle this fear.

Start by saying “what if” followed by a positive outcome. “What if she says yes?” “What if I get that job?” “What if I can grow this business?” “What if I believed in myself again?” If you focus on a positive outcome, then you get to change the story! This will change the way you feel.

If it’s not fear that’s holding you back, what is? Generally, it’s a lack of connection with something more important than the ‘fear’ that is holding you back. Fear is always there as a survival function to keep us from danger but, we get to push through that when we attach a purpose that something is more important. For instance, a firefighter entering a blazing building must push through fear with the connection that saving lives is more important than the fear he/she is facing. The firefighter says to himself “what if I can save lives?” If you can stop blaming fear and ask yourself “what if I actually go for this and make it happen?” you will almost immediately begin taking steps towards a more positive outcome.

That being said, asking yourself a more positive question does not magically resolve all your external circumstances. It does, however, bring to the table a more optimistic outlook that can be worked upon. By taking this into consideration and finding more time and space to breathe, you can really focus on different outcomes for your future. Simply by taking a few minutes out of your day to sit still

and focus on breathing has been scientifically proven to reduce anxiety and increase focus. This allows you to see more clearly, be more present and see ‘fear’ for what it really is. You’ll find that it’s often just a result of being too caught up in the hysteria of everything around you.

## CONFRONT YOUR FEARS

Confront your fears with clarity. Write down what your dreams and goals are, then note any reasons you believe have been holding you back and why. What do you have to do, learn, or ask for, in order to overcome that fear or challenge? By practicing this exercise, you will begin to formulate a plan of action that will allow you to move forwards with more clarity. It’s possible you will have a breakthrough on paper that will allow you to be more courageous in overcoming any fears, blockages or limiting beliefs to change your story. The act of expression often leads to finding our own answers and enables us to see what we need to do to address challenges.

## TAKE ACTION

Taking action is next on the list. The lack of taking any action is what halts most of us and keeps us from achieving the things we truly desire in life. I coach people in high performance, to take daily action and pick three things that will help them to move forwards. For some, life is difficult, and those three goals each day could be as simple as taking a shower, eating, and talking to a friend but, regardless of your personal situation, creating a daily action list of three things that move the needle towards you achieving the goals you set for yourself will be game-changing. Momentum beats fear every time! By creating a focused momentum, you will build competence and gain confidence.

## SET CRAZY GOALS

When you set new goals, don’t just opt for mediocrity. Set yourself ‘crazy’ goals, goals that previously would’ve made you say, “no way, don’t know how, can’t do that!”

Find three big things you would really like to have in your life and write down the fears you’d face if you actually chased those dreams or attempted to accomplish those goals. Identify what those fears are and create an action plan to push them aside. The more you think about those ‘fears’ the more you’ll begin to realize they’re often silly and more than likely will never become a reality.

However you feel about the ‘fears’ that are holding you back, know that you can overcome these and change your story to enable you to take the necessary steps forward by inviting some time out to breathe, gather your thoughts and create a doable action plan to help you to achieve even the ‘craziest’ of dreams.

By David Grieve - [david@you-can-group.com](mailto:david@you-can-group.com)

David is the founder, and MD of You Can Group which educates and promotes meditation, group coaching and training. A private coach, trainer and facilitator helping individuals, professionals and businesses level up their personal and professional performance, his mission is to help individuals and businesses reach new heights by inspiring self-mastery and empowering self-belief.



# FARM FIT

BY DANNI LEVY / PHOTOGRAPHY BY CALLUM TRACEY

**TOM KEMP IS FAST BECOMING ONE OF THE MOST RESPECTED NAMES IN THE BIZ. A THIRD-GENERATION FARMER, HE FOUNDED FARM FITNESS, A GYM UNLIKE ANY OTHER.**

“Love what you do and make use of what you have,” says Tom, who converted his passion for fitness into a career. Every corner of his family’s farm has been transformed into a world-class training space, earning him global recognition.

Take fitness back to basics and enjoy this staple Farm Fitness pull-session for an explosive pump.



## BANDED DUMBBELL BENT OVER ROWS

3 x 10-12 with 60 seconds rest between sets (drop set to failure on the last set).

Adding two resistance bands to this variation of the dumbbell row will really help to engage your lats effectively. Attach the band high up on the rig structure so that it's closer to your shoulders in the top position. This will reduce any shoulder extension, allowing you to effectively isolate your lats. Take the last set right until failure, then drop the dumbbells and continue (with bodyweight) until failure.



## SINGLE ARM KETTLEBELL ROWS

3 x 8 reps per side with 90 seconds rest between sets.

Think about dragging the kettlebell into the hip. Work through the full range of motion, hold the contraction for two seconds at the top of the movement and slowly lower back down. Pull each rep explosively, keeping a neutral back and tight core throughout.



## WEIGHTED WIDE GRIP PULL-UPS

Perform x 2 warm-up sets of bodyweight pull-ups x6 reps.

Then 4 x 6 working sets of wide grip weighted pull ups 90-120 secs rest between sets.

Focus on keeping your chest up, elbows back and control the eccentric phase, working through the full range of motion. Make sure you get your chin above the bar with each rep.

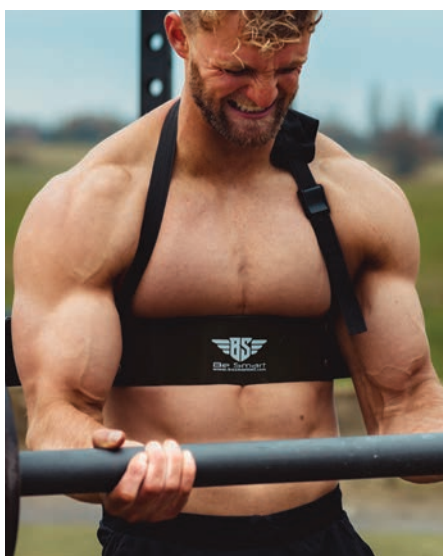




## BARBELL T-BAR ROWS

3 x 10-12 with 60-90 seconds rest between sets.

Straddle the barbell with feet shoulder-width apart. Focus on keeping your chest open and lifted throughout the movement and your back and head aligned. Think about dragging the weight into your hips.



## ARM BLASTER FAT BAR CURLS

3 x 8-10 with 60 seconds rest between sets.

Keep your shoulders retracted throughout the movement. Focus on a two second squeeze at the peak of the contraction, then slowly lower the bar back down for four seconds. The fat bar will require you to recruit more muscle fibers to challenge your forearms and grip strength.

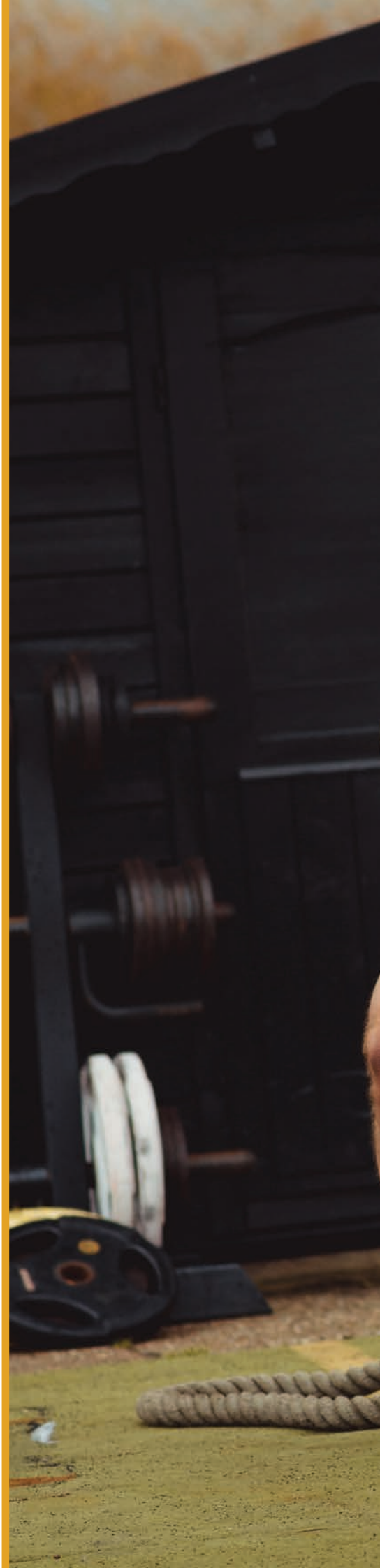


## DUMBBELL ALTERNATING CURLS + LEGLESS ROPE CLIMB

Perform 60 alternating dumbbell curls. Each time you hit failure, perform one legless rope climb. Once the 60 reps have been completed, the arms workout is finished.

Keep rep quality high aiming for a 3-1-2 tempo.

Aim for 10 reps per arm with each round.



# THE FINISHER



## 12 MINUTE AMRAP — TOTAL BODY METCON WORKOUT

Complete as many rounds as possible in 12 minutes.

- X3 Sandbag over shoulder
- X6 Wall jump overs
- X9 Hanging knee raises
- 20M Arm over arm sled pull
- 20M Sled push

Follow Kemp's journey and exciting plans ahead for Farm Fitness:

Tom Kemp Instagram:  
[@tomkempfitness](#)

Farm Fitness Instagram:  
[@farm\\_fitness](#)





# THE GREAT BRITISH GETAWAY

BY SAMANTHA YARDLEY

**CADBURY HOUSE OFFERS AN OASIS OF TRANQUILLITY AND ITS ELEGANT AND LUXURIOUS FEEL IS GUARANTEED TO LEAVE AN IMPRESSION.**

The rolling hills of Bristol are a scene of pure poetry. Rustic country pubs nestled among striking rural countryside offer the perfect escape from the rat-race of high-pressure city living. Located amongst the UK's South West landscape, the ultra-luxe Cadbury House provides a quintessentially British getaway, amongst idyllic green fields, natural wildlife, and stunning views.

The elegance of the old country house, combined with the contemporary boutique styling of the four-star hotel, lends itself effortlessly to glamorous celebrations and relaxing getaways alike. And, with recent refurbishments to the restaurant, event facilities and spa, now is the time to visit. Think ivy adorned facades with dramatic gothic windows and turrets straight of a fairy tale.

Make your way up through the sycamore and horse chestnut lined driveway to the original house, which forms the venue's centrepiece. It dates to 1790, when it was built as a private residence as part of an 800-acre estate. Steeped in history





and original feature charm, the enchanting architecture sets a striking juxtaposition to the hotel's modern amenities and avant-garde styling. The hotel itself offers 132 luxury bedrooms, stylishly decorated with bright and airy rooms, including suites, free parking, and excellent transport access, meaning guests can enjoy the facilities for both business and pleasure.

The delectable cuisine available from the on-site Marco Pierre White Steakhouse, deemed the finest eatery in the area, is served to guests in style from their elegant dining room, bar and garden room conservatory. It boasts views of the South West and a fully retractable roof for al fresco dining. The menu comprises of everything you'd expect from a traditional steakhouse, with offerings changing seasonally. Every dish is prepared with flair and offers a treat for the tastebuds as well as the eyes. The fillet steak... Will. Not. Disappoint.

A second restaurant has also just been added serving Italian offerings from the Bardolino Pizzeria, Bellini and Espresso Bar. Bardolino offers a casual dining experience, naturally specializing in pizza, pasta, and meat dishes in a true celebration of produce.

For those wishing to embark on a holistic experience, spa breaks and spa days are popular with several packages available, and numerous treatment rooms including a couple's suite for shared experiences. The treatment menu features deluxe facials, massages, body wraps, hand and feet treatments, waxing and holistic therapies. Guests who stay at the hotel also have access to a 20-meter swimming pool, sauna, steam room, Jacuzzi and award-winning health club facilities.

If you're looking to venture out, nearby Cheddar Gorge is simply breath-taking, showcasing the iconic crags and pinnacles of one of Britain's most spectacular natural sights. A million years in the making, this stunning wonder needs to be ticked off your bucket list.

2020 left a lot of us feeling uneasy, with catastrophic events unfolding at every turn. Queue the perfect antidote, with the glorious escapism of this charming haven. The chances of returning from Cadbury House in anything less than a zen-like state of serenity are nigh-on impossible.

@dtecadburyhouse

[www.cadburyhotelbristol.co.uk](http://www.cadburyhotelbristol.co.uk)



# INTRODUCING ULTRAHUMAN'S **HOLISTIC FITNESS LIFESTYLE**

Ultrahuman is a fitness platform that helps people meditate, workout efficiently, and optimize their sleep with the help of athletes, neuroscientists, artists, and psychologists - all in one place



# VOLUME OR *INTENSITY*?

## UNDERSTANDING THE HOW AND THE WHY

**IN BODYBUILDING WE OFTEN HEAR THE TERMS “VOLUME” AND “INTENSITY”, BUT HAVE YOU WONDERED WHAT THEY REALLY MEAN, AND HOW THEY RELATE TO YOUR OWN TRAINING?**

### INTENSITY

“Intensity”, contrary to popular usage, refers specifically to the percentage of an athlete’s one rep max. So, a higher intensity lift is a heavier lift, and will target the type 2a and 2b (fast twitch) fibers. Think of these as the parts of the muscle that deliver top-end strength and power.

### VOLUME

“Volume” is a more general term covering the total amount of work done in a workout (think the total number of sets and reps) and usually has an inverse relationship to intensity! Thus, these concepts sit at different ends of a non-linear spectrum.

To achieve more volume, do higher reps, extra sets or generally a longer workout. This would favour stimulating type 1 (slow twitch) fibers that have a better recovery rate and can therefore contract for longer without tiring!

At each end of the spectrum, lies a different type of stimulus. The human body needs to adapt to a certain stimulus in order to change (to get faster, stronger, larger) and when it comes to building muscle (aka hypertrophy) there are broadly two distinctions:

1: Myofibrillar hypertrophy. The increase in size and amount of muscle fibers themselves. Think of this as generally a more long-term type of muscle gain.

2: Sarcoplasmic hypertrophy. The increase in fluids around the muscle cell, and greater glycogen storage. Think of this as a shorter-term gain.

To get stronger and bigger, you need both types of this hypertrophy, and different levels of intensity will target each one. Broadly speaking, training with heavier loads (higher “intensity”) especially over many years, develops myofibrils. Training with light to moderate loads, with higher “volume” develops sarcoplasm. To keep it simple, the most crucial area of distinction between these two training modes are...the rep ranges!

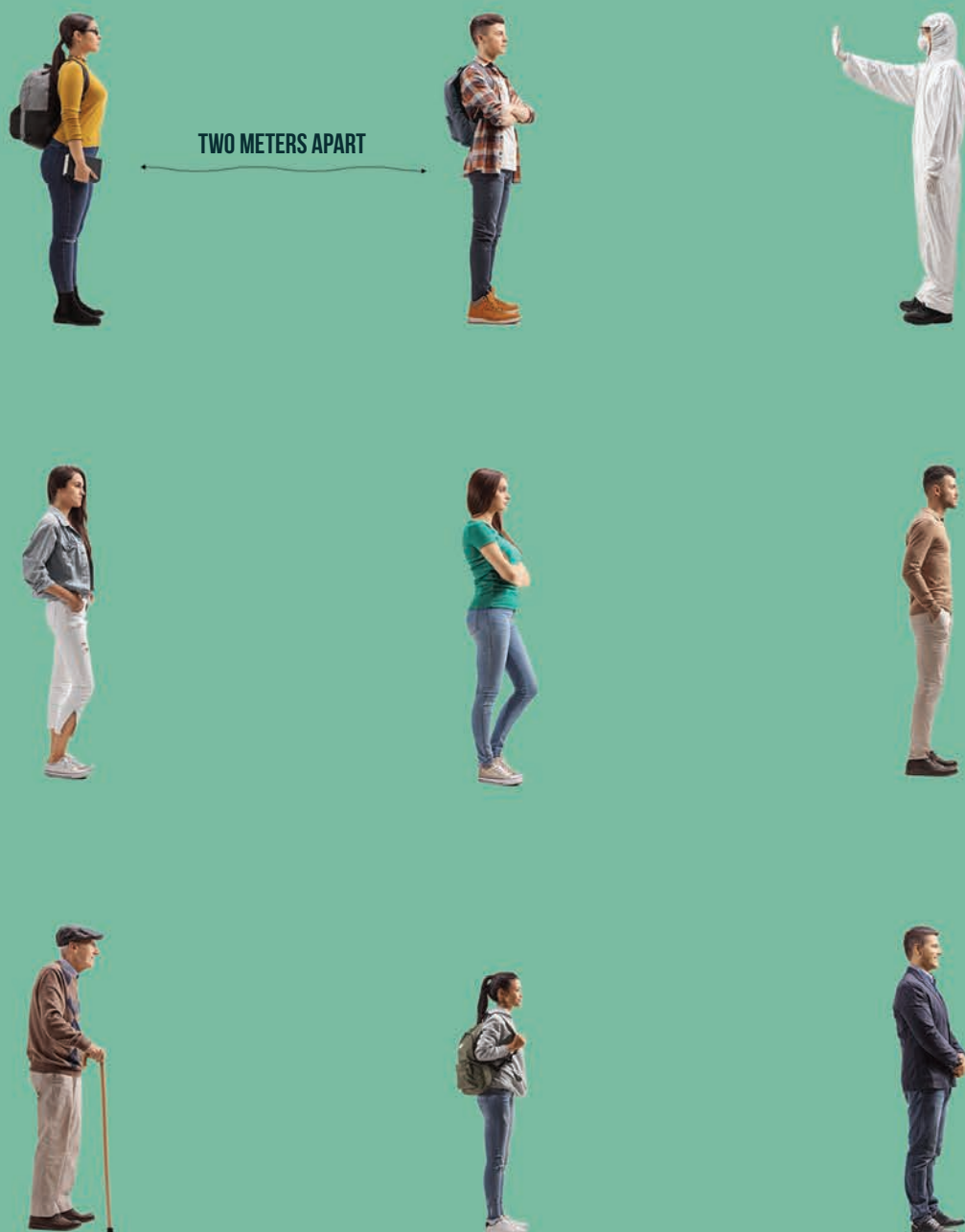
The beauty of bodybuilding lies in the understanding and application of how your physique responds to these differences in stimulus. There is much trial and error to be had, but you might get lucky and find the sweet spot!

So, when you are planning your workouts consider the concepts of volume vs intensity first and foremost. Stick to the basics, reap the results!

By James Alexander-Ellis

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[@jamesalexanderellis](https://twitter.com/jamesalexanderellis)





# THE NEW “NORMAL”

BY SAMANTHA YARDLEY

**ANYONE ELSE WANT TO STAB THEMSELVES IN THE EYE EVERY TIME THEY HEAR THE PHRASE ‘UNPRECEDENTED TIMES’? FOLLOWED UP CLOSELY BY ‘UNCERTAIN TIMES’, WHICH ALSO DESERVES AN HONORABLE MENTION.**

The fact is, whether you’re a conspiracy theorist or a devout rule abider, that the world has changed irrevocably since that fateful discovery of a new corona strain those many months ago. We check in with folk across the globe to share an insight as to what life is like post-COVID.



**ABBY HAU,**  
**A MARKETING EXECUTIVE FROM SERBIA**

“I have friends who are self-employed and now face months without income, friends who have already lost their jobs. The contract that brings me income expires in April. Will anyone hire me when I need a job? The coronavirus is hitting the economy hard. Education has changed with schools and universities moving online. COVID-19 points out serious shortcomings in the existing system.”



**BRENDAN LEE,**  
**A TRAVEL BLOGGER FROM NEW ZEALAND**

“Life is 99% normal here. After six weeks of lockdown, my daily life has resumed to pre-COVID. Nobody needs to wear a mask, all sports have resumed, I can go to the gym, restaurants and so on freely, and domestic travel is unrestricted. The one thing that remains different is the border is on a tight lockdown, so I cannot leave the country without paying \$3,000 for my 14-day quarantine when I return. And obviously, no tourists are allowed in yet. Basically, we're just waiting for the rest of the world to get things under control before we open the borders again, but inside the borders it's life as usual!”



**AMBER O'BRIEN,**  
**A HEALTH EXPERT FROM MIAMI, FLORIDA**

“A lot of people went bankrupt in my country and struggled to make ends meet. Some of them were confined to their houses and socializing was reduced to zero. This also had a huge impact on people's behavior and caused depression. When it comes to working organizations, rapid changes have been observed in the way they operate. The way organizations used to carry out their functions has completely changed. Immense problems are being faced to bring everything back to life including the opening of offices on a rotational basis, taking care of the SOPs and so much more.”



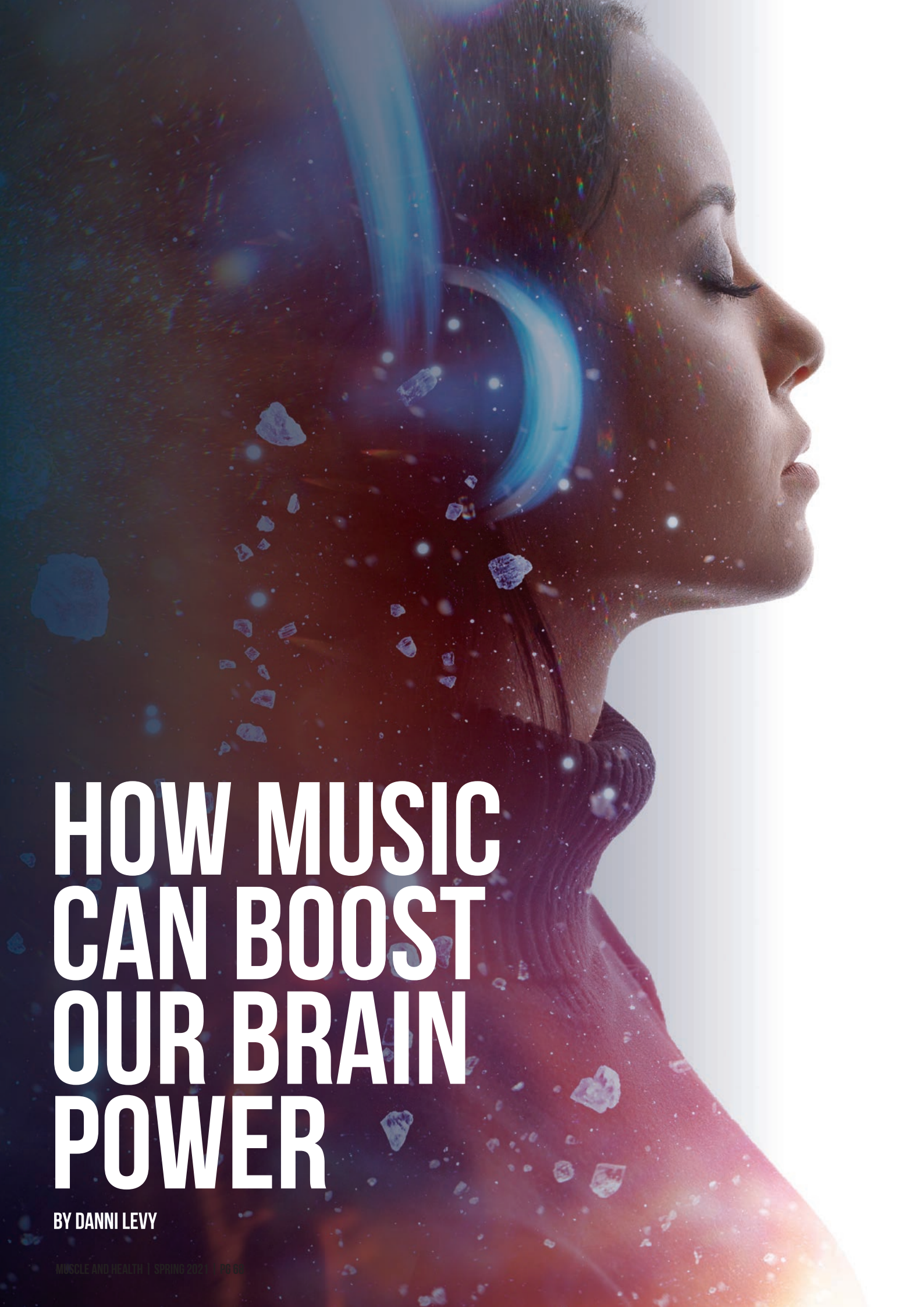
**ANDREW TAYLOR,**  
**A COMPANY DIRECTOR FROM THE UK**

“I live in the UK. Things, although in theory have got tighter than ever before, life has not really changed for me since the beginning of the pandemic. I have slotted into a routine of quiet solitude, the food I eat is unimaginative and I exercise less than I should. Saying this, I see that we will all suffer in the long-term from these actions and I will make efforts to preserve my life beyond this pandemic through healthier choices, but this is easier said than done, as the ongoing pressure of pandemic anxiety makes it difficult.”



**SAMANTHA SARGENT,**  
**CO-FOUNDER OF BE SPUNKI, FROM AUSTRALIA**

“In terms of day-to-day, my life has been thrown upside down as my husband and I used to travel 200+ days a year, so to be in the one place for ten months has been different to say the least. I'm not one to go into doom and gloom, so we've made the most of it and have transformed one of our rooms to a home gym for daily workouts, took a daily swim and walks at the beach for fresh air and sunshine, and kept on top of our nutrition with loads of fresh fruits and veggies straight from the garden. It's really been a year of honing in on our holistic well-being.”



# HOW MUSIC CAN BOOST OUR BRAIN POWER

BY DANNI LEVY

## SCIENCE SHOWS THAT AUDIO STIMULATION CAN ACTUALLY INCREASE NEURAL ACTIVITY. THIS RESEARCH IS BASED ON HOW TONES, FREQUENCIES AND RHYTHMS WORK TO AFFECT THE BRAIN IN A POSITIVE WAY.

Ultrahuman app has partnered with Evoked Response to further research and develop audio stimulation that has a positive impact on our mindset. Ultrahuman was founded in February 2020 by Mohit Kumar. Overcoming COVID to work remotely and produce content with top experts around the world, the team behind Ultrahuman recognized music and meditation as key aspects of their app.

The music is designed specifically to help us focus, sleep, or overcome a temporary bout of anxiety.

Neural imaging like EEG and fMRI are used to scan and analyze the connection between music and the brain. This data is then used to optimize the sound design for its effect on mental states. Next, large-scale behavioral studies are undertaken in order to test this music on human performance and determine what types of music work best for different demographics.

## BUT HOW CAN MUSIC ACTUALLY MAKE US MORE PRODUCTIVE?

“Our bodily sensors evoke certain reactions in the body,” says Mohit Kumar, CEO and founder of Ultrahuman. “These sensors can make us feel uncomfortable, or they can make us feel at ease. For example, if you hear a siren outside your building, this immediately evokes a feeling of danger and urgency, whereas if you listen to calming music, it automatically makes you feel calm.

“When you listen to our brain productivity music, your brain synchronizes with the music you’re playing to give you a higher level of focus on the task in hand. The science behind this music is to get you into a relaxed, peak performance zone with minimal stress in your body. Your brain gets the signal that everything is good, which leads to you feeling relaxed and enabling you to perform at a higher potential.

“There is a physiological phenomena that happens because we as human beings have been trained to listen. We hear before we



see. If a wild animal were to come towards us, we would hear it before we see it. Even whilst we sleep, we’re actively listening. So, music for sleep is great to help you drift off and get a better quality of sleep whilst detoxing your brain. Each type of sound affects your brain in a different way.

“What you think is directly influenced by the food you eat and the exercise you do and the amount of sleep you’ve had- all of these things are hugely interconnected. As well as being emotional beings, we are also hormonal beings.

“The team behind Ultrahuman have been researching this for years. Hearing angry sounds can actually make you angry. But hearing restful sounds can make us rested or more focused. We’ve tested this among our users and seen fantastic results. This could be such a great breakthrough for insomnia. No medication needed.

“Audio sleep stimulation that increases neural activity (Slow Oscillations), as well as time spent in Slow-Wave Sleep (SWS), are both crucial for memory consolidation, neural plasticity, bodily recovery, metabolism, mood and general health. Brain music by Ultrahuman is a unique blend of science and art and is a part of an emerging set of technologies that help people understand and improve how their brain functions.

“The science of sleeping better, challenging anxiety, recovering faster and mental conditioning for example was previously only available to high-level athletes, but all of this is so important for the general public too. We identified a gap in the market and brought physical fitness together with meditation, sleep and lifestyle to enable people to work on all aspects of their physical and mental well-being. Bringing these things together creates the channel for optimal health.”

Immerse yourself in the life-changing skill of meditation, backed by cutting-edge research. Meditation is the core of the Ultrahuman experience. Mindfulness, stress reduction, inner well-being and focus are some of the highlights of what this wonderful platform has to offer.

At the end of a good meditation session, channel your newfound focus into one of their many world-class workouts.

*The Ultrahuman app is available on the App Store and Google Play.*



# WHY FORAGING CAN BE SO REWARDING

BY DANNI LEVY

FORAGING CAN BE REALLY REWARDING AND GIVES RISE TO ENDLESS AND UNINHIBITED ADVENTURE. NATURALIST MAX LEVY FORAGES YEAR-ROUND. HIS CULINARY CREATIONS AND MEDICINAL MIRACLES ARE A RESULT OF A LIFELONG PASSION FOR EMBRACING THE WILDERNESS.

## FANCY A BIT OF A FORAGE?

- Find a local guided foraging walk.
- Buy books on foraging and plant identification.
- Join online foraging forums.
- Never eat any plant or fungus without being 100% sure what it is and that it's edible. There are deadly poisonous plants and fungi all around us and many may appear innocent.

DISCLAIMER: Muscle and Health Ltd accept no responsibility for wild ingredients sourced or cooked as a result of this article. Foraging without prior in-depth knowledge of wild plants can be fatal. Always take the advice of an expert before picking, cooking, or consuming anything found in the wild.



# MAX'S SPRING SPECIALS

## DANDELION ROOT COFFEE

You'll need the land-owner's permission to forage any roots, unless of course you're fortunate enough to have them growing in your own garden. They're a little bitter but can be cooked as a root vegetable or dried and roasted as a wonderful coffee substitute.



## THE MEDICINAL MIXED BAG

Dandelion flowers can be eaten fresh, fried up to make bhajis, pretty much anything! You'll spot some yarrow and plantain too which are healing herbs used to heal insect bites, cuts, grazes and burns.

LOOK OUT FOR MORE ON [MUSCLEANDHEALTH.COM](http://MUSCLEANDHEALTH.COM) AND CHECK OUT MAX, [@LONGHUNTER\\_BUSHCRAFT](https://www.instagram.com/longhunter_bushcraft), ON INSTAGRAM!

## WILD FOOD CURRY SERVES 3-4

### INGREDIENTS FOR THE CURRY

2 white onions  
4 large chopped tomatoes (or tinned)  
5-6 garlic cloves  
1 1/2 teaspoons spices  
Handful chopped cilantro  
1 cup dry red or green non-soak lentils (or tinned)  
As many greens as you can cram in

### INGREDIENTS FOR THE PAKORAS

Gram flour	All-purpose flour
Spices (as above)	Dash of lemon juice
Splash of water	
Hogweed shoots ( <i>Heracleum Sphondylium</i> )	

### METHOD

Sauté two finely diced onions in vegetable oil until soft. Add three-to-four cloves of finely chopped garlic, turmeric, cumin and cilantro, followed by cardamom pods, garam masala, black pepper and a little chilli. If the ingredients get too dry, add a little water to form a thicker paste.

Next, add the chopped tomatoes and simmer on a low heat for 15-20 mins. Throw in some lentils and chickpeas with as much foraged greenery as you can cram in. Add a cup of water or so and simmer away until the lentils are nice and soft. You may find you need to add more water during this time as the lentils will suck up a lot of the moisture and some will boil off too. Taste throughout and add additional spices and seasoning if desired.

The pakoras are made by mixing the dry ingredients together then adding lemon and water for moisture. The hogweed shoots are then dipped into the mixture, before it is lightly fried on each side.



# LUXURY | COMPLEX | UNIQUE

## HOLZKERN

HOLZKERN IS AN AUSTRIAN BRAND SPECIALIZING IN WOODEN AND STONE WATCHES.

Using nature as the perfect offset for the often stressful everyday life, their unique timepieces motivate the wearer to take more time for themselves and act as a direct connection to the wide outdoors.

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### KAY: \$349 (LEADWOOD/MARBLE)

Kay represents the premier warrior in Sir Arthur's court with extraordinary powers of transformation and incredible strength.



### ARTHUR: \$349 (PADOUK/MARBLE)

Inspired by the famous King Arthur of England. By drawing Excalibur from an enchanted stone, Arthur proved he was the true rightful ruler of Britain, and by wearing this watch, you too may share in his glory.



### EQI: \$499 (WALNUT/WALNUT)

Named after the 'calvin glacier' Eqi in the Arctic Ocean. Its exposed movement reminds you every day that you have to work consistently toward your goals if you want to achieve them!



# CAVIAR

THE RUSSIAN BRAND OF EXCLUSIVE HIGH-END ACCESSORIES.

Caviar represents a combination of high-end technologies and elegant luxury. Exclusive materials: gold, precious stones, genuine leather embodied in limited collections.

Caviar Atelier is an exclusive jewelry workshop that creates true masterpieces according to individual sketches. All accessories issued by the atelier, are presented in a single copy and are not subject to reissue.

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# MARCO PIERRE WHITE'S VEGAN AFFAIR

BY SAMANTHA YARDLEY

**ILLUSTRIOUS CHEF MARCO PIERRE WHITE IS FAMED ACROSS THE GLOBE FOR SWANKY, DECADENT DISHES TO TANTALIZE EVERY PALETTE.**

Dubbed the very first celebrity chef, Marco is famed for training the likes of Gordon Ramsay and Heston Blumenthal and became both the youngest and the first British chef to receive the highly coveted three Michelin star status.

In a Muscle and Health exclusive, he turns his hand to vegan recipes. Uncharacteristically forgoing his usual love affair with all things cream and butter, to provide you with three dishes that not only deliver on taste but score high on health-boosting nutrition too.





# TRADITIONAL BRUSCHETTA

## FOR THE BRUSCHETTA:

### INGREDIENTS

- Sourdough loaf
- Micro basil
- Bruschetta mix
- Avocado
- Lime wedge
- Maldon sea salt

### QUANTITY

- 1 slice per person
- Pinch
- 2.5oz
- 1/2
- 1/4 wedge
- Pinch

### METHOD

1. Slice the sourdough and toast under the grill.
2. Using a fork or the back of a spoon, crush the avocado with the lime juice and salt to taste.
3. Top the toast with the bruschetta mix, crushed avocado and micro basil.

## FOR THE TOPPING:

### INGREDIENTS

- Extra virgin olive oil
- Shallots, diced
- Piccolo cherry tomatoes
- Maldon sea salt
- Cracked black pepper
- Garlic, crushed
- Basil, chopped
- Balsamic vinegar, 10-year-old

### QUANTITY

- 0.5fl oz
- 1oz
- 2oz
- Pinch
- Pinch
- 1
- Pinch
- Splash



# MR WHITE'S CHICKPEA AND MANGO CURRY

## FOR THE CURRY SAUCE:

### INGREDIENTS

- Eating apples
- Banana
- Pineapple
- Onion
- All-purpose flour
- Mild curry powder
- Madras curry powder
- Turmeric
- Coconut, desiccated
- Vegetable stock pot
- Boiling water
- Bay leaves
- Thyme
- Cloves
- Maldon sea salt
- Olive oil

### QUANTITY

3.5oz  
2.5oz  
12.5oz  
1oz  
1oz  
0.5oz  
0.5oz  
0.5oz  
1oz  
1  
1.75 pints  
1  
Pinch  
2  
Pinch  
Splash

### METHOD

1. Wash and core the apples and cut into very fine slices. Peel the banana and cut into rounds. Remove the leaves from the pineapple, peel and core it and then cut the flesh into very fine slices. Peel, wash and chop the onion finely.
2. Add a little oil to a pan set over a low heat. Add the onion and sweat until soft. Put in the fruit and cook gently for ten minutes. Lightly brown the flour in a hot oven and sprinkle the mixture in the pan, add the curry powder, turmeric and coconut and mix well with a spatula.
3. Combine the vegetable stock with the boiling water. Pour in the stock and lower the heat and simmer gently for one hour, skimming the surface as often as necessary. Add bay leaves, thyme and cloves after ten minutes cooking time. Season to taste with salt.
4. Pass the cooked sauce through a sieve into a bowl to remove bay leaves and cloves. Store until ready to use.

## FOR THE CURRY:

### INGREDIENTS

- Spinach
- Chickpeas
- Olive oil
- Maldon sea salt
- Cracked black pepper
- Long grain rice
- Root ginger
- Micro cilantro
- Mango

### QUANTITY

14 oz  
21 oz  
1fl oz  
Pinch  
Pinch  
1 packet  
0.5 oz  
Pinch  
4 oz

### METHOD

1. Drain and wash the chickpeas.
2. Heat the curry sauce in a pan and add the chickpeas and spinach. Finely slice root ginger into thin matchsticks, blanch in 1 fl oz of water until soft (approx. 30 seconds), then remove ginger and add cooking water to curry with diced mango.
3. Cook rice according to packet instructions.
4. Plate rice, top with the curry and garnish with ginger batons and micro cilantro.



# STUFFED EGGPLANT À LA MAROCAINE

## FOR THE EGGPLANT:

### INGREDIENTS

- Eggplant
- Crispy celery leaves
- Olive oil
- Maldon sea salt
- Micro parsley (flat leaf parsley works fine too)
- Vegetable oil

### QUANTITY

Half per person  
6 leaves  
0.5fl oz  
Pinch  
Pinch  
0.5fl oz

### METHOD

1. Deep fry celery leaves in clean oil.
2. Cut one eggplant in half, scoop out inside and dice.
3. Quickly fry the flesh and bake the skins for 10 minutes at 340°F until tender.
4. Combine the fried flesh with the Imam bayildi and spoon into the eggplant.
5. Garnish with celery leaves and micro parsley.

## FOR THE FILLING:

### INGREDIENTS

- Eggplant
- Tomatoes, concassed
- Red onions, diced
- Ground cumin
- Ground all spice
- Cayenne pepper
- Paprika
- Golden raisins
- Passata, bottle
- Garlic clove
- Olive oil
- Mint - fine chiffonade
- Cilantro

### QUANTITY

1  
2oz  
5.5oz  
Pinch  
Pinch  
Pinch  
Pinch  
0.5oz  
5fl oz  
1  
0.5fl oz  
0.5oz  
0.5oz

### METHOD

1. Neatly dice the eggplant to about 1.5", sprinkle with a good amount of salt and leave for ten minutes, then rinse. Pat dry and fry until golden brown in olive oil.
2. Dice the onion to the same size and sweat slowly in olive oil, then add the spices and gently fry; do not color.
3. Blanche the tomatoes in boiling water for one minute and refresh in ice water. Peel the skin and remove the seeds. Finely dice the flesh.
4. Add the golden raisins, tomato passata and cook gently for 20-30 minutes.
5. Add tomatoes, chopped herbs and more olive oil to the prepared eggplant, and season.

# INDEPENDENT GYMS

## THE HEARTBEAT OF THE FITNESS INDUSTRY

WE SNAPPED UP THE OPPORTUNITY TO HAVE A VIRTUAL SIT-DOWN WITH ROBERT HANDY, THE FOUNDER OF INDEPENDENT GYMS UK & IRELAND; THE SINGLE BIGGEST GROUP OF FITNESS FACILITIES IN THE UK. THEY HAVE 1,900 GYM OWNERS WHO REPRESENT A HUGE VARIETY OF FACILITIES FROM OUTDOOR GYMS, TO PERSONAL TRAINING, TO MASSIVE HEALTH CLUBS. THOSE FACILITIES HAVE A TOTAL OF 1.5 MILLION MEMBERS AND DRIVE OVER £650M REVENUE ANNUALLY THROUGH MEMBERSHIP ALONE.

### WHY ARE YOU SO PASSIONATE ABOUT SUPPORTING INDEPENDENTS?

I've worked with many parts of the industry over 20 years, including local authorities, sports clubs and key accounts, but I always gravitate back to working with independents. I have huge admiration for anyone who invests their time and money into creating their dream facility, my time in the industry has shown a clear need to support independent gyms, yet no one was ..... so we're changing that!

Big chains have the most buying power and resources, but independents have a level of passion that is hard to replicate in a big box facility. When you take the 1,900 independents in our group, it's bigger than all of the chain gyms combined, so we want to make sure they have access to all of those positive things that comes with scale.

### WHAT DO YOU DO TO SUPPORT THE INDEPENDENT COMMUNITY?

The Facebook group was the first step in providing support and a space for gym owners to seek advice and recommendations from their peers. We trialled a conference and workshops in 2019, which showed that there was real appetite for more support. COVID initially paused our plans but gave me time to assess the opportunity and create a dedicated team to generate the resources and structure we'd need to make a real difference.

Heading into 2021 we've launched [www.independentgyms.co.uk](http://www.independentgyms.co.uk), providing a dedicated membership platform full of resources for gym owners, like webinars, workshops, conferences, downloadable document templates and more than 50 supplier discounts.



## WHAT HAS BEEN THE IMPACT OF COVID? AND HOW HAVE YOU BEEN SUPPORTING THE INDEPENDENTS?

COVID has pretty much devastated the fitness industry and those who rely on it. We launched the #standbyourgym campaign asking members to support their gyms by keeping their memberships live in lockdown, reaching 1M people.

After each government announcement we collate the information on financial support, grants, rates, rent and government guidelines for reopening. It's been an overnight lesson for many with the main focus on keeping their members engaged. Digital solutions have come forward years and once the initial panic subsided, many jumped into online training models using social media and Zoom. Kit rental and loans have been common throughout, allowing their members to keep training with familiar equipment.

Many clubs took a bold approach to reopening and invested heavily in new equipment to drive members to return and join when the gyms reopen. I've also seen clubs focus on more targeted segments to make sure their offering was relevant and they have flourished since!

## HOW DO YOU FEEL THE FITNESS INDUSTRY HAS BEEN MANAGED THROUGH COVID?

The fitness industry went above-and-beyond to be COVID-safe, with official government stats showing that you are more likely to get COVID in your house than in a gym. However, due to arbitrary decisions, we were one of the last industries to reopen and one of the first to be closed, despite the evidence of the important role of physical and mental health.

Unless one of our prominent MPs or peers opens their own gym and really pushes the agenda, the challenge is about

communicating with the governments in a way they understand. That discussion needs to revolve around finances, putting a value on not just the tax and VAT spend our industry generates but also the huge amount we save the NHS in operating costs through a healthier population.

## WHAT DO YOU THINK THE WORLD WILL LOOK LIKE WHEN THINGS GO BACK TO "NORMAL"?

The future for independents is going to be huge, our clubs are loved by their members and we know they are eager to get back. The physical offering will always be more popular, but digital/remote will play an increasing role. Lockdown showed us that online services address a consumer need, and a hybrid model will give both customer flexibility and maintain a physical connection.

## WHAT'S NEXT FOR INDEPENDENT GYMS?

2021 is the "year of the comeback" for independents! We've been hit hard, but we know our members love their independent gyms! For us, it's about ramping up support we provide the gym owners via our new platform. We'll have even more education, networking, resources, supplier support and two major events to make a real difference to the gym owner's business.

As we say to our members: "they may be independent, but they're not alone"!

[www.independentgyms.co.uk](http://www.independentgyms.co.uk)



# IT BEGINS WITH YOU

## HOW TO TRANSFORM YOUR MIND TO EXCEL AS AN ALTERNATIVE LEADER

**WITH THE CORONAVIRUS PANDEMIC, A RECESSION, AND CONCERNS AROUND LEADERSHIP AFFECTING US ALL, THERE'S A PERFECT STORM OF CHANGE IN THE AIR. EVERYONE I KNOW IS REVIEWING THEIR LIFE, CLEANING OUT AND CLEARING UP.**

However, whether you're focused on pivoting your business, changing career, or sorting your relationships, what you need to focus on first is you. Your mental and physical health are so tied together that it's impossible to make changes in one without affecting the other – I see this as a good thing. Many people are reviewing their wealth: not only financially, but also in emotional and life quality terms.

However, there's a big blocker that most people don't even realize stands in their way – that it's their unconscious mind that's actually running the show and making the decisions. Did you know you are approximately 95% run by your unconscious? That's the reason why you cave in and eat that donut even when you have your physical training plan and healthy eating diet mapped out.

So why would your unconscious seek to undermine your plans, even when they're all about improving your life?

Well, while it seems at odds with the consequences, your unconscious is actually trying to be your best friend and protect you. It continually assesses for what it considers to be danger. Did you know scientists theorize that our minds absorb 11 million pieces of data from our senses every single second? The problem is that it seems we can only pay attention to about 40 of those pieces at a time. Your mind has to decide what is good and bad for you fast – so it uses a variety of different generalizations and equations, specific to you as an individual.

Can you see the huge room for error?

New diet plan = hunger. Hunger triggers a survival state = your brain telling you.... "Go on... eat that donut!"

So what can you do about it? You can clear your mental baggage, so that your unconscious becomes a personal champion

for you: your own onboard combination dietician and PT, who encourages you to eat healthily, believe great stuff about yourself, and make strong positive decisions.

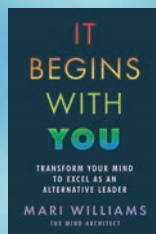
I look at leadership differently to most people, most coaches even. I believe we all lead beginning with how we lead ourselves. Do you take action as if you value yourself? Are you intentional in how you live your life, in the decisions that you make? If the answers are yes, great. If not... that's where you need to start. It all begins with you.

Once you've got yourself sorted, then what about all the other areas you lead in? You don't want to be average - so how do you lead better as a parent, partner, and friend? Or if you're in a professional leadership role, how do you lead your team? Are you intentional? Do you hone your skill set, and hit the goals and dreams you want to achieve?

From thousands of hours of experience, working with clients from all walks of life, I can tell you that there are five key areas you need to work on. I call them my Five Principles of Alternative Leadership.

1. Understand how your mind works. You need to be able to identify where your unconscious is tripping you up.
2. Clear your past. Your childhood is the foundation you were created from – clear the stuff holding you back.
3. Find your self-worth. It's crucial to how you make decisions, manage conflict, build relationships, and so much more.
4. Understand the nuances of control. You have to be honest about how you control yourself, others and the world that you live in. If you want to live the life you design, you have to know how to control (in a good way) the environment around you.
5. Finally, you have to know how to make great decisions and communicate them. Once you can, you'll find your dreams and goals are much closer than you think.

Once you have those in place (yes it's going to take a bit of work, but you aren't work shy), life will start being easier, opportunities will come your way, and your dreams will grow bigger than you'd ever thought. Career changes and promotions may come; relationships will improve and your self-confidence level will be brilliant.



By Mari Williams

Mari Williams, The Mind Architect is an award-winning coach and therapist who works with professionals, often in leadership roles. She enables them to live happily, whilst being ambitious and successful in both their personal and professional life.

Mari is author of 'It Begins with You: how to transform your mind to excel as an alternative leader'.

# HAVE YOU ALWAYS BEEN THE INDEPENDENT SORT?

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# BOARD MEETING

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Scan here.



**Embrace your dream.**

Find out more at [www.fanfuel.co/yourdream](http://www.fanfuel.co/yourdream) or scan QR Code



Our **mission** is simple: to empower people to unite around wellness brands that inspire them to live life better and together make those brands come to life through **authentic honest experiences**.



# ASK EMMA KROKDAL



EVERY ISSUE, MUSCLE AND HEALTH CATCHES UP WITH EMMA KROKDAL ON ALL THINGS HEALTH, BEAUTY & FITNESS

**LAST TIME WE SPOKE, YOU TOLD US THAT YOU AND YOUR FIANCÉ DOLPH LUNDGREN DON'T EAT MEAT. BEING PESCETARIAN, DO YOU TEND TO COOK WITH A LOT OF MEAT REPLACEMENT PRODUCTS OR DO YOU TURN TO FISH AS YOUR MAIN PROTEIN SOURCE?**

I definitely use mostly fish as my protein source, but also eggs and cheese. Once in a while I will use meat replacements but I try not to eat them too often. Currently, my favorite treat fish dish is spinach pasta with cream sauce and salmon. I love grilled shrimp and salmon with any kind of sides to be honest.

**DO YOU EAT A SET NUMBER OF CALORIES PER DAY OR STICK TO A CERTAIN MACRO SPLIT IN ORDER TO MAINTAIN YOUR PHYSIQUE?**

I used to count calories very strictly a few years back, which taught me the calorie and macro contents of most foods. Nowadays I just eyeball my food and focus on getting enough protein. I definitely feel as if my body runs better on high carbs as opposed to fats, but I eat a balanced amount of both.

**WE KNOW YOU AND DOLPH LOVE HIKING. DO YOU DO THIS FASTED TO BURN FAT, OR DO YOU BELIEVE IN FUELLING THE BODY BEFORE EMBARKING ON SLOW AND STEADY CARDIO?**

Yes, we definitely love our hikes! We typically hike on Sunday mornings right after we wake up, so we do it fasted. Our hikes are more for mental relaxation and to get out in nature and not so much about training.

**WHAT'S YOUR FAVORITE CHEAT MEAL AND FAVE TYPE OF CUISINE?**

Dolph has really made me love pasta. I never used to eat it much before we met, but now I'm obsessed. So that's my favorite treat dinner, but I also love a nice vegan burger with fries once in a while. I guess my favorite type of cuisine is Italian.

**SWEET OR SAVOURY?**

Tough one, but sweet. Im not a huge candy person, but I love anything with chocolate.

**WHO DOES THE COOKING; YOU OR DOLPH?**

I do the cooking, Dolph does the cleaning! Currently our dishwasher is broken and Dolph gladly washes the dishes. He can make a pretty good oatmeal but that's about it!

**CAN YOU SHARE ONE OF YOUR FAVE RECIPES?**

I love making vegetable soup. It's super easy and healthy. I use leeks, turnips, carrots, celery, cabbage and a protein source such as vegan sausages. You just cook all the vegetables in water with some vegetable bouillon, salt and pepper. Boil until the vegetables are soft and then add the sausages. Yum!

**DO YOU BELIEVE IN EATING LITTLE AND OFTEN, OR ARE YOU A THREE SQUARE MEALS A DAY KINDA GIRL?**

I can't handle being without food for too long, especially when I train. I get 'hangry'. So I prefer eating smaller meals frequently. I tend to eat breakfast, snack, lunch, snack, dinner.

GOT A QUESTION FOR EMMA? EMAIL US! [EDITOR@MUSCLEANDHEALTH.COM](mailto:EDITOR@MUSCLEANDHEALTH.COM)



# MOMMY MAKEOVER

BY SAMANTHA YARDLEY  
PHOTOGRAPHY BY JAMES PATRICK PHOTOGRAPHY

## MINNEAPOLIS-BASED MOM OF ONE, BRIANNA BERNARD SHED AN AWE-INSPIRING 107 POUNDS AFTER PILING ON PREGNANCY WEIGHT.

“As a kid, I was never overweight and was really athletic throughout my teenage years” begins Brianna. “But, after college, I fell in love, got married and gained about 20 pounds over the course of a few years.

“In 2012, I became a mom to a sweet little boy named Tye. After gaining 70 pounds during my pregnancy, my weight had escalated to 245 pounds!” she reveals.

“Before I knew it, Tye was turning one! I hadn’t exercised or watched what I ate the entire year. My knees and feet hurt from carrying around extra weight, I was always tired, and I felt disgusted and embarrassed when I would catch a glimpse of my reflection in a mirror” says Brianna. “None of my pre-baby clothes fit me and I didn’t feel like I had the energy, time or motivation to do anything about it. I felt guilty even considering taking time away from my baby to do something for me.”

## “I FELT DISGUSTED AND EMBARRASSED WHEN I WOULD CATCH A GLIMPSE OF MY REFLECTION IN A MIRROR”

Brianna soon had her lightbulb moment in the check-out line at the grocery store. “In 2013, everything changed. I picked up a copy of People Magazine’s, ‘How They Lost 100lbs’ issue and found the story of a woman, also from Minneapolis, who hired a personal trainer and lost 130 pounds. I thought ‘if these trainers could have such a profound impact on this woman’s life, then maybe they can help me, too’ so, I made the call.

“I started training with a personal trainer and completely revamped my eating habits by logging everything I ate and drank. I cut out processed foods and focused on eating lean proteins, vegetables, fruit, and healthy fats. I fell in love with weightlifting, boxing and cycling and I incorporated things like battle ropes, med ball slams and wall balls into my routine.

“I lost 12 pounds in the first month, and it felt incredible! Seeing results and having others notice that my body was already changing so early on was motivating!” she beams.

“The year I lost my weight was the most challenging year of

my life. I had a one-year-old boy, and my marriage was falling apart. I was extremely anxious and was having regular panic attacks that were so intense they felt like heart attacks. I had no job and no money, and I was 100 pounds overweight. I felt stuck. It would have been perfectly acceptable for me to eat my feelings and curl up in a ball and sulk. There were so many things that felt out of my control, but I knew that I was 100% in charge of what I ate and how I moved my body. So, I held onto those two things as tightly as possible, and they helped me feel more in control in all areas of my life.

## “IT WOULD HAVE BEEN PERFECTLY ACCEPTABLE FOR ME TO EAT MY FEELINGS AND CURL UP IN A BALL AND SULK”



“My transformation changed my life in every way” Brianna exclaims. “It changed my relationship with food and exercise, the way I feel about myself and the way I parent my child. It gave me the courage to leave a marriage that was no longer serving me, and it inspired me to become a personal trainer and nutrition coach and help others become the healthiest, strongest versions of themselves.

“The keys to success are consistency and losing weight in a way that is sustainable long-term! To create true transformation, you can’t just focus on food and exercise. You have to make big changes in your heart, as well.”

# HOME COOKING WITH HOMEBODIES

BY DANNI LEVY

**DONNING HIS SOCKS AND SANDALS, PT NATE PUTS HIS PARTNER REMI THROUGH HER PACES AS THOUSANDS OF LOYAL FANS ENJOY THEIR LIVING ROOM WORKOUTS.**

**THE PAIR FELL IN LOVE TWO YEARS AGO, BUT NOT BEFORE THEIR DOGS HAD MADE THE DECISION TO PAIR UP.**

"I was running an adoption center for dogs out of my loft in LA, when a friend

asked me to look after Remi's dog Simba whilst she went away," says Nate. "Our two dogs hit it off right away and when I met Simba's owner I felt the same way about her. It was a double match made in heaven."

Nate was taking a break from fitness to work in executive protection when the pandemic hit.

"Ironically, the pandemic has made us," he says. "When I could no longer leave the house to work, I returned to fitness and began training Remi and myself at home."

It's not hard to see why health and wellness blogger Remi has amassed almost 300,000 dedicated Instagram followers and the camaraderie between her and Nate has certainly given their daily workouts and food tips the competitive edge.

"We focus on the performance and the aesthetics come naturally," say the stunning pair. "We're not planning on going back to the gym, in fact, we've both cancelled our memberships. We really are true home bodies!"

Jump on the bandwagon and get your chops into these scrummy bowls from [www.teamhomebodies.com](http://www.teamhomebodies.com)

Remi: @rrayyme  
Nate: @nate\_beard



## SUPERCARGE OATMEAL

- $\frac{1}{3}$  cup quick cook rolled oats
- 1 banana, mashed
- 1 cup almond milk
- 1 tbsp almond butter
- 1 tbsp coconut oil
- Pinch of salt
- Dash of cinnamon
- $\frac{1}{4}$  tbsp vanilla extract
- 1 tbsp flax

### METHOD

Heat up almond milk + pinch of salt over the stove top on medium high heat. Once boiling, add the oats and cook for about three minutes stirring occasionally. If necessary, you can add an additional 1 tbsp of almond milk at a time until you are happy with the texture of the oatmeal (I like mine like rice porridge on the creamier side so I add more milk).

Next, turn the heat to a simmer, and add the mashed banana with a dash of cinnamon, flax, and vanilla extract. Next, turn off the heat, add the almond butter and mix well. Serve immediately with a handful of fresh berries and a splash of almond milk!



## SEASONAL MARKET SALAD

- Butternut squash ravioli
- Figs
- Zucchini rounds
- Smoked salmon
- Persimmon
- Avocado
- Spinach

### DRESSING

- Tahini and lemon
- Salt and pepper

### METHOD

Chop all fresh ingredients and toss into a bowl. For the zucchini rounds, season with flake salt and pepper, and toss in a small saucepan with 1 tbsp of olive oil over medium heat. Cook until golden brown, then remove. Boil the butternut squash ravioli and toss together with drizzle of tahini dressing and burrata cheese.



## GRILLED SALMON SALAD

- Mixed greens
- Blueberries
- Zucchini rounds
- Sliced almonds
- Soft boiled egg
- Bacon
- Avocado
- Asian pear
- Furikake

## SALAD METHOD

Toss all ingredients in a bowl and serve with olive oil, salt and pepper!

## GRILLED SALMON METHOD

Preheat oven to 450°F

Pat the salmon fillet dry and season lightly with salt and pepper.

Prepare a glass cooking sheet or regular baking sheet with olive oil, or coconut oil. Salmon fillet goes skin down on the sheet, and add to the oven for 15 minutes. Meanwhile toss some grass-fed butter into a small sauce pan and melt it down. Remove from heat.

When the salmon is finished cooking, finish with a squeeze of fresh lemon juice.



# TORRIE WILSON TALKS

**BEATING ANOXERIA  
BEING SELF-ABSORBED AND  
THROWING GROWN WOMEN AROUND THE RING**

**BY SAMANTHA YARDLEY**  
EXTERIOR PHOTOGRAPHY BY LISA BOYLE  
STUDIO PHOTOGRAPHY JAMES PATRICK PHOTOGRAPHY



**WWE HALL OF FAMER TORRIE WILSON CONNECTS TO OUR ZOOM INTERVIEW MID-STRETCH IN HER HOME GYM, LOOKING IMMACULATE HAVING JUST COMPLETED A WORKOUT AND STILL FULL OF AN INFECTIOUS ENERGY THAT SOON MAKES US FORGET THE TIME ZONE DIFFERENCE THAT MEANT WE WOULD USUALLY BE WINDING DOWN FOR BED.**

Hailing from Boise, Idaho, growing up Torrie describes herself as “painfully shy”. Despite this, she battled the desire to shy away from opportunities by existing outside of her comfort zones. “From a young age, I pushed myself to do things that were uncomfortable.”

In a strike of luck that would set the precedent for a chain of reactions to kick off her formidable career, she was discovered by a modelling agency. The encounter, however sparked an eating disorder that Torrie would battle with for a number of years “I was told to lose five or ten pounds and ended up becoming anorexic and losing a lot of weight. The anorexia started to morph into bulimia, but I found it hard to make myself throw up.

**“THE ANOREXIA STARTED TO MORPH INTO BULIMIA, BUT I FOUND IT REALLY HARD TO MAKE MYSELF THROW UP”**

“Because of the bulimia, I started gaining weight and that’s what forced me into fitness and trying to build muscle. I realized maybe I don’t want to look like a super thin model. The curvy athletic body is just beautiful.”

When attending a wrestling match, Torrie found herself once again propelled into a new world with yet another discovery. “I moved from Boise to LA to pursue acting and fitness modelling. It was there, that I was discovered by somebody in the WCW (World Championship Wrestling). They asked me if I would be interested in doing a storyline, I was like, ‘I don’t want to wrestle, but I’d love to be on TV’. It snowballed really fast, and pretty soon I found myself travelling the world, learning how to wrestle and throw women around.

**“I FOUND MYSELF TRAVELLING THE WORLD, LEARNING HOW TO WRESTLE AND THROW WOMEN AROUND”**

“I used to always say that it was like angels looking out for me, taking me out of Hollywood, because I was such a green, innocent girl. Who knows what would have happened if I had stayed in that scene.”

Torrie threw herself into her new career, creating a path for women to shine in a once male-dominated sport in the process. “Female wrestling has evolved so much. Now, the women are great athletes. But, at that time, we were there to be the sexy part of the show. We would push to have little segments where we were able to show that we were athletes too.”

Torrie’s wrestling career went from strength to strength, moving into the WWE “I was wrestling for nine years. And in 2019 I was inducted into the hall of fame. A lot of other great opportunities came along then. I now have a passion for helping women, especially over 40 who want to lose weight and just feel good.”

Torrie has developed a six-week program to help women reach their fitness goals. “It’s pretty immersive, I do a video every day, so participants feel like it’s more intimate.”



**“IF I HAD TO CHOOSE  
BETWEEN EXERCISE AND  
DIET, EXERCISE WOULD BE  
MY NUMBER ONE”**





## TORRIE'S DIET

**7:00AM:** Fresh pressed celery juice, 20oz

**7:30AM:** Coffee with Pruvit keto kreme & 1 scoop vital proteins collagen creamer + 1 tsp raw manuka honey

**9:30AM:** Avocado toast: 1 slide Dave's bread "white done right" with 2 eggs (or scrambled vegan eggs depending on mood) + arugula with balsamic vinegar

**10:30AM:** *Pre-workout* Pruvit keto nat drink (ketones)

**10:45AM:** Workout

**12:15PM:** *Post-workout* 1 apple + 2 tbsps Justin's almond butter

**3:00PM:** 2 chicken tacos: 2 flour tortillas, organic chicken, beans, olives, avocado, lettuce, onions, tomatoes

**5:00PM:** Snack: 2 handfuls vegan black bean chips + homemade green juice (celery, spinach, kale, lemon, beet)

**7:00PM:** Halibut (with ginger soy sauce), potato (with plant-based butter), broccoli (raw & usually eat while cooking)

**9:00PM:** Coconut milk ice cream bar

Torrie ensures exercise is an integral part of her day-to-day routine. "I wouldn't say it takes a lot of work for me to build muscle." The impetus of constant falls and trauma from wrestling, however, eventually took its toll on Torrie's back and she underwent an invasive surgery to replace a disc in her spine. "Since I've had back surgery, I just try to not kill myself. I refuse to let it slow me down. I know if I'm going to do something like weighted glute raises or deadlifts, it's going to hurt for a few days, but it also hurts when I don't do anything, so I choose which hurt I want."

## **"SINCE I'VE HAD BACK SURGERY, I JUST TRY TO NOT KILL MYSELF"**

Torrie used to follow a diet plan of six meals a day, but these days adopts a more flexible approach to her nutrition "I go for the 80% rule of healthy. I'm now more focused on eating whole, natural foods that have a lot of nutrients to help me feel good from the inside out. I'm anti-strict eating because of competing and being anorexic.

"If I had to choose between exercise and diet, exercise would be my number one. By having muscle, you can have a little more leeway with your diet. When it comes to being lean, that's always been my motto."

At 45 years old, Torrie could easily pass for someone half her age and we can't resist quizzing her for her secret to her seemingly eternal youth "exercise, getting enough sleep and probably not having kids" she laughs. "I'm not afraid of Botox and skin peels. People might say that's self-absorbed, but it makes me feel better, like having hair extensions, and not being pasty white. Those are the little tweaks that make me feel better mentally. The world sometimes sends mixed messages, like there's a fine line between being too overly self-absorbed, but I think I have a good balance."

## **"THE WORLD SOMETIMES SENDS MIXED MESSAGES, LIKE THERE'S A FINE LINE BETWEEN BEING TOO OVERLY SELF-ABSORBED, BUT I THINK I HAVE A GOOD BALANCE."**

Torrie eloped a year and a half ago, and credits her past relationships to being able to appreciate the bond she found with her husband, Justin. "I was married to a wrestler, Pete Gruner. We've been divorced for a long time", following their split she had a high-profile relationship with J-Lo's current beau, Alex Rodriguez. "I had different relationships, that didn't pan out, but I consider it extremely wonderful life lessons in self-love. They led to me meeting and appreciating the guy that I am with now.

"The older I get, I still don't have that burning desire to have children. I haven't closed the door, I've had had my eggs frozen, just in case".

[www.fittensity.com](http://www.fittensity.com)  
[@torriewilson](https://twitter.com/torriewilson)



# WILSON'S WARRIOR WORKOUT

PHOTOGRAPHY BY JAMES PATRICK PHOTOGRAPHY



# WORKOUT GUIDE

## 20 MIN WARM-UP

15 minutes of stairs, jogging or elliptical followed by five minutes of dynamic warm-up

Perform each set of exercises four times and move on to next circuit

30 -60 second rest between sets  
1-2 minute rest between circuits  
(Push for little rest)

## CIRCUIT 1

- 1.) Kettlebell swing - 12 reps
- 2.) Plie squat with dumbbell - 12-15 reps
- 3.) Tire swings (make sure to switch sides every few swings) - 30-40 seconds

## CIRCUIT 2

- 1.) Single arm kettlebell snatch - 8 reps each side (no rest when switching sides)
- 2.) Single leg Romanian deadlift - 10 reps each side
- 3.) Battle ropes 30-40 seconds

KETTLEBELL SWINGS



SINGLE ARM KETTLEBELL SNATCH



PLIE SQUAT



SINGLE LEG ROMANIAN DEADLIFT



TIRE SWINGS



BATTLE ROPES



# A QUICK-FIRE WITH CROSSFIT CHAMP KARA SAUNDERS



## KARA SAUNDERS MAY HAVE BEEN CROWNED 2ND FITTEST ON EARTH, BUT THAT'S ALL IN A DAY'S WORK FOR THE NEW MOM FROM BRISBANE.

### HOW DID YOU JUGGLE TRAINING WITH PREGNANCY AND THEN WITH BEING A NEW MOM? ALSO, HOW ON EARTH DID YOU GET BACK INTO MEGA SHAPE SO FAST?

Training pregnant was the easy part. Sometimes you're tired and need to rest so you do, and other times you feel superhuman. I tried to just let myself feel my feels and roll with it. Being a new mom was a whole other story. People think it's about sleep deprivation (which is definitely a part of it), but your hormones just drive things so differently. Your body has to repair from one of the craziest changes ever, and all while it's prioritizing someone else. I do what I can, when I can, and just try and build up as my body feels it's ready. As for the getting into shape, I've been an athlete for almost a decade now so I know my body really well. I not only learned how to workout really fast, but how to be the healthiest I could be. Those skills were the most valuable after I had my daughter.

### WHAT FIRST GOT YOU INTO CROSSFIT? CAN YOU TELL US A BIT ABOUT YOUR JOURNEY?

I was 20 and I was going out living the party life and after a while I just felt gross. I had no motivation or purpose and my mom told me to join the gym. I did and I never looked back. I turned up every single day because I made a promise to take care of myself. After a little while someone introduced me to CrossFit and I absolutely loved that it challenged my mind as well as my body. I didn't plan on being an athlete, but showing up everyday and putting in my best effort added up.

### WHEN'S YOUR NEXT COMP?

The CrossFit Open in March. This is the first qualifying stage for the CrossFit Games. I have taken part in this competition since 2011.

### TELL US ABOUT YOUR WEEKLY TRAINING SPLIT? HOW DID YOU WORK ON BUILDING YOUR STRENGTH OVER TIME?

I leave that in the hands of my trusty

coach who knows a lot more than I do about elite athlete training. These days I focus more on balance throughout the week, with somewhat of a periodized focus and small strength cycles in there. I train twice per day for five days per week and rest entirely on Thursday and Sunday. Those double days vary a lot. I usually complete my isolated aerobic work or skills in the morning and then strength and metabolic conditioning/high intensity work in the second session.

### TELL US ABOUT YOUR DAILY DIET?

My background is in nutrition so I use food as my medicine. I truly believe in utilizing nutrition to optimize how your body functions, and to avoid major health concerns and/or using medication. I have always lived this way. I purchase a range of proteins, fruit and vegetables, nuts and seeds, and I rotate them throughout the week. I eat very simple foods with minimal components in each meal. I don't think nutrition should be entertainment or torture. I don't eat much processed food, usually just on an odd occasion with my husband, and I exclude dairy and eggs from my diet entirely. This is partly due to intolerance and also due to my beliefs around the negative effects of consuming dairy. This is very personal for me, and I would recommend people research what is right for them.

### WE LOVE YOUR SERIES ON THE ULTRAHUMAN APP! WHAT CAN PEOPLE LEARN FROM YOUR SERIES ON ULTRAHUMAN?

I have lived a holistic life for as long as I can remember. When we were sick in my family we turned to food, sleep, mindfulness and exercise and that is exactly what Ultrahuman embodies in one place. I have created a series for absolutely anyone to show up each day and benefit from movement the way I have for many years now. I want to be there to help people love their best days, and I love how Ultrahuman provides all of the resources from each element, to complement that.

### WHAT ARE SOME PRACTICAL AND USEFUL TIPS THAT YOU'D LIKE TO

## SHARE FOR WOMEN WHO'D LIKE TO START TRAINING?

Start where you are with what you have. Don't compare your journey to anyone else's unless it propels you forward and makes you motivated or inspired in a positive way. Showing up adds up. Feel what you need to feel, it's okay to not always love it to start, but know that it's a choice you've made because you want to live your best days, feeling your absolute best.

Instagram: @karasaundo

*The Ultrahuman app is available on the App Store and Google Play.*



# SUAVE LIFESTYLE

IF YOU ARE LIKE US, THEN YOU ARE CONSTANTLY STRIVING TO BE THE BEST VERSION OF YOURSELF. BUT SOMETIMES EXERCISE, DIET AND A HEALTHY AMOUNT OF SLEEP JUST DON'T GET US THERE (OR ARE TOO DIFFICULT TO KEEP UP).

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- Traditional infection healer
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- 90+ vitamins and minerals

FOR MORE INFORMATION

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# RAW FIG AND WALNUT BROWNIES

BY NOURISHING AMY X SUAVEMOSS

## BROWNIE INGREDIENTS

7oz dried figs	7oz pitted dates
12oz walnuts	1 tsp vanilla
<sup>1</sup> / <sub>5</sub> tbsp Suave Moss	3 tbsp cacao powder
A pinch of salt	

## TOPPING INGREDIENTS

2oz dark chocolate	1fl oz almond milk
0.5fl oz maple syrup	Crushed nuts
Freeze-dried raspberries	

## METHOD

1. Preheat the oven to 350°F and add the walnuts to a tray. Roast for ten minutes, shaking halfway through then allow to cool fully.
2. Meanwhile, add the dried figs and pitted dates to a bowl and cover with boiling water. All to soak for ten minutes and then drain.
3. Add the walnuts to a food processor and blitz to form a fine crumble, some lumps are okay. Remove the nuts from the food processor and add the drained figs and dates. Blend until jammy and sticky before adding in the vanilla and Suave Moss. Blend again to mix.
4. Add the crumbled walnuts, cacao powder and a pinch of salt to the fig mixture and pulse until incorporated. Press down into a lined dish (7" square) and freeze for one hour to set.
5. Make the chocolate ganache: melt the chocolate and stir in the almond milk and syrup. Stir until smooth and creamy. Leave to cool slightly and thicken.
6. Chop the brownies into 16 bars and top with the ganache, a sprinkling of nuts and freeze-dried raspberries. Store in an airtight container in the fridge.





# ALL ABOUT THAT BASS

**IFBB BIKINI PRO, ROMINA BASS RETAINS IMPRESSIVE GLUTE STRUCTURE BY PERFORMING CIRCUIT BASED LOWER-BODY EXERCISES OUTSIDE OF THE GYM DURING CLOSURES.**

“It’s all about the technique and time under tension,” she says. “You don’t need to throw super heavy weights around to activate the muscles in the glutes. Go high reps and low rest, using whatever weight you have available.

“Since this circuit doesn’t use a lot of resistance and the glutes are a large muscle group, you can safely perform it 3-4 times a week from home.”

Instagram: @rominabass  
Images: @bluelineefex

**TAKE 30 SECONDS REST BETWEEN SETS AND PERFORM AS A CIRCUIT, REPEATING FOUR TIMES OVER.**

**YOU’VE GOT THIS!**



## KNEELING SQUATS

The key with this exercise is to really take your time. Keep the core tight and squeeze the glutes at the top of the movement. You can try using a resistance band around the lower back and secured to something stable in front of you if you want to add tension.



## GLUTES KICKBACKS

I like to place a dumbbell behind the knee to ensure the hamstring stays activated and my core is engaged throughout the movement.



## LUNGES

Aim for both knees to create a 90 degree angle. Keep your chest open and core engaged. Add a jump in to burn more calories, or hold dumbbells or water bottles for extra resistance.



## HIP THRUSTS

Take your time and imagine you’re trying to pull your belly button down into your spine. Squeeze the glutes at the top of the movement. Add a dumbbell or a resistance band if desired.



## DUMBBELL DEADLIFTS

Adopt a Romanian deadlift stance with legs almost straight, chest open and core engaged to target the glutes and hamstrings as opposed to the quad muscles.

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# JOIN-T FORCES

IF YOU'VE EVER SUFFERED FROM BAD KNEES, THERE'S NO LIMITS TO THE QUANTITY OF OIL SQUEEZED FROM A COD'S LIVER YOU'RE WILLING TO CONSUME IN ORDER TO GET BACK IN THE SQUAT RACK OR POUNDING THE PAVEMENTS. BUT IN RECENT YEARS, GLUCOSAMINE HAS BEEN HAILED AS THE NEW GO-TO JOINT SAVIOR.

BY SAMANTHA YARDLEY

## COD LIVER OIL

STUDIES HAVE SHOWN THAT COD LIVER OIL MAY HELP TO ACHIEVE A 25% REDUCTION IN THEIR RELATIVE RISK OF HEART ATTACKS AND STROKES<sup>6</sup>

FOR FOLK WITH RHEUMATOID ARTHRITIS, COD LIVER OIL CAN REDUCE THE NEED FOR NON-STEROIDAL ANTI-INFLAMMATORY DRUGS BY 12%<sup>5</sup>

COD LIVER OIL IS AROUND 20% OMEGA-3 FATTY ACIDS, WHICH HELPS IN REDUCING CHRONIC INFLAMMATION<sup>4</sup>

86% OF PATIENTS WHO TOOK COD LIVER OIL DAILY HAD SIGNIFICANTLY REDUCED LEVELS OF THE ENZYMES THAT CAUSE CARTILAGE DAMAGE AND JOINT PAIN<sup>7</sup>

HIGH BLOOD SUGAR, BLEEDING, LOW BLOOD PRESSURE, DIARRHEA

VS



HEART



ARTHRITIS



INFLAMMATION



JOINTS



RISK

## GLUCOSAMINE

RESEARCH FOUND PEOPLE WHO REGULARLY TOOK GLUCOSAMINE WERE 15% LESS LIKELY TO DEVELOP HEART DISEASE<sup>2</sup>

MULTIPLE STUDIES FOUND GLUCOSAMINE CAN PROVIDE RELIEF FOR OSTEOARTHRITIS, BUT IT MAY TAKE FOUR-TO-EIGHT WEEKS TO TAKE EFFECT<sup>5</sup>

GLUCOSAMINE HAS BEEN EVIDENCED TO PROVIDE A 28% REDUCTION IN BIOCHEMICAL MARKERS OF INFLAMMATION<sup>3</sup>

SUPPLEMENTING WITH 3G OF GLUCOSAMINE DAILY WAS SHOWN TO LOWER KNEE DEGRADATION BY 27%<sup>1</sup>

HEARTBURN, DROWSINESS, RASH, HEADACHE, JOINTS

**WINNER**  
**GLUCOSAMINE**

FOR JOINT AND KNEE WOES, SCIENCE SUGGESTS GLUCOSAMINE IS THE BEE'S KNEES. HOWEVER, FOR OVERALL HEALTH, THE NUTRITIONAL PROFILE OF COD LIVER OIL WINS DUE TO ITS HIGH LEVELS OF VITAMINS A AND D. FOR OPTIMUM HEALTH GAINZ, MAKE THESE TWO HEAVY HITTERS A JOINT EFFORT.

# BATTLE READY FUEL.

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Ollie Ollerton & Jason "Foxy" Fox

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# HOW SLEEP CAN IMPROVE IMMUNITY



**STUDIES SHOW THAT NOT GETTING ENOUGH SLEEP CAN WEAKEN YOUR IMMUNITY TO VIRAL INFECTIONS. AS COVID-19 CASES CONTINUE TO RISE IN MANY COUNTRIES, IT'S MORE IMPORTANT NOW, THAN EVER BEFORE, TO REASSESS YOUR SLEEP AND ENSURE YOU'RE GETTING ENOUGH, GOOD QUALITY SLEEP EACH NIGHT.**

Sanjay Verma, chief sleep officer at Hilding Anders, the global sleep, health and wellness group, comments on the role sleep can play in improving immunity to viral infections, and how rising COVID-19 cases and lockdown life could lead to more lucid dreams:

“In one study, conducted in a controlled environment, people who slept for five hours compared to seven were three times more likely to catch a viral infection. Just two hours sleep less a night can impact your health. We know from our global study of 4,000 people that individuals aren't getting enough sleep, with Brits alone getting 1.4 hours less sleep than they want to a night. It's vital people take the opportunity of lockdown, and extra downtime this provides, to assess their sleep and look at ways they can improve the quality of their sleep each night, whether it's less screen time, a better mattress, or even an earlier bed time. Good quality sleep can go a long way in improving your immune system.

“One aspect of sleep we can expect to see a rise in again though is vivid or lucid dreaming. We saw reports of greater lucid dreams in the first wave of the global pandemic, and now cases are rising again, even with a vaccine beginning to be rolled out, another lockdown is likely to lead to increased stress and anxiety, especially with businesses being forced to close and being unable to see family and friends. Heightened stress or anxiety, even when it's subconscious, can have a huge impact on dream sleep, so don't be alarmed if you start to experience more lucid dreams in your sleep.”

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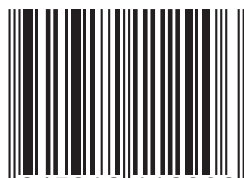
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