

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 | Gym-Free Workout

Light weights, big results

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

If a set of weights for the house is the thinking goes, and at some point you'll outgrow it, conventional dumbbells 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 do them with known as self-limiting exercises, you'll challenge the muscles yet you're actually trying to target while keeping larger muscles out of the equation. The workout here targets five prime movers that will challenge you even with the smallest of dumbbells.



MARATHON SPECIAL RUN YOUR BEST RACE EXPERT TIPS, BEST KIT, TRIED & TESTED SHOES

Outdoor Fitness

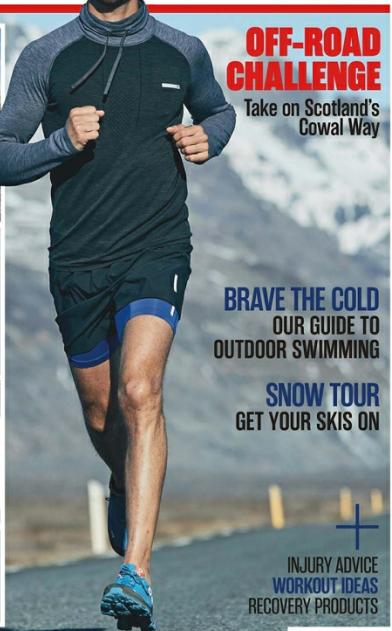
ISSUE No 85 MARCH 2019 £4.99



TOP 10 TRIATHLONS TO TRY IN THE UK & ABROAD



WHO DARES? OUR DAY AT AN SAS CAMP



PLUS recipes for vegetarian athletes from Joe Wicks

9 772515733001



FREDDIE ABRAHAMS

MOT
MODELS



WHY?
An Olympic-level runner reveals the key movements to get through balance and fast by in their home body and core

HOW?
With a mix of strength and conditioning exercises, using kettlebells, medicine balls and Olympic rings

STRENGTH, AGILITY & COORDINATION

Runner's world

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

Ben Jones
Running requires more than a good set of lungs and a pair of sturdy legs; it's a matter of agility, coordination, balance and strength. Running alongside others, competing, it really requires a sense of balance, move-shape reactions, and intense attention to detail, so you can time your breaks to take control of a race.

But you can get more from your runs than what you put in on the road - going that extra mile in the gym can help you run faster and further. That's why we've got the official gym supplier to the Olympic Games, and during the competition, their expert trainers are on hand to offer advice. One of their master trainers, Ben Jones, has

devoted a workshop for runners using a special 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 elite runners.

Now if there's not a SkillMill in a gym near you, you can still perform these exercises on a regular treadmill.

SO1FSmag.com

HOME WORKOUT

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: we are all more sedentary - with UFC featherweight champion/motormouth Conor McGregor leading the charge - and focusing on training movements, rather than muscle groups, 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 screen with a smartphone and a full-time Instagram habit. The workout here, designed by bodyweight training expert Todd Clark, will get you in shape with no fuss and absolutely no charting. Shirtless selfies optional.



FREDDIE ABRAHAMS

MOT
MODELS



FREDDIE ABRAHAMS

MOT
MODELS



HOME WORKOUT

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 while burning you fewer calories, so you're less tired. And that means "How long can you hold it?" has become the new "How many can you do?" among exercise show-offs.

The current trend - led by fitness US ace George Kotsopoulos this year - stands at five hours, 15 minutes and 15 seconds. If that gives you a twinge of shame, don't worry: although spines and core specialist Dr Stuart McGill suggests that any time spent in a static plank position for at least two minutes, he also says there's minimal benefit in struggling for longer.

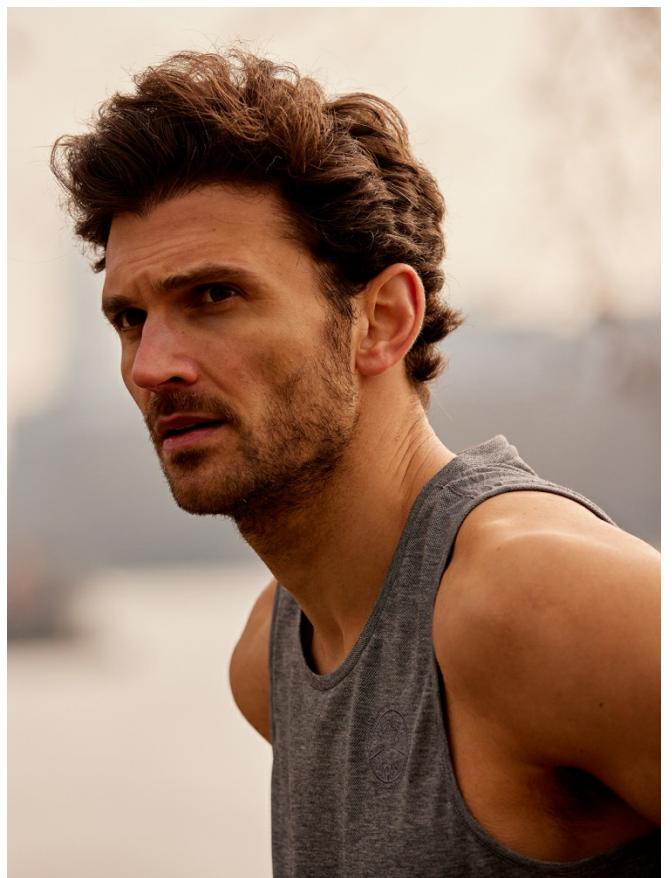
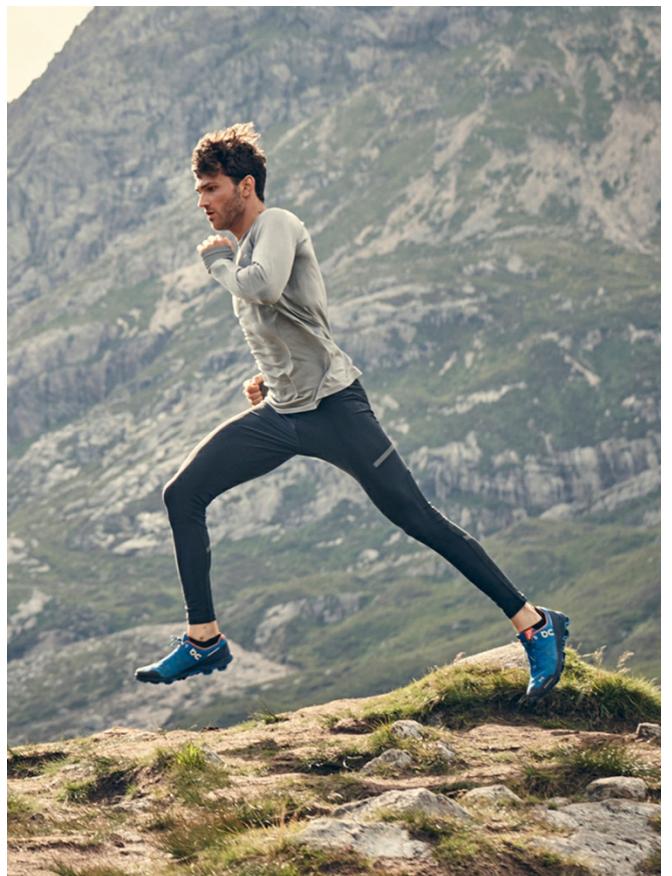
Our recommendation: Once you hit those two-minutes mark, add a dynamic circuit that challenges your arms, legs, shoulders and core stability, mimicking movement patterns you'll use in real life. The circuit here, designed by trainer Jeth Stolt (equinox.com), does just that: use the five hours you've just saved to catch up on some Zzzs.

Photo: Joe Scaggs; Photography: David P. Morris; Models: Freddie Abraham, Alexander Walker

A shirtless man in black shorts is performing a dynamic plank variation. He is in a low lunge position with one hand on the floor and the other arm raised vertically. He is wearing green and black athletic shoes. The background shows a window with a view of a city skyline.

FREDDIE ABRAHAMS

MOT
MODELS



FREDDIE ABRAHAMS

MOT
MODELS

attitude

ACTIVE

FREDDIE ABRAHAMS
OUTDOOR ADVENTURER

P6.116

EXERCISE
NUTRITION
SPORTS
ADVICE

context
OPINION
DATING
REAL LIFE
PROPERTY
RELATIONSHIPS
TRAVEL
GOING OUT

ALL CLOTHING: H&M SPORT
HAIR: ALEXANDER COOPER

PHOTOGRAPH BY BEN OGDEN
HAIR AND MAKEUP: ALEX
CLOTHING AND HAIR BY H&M SPORT
LIAISON AND DUCH
VIDEOGRAPHER: DAVID BLAUSTEIN



FREDDIE ABRAHAMS

MOT
MODELS



FREDDIE ABRAHAMS

MOT
MODELS