

SPORT SPECIAL: GET FIT FOR RUGBY, RUNNING & CYCLING

Men's Fitness

TRAIN LIKE A PRO

LIFTING LESSONS FROM MAN MOUNTAIN GEORGE NORTH

BURN FAT FAST The Circuit To Look Leaner Than Ever

EASY MEALS TO BOOST ENERGY

9 OF THE BEST GYM BAGS



RECOVERY TECH TO RECHARGE YOUR MUSCLES

LOOSEN UP Mobility Moves To Remove Restrictions

RUNNING MADE EASY How To Take On Any Distance

REACH FOR THE STARS A Hollywood PT Shares All

THE SECRET TO SELF-BELIEF How To Combat Impostor Syndrome

MEET THE JOURNEYMEN Fighters Who Lose For A Living



Trainer | Dymn-Frees Workout

Light weights, big results

Use self-limiting exercises to toughen up your workout, and give old dumbbells a new lease of life

Get a set of weights for the house, the thinking goes, and at some point you'll outgrow them; conventional squats and curls won't challenge you enough and it'll be time for an iron re-up. But there's a solution at hand. By picking moves where it's impossible to cheat, sometimes known as "self-limiting" exercises, you'll challenge the muscles you're actually trying to target while keeping larger muscles out of the equation. The workout here targets five prime movers for a full-body session that'll challenge you even with the smallest of dumbbells.

HOME WORKOUT

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FREDDIE ABRAHAMS







Mobility begins at home

Focus on movements - not body parts - to build lean, useful muscle



If you've noticed a rash of social-media trainers scrambling to add "movement coach" to their profiles recently, you're not alone. There's a good reason for it: more and more athletes - with UFC featherweight champ and former Conor McGregor leading the charge - are focusing on training movements, rather than muscles, to improve full-body co-ordination and build real-world strength.

Thankfully, though, you don't need to put yourself at the mercy of a man with a topknot and a full-time Instagram habit. The workout here, designed by bodyweight training expert Todd Kasliks, will get the job done with minimal fuss and absolutely no charting. Shirtless selfies, optional.

WHAT?
An 11-minute workout for middle-distance runners to improve strength, balance and flexibility (with lower body and core)

WHY?
Running is a pack motion, and you need lower-body strength, good balance and stability to become a better runner.

HOW?
With a series of eight, and coordination exercises using the Smith, Dumbbell and Olympic rings.



STRENGTH, AGILITY & COORDINATION

Runner's world

Run faster, harder and longer with Ben Jones' runner booster workout



Running requires more than a good set of lungs and a pair of sturdy legs: in a group, you need even more. Running alongside others, competing, requires a sense of balance, razor-sharp reaction time, and minute attention to detail, so you can give your body the best chance of a race.

But you can get more from your run than what you put in on the road - giving that extra mile in the gym can boost your overall performance.

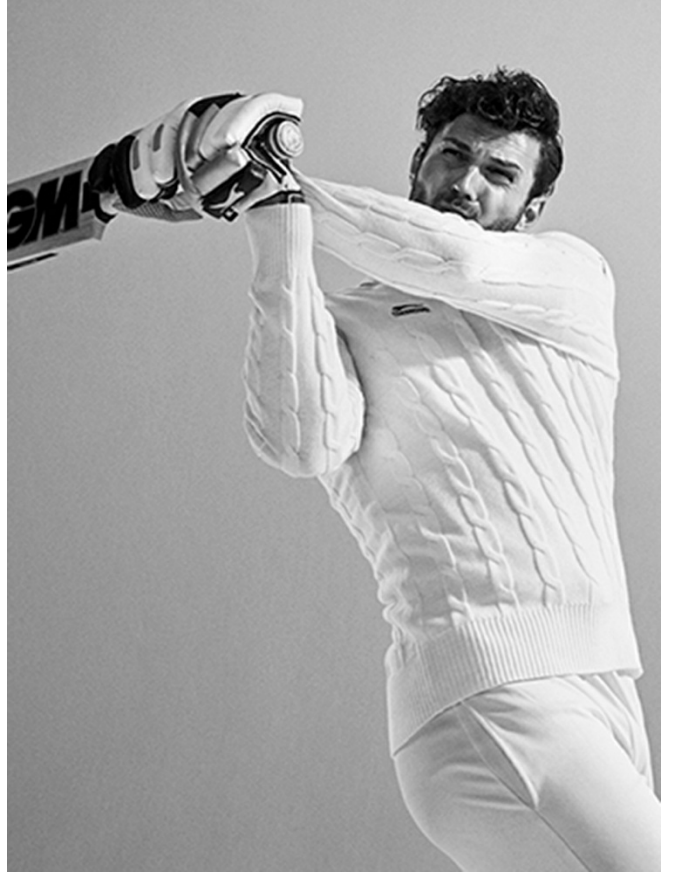
Ben Jones, an elite triathlete and Olympic Games coach, and during the competition, these expert runners are on hand to offer advice. One of their runner trainers, Ben Jones, has

designed a workout for runners using a specialist piece of equipment, the SkillMill, which will improve balance and coordination as well as the strength needed to handle your way through a pack of other runners.

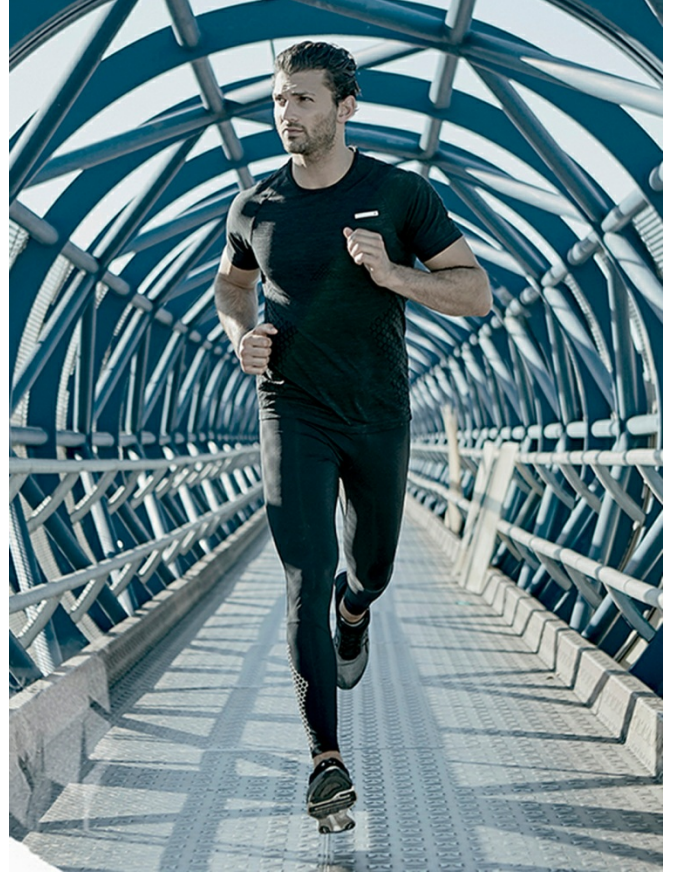
Even if there's no SkillMill in a gym near you, you can still perform these exercises on a regular treadmill.

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FREDDIE ABRAHAMS



Upgrade your plank plan

Turn the static core move into a full-body workout

It's now abundantly clear that planks are better than crunches. Why? They activate your abs more efficiently without forcing you to contract your lower back repeatedly. And that means "How long can you hold it?" has become the new "How many can you do?" among exercise show-offs.

The current record—set by former US Marine George Hood earlier this year—stands at 8½ hours, 15 minutes and 15 seconds. If that gives you a taste of shame, don't worry, although spine and core specialist Dr. Stuart McGill suggests that any fit man should be able to hold the position for at least two minutes, he also says there's minimal benefit in struggling on for longer.

Our recommendation? Once you hit the two-minute mark, introduce variations that challenge your arms, legs, shoulders and core stability, mimicking movement patterns you'll use in real life. The circuit here, designed by trainer Jesh Stoltz (jeshstoltz.com), does just that: Use the 8½ hours you've just earned to catch up on some *Abcore*.

HOME WORKOUT

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