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By: Louise Van Der Nat



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FROM THE INSIDE OUT

A photograph of a person's hand touching their foot while wearing a dark grey sneaker with a white sole. The person is lying on their side on a light-colored floor. The background is a bright, slightly out-of-focus indoor space with a window. Large, bold text is overlaid on the image: 'FROM THE' in black, 'INSIDE' in grey, and 'OUT' in black.



Social media superstar Karina Elle inspires her legion of followers by channelling emotion into fitness—and career success.

BY **STEVE MAZZUCCHI**
PHOTOGRAPHS BY **PER BERNAL**



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WHEN IT COMES TO

appreciating sweat equity, there are early adopters—and then there’s Karina Elle. “I remember in sixth grade using exercise to fix my mood when I was sad or mad or whatever,” recalls the budding fitness icon, 27, whose 1.4 million Instagram followers check in daily for workout tips, healthy recipes, humour, motivation, and more. “So from a young age I’ve had a grasp on how to transfer my emotions into energy.”

Growing up Elle had plenty of opportunities to do just that, excelling in everything from cross-country and track to cheerleading. Then a 10-inch growth spurt at 16 changed the game. Recruited as a model, the now statuesque French-Vietnamese beauty experienced that life in Miami, New York, and Singapore but quickly bristled at its unhealthy standards.

After studying communications at the University of Florida, USA and doing some soul-searching, she found her true calling. “I wanted to represent the hybrid girl, because I feel like girls were scared to be into modelling and fitness—and that’s achievable and universal for all women,” she points out.

“Every girl can move and make muscles.”

It didn’t hurt that she got into the Insta-game early, with posts dating back to 2011. Still, Elle came into her own as a role model only in the past couple of years, as she began to embrace and evangelise the mood-boosting and life-changing benefits of fitness from the inside out.

“I made up this word, *endorphingasm*, the high after a workout,” she explains. “There’s a certain confidence, an energy you carry around when you train that you can’t get from material things. And it trickles down to every part of your life — your relationships, your job, how you feel about yourself—

everything is a by-product.”

She’s not kidding about *endorphingasm*—five of Instagram’s nine “top posts” with that hashtag are hers. And from her base in Marina del Rey, California, she now sculpts, shreds, stretches (the cornerstones of her six-week IdealFit program), and nurtures an ever-growing face-to-face and virtual community of fitness sponsors, gurus, and devotees. Which tends to happen when you’re a true believer.

“If life is a rainbow, and you’re trying to get to the pot of gold (of joy) every day,” Elle concludes, “then exercise is the star power that propels you there.”

Nuff said.

KARINA’S KEYS

TRAIN THOSE TASTE BUDS

“Whatever you eat, your body will adapt to and crave. So enjoy the pleasure in learning how to make delicious foods with a healthy twist and knowing exactly what’s in them.”

PSYCHE YOURSELF UP

“Get some good music and a cute outfit and a state of mind

where you’re gonna kick ass.

Tell yourself you’re an Olympian, find that badass persona, and channel that inner warrior to attack your workout.”

CONSISTENCY AND INTENSITY RULE

“Halfway is better than no way. Even if you don’t go to the gym for an hour, if you



TIME OF DAY TO WORK OUT?

“Morning. I get it done right when I wake up, then I feel good for the rest of the day.

You have to fill your own cup before you can pour it out to others, you know?”

WORKOUT SPOT?

“Gold’s Gym in Venice Beach. It’s hard to work out there because it’s so busy, but there’s a lot of love, a lot of good energy.”

WORKOUT MUSIC?

“Anything you can ride a unicorn to—happy-go-lucky, inspiring, uplifting. At the moment, it’s Avicii.”

GUILTY-PLEASURE FOOD?

“Thin, golden, super-crunchy french fries with tomato sauce.”

MEAL TO COOK?

“It changes, but right now I’m into this black bean spaghetti that tastes like real pasta.”

WAY TO RELAX?

“I love stretching, coloring, painting, gardening, cooking, and reading. Anything that makes me be present in the moment and forget about my phone.”

go every day and do 15 minutes intensely, there’s gonna be a payoff.”

TEAM UP

“Cultivate camaraderie in your community. Having that accountability and training with a friend or partner is fun. We’re such an interdependent species, and we need each other so much.”

LATERAL JUMP-OVER ►

WORKS: Quads, hip flexors

Stand next to a box with your left (inner) foot on top of the box. Push off your right (outer) foot to hop to the other side, landing with your right foot on the box. Reverse the motion.



PLYOMETRIC POWER

Get ready to get sweaty with this high-speed, high-intensity workout.

HOW IT WORKS: “I’m sharing my plyometric shred routine, which is my favourite type of quickie workout because you get the biggest bang for your buck,” Elle explains. “It works your whole body, burns fat, and, most important, you get that ‘endorphingasm’ and feel good the rest of the day.” How do

you do it? Pick four or more of the following exercises and turn them into a circuit. Do each move for one minute, repeating the circuit three to five times. “Take 12 to 20 minutes and just go through it really fast and see how sweaty you get,” Elle adds. “This is, I like to say, hit it and quit it.”

STYLED BY ELISABETTA ROGIANI.
HAIR & MAKEUP BY JENNY GOMEZ



◀ **BOX JUMP SQUAT**

WORKS: Quads, glutes
Start on a box. Hop off the box and land softly in a squat position with one foot on each side of the box. Take a second, then explode up to jump back onto the box with both feet.

▶ **FOOTBALL SHUFFLE**

WORKS: Calves, hamstrings
Stand on tiptoes with feet wider than shoulder-width apart. With feet rising no more than an inch off the floor, run in place as rapidly as you can.



▼ POWER ROUNDHOUSE KICK

WORKS: Core, hip flexors
 Start in boxing stance. Pivot on right foot, driving left hip forward. Extend left (kicking) leg forward with a pointed toe, then continue rotating to the right and place left foot back on floor. Switch legs after 30 seconds.

▲ SKI JUMP

WORKS: Glutes, core
 Squat slightly, bending knees and lowering butt. Push off your right (outside) foot to jump to the left, landing on your left foot with your right foot behind it. Push off your left foot to jump back to the right, landing on right foot. Swing arms as you jump.

LUNGE + SINGLE-LEG KNEE-UP ▼

WORKS: Glutes, quads
 Step back with your right foot into a reverse lunge, then step back to the start. Push off your right foot, flexing your left knee and driving it as high as possible, momentarily leaving the floor. Switch legs after 30 seconds.





BUILD BADASS LEGS

Use these two routines to sculpt toned and sexy thighs.

BY M&F HERS EDITORS



JULIA LADEWSKI, C.S.C.S.

STRENGTH COACH AND FITNESS EXPERT

“Many women love to get stronger, so heavy strength moves like barbell deadlifts and squats aid in that. But higher-rep hypertrophy work also helps build muscle while increasing your caloric expenditure.”

JUMP SQUAT: With feet shoulder-width apart, squat down until thighs are parallel to the floor and then explode up until feet leave the ground. (3 x 10 reps)

BARBELL BACK SQUAT: Keeping your core tight and chest up, squat down with a loaded barbell on your traps. (4 x 5-10 reps)

SINGLE-LEG DEADLIFT: Hold a dumbbell in one hand, feet shoulder-width apart, and lift the foot opposite of the hand

holding the dumbbell off the floor. Hinge at your hips until dumbbell is at midshin level. (3 x 3-10 reps per leg)

OVERHEAD PLATE WALKING LUNGE: Lunge forward with one leg until both legs are bent at 90 degrees while holding a plate overhead. (3 x 8-12 reps per leg)

BALL LEG CURL: Lie on back with feet on a Swiss ball and lift hips off the floor. Curl heels toward butt. (4 x 10-15 reps)



TIM GARDNER

FITNESS COACH AND HEAD IFBB PRO LEAGUE JUDGE

“The routine is structured to pre-exhaust the leg muscles. We start out targeting the quads, then transfer to the hamstrings, and back to the quads, adding in some glute isolation. We build up to higher-rep finishing sets, which is ideal for complete toning.”

LEG PRESS: Sit in a leg press machine and press the sled with feet at shoulder width. (4 x 10, 10, 15, 25)

STRAIGHT-LEG DEADLIFT: Hold a loaded barbell and hinge at hips until bar is at midshin level. (3 x 10, 15, 25)

BUTT BLASTER: Get on hands and knees. Kick one leg straight up, bent at 90 degrees. (4 x 25)

NARROW AND WIDE SMITH MACHINE HALF-SQUAT: Using a Smith

machine, squat down, but only halfway, keeping constant tension on legs. (3 x 10, 15, 25)

LEG CURL: Curl the pad of a leg curl machine to butt by flexing hamstrings. (3 x 10, 15, 25)

SINGLE-LEG CURL: Same move as before, but use one leg at a time. (3 x 10, 15, 25)

BARBELL HIP RAISE: Place shoulder blades on a bench and a barbell on your lap. Plant feet on floor and thrust up. (4x 50)



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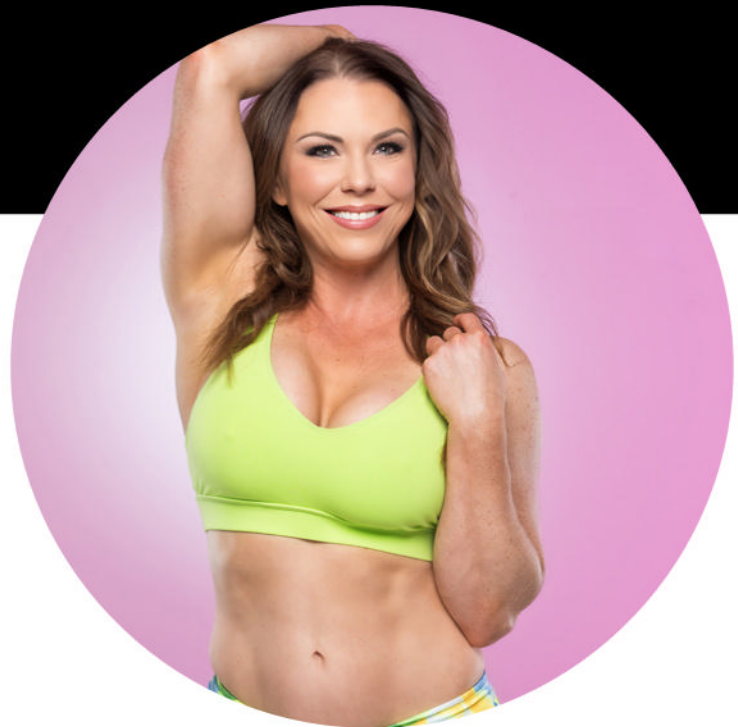
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STAYING FIT AND HEALTHY

ELIZABETH MARSHALL



Model @elizabethmarshallfit

By HERS South Africa



Elizabeth, absolutely honored to have you on the cover this month! Everyone has their own special story about how they got involved in health and fitness, could you tell us a little bit about your journey to where you are today? I've been modeling and doing art and photography projects since I was a teenager, but I really started hitting the gym in my late 20s when I started to worry about hitting my thirties and about my body and health changing as I got older. I realized that I was going to have to take care of myself if I wanted to continue looking and feeling good for the years and decades to come!

You have been in the industry a long time and have been a massive success too, how do you balance keeping fit and leading a busy life? I'm a big proponent of the idea that people prioritize what's important to them. Staying fit and healthy is important to me, so I've always managed to make time for it no matter what else is going on in my life. Learning to balance life with the gym and a solid eating routine is one of the best things that anyone can do for themselves.

You specialize in quite a few areas, what are some of the training principles you stick to? I'm BIG about stretching. I was lucky to have a trainer early on who helped me to understand the importance of injury prevention, so I make sure to pass that on to my clients as well. I'm also big on mindset. We can all do ANYTHING that we put our minds to, including finishing that heavy set or staying consistent long-term with a gym schedule. Get your mind right and watch the rest of your life fall into place!



Can you run us through what your training routine involves that keeps you in the shape you're in? Most of the secret to how I stay lean and in shape virtually year-round lies in consistency. I have good and bad days/weeks/months like anyone else, but I never allow myself to stay stuck in a rut. I enjoy a very plentiful cheat day almost every week, but I'm flawless with my eating habits the rest of the time. I take days off of training for vacation quite often, but I'm super consistent with the gym when I'm at home. Everything in life comes down to balance, including the gym.

When it comes to nutrition, are there any fundamentals you do not deviate from? I've learned from trial and error over the years to really lay off dairy and to never give it to my clients in their plans. I'm a huge fan of Greek yogurt and berries as a snack because it's delicious and has high protein and low glycaemic index, but the lactose in it causes noticeable inflammation, which is never good.

How can you maintain muscle while dropping body fat? Make sure that you're eating enough PROTEIN! Your muscles will never grow without it! And pick a diet that's either higher carb and lower fat, or higher fat and lower carb. Eating high levels of both fat and carbs at the same time means that you will put on body fat, not lose it.

How do you stay motivated? Photo shoots! I love making art and cool images and it inspires me to do what I need to do to stay camera ready most of the time.

What is the best fitness advice you've ever been given and would like to pass on? Concentrated blood flow is a huge factor in getting muscles to grow. Try to top off lifts with extra squeezes and pulses that really get blood into the area that you're trying to train and hold it there for as long as you can. I utilize this principle a lot with glute exercises- hold and squeeze!

Top 3 most common fitness faux pas you feel need to be addressed that women still seem to fall for? waist trainers are a waste of money, they don't work, and they're bad for your back. 2- carbs are NOT bad for you and they don't make you fat. Eating the RIGHT carbs in the right proportion is essential to energy and muscle growth and keto/ultra-low-carb diets are not sustainable long term. 3- lifting weights will NOT make you bulky, they tighten you up and lean you out, which is exactly the look and result that most women want from their fitness endeavors, whether they realize it or not. You will never get your dream body by only doing cardio. Start lifting.

Where can our readers find and reach out to you should they want to follow your progress or get some advice? My personal coaching website can be found at ThighsOverThirty.com and I'm on Instagram at @elizabethmarshallfit.













5 REASONS YOU'RE NOT NAILING THE ROWING TECHNIQUE

The erg can take your cardio to new heights. Just use it correctly.

BY LAROY WARNER

• **IF YOU'RE** searching for a form of cardio that'll have you sucking wind without punishing your joints, then look no further than the rowing machine, aka the erg. Unlike running on a treadmill or jumping rope, with the erg, your knees are spared. Also, since you're really working only during the concentric phase—or top portion of the movement—you won't be as sore the next day, which means your future workouts won't be hindered, either. Row incorrectly, though, and you'll risk an achy back and an all-around inefficient cardio workout. So avoid the following five mistakes to get the most out of the erg.

1

YOUR FOOT PLACEMENT IS INCORRECT

Set the strap so it's around the widest part of the foot. This lets you drive with the midpoint of your foot and not your heel or toes to produce optimal power.

2

YOU MOVE IN THE WRONG ORDER

Most gymgoers initiate the pull with their arms or torso. This is wrong. The main driver should be your legs—you'll generate more force with each pull and move more efficiently. Think big muscles first, small ones last.

3

YOUR POSTURE IS POOR

As with any movement in the gym (and in life, for that matter), you want to maintain good posture. While rowing, sit nice and tall, with your shoulders back and chest up. Slouching while you row can lead to back pain and negatively affect your efficiency with the movement.

4

YOU TREAT IT LIKE A CABLE ROW

The main difference between rowing on an erg and a cable machine is that the former is a full-body movement. Drive with your legs first and then row the handle, leading with your elbows. Your movement should be fluid and smooth, not a jerky, hard pull.

5

YOU CRANK UP THE RESISTANCE

The most common mistake with the erg is rowing at too high a setting. This can lead to crappy form and even injury. Start between levels 4 and 7 for better core control and stability. How you perform the move trumps the load you're moving.

Proper sprint technique requires mobility in the hips. During your warmup, do a rear-foot-elevated hip-flexor stretch on both sides.



ON THE PROWL(ER)

Test your strength, explosiveness, and stamina with these brief but brutal sled sprints.

BY JOE WUEBBEN CHALLENGE BY JIM SMITH, C.P.P.S.

WHAT IT IS

■ Four weeks of 10-metre sprints with a Prowler sled with descending rest periods. “This is a true measure of strength, speed, and power,” says Jim Smith, C.P.P.S., owner of Diesel Strength & Conditioning. “The goal is to perform as many ‘repeats’ as possible without any loss of speed or diminished quality of movement. Forward torso lean, positive shin angle, and full extension of each drive leg should be maintained throughout.”

HOW TO DO IT

■ Record an initial 10-metre Prowler sled sprint with a stopwatch. Multiply your time by 1.1 to get your goal time for each subsequent push. For example, an initial 10-metre sprint performed in five seconds will produce a goal time of 5.5 seconds. You’ll then perform 10-yard Prowler sprints until you’re no longer able to match or beat 5.5 seconds.

You’ll do one “challenge”

workout per week for four weeks. Each week, rest periods will drop by 15 seconds. In Week 1, rest one minute between sprints; in Week 2, rest 45 seconds; in Week 3, 30 seconds; and in Week 4, limit rest to 15 seconds.

WHEN TO DO IT

■ If you’re using this challenge for conditioning (aka cardio), do it at the end of a lower-body workout as a finisher. If you’re using it for speed training, implement it at the beginning of a lower-body workout immediately after a thorough warmup.

PERFORMANCE TIP

■ Aside from the aforementioned parameters, weight selection is key. “Load the Prowler with enough weight so you feel the resistance and have to lean forward into it but not so heavy that your sprinting speed is slow,” Smith says. If you want to extend the challenge, increase the weight on the sled after four weeks.

WORKOUT INCREASE YOUR SPEED

Directions: To sprint with optimal form, you need adequate strength in the posterior chain (calves, hamstrings, glutes, core, lats). Here’s a workout to help you prep this area for the Prowler challenge. Perform the four exercises as a circuit.

EXERCISE SETS REPS

SUMO DEADLIFT	4	5
ROMANIAN DEADLIFT	4	6
PULLUP	4	8
HIGH-TENSION PLANK	4	10 sec.

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From excelling at track sports to competing on *Survivor* to winning the Figure Olympia title twice, Cydney Gillon has wasted no time. And the scary thing is, she's just getting started.

BY STEVE MAZZUCCHI PHOTOGRAPHS BY PER BERNAL

› **FOR AS LONG AS SHE CAN REMEMBER,** Cydney Gillon has been fast. “We had this school race called the Turkey Trot,” she recalls. “And I won it every single year until I broke my ankle one year—all the way from preschool through fifth grade.”

But that's just kid stuff, right? Not exactly. Since those early days in the Atlanta suburb of Douglasville, USA, Gillon has made a habit of arriving ahead of schedule. She did her first bodybuilding show at 14, cracked the UPenn track team at 18, reached the final four of *Survivor: Kaôh Rōng* at 23, and in 2017 became the youngest-ever Figure Olympia champ at 25. We're

sensing a trend here.

Just because her rise has been speedy, though, doesn't mean it hasn't been interesting. Take, for example, how she got into bodybuilding in the first place. When Gillon was 5, her parents were not exactly fit. Dad Skip was pushing 180 kilos, while Mom Tangelea was more than 90. “And you know how kids have no filter?” Gillon says.

“I was like, ‘Mom, y’all are fat!’” That wake-up call kicked off a spectacular turnaround that saw both her parents become competitive bodybuilders.

Then they flipped the script on their loud-mouthed daughter when the “junk food junkie” developed high cholesterol at 12. Mom corralled her diet, and Gillon started working out, discovered her genetics were figure-friendly...and never looked back.

Things got tricky in college—the high school track star had to give up the 300-metre hurdles event and focus on 100-meter hurdles “because it fits more of a figure body type”—but Gillon’s passion for competition only grew. Which is how, a week after her first Arnold, she found herself marooned on a Cambodian island. “The most surprising thing about *Survivor* is how real it is,” she confesses. “Man, when I’m sitting out there with all these bug bites, sunburned and starving, I’m like, ‘Where’s the hotel?’ I was in shock for a week.”

But in case you hadn’t noticed, Gillon—who had never camped and couldn’t even swim when taping started—adapts quickly. She lasted 37 days, becoming a fan favourite who still gets recognised in public.

And while she may not have been the “Sole Survivor,” she stands alone in figure. After top-10 Olympia finishes in 2014 and 2015, Gillon hired Damian Segovia of Pro Physiques in Arizona as her coach and really hit the gas, placing third in 2016 before winning in back-to-back years.

Oh, and would-be challengers take note: This speed queen has no plans to slow down. “I’ve never felt as if I wanted to stop or take breaks,” she says. “Each show just lights a new fire, so I’m always looking to get better. That keeps me motivated, in the moment, and ready for the next goal.”

Considering Gillon’s track record, we’re betting she’ll get there in a hurry.

BEAR CRAWL

- With hands under shoulders, knees under hips, and back straight, lift knees and crawl forward, each hand and opposite-side foot leaving and landing simultaneously.
- **GILLON SAYS:** “Make sure you’re getting full extension of the leg and the arm with each crawl.”

TRAINING

GILLON’S TOTAL-BODY WORKOUT

Directions: Perform the following *Survivor*-inspired workout. For each move, focus on keeping your core tight. “You shouldn’t have relaxed abs at all,” advises Gillon, “and your posture should be like a straight line.”

EXERCISE	SETS	REPS
AROUND THE WORLD	3	15
BATTLE ROPES ALTERNATING WAVES	5	30 sec.
BEAR CRAWL	4	10 per side
DUMBBELL SQUAT	4	25
CONCEPT2 ROWER	4	60 sec.
RENEGADE ROW	4	15 per side
ROPE PULL	8	30 sec.





TRAINING SPLIT*

DAY	WORKOUT
Monday	Shoulders
Tuesday	Legs
Wednesday	Yoga
Thursday	Chest
Friday	Back
Saturday	Yoga
Sunday	Rest

* Gillon mixes in ab work three times a week but doesn't specifically train arms, because hers are naturally "supermuscular" and keep their shape through her other workouts.

BATTLE ROPES ALTERNATING WAVES

- Grasp the ropes and bend your knees. Alternately lift and lower arms between knee and shoulder level to move ropes in undulating waves. Go fast while maintaining good form.



IT'S NOT A
BICEPS WORKOUT,
SO KEEP THOSE
ARMS PRETTY
STRAIGHT.





DUMBBELL SQUAT

- Holding dumbbells at shoulder height, drop into a squat, then drive yourself up.
- **GILLON SAYS:** “Keep your abs tight and chest up, and don’t let your knees go past your toes.”



CONCEPT2 ROWER

- Set resistance and secure feet under straps. Grasp handle and slide forward and back in a full rowing motion.

GILLON'S GUIDELINES

For best results, heed the champ's top training and nutrition tips.

1 KEEP IT SIMPLE

“A lot of people will try to come up with a whole bunch of different fancy movements, but it's better to master the basics. And don't watch people on Instagram—they don't always know how to train properly.”

2 TRAIN LIKE YOU'RE COMPETING

“Imagine yourself onstage

posing, showcasing the body part that you're working. That allows you to focus, tap into the muscle deliberately, and not lose form.”

3 EVEN THINGS OUT

“Look in the mirror and make sure you're lifting the same on each side. Sometimes people lean more to one side or pull harder on one side, and that creates imbalances.”

STYLING BY ELISABETTA ROGIANI:
HAIR & MAKEUP BY NATALIE MALCHEV



START ▶

AROUND THE WORLD

■ With feet shoulder-width apart, perform a lateral dumbbell raise, then return to starting position. Perform a front raise, then press weights overhead.

“
DON'T SWING THE WEIGHTS,
JUST SLOWLY BRING THEM
AROUND. AND DON'T GO
ABOVE PARALLEL WITH THE
LATERAL RAISE.
”

THE BETTER WAY TO WARM UP

• IT'S COMMON knowledge that a light jog on the treadmill and a dynamic warmup are must-dos before any training session. But a lesser-known piece to the pretraining puzzle that you're probably missing is CNS priming.

Short for "central nervous system," your CNS is your body's control centre. It acts as the middleman between your brain and your muscles. For example: Let's say you're about to do a back squat—your feet are in place, your hands are gripping the bar, and you're ready to drop down. To initiate any of these actions, your brain shoots off a signal to your CNS, which orders your muscles and joints to react accordingly.

Like your muscles—which can underperform if they're not well rested or you didn't warm up properly—your CNS can be fatigued. As a result, you'll feel tired

and slow, and your favorite moves may start to feel like a drag, according to Andrew Triana, a trainer to elite-level Strongman competitors and the co-owner of the Performance Vibe (*thepformancevibe.com*), a fitness community that offers nutrition and performance coaching.

BY ANDREW GUTMAN | PHOTOGRAPHS BY IAN SPANIER

and slow, and your favorite moves may start to feel like a drag, according to Andrew Triana, a trainer to elite-level Strongman competitors and the co-owner of the Performance Vibe (*thepformancevibe.com*), a fitness community that offers nutrition and performance coaching.

"Luckily, we have the power to prepare our CNS to train," Triana says. "When your CNS is excited, or primed, you feel you can flex hard and focus deeply. Imagine it as paving the way for your middleman to hit less traffic and make all the green lights on the way from your brain to the muscular contraction."

Reactive Scoop Toss

SETS: 3 to 6 per side

HOW: You'll want a ball that bounces back for this primer. Set up about a foot from a wall, facing perpendicular to it and holding the ball at hip level. Swing it back and then, keeping the arc of the ball at hip level, rotate your trunk and release it forward. Let the ball bounce back and then fluidly begin the next rep.

TRIANA SAYS: "Aim for repeatability first, then force production. Also, squeeze the hell out of the ball to better activate your arms."



To achieve this, Triana recommends performing any of the plyometric moves, or primers, outlined on the following pages. They'll wake up your CNS without burning you out to get you ready for more effective lifts.

As a bonus: Science also shows that including plyometric moves can make you more

powerful. One study, published in the *Journal of Applied Sport Science Research*, found that a program that combines both plyometrics and weight training was far more effective for increasing hip- and thigh-power output compared with just a weight or plyo program. Go figure.

PRIMERS EXPLAINED

Start out by performing just one or two of the moves you see here before a training session, and be sure to keep track of how many reps it takes for you to feel “turned on.”

“When you’re ready to go, it’s very noticeable,” Triana says. “You’ll be sweating slightly, you’ll feel mentally in the zone, the reps will feel easier, and you should feel lighter and more nimble.” All five of these moves are similar in terms of how they prime you to lift, so feel free to pick a few favourites and stick with them or cycle through them. “Think of them as tools to have in your toolbox,” Triana adds.

HOW TO DO PRIMERS

- Do them before your typical warmup and mobility work.
- Before each rep, take a deep breath. Make sure you’re focused before initiating the movement.
- Adhere to the set prescription listed for each move. For reps, don’t exceed four per set. Each rep should feel better than the last. However, if you’re doing these on a non-lifting or easy day, you can go two to three reps past when you feel “awake” to help increase your power output.
- Use a light weight. “My World’s Strongest Man competitors use between 4 and 6kg medicine balls for these,” Triana says. “So pick a light weight, between 2 and 4 kilos, and be as explosive as possible. Speed is king.”
- Rest 45 to 90 seconds between sets if you perform one or two reps; rest two minutes between sets for any number of reps beyond that.



(Double or Single) Chest-pass Broad Jump ▶

SETS: 6 to 15

HOW: Stand tall with your toes pointing forward, holding a medicine ball at sternum level. Load your hips by driving them back, as if you were performing a deadlift, and then drive them forward to propel yourself off the balls of your feet. (You can choose to jump once or twice.) Follow through with your arms and let the ball go. The goal is to generate force from the legs and transfer it into your arms.

TRIANA SAYS: “Gaze into the distance and aim to toss the ball in a straight line.”





◆ Rotational Slam

SETS: 4 to 8

HOW: Cup both of your hands closely together around the bottom of a medicine ball. If slamming to the right, start with the ball loaded on your right hip. Then forcefully rotate your trunk, pushing and pivoting off your right foot, to bring the ball up and around the left side of your body until you slam the ball to the right of your body. If you're performing multiple reps, then catch the ball and immediately begin the next rep.

TRIANA SAYS: "The key for this one is to perform the move as violently as possible and to exaggerate the range of motion as you twist with your upper body. For a smooth finish, be sure to look at where you want the ball to land."





Step to Scoop Toss ▶

SETS: 3 to 6 per side

HOW: Hold a medicine ball at hip level. Brace your core and take a belly breath. Take a lateral step, crossing your back leg behind your front leg. Once your front foot is planted, rotate your torso, bringing the ball across your hips, until your arms are fully extended. Release the medicine ball, scooping the ball up from hip level, and send it soaring in a straight line.

TRIANA SAYS: “Step slowly and load your back leg like a slingshot, then twist and throw the ball violently. Also, be sure to keep your hands soft on the ball. This lets you better transfer force from your trunk, as your arms aren’t as stiff.”

STYLED BY SARÁ ACEVEDO. HAIR & MAKEUP BY RADIA SHALINI. TOP BY PHAT BUDDHA WEAR. BOTTOM BY MICHÉ. SHOES BY NIKE



Drop Vertical Jump

SETS: 5 to 10

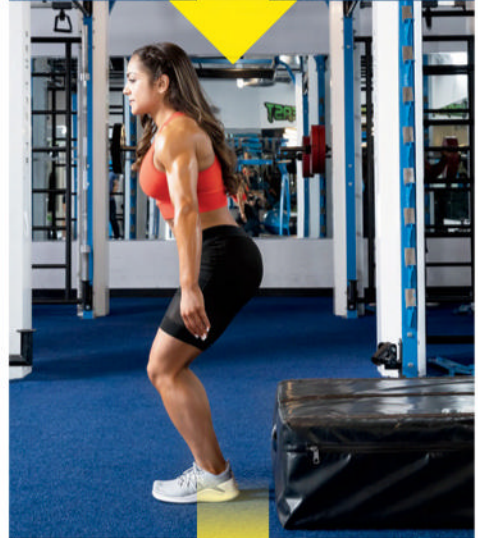
HOW: Stand on a 15 to 30cm box. Step off the box with one foot, and when your second foot touches the floor, immediately swing your arms up and jump as high as you can. You should land with both arms reaching forward and your body stable. Also, at no point should your hips dip lower than a quarter-squat.

TRIANA SAYS: “Drop off the box like dead weight. Then explode quickly and with intent, and be sure to use your arms to help you rebound and jump faster.”



SUPP CORNER: **MHP Adrenaline Drive**

Want to supercharge your workouts? Check out Adrenaline Drive by MHP, a totally new high-powered energy experience that will kick your training into high gear. Adrenaline Drive’s great-tasting mint tablets provide fast absorption and increased potency of their powerful energising ingredients, including caffeine (150mg), yerba mate, and *Mucuna pruriens* for intense focus. Plus, they offer a minty cool sensation that opens up your airflow passages and enhances your breathing to help increase cardio output, delay fatigue, and boost fat oxidation. You can take them as a pre-workout or anytime to give you a fast energy boost that will last for hours.





FROM **HERS** FOOD
EDITOR, IZELLE
HOFFMANN,
DELICIOUS AND
HEALTHY RECIPES TO
GET YOU INSPIRED.



> Nutrition

There's a fitness quote we are sure you have come across on social media. 30% Gym 70% Diet - Abs are made in the kitchen. And this is the absolute truth. But unfortunately, it's also one of the hardest aspects to get and keep a grip on. Our aim this year, and especially in this issue, is to help you get on the right track that will be best suited to your lifestyle and taste buds.



For the love of **HEALTHY LIVING**

Izelle Hoffman is SA's newest rising star in the culinary industry and although she never formally trained as a chef, growing up in a household where great food was always a comfort and source of nourishment, it seemed like a natural progression for her to take inspiration from the dishes she grew up with turning them into a modern, playful and healthy experience.



ABS ARE MADE IN **THE KITCHEN!**

And what better way to start your new year off with some delicious and healthy recipes from our Food Editor, Izelle Hoffman. The days are long gone that eating healthy means eating bland and boring foods. We hope you feel inspired to get into the kitchen with Izelle's latest creations specially tailored for our *HERS* readers. All the ingredients used have exceptional nutritional value, not just for great taste. Whether you are vegan or love a juicy steak, sweet or savoury, there's a recipe that we are sure you will enjoy.



CHOCOLATE PEAR CRUMBLE

PREP TIME: 10 MIN

COOKING TIME: 25 - 30 MIN

SERVINGS: 1 LARGE TART

INGREDIENTS

CRUST

250g almond flour

2 tbsp honey

1 tbsp water

1 tsp salt

1 heaped tsp cacao

1 tsp caramel essence

3 cans of pear halves (in fruit juice) drained and washed to remove all fruit juice

1/2 tsp salt

1 tbsp caramel essence

For the crumble on top

120g almond flour

50g flaked almonds

50g chopped dates

1 tsp ground cinnamon

1 tsp salt

100g almond butter melted

2 tbsp raw honey

1 tsp caramel essence

1 tsp vanilla essence

1 heaped tbsp cacao

Garnish with thinly sliced pear, honey and cinnamon

INSTRUCTIONS

Preheat oven to 180C. Prepare baking dish with non-stick spray. In a large mixing bowl, mix all the crust ingredients together till a well-mixed sticky crumb-like texture. Transfer to baking dish and form crust by distributing the mixture evenly and then pressing down firmly with your hands. Set aside. Drain and wash the pears. Cut into smaller pieces with kitchen scissors or knife and add the salt and caramel essence. Mix well to make sure the caramel essence and salt are evenly distributed before transferring to the crust. Then lastly the crumble. Mix all of the ingredients together till a sticky crumb-like texture. Cover pears with the crumble. Garnish with thinly sliced pear, honey and cinnamon and place in oven to bake for 25-30min. Ideal to serve warm or cold. baking dish and spread evenly. Garnish with almond flour, whole pecans, and cinnamon and bake for 20min. Allow to cool off. Best after 1 day in the fridge.



TURMERIC AND CUMIN CHICKEN

PREP TIME: 10 MIN

COOKING TIME: 30 - 35 MIN

SERVINGS: 3

INGREDIENTS

600g baby carrots
1 red salad onion diced
6 chicken thighs

SAUCE

6 tbsp olive oil
3 tbsp raw honey
2 tsp salt
1/2 tsp ground black pepper
1 tsp thyme
1 tsp cumin
1 tsp turmeric
50ml hot water

Pinch of chilli flakes

Fresh coriander for garnish

INSTRUCTIONS

Preheat oven to 200C. Prepare a baking dish with non-stick spray. Place the frozen carrots in the baking dish and add the diced onion. Place the chicken thighs on top of the carrots. Mix the sauce and pour over the chicken. Sprinkle the thighs with chilli flakes. Cover with foil and place in the oven for 15min. Remove foil and place back in the oven for another 15-20min. Garnish with fresh coriander before serving.



RAISIN AND ROSEMARY OSTRICH STEAKS

PREP TIME: 5 MIN

COOKING TIME: 15 MIN

SERVINGS: 3-4

INGREDIENTS

1 tbsp olive oil
2 red salad onion diced

MARINADE

4 tbsp olive Oil
4 tbsp honey
1 lime's juice
2 tsp vanilla essence
2 handful raisins soaked in hot water
2 tsp Oryx salt
1 tsp ground black pepper

750g ostrich steaks

Fresh rosemary finely chopped for garnish

Serve on a bed of fresh rocket and side of your choice

INSTRUCTIONS

Preheat pan with olive oil. Fry ostrich steak for 4min on each side till medium and remove from the pan to rest. Add an extra tsp of olive oil to the pan and fry the onion till golden brown. Mix the marinade, add to the fried onion, and then add the soaked raisins. Allow the honey in the marinade to start caramelising before placing the ostrich steaks back in the pan. Cover steaks with marinade. Garnish with fresh rosemary before serving.



SESAME CRUSTED BRINJAL STEAKS WITH POMEGRANATE AND WILD ROCKET

PREP TIME: 10 MIN
COOKING TIME: 10 MIN
SERVINGS: 4

INGREDIENTS

4 tbsp olive oil
1 heaped tsp paprika
4 tbsp honey
1 tsp salt
1/2 tsp ground black pepper

1 large or 2 medium brinjals cut into steaks
2 heaped tbsp sesame seeds
1 tbsp almond flour
80g pomegranate
100g fresh baby spinach
15g wild rocket

INSTRUCTIONS

Mix the marinade and set aside. Cut the aubergine into steaks (about 1.5cm thick). Place in marinade and sprinkle with sesame seeds. Allow the aubergine to absorb some of the marinade before cooking. Preheat a large frying pan with olive oil. The pan needs to be hot. Fry the aubergine steaks till golden brown on both sides. Prepare a serving dish with baby spinach as base. Place the fried aubergine steaks on top of the spinach, sprinkle with almond flour and garnish with wild rocket and pomegranate. Serve immediately.



CHICKEN TIME!

Yes, it's possible for chicken burgers to be full of flavour and downright delicious. The combination of coriander, lime, and spices makes these no-bun burgers irresistible, especially when topped with guacamole. (Because, obviously.)

BY NOELLE TARR AND STEFANI RUPER



Coriander-Lime Chicken Burgers

SERVES: 4

INGREDIENTS

450g ground chicken
 ¼ cup diced onion
 ¼ cup finely chopped fresh coriander
 Juice of ½ lime
 1 tsp ground cumin
 ½ tsp chilli powder

¼ tsp garlic powder
 ¼ tsp freshly ground black pepper
 1 tbsp coconut oil or ghee
 Sea salt
 Lettuce leaves, for serving

TOPPINGS (OPTIONAL)

Sliced tomato
 Sliced red onion
 Guacamole

DIRECTIONS

1. In a large bowl, combine chicken, onion, coriander, lime juice, cumin, chilli powder, garlic powder, and pepper. Form the mixture into 4 patties.
2. In a large skillet, melt coconut oil over medium heat. Season both sides of the patties with salt and cook them until the centre is no longer pink and the juices run clear, 5 to 6 minutes per side.

3. Serve the burgers warm, wrapped in crispy lettuce leaves and topped with your favorite toppings.

PER SERVING

Calories: 560, Fat: 42g, Carbs: 19g, Protein: 35g

LIKE THIS RECIPE? Find many more like it in the authors' new book, *Coconuts & Kettlebells*.

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PROTEIN

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BEST BODY EVER: DIET PLAN

LOSE FAT FAST!



• **KETO DIETS ARE** hot right now, and it's clear why. Dozens of weight-loss studies have shown this method of eating—which emphasises a very low amount of carbs, a moderate amount of protein, and a relatively high amount of dietary fat—can lead to significant and rapid weight loss, as well as health benefits such as improved blood sugar

and insulin levels.

“The scientific community is finally coming around to the idea that all fat isn't bad and that excessive consumption of carbohydrates like sugar is actually what is behind the growing obesity crisis,” says Kristen Mancinelli, R.D., author of *The Ketogenic Diet*. In a keto diet, about 75 to 80% of your calories come from fat,

A ketogenic diet is one of the most popular weight-loss plans to date, and there's a reason for it: It works. Here's how to integrate it into your routine for optimal results.

BY ALYSSA SHAFFER PHOTOGRAPHS BY BRIAN KLUTCH

10 to 15% from protein, and just 5 to 10% from carbs. The premise: Severely limiting carbs forces your body to burn fat for fuel, a process called ketosis. “Ketosis is the gateway to rapid fat loss,” Mancinelli notes. By keeping your carb intake low, your body will continue to keep burning fat for energy.

The high fat content of your meals (which comes from both animal and plant sources) also helps suppress your appetite and keeps you feeling fuller longer, so you naturally eat less throughout the day. Since it requires more energy to burn stored fat, you'll also increase resting energy expenditure, while stabilising blood sugar and lowering insulin levels. This, in turn, reduces fat storage, explains Mancinelli.

Ready to get started? What follows are a few guidelines to keep in mind as you kick off your plan.

One big caveat is that you should try to begin your keto diet at least one to two weeks before you undertake a comprehensive new workout program. That's because, for the first couple of weeks on a keto diet, you're apt to develop what some call “the keto flu,” a feeling that can leave you lethargic and a little foggy.

“There is definitely a transition period as your body makes the switch into ketosis,” Mancinelli says. “Your workout performance may suffer until you are keto adapted, so it makes sense to take it a little easy at first.”

Don't worry, this keto flu won't last too long, and by the time your body is fully fired up on fat, you'll be able to take on new workout challenges with ease.

7 KETO RULES TO FOLLOW

1 DON'T BE AFRAID OF FAT. Contrary to what you've heard over the years, eating fat will not give you heart disease or make you overweight, insists Mancinelli. "Fat is the foundation of the keto diet." To make sure you're getting enough, cover your protein portions like fish or chicken or your nonstarchy vegetables with a rich, creamy sauce, or drizzle olive oil over whatever's on your plate. And pick foods that are already naturally rich in fat—such as dark meat with skin (instead of white meat) or fatty fish like tuna or salmon.

2 COUNT YOUR CARBS. You may not be aware of how many carbs are in each food, so read labels (and if a food doesn't have a label, look it up). You can also calculate net carbs, which is the total amount of carbohydrates in a food minus the amount of fibre it contains. Aim to keep your carb intake below 25 to 50 grams per day (100 to 200 calories).

3 AVOID TEMPTATION. Especially in the early stages, pack up those carb-heavy choices and get them out of your house so they're not a distraction.

4 DRINK PLENTY OF WATER. Ketogenic diets promote water loss, so make sure you are getting enough by keeping a water bottle handy that you can sip from all day long.

5 GET IN YOUR SALT. During ketosis, the kidneys excrete more sodium, which means you can start to feel ill if you're not taking in enough of the mineral, notes Mancinelli. "Add salt to food, drink high-quality broth, and take a multivitamin that also includes potassium and magnesium to keep your electrolytes in check."

6 TAKE A FIBER SUPPLEMENT. "People do often get constipated on this diet because fiber levels are lower," Mancinelli says. Drinking water can also help.

7 EAT ONLY WHEN YOU'RE HUNGRY. "Try not to get attached to the notion of breakfast, lunch, and dinner," Mancinelli says. Keto reduces your appetite and helps get rid of cravings, so just be aware of how you feel around mealtimes and eat only until you are satisfied.

GET FAT >

High-fat foods like salmon, nuts, bacon, cheese, and steak are all on your menu now.

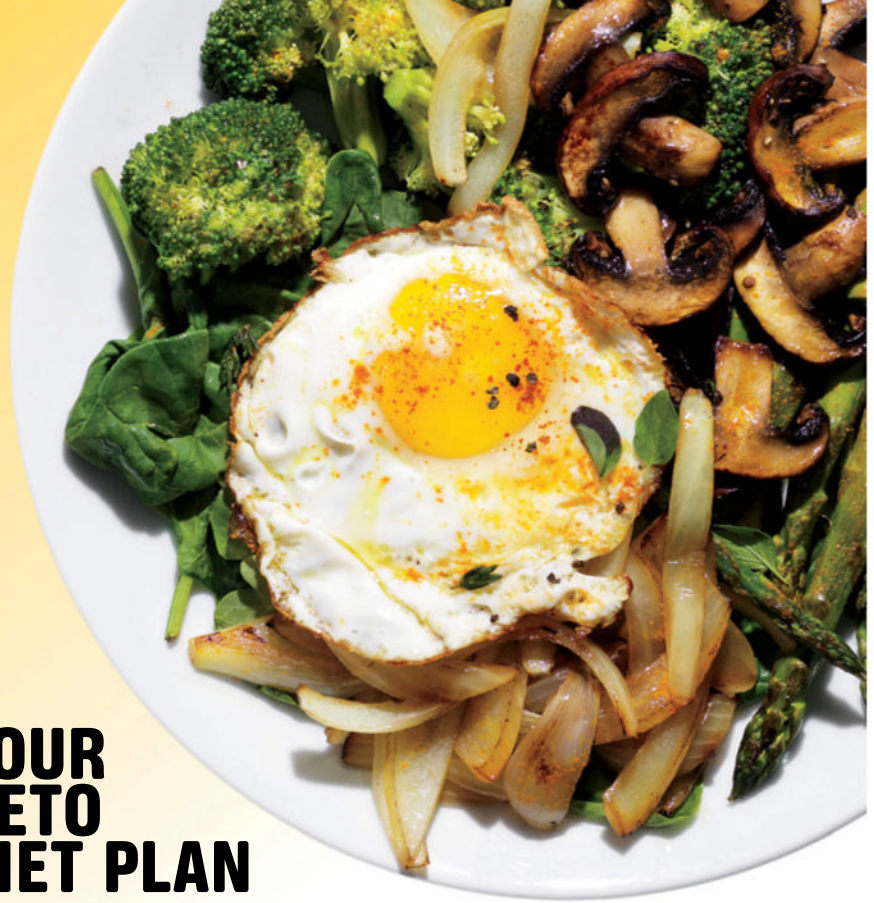


FOODS TO AVOID

- Sweeteners (sugar, honey, agave, syrup, juice)
- Foods containing flour (bread, pastries, pasta)
- Grains (rice, oats, quinoa, couscous)
- Fruit (small amounts of some berries like strawberries and blueberries are OK)
- Starchy vegetables like potatoes, sweet potatoes, corn, and peas
- Lactose-rich dairy products (milk, ice cream)
- Fried foods

YOUR KETO DIET PLAN

What follows are some suggestions from Mancinelli's book, *The Ketogenic Diet: The Scientifically Proven Approach to Fast, Healthy Weight Loss*. Try these meal ideas to kick-start your keto program, and modify as needed.



ANATOMY OF A KETO MEAL



› **PROTEIN:** You'll need to include a main protein in at least two of your three meals a day. Options can include meat (beef, pork, lamb), poultry (chicken, ostrich, turkey, duck), fish (mackerel, salmon, trout), shellfish (lobster, shrimp, calamari), tofu and tempeh, and eggs. You should also aim to have protein elements in snacks and smaller meals, such as cheese and cucumbers, almond butter and celery sticks, or yoghurt and nuts.

› **NON-STARCHY VEGETABLES:** Most of your carbs will come from these foods,

which also provide your main source of fiber, as well as water-soluble vitamins and minerals. For options, think broccoli, cauliflower, asparagus, mixed greens, spinach, cucumbers, zucchini, kale, cabbage, and mushrooms.

› **FATS:** Include two or more sources of fat at each meal and in at least one snack. Options include avocado, nuts (walnuts, almonds, pecans) or nut butter, seeds (pumpkin, flax, chia, sesame), cheese, cream, bacon, egg yolk, fatty fish, oils (olive, coconut, sesame), and butter.

Breakfast:

- Two eggs fried in olive or coconut oil with sautéed onions, mushrooms, asparagus, chopped broccoli, spinach, or other nonstarchy vegetables; season with turmeric, oregano, thyme, or other spices.
- Two eggs fried in olive or coconut oil and topped with avocado and bacon; salad greens.
- Open-faced cheddar or Swiss cheese sandwich on slices of baby cucumber or flax crackers; sprinkle cucumbers with salt before topping with cheese.
- Smoothie: Use unsweetened almond or hemp milk and low-carb protein powder plus spinach leaves; experiment with adding hemp or chia seeds or flax powder, coconut or almond butter, avocado, stevia, cinnamon, ginger, or other flavours.

More breakfast options:

- Chia pudding with coconut milk and vanilla bean or vanilla extract.
- Plain Icelandic or Greek yoghurt mixed with almond butter.
- Cottage cheese topped with nuts and/or seeds.
- Bulletproof or keto coffee.



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Lunch:

- Arugula or baby spinach salad with blue cheese, chopped walnuts or roasted pumpkin seeds, and chopped tuna; olive oil dressing. (Go heavy on the dressing.)
- Dark meat chicken salad with mayo; cucumber slices and flax crackers with sliced hard cheese.
- Kelp noodles with pesto sauce; wild mushrooms sautéed in butter and herbs; coconut milkshake with ice and cinnamon

for dessert.

More lunch options:

- Salmon with a touch of spicy tomato sauce and guacamole; asparagus with mustard-mayo.
- Steak with sliced avocado; sautéed spinach.
- Keto salad: 2 cups of arugula or spinach; chopped red cabbage; avocado; chicken, tuna, or sardines; sliced olives; sesame, sunflower, or hemp seeds; freshly grated cheddar or Parmesan cheese; olive oil vinaigrette.



Dinner:

- Half-portion of a well-marbled steak (such as rib eye) topped with butter sauce made from pan drippings; cauliflower mashed potatoes rich with butter, oil, and/or heavy cream; small portion of brussels sprouts roasted in a good amount of oil and topped with Parmesan cheese.
- Two chicken thighs with skin on; small portion of roasted broccoli topped with tahini sauce; whole sliced avocado or side of guacamole.
- Pan-seared salmon with crispy skin; asparagus smothered in hollandaise sauce; kale chips cooked in coconut oil.

More dinner options:

- Spice-rubbed pork chops and broccoli cooked in coconut oil. Use cumin, red pepper, paprika, or other spices for the rub.
- Italian spicy sausage and broccoli rabe.
- Chicken sautéed in olive oil, tamari, squeeze of lemon juice; cauliflower mashed potatoes.



GOOD KETO SNACKS

- Flax crackers and sliced cheese
- Celery sticks and almond butter
- Avocado and tomato slices with salt
- Mixed nuts and seeds in unsweetened almond milk
- Cucumber sticks and tahini
- Broccoli with baba ganoush
- Asparagus with aioli dipping sauce
- Endive with herbed goat cheese
- Mixed vegetables with guacamole
- Prosciutto-and-cheese rollups
- Zucchini sticks with red pepper spread
- Boiled eggs with salt
- Plain Greek yoghurt with chopped walnuts
- Seaweed snacks

MAKE THIS KETO DESSERT: AVOCADO CHOCOLATE MOUSSE

SERVES: 4

INGREDIENTS

- 2 ripe avocados
- ¼ cup unsweetened cocoa
- 3 tbsp xylitol
- 2 tbsp unsweetened almond milk
- 1 tsp vanilla extract
- 1 tbsp bourbon (optional)

DIRECTIONS

1. Place all ingredients in a food processor and blend until very smooth. Chill at least 2 hours in the refrigerator before serving.

PER SERVING

Calories: 105, Protein: 2g, Fat: 8g, Carbs: 9g, Fibre: 5g

FOR MORE RECIPES

Pick up Mancinelli's book, *The Ketogenic Diet: The Scientifically Proven Approach to Fast, Healthy Weight Loss*.

Good Nutrition

Eating a healthy diet ensures that our bodies get all the essential nutrients they need to function properly. Nutrients such as vitamins, minerals, and fiber are essential for maintaining good health, and they can only be obtained through the foods we eat. A balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats will provide the body with the nutrients it needs to function at its best.

Weight Management

Eating healthy is essential for weight management. A diet that is high in processed foods, sugar, and unhealthy fats can lead to weight gain and obesity. On the other hand, a diet that is rich in whole foods, fruits, vegetables, and lean proteins can help maintain a healthy weight. Maintaining a healthy weight is essential for overall health as it reduces the risk of developing chronic diseases such as diabetes, heart disease, and certain types of cancer.

Improved Mental Health

Eating a healthy diet can also improve mental health. Studies have shown that a diet that is rich in whole foods and nutrients can help reduce the risk of depression, anxiety, and other mental health conditions. Eating a diet that is high in sugar, processed foods, and unhealthy fats, on the other hand, has been linked to an increased risk of depression and other mental health problems.

Better Digestion

Eating a healthy diet can also improve digestion. A diet that is rich in fiber, fruits, and vegetables can help regulate bowel movements, prevent constipation, and promote healthy gut bacteria. A healthy gut is essential for overall health as it is linked to the immune system, mental health, and many other aspects of health.

Improved Energy Levels

Eating a healthy diet can also improve energy levels. The food we eat is the fuel for our bodies, and a diet that is rich in whole foods, lean proteins, and healthy fats can provide the body with

the energy it needs to function at its best. On the other hand, a diet that is high in processed foods, sugar, and unhealthy fats can lead to fatigue and low energy levels.

Reduced Risk of Chronic Diseases

Eating a healthy diet can also reduce the risk of chronic diseases. Chronic diseases such as diabetes, heart disease, and certain types of cancer are often linked to a poor diet and lifestyle choices. A diet that is rich in whole foods, fruits, and vegetables can help reduce the risk of developing these chronic diseases and promote overall health.

Eating healthy is essential for maintaining good health and preventing chronic diseases. A diet that is rich in whole foods, fruits, and vegetables, lean proteins, and healthy fats provides the body with the nutrients it needs to function at its best. Eating a healthy diet can also improve mental health, digestion, energy levels, and weight management. By making healthy food choices, people can improve their overall health and well-being.

ORDER UP!

Fruits are a great snack option that are not only healthy but also delicious. They are packed with vitamins, minerals, and fiber that provide numerous health benefits. Here are seven fruit-based quick to make snacks that you can try.



Apple Slices with Almond Butter

This is a quick and easy snack that can be made in just a few minutes. Apples are a great source of fiber and vitamins, while almond butter is high in healthy fats and protein.

Ingredients

- 1 apple
- 2 tbsp almond butter

Instructions

- * Slice the apple into thin wedges.
- * Spread almond butter on top of each apple slice.
- * Enjoy!



Banana and Peanut Butter Bites

This snack is perfect for those who are on the go and need a quick energy boost. Bananas are high in potassium and fiber, while peanut butter is a great source of healthy fats and protein.

Ingredients

- 1 banana
- 2 tbsp peanut butter

Instructions

- * Slice the banana into thin rounds.
- * Spread peanut butter on top of each banana slice.
- * Enjoy!



Berry Yogurt Bowl

This snack is great for those who want a quick and healthy breakfast or snack. Berries are rich in antioxidants and fiber, while yogurt is high in protein and calcium.

Ingredients

- 1/2 cup plain Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp honey

Instructions

- * In a small bowl, add a layer of Greek yogurt.
- * Top the yogurt with a layer of mixed berries.
- * Drizzle with honey and enjoy!



Mango Smoothie

This smoothie is a great way to cool down on a hot day and is packed with vitamins and minerals. Mangoes are rich in vitamins A and C, while almond milk is a good source of calcium and vitamin D.

Ingredients

- 1 cup frozen mango chunks
- 1 cup unsweetened almond milk
- 1 tbsp honey

Instructions

- * In a blender, add frozen mango chunks, almond milk, and honey.
- * Blend until smooth.
- * Enjoy!



Apple and Peanut Butter Sandwiches

This snack is rich in fiber, healthy fats, and protein. The apple provides a satisfying crunch while the peanut butter adds a creamy texture.

Ingredients

- 1 apple
- 2 tablespoons of peanut butter
- A sprinkle of cinnamon

Instructions

- * Cut the apple into thin slices.
- * Spread peanut butter on one apple slice.
- * Top with another apple slice.
- * Sprinkle with cinnamon.
- * Enjoy!



Mango and Yogurt Parfait

This snack is rich in vitamins, minerals, and protein. The mango provides a sweet flavor while the yogurt adds creaminess.

Ingredients

- 1 mango
- 1 cup of plain yogurt
- 1 tablespoon of honey
- 2 tablespoons of granola

Instructions

- * Cut the mango into bite-size pieces.
- * In a bowl or jar, add a layer of mango.
- * Top with a layer of yogurt.
- * Drizzle with honey.
- * Add a layer of granola on top.
- * Repeat layers until the jar or bowl is full.
- * Enjoy!



Strawberry and Chocolate Dip

This snack is rich in antioxidants, fiber, and healthy fats. The combination of sweet strawberries and chocolate makes for a delicious and satisfying treat.

Ingredients

- 1 cup of strawberries
- 1/4 cup of dark chocolate chips
- 1 tablespoon of coconut oil

Instructions

- * Wash and dry the strawberries.
- * Melt the chocolate chips and coconut oil in a microwave safe bowl for 30 seconds at a time until melted.
- * Dip the strawberries in the chocolate mixture.
- * Place the strawberries on a baking sheet lined with parchment paper.
- * Allow the chocolate to harden in the refrigerator for 10-15 minutes.
- * Enjoy!



GO GREEN!

Whey's not the only game in town. Plant protein will fuel your workouts and feed your muscles.

BY HELGA SLOAN



• **IF YOU WANT** to add lean muscle and strength, you need protein. You know the drill. Magazines like this one have been preaching the good word for decades, but over those decades a lot has changed. For starters, you don't need to drink a whey protein shake every morning and eat a rib eye every night to meet your daily intake goals. Instead, more and more people are reaching for plants—and plant-based protein powders—to get the job done. Here are four of our favourites.



USN 100% PLANT PROTEIN

BlueLab 100% Plant Protein is a vegan-friendly high-protein formulation made with Smooth Protein and Clean Cream. It contains 20g of protein and 4g BCAA from pumpkin and watermelon, seed protein and pea protein concentrate to enhance lean muscle recovery. It is free from sugar, dairy, gluten, soy and artificial flavourants and colourants. usn.co.za

Clean Cream, a high oleic sunflower oil-based creamer enhances the texture of the protein to provide a smoother, creamier mouthfeel. BlueLab 100% Plant Protein is ideal for

health-conscious individuals who want to increase their protein intake the natural way.



BIOGEN VEGAN PRO

Biogen Vegan Pro is a supreme daily supplement, especially for vegans, vegetarians and persons needing a substitute for milk and egg proteins. It's effective in assisting to build and maintain lean mass. This specially formulated protein supplement was developed to deliver similar benefits of dairy proteins with a high essential amino acid, BCAA and L-Glutamine score. biogen.co.za



LIFEMATRIX RAW VEGAN PROTEIN POWDER

This protein powder is made from organic, sprouted brown rice fermented using an

all-natural enzyme process. The silky-smooth powder contains all the essential amino acids in a high-potency 80% protein concentrate. Soy-free, gluten-free and dairy-free, it's an easy to digest hypoallergenic protein source for vegetarians and vegans as well as others with dietary restrictions. It's also a great protein source for athletes, even those hardcore meat-eaters and whey addicts! faithful-to-nature.co.za



OPTIMUM NUTRITION GOLD STANDARD 100% PLANT

Gold Standard 100% Plant protein was made for active adults who care about where their nutrients come from and how good their protein tastes. By combining organic pea, brown rice and sacha inchi proteins, there's a complete profile of essential amino acids to support muscle recovery. Each serving also serves as an excellent source of vitamin B12 and includes a gluten-free complex of ancient grains and pomegranate powder. Help keep your goals and your diet on track with this non-GMO formula that's free of artificial colours, flavourants and sweeteners. optimumnutrition.com



DOWN-THERE CARE GUIDE

Keep your lady parts healthy and happy by minding what really matters and avoiding the scary stuff that doesn't.

BY ALYSSA SHAFFER

• **YOU PAY ATTENTION** to your health, making sure you get enough sleep, eat right, and exercise on the regular. But are you taking care of your needs south of the border? Your vagina is a complex, amazing organ, but it's often severely misunderstood, especially when it comes to fad beauty trends and treatments. Here's the lowdown on your down low.

Don't fall prey to fad treatments that cost time and money.

3 V-CARE CHOICES THAT ACTUALLY WORK

THESE SELF-CARE TREATMENTS HAVE SOME SCIENCE BEHIND THEIR CLAIMS.

TO REDUCE AN INFECTION:

Yoghurt Douches

■ Vaginal yeast infections, caused by an overgrowth of the fungus *Candida*, are a common health concern, causing itching, burning, and discharge. In addition to using OTC antifungal creams and suppositories, some women insert yoghurt into the vagina. "Yoghurt contains strains of the good bacteria *Lactobacillus*, so you can use it vaginally," explains Minkin. A 2015 Iranian study found women who used a mixture of yoghurt and honey had better results in reducing yeast infection than those who were treated with a standard antifungal aid.

VAGINAL STEAMING

WHAT IS IT? A blend of herbs, such as mugwort, rosemary, wormwood, and basil, is placed in a basin of hot water. The idea is to sit or crouch (unclothed) over the basin and allow the steam to enter your netherlands. The theory is that the steam helps soften and open the vaginal tissues, allowing the medicinal properties of the herbs to be carried up into the uterus. Some women say it's a relaxing way to relieve menstrual cramps and get rid of unwanted odors.

WHY AVOID IT? There's really no reason at all to clean out your vagina in the first place. "Billions of bacteria work in balance in the vagina. In very few cases do you need to clean anything out, least of all with steam that can burn an extremely sensitive area," explains Mary Jane Minkin, M.D., a clinical professor in the department of obstetrics, gynecology, and reproductive sciences at Yale University School of Medicine. Plus, it's possible to develop an allergic reaction to the herbs in the steam. "That can create itching, stinging, and other discomfort," Minkin says.

LIGHTENING TREATMENTS

WHAT IS IT? Vaginal bleaching (aka genital bleaching) has gone mainstream with more women using whitening products to change the color of their vulva (the external opening of the vagina) and labia (the "lips" surrounding the vagina). At the VSpot MediSpa, which specializes in sexual health and beauty treatments, clients are offered the "VSpot" treatment, which lightens the area around the anus and vagina with a combo of in-office peels and at-home lightening products.

WHY AVOID IT? "Women may have an impressionable idea of how things should look, but this is one area that just isn't worth changing," says Leah Millheiser, M.D., director of the Female Sexual Medicine Program at Stanford University School of Medicine's Department of Obstetrics and Gynecology. "All labia are different and beautiful in their own way." Beyond the expense of purchasing the creams and the treatments, there's also the very real possibility of developing a reaction to the lightening agent, says Millheiser.

REJUVENATION AND COSMETIC SURGERY

WHAT IS IT? Surgical procedures like vaginoplasty, G-spot amplification, and "revirgination" promise enhanced sexual gratification for you and your partner. Vaginoplasty works to tighten a vagina that may be loose or slack from childbirth or ageing through traditional surgery or with radio frequency waves or lasers. In revirgination, the hymen is actually surgically reconstructed; with G-spot amplification, collagen is typically injected into the anterior wall of the vagina. Other procedures also work to change the shape and appearance of the labia.

Treatments like vaginal bleaching can lead to unnecessary discomfort.



WHY AVOID IT? Medical institutions like the American College of Obstetricians and Gynecologists (ACOG) stress that these procedures are not only invasive but also mostly unnecessary. "Women should be informed about the lack of data supporting the efficacy of these procedures and their potential complications, including infections, altered sensation, adhesions, dyspareunia [painful intercourse], and scarring," notes one recent position statement from ACOG. "Most of these procedures only last a few months and are not covered by insurance, so you are paying a lot of money for something that's unproven and has potential complications," Millheiser says.

TO REDUCE VAGINAL PAIN:

Topical Creams

■ Vulvodynia is a burning, stinging irritation or rawness around the genitals that can occur in one area or the entire vulva. Treatments vary, but one to try is a topical antifungal cream, says Minkin. Also, avoid irritants (such as scented shampoos and detergents) and use cotton underwear, pads, and tampons. If the pain persists, see your doctor. The pill may also cause trouble. "Sometimes if we give the body back some estrogen and testosterone through a topical cream and take patients off the pill, it can help," she adds.

TO INCREASE SATISFACTION IN BED:

Fiera

■ This research-backed stimulator is basically a suction cup that's placed over the clitoris to increase blood flow to the region, enhancing arousal. A study published in the journal *Menopause* found an improvement in blood flow after just 10 minutes. "It's an option for women who have low libido or are stressed or tired and need a little oomph to get them going," says Millheiser, who helped develop the product.

TURN BACK THE CLOCK

Here's how to undo the effects of ageing and stress on your skin. BY CAT PERRY

• **DEWY, YOUTHFUL SKIN** begins with hydration, and we're not just talking about the water you drink. (Though that's key!) These top beauty products are formulated with age reversal at their core. They penetrate skin deeply with uniquely powerful ingredients that help improve unwanted conditions and turn back the signs of time, day by day.



1 THE ISSUE: WRINKLES
FIX IT WITH: CLARINS
DOUBLE SERUM

A Complete Age Control Concentrate formulated to help work on the five vital functions of the skin for a more youthful and radiant complexion. Now containing 21 active plant extracts including new star ingredient turmeric. **R1250.00, clarins.co.za**

2 THE ISSUE: CROW'S FEET
FIX IT WITH: ESTÉE LAUDER
ADVANCED TIME ZONE

Help “rewind” the appearance of ageing around your eyes. Instantly, the delicate skin around your eyes appears smoother and more radiant. Lines, wrinkles and crow’s feet all look reduced. **R965.00, esteelauder.co.za**

3 THE ISSUE: DRYNESS
FIX IT WITH: BIONIKE
DEFENSE HYDRAS
OPTYHYDRA

A rich texture that nicely melts onto skin, instantly giving skin a feeling of softness and comfort. It features the special DetoxHyal5 complex and is enriched with shea butter. **R225.00, dischem.co.za**

4 THE ISSUE: CRACKED LIPS
FIX IT WITH: ELIZABETH
ARDEN EIGHT HOUR CREAM
INTENSIVE LIP REPAIR

Eight Hour Cream Intensive Lip Repair Balm gives lips intense moisture. The rich gel product helps to strengthen the lips delicate moisture barrier so that they look healthier and more beautiful. **R270.00, edgards.co.za**

5 THE ISSUE: PUFFY EYES
FIX IT WITH: VICHY AQUALIA
THERMAL EYE BALM

Refresh your eyes and reduce puffiness and dark circles with Vichy’s refreshingly lightweight Aqualia Thermal Eye Balm. It’s formulated with pure caffeine, hyaluronic acid and aquabioryl to help hydrate and lock in moisture. **R365.00, woolworths.co.za**

6 THE ISSUE: SAGGY SKIN
FIX IT WITH: CLINIQUE
REPAIRWEAR UPLIFTING
FIRMING CREAM

The bounce is back. This moisture-rich cream boosts natural elastin and collagen — the stuff that gives skin its snap — then helps organise it into a tighter, stronger network. **R995.00, clinique.co.za**

FOUNTAIN OF YOUTH

Forty-three-year-old fitness celebrity Jennifer Nicole Lee shares her top tips for staying young.

BY KEVIN GRAY

• **AFTER THE** birth of her second child in 2003, Jennifer Nicole Lee weighed more than 200 pounds. “I struggled with weight my entire life, then I became a mother and realised I had to get my act together to take care of my kids,” she says. “It was about more than just looking good in a bikini.” That’s when her transformation began.

Now 43 and in the best shape of her life, the celebrity trainer and fitness model runs an empire that covers online coaching, workout videos, books, and fashion, and she continues to inspire countless others in their own fitness and weight-loss journeys. So we asked Lee to share her top anti-ageing tips for looking and feeling your best. Because, as she says, “if you allow yourself to get old, you will get old. Keep fighting Mother Nature until hell freezes over.”

1. Build Muscle

“Muscle is the fountain of youth, and it turns your metabolism into a roaring furnace,” Lee says. She suggests activating multiple muscle groups at one time to build coordination and fix imbalances in the body.

2. Get Plenty of Sleep

“Many of us burn the candle at both ends,” she says. “We train hard, work hard, and play hard. Some good old-fashioned sleep will help your recovery and give you more energy during the day.”

3. Exercise First Thing in the Morning

“It will boost your mood and energy level, and it provides a sense of accomplishment,” Lee says.

4. Eat and Drink Your Antioxidants

“They will help you feel better and look better and fight off age-related diseases like heart

disease and stroke,” says Lee. Add antioxidant-rich foods such as green tea, pomegranate juice, and blueberries to your daily diet.

5. Keep Your Joints Moving

Lee learned years ago that slow, steady cardio wasn’t enough to get the job done. Now she advocates high-intensity interval training (HIIT) and plyometrics to stay agile, as well as yoga, swimming, and stretching to maintain elasticity in the joints and tendons. “You’re only as old as your joints, so be good to them.”

6. Protect Your Gut

Lee advises eating gut-friend-

ly, fermented foods like kimchi and sauerkraut, plus other probiotic-rich foods. They’re good for digestion and are anti-inflammatory.

7. Reduce Stress

“Stress can age you no matter how old you really are, so try to relax through meditation, yoga, and stretching,” she says.

8. Take Care of Your Skin

Tanning and dehydration can wreak havoc on your skin and prematurely age you, so drink tons of water, and always use moisturiser and sunblock, advises Lee.





THE SURPRISING BENEFITS OF STARCH

Don't turn your back on pasta, potatoes, or peas just yet—new research shows they may actually be the key to improving your health while shedding fat.

BY ELIZABETH WARD, M.S., R.D.

• **FEELING PRETTY** good about cutting out pasta, potatoes, and other starchy fare from your diet? Not so fast: Research shows you may actually be missing out on a slew of health benefits, including a sleeker physique.

That's because all high-carb foods are not created equal. Some are rich in resistant starch, which actually promotes weight loss, plus a whole lot more.

Resistant starch is a type of fiber found in certain plant foods, including beans, corn,

and bread. As the name implies, this starch “resists” digestion in the small intestine, which prevents your body from absorbing the calories it contains. By the time resistant starch makes its way to the colon, specific types of good bacteria feed on it to produce short-chain fatty acids, including butyrate (more on that below).

STARCH SURPRISES

Resistant starch actually carries a wide array of health benefits:

► **IT TORCHES FAT:** Studies done with both humans and animals show that a diet rich in resistant starch decreases body fat. Here's how: While most of the butyrate produced from resistant starch remains in the colon to support gut health, some of the short-chain fatty acids also travel to the liver, where they prevent the organ from releasing stored carbohydrates into the bloodstream, prompting the body to burn body fat for energy instead.

► IT STEADIES ENERGY

LEVELS: Foods with resistant starch help slow the rise of blood glucose levels after eating, providing long-lasting energy. Other carb-rich foods like crackers, chips, and cookies are quickly digested, resulting in sharp spikes in blood glucose that must be reduced with insulin. Keeping blood glucose within normal limits is important in the long run because it reduces wear and tear on your body. The more often the pancreas is called upon to produce insulin, the greater the risk of type-2 diabetes over time.

► IT'S HEART-HEALTHY:

Reduced blood glucose levels also contribute to stronger arteries that allow greater blood flow to the heart and the extremities.

Resistant starch helps lower levels of artery-clogging cholesterol and triglyceride (fat) levels in the blood, which maximises the flow of blood and nutrients to your heart, brain, and working muscles.

► IT TAMES HUNGER:

Animal studies suggest that resistant starch prompts

the production of certain hormones that shut off hunger, so you feel satisfied while eating less. In addition, resistant starch takes longer to digest than other types of carbohydrates, and it promotes feelings of fullness for hours after eating. Just make sure to keep your meals balanced: One study in particular found that women who combined protein with resistant starch at the same meal felt fuller, had greater eating satisfaction, and burned more body fat than women who ate either protein or resistant starch.

► **IT'S GOOD FOR YOUR GUT:**

Butyrate produced from resistant starch provides energy for the cells in the colon that keep the lining of the gut in shape and help the body to dodge ailments like colon cancer and irritable bowel disease (also known as IBD). Butyrate is also a food source for the trillions of healthy bacteria that live in your gut. Higher levels of good gut bacteria are linked to a stronger immune system, reducing risk for infection.

FIND THE BEST FOODS

Ready to start starching up? As with everything else in nutrition, moderation is still your best bet.

► **EAT THIS:** Legumes (black beans, garbanzo beans, pinto beans), white and sweet potatoes, underripe bananas, pasta, and all kinds of rice are among the top whole-food sources of resistant starch. Some packaged foods contain Hi-maize, a commercial,

corn-based resistant starch powder. Check the ingredient list for foods with cornstarch, resistant cornstarch, or Hi-maize, which is also packaged as a flour replacer. The starch is useful when making baked goods; you can swap as much as one-third of the flour in recipes for the brand.

Be aware: Too much supplemental resistant starch may interfere with the absorption of other nutrients, and it could make you gassy, which is almost never a good thing. Instead, focus on whole foods, which also include plenty of vitamins, minerals, and phytonutrients.

► **PREP NOTES:** How you prepare these foods can also have an effect on how much of the starch you're consuming. Cooked and cooled versions of grains, as well as vegetables like legumes and potatoes, provide significantly more resistant starch than when these foods are cooked and still warm. That's because cooling will transform digestible starch to resistance starch—a process called retrogradation. Your body is unable to fully digest the resistant starch or use it for energy, so the calorie count naturally decreases, which is a similar principle to net carbs. When researchers from the College of Chemical Sciences in Sri Lanka cooked white rice with a bit of coconut oil and chilled it for 12 hours, it increased the amount of resistant starch tenfold while cutting calories by about half. But there's no need to eat your dinner cold: Reheating rice doesn't change the resistant starch concentrations.

2 RESISTANT STARCH RECIPES TO TRY

BANANA AND SWEET POTATO SMOOTHIE

SERVES: 1

INGREDIENTS

- 1 underripe banana
- ½ large sweet potato, peeled, cooked, and cooled
- 1 cup soy milk
- Pinch cinnamon
- 1 ice cube

DIRECTIONS

Combine all the ingredients in a blender and blend until smooth.

PER SERVING

Calories: 289, Fat: 5g, Saturated fat: 1g, Carbs: 54g, Fibre: 6g, Protein: 11g, Sodium: 147mg

PASTA AND BEAN SALAD

SERVES: 4

INGREDIENTS

- 1½ cups cooked orzo or other small pasta, cooled
- 410g can garbanzo beans, drained and rinsed
- 2 cups grape tomatoes, halved
- 1 yellow or orange bell pepper, chopped
- ¼ cup finely chopped red onion
- 3 tbsp olive oil
- 3 tbsp lemon juice
- Salt and pepper, to taste
- ⅓ cup crumbled feta cheese
- Chopped fresh dill (for garnish)

DIRECTIONS

In a large serving bowl, combine pasta, beans, tomatoes, bell pepper, and onion. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Add dressing to pasta mixture and combine well. Top with feta cheese and dill.

PER SERVING

Calories: 253, Fat: 14g, Saturated fat: 3g, Carbs: 27g, Fibre: 5g, Protein: 8g, Sodium: 154mg





Make this your year to totally dominate with these fitness, health, nutrition, beauty, and lifestyle tips from the pros.

BY ALYSSA SHAFFER
PHOTOGRAPHS BY MICHAEL NEVEUX

19 WAYS TO CONQUER 2023

A new year means it's your time to shine!

Whether you're looking to kick your fitness up a notch, get leaner, improve your diet, or just feel a little better each and every day, now's the time to get started. We can help. We enlisted top trainer and health coach Autumn Calabrese, creator of the 21 Day Fix program, to give us her favourite go-to workout that you can do virtually anywhere, along with some of her top healthy-living tips. Plus, we've added strategies from more than a dozen other experts on workouts, nutrition, health, beauty, and more. Ready for 2023? You totally got this.



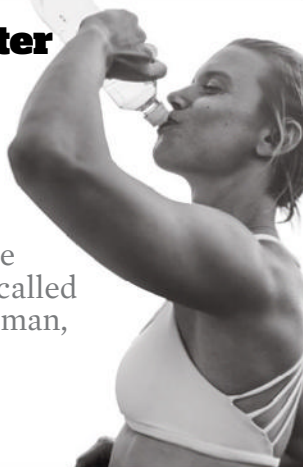
NO. 2 **HIT IT, THEN QUIT IT**

Your workouts don't have to last hours and hours to be effective. The best way to pack a lot of exercise into a small amount of time is with high-intensity interval training (HIIT). Try this routine from New York City-based trainer Melanie Kotcher. It requires no equipment and takes a mere 12 minutes. If you're doing it right, it'll leave you exhausted—and a little sore the next day.

Do each of the following moves with maximum effort for 20 seconds, then rest for 10 seconds: plank jacks, high knees, oblique mountain climbers, jumping jacks, pushups to side planks, squat jumps, Spider-Man pushups, burpees. Do this three times.

1 **Drink More Water (a Lot More)**

There's a magical potion that you can drink to flush out toxins, improve your complexion, prevent cramps, and increase brainpower and energy. It's called water. For a 64-kilogram woman, that's about a 2 litres.




NO. 3 **OVERHAUL YOUR FREEZER**

Get rid of the tubs of ice cream and pizza rolls. Replace them with frozen veggies like corn, broccoli, brussels sprouts, peas, and spinach. "They're rich in nutrients, and they're easy to heat in the microwave," says Carol Aguirre, R.D. "For flavour, add some pepper, herbs, lemon juice, or balsamic vinegar."

4 **Start a Workout Streak**

The biggest key to a life-changing year of fitness is consistency, notes Hannah Davies, creator of the BBH.Fit online training studio. It's not about completing one phenomenal workout; it's about completing multiple solid workouts per week, every week. In 2019, commit to training at least three times per week, and see how many weeks in a row you

can keep it going. (If three seems too easy, go for four or five.) And remember—each session doesn't have to be an epic three-hour sweatathon. A 15-minute, two-move circuit at home still counts!

A woman with dark hair in a ponytail, wearing a teal sports bra and black shorts, is performing a squat in a gym. She is holding a barbell with two large black weight plates overhead with both hands. The barbell is positioned above her head, and she is looking towards the right. The gym floor is made of light-colored wood, and there is a black weight stack visible in the background to the right. The background wall is white with a perforated pattern on the left side.

5

Mix Up Your Training Week

Your active-recovery day shouldn't be the one time you see the outside of a gym all week, says trainer Dan Roberts, C.S.C.S. "Most of us train too rigidly, splitting training days into body parts or being too focused on one methodology," he says. To give you and your muscles some variety, Roberts advises employing a cross-expert split every now and then. "The trick is to mix different disciplines that challenge the body in different ways," he explains. "You'll vary both the muscles and the energy systems that your body uses." For example, try the following seven-day split for a couple of weeks every so often. And if you like it, stick with it.

TRAINING WEEK

MONDAY: STRENGTH TRAIN
TUESDAY: LONG SLOW BIKE RIDE OR RUN
WEDNESDAY: MARTIAL ARTS
THURSDAY: DANCE
FRIDAY: PLYOMETRICS
SATURDAY: OLYMPIC LIFTING
SUNDAY: YOGA

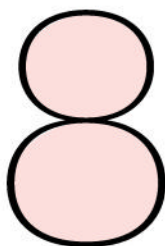
**NO. 6
MAKE
EVERY
MOVE A
CORE MOVE**

Next time you're doing a squat, hold a dumbbell in only one of your hands. "You will challenge your core stability and train your midsection in a smart and effective way," notes Idalis Velazquez, a Beachbody trainer and creator of Mes de Más. You'll also keep your upper body engaged while targeting your legs and glutes.



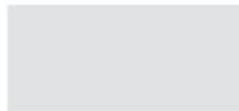
**NO. 7
THINK
OUTSIDE THE
CEREAL BOX**

NEWS FLASH: Your first meal of the day doesn't have to be cereal or a smoothie. In fact, it can even be what you had last night for dinner. "Try eating leftovers or other foods you might already have on hand, like chicken soup or fish tacos," advises Daniela Torchica, R.D. "You'll be surprised at how much energy you get from eating a nontraditional breakfast." Just make sure to keep it balanced: low in sugar and starch, high in fiber and lean protein, and rich in vegetables.



Boost Your Butt

Let's make 2019 the year of you—and your derriere. To give your backside a lift, try these surefire moves from Jericho McMatthews, a Beachbody Super Trainer. Each one can be performed with either dumbbells or no weights at all. Do three sets of 10 reps of: squats to lateral lunges to squats to curtsy lunges; reverse lunges to stepups to single-leg deadlifts; **plyo lunges**; alternating single-leg hip **thrusters**; double-leg hip thrusters; and **hip thruster iso holds** (three sets of 30 seconds).



**NO. 9
Train
in Bed**

It might sound crazy, but you can actually start your morning workout as soon as you open your eyes. Here's what *American Ninja Warrior* star Jessie Graff does when she wakes up to get the blood flowing and set the tone for the day. (Hey, if it works for Graff, it's worth a try!)



LIFT LEGS ABOVE HIPS and perform 10 circles with each ankle, gradually expanding the size of the circle. **WITH STRAIGHT LEGS**, crisscross your feet 10 times, engaging your core.

SLIDE DOWN to the end of your bed. With legs bent at 90 degrees, raise and lower your legs to the floor 10 times. **GET OUT OF BED** and onto the floor. Do 10 pushups.

**NO. 10
BE POSITIVE-ER**

Whether you're in the middle of a workout or a workday, pay attention to the thoughts you're sending yourself. If they're negative ones, they're not helping you. "Our thoughts are powerful," Calabrese says. "What you think is what you feel, and what you feel is ultimately what your experience will be." If you notice that you're in the middle of a negative thought spiral, snap out of it by thinking of three things you could be happy about, right now. That'll lift your spirit and energy level—and might be the boost you need to get to the gym.



11 Up Your Hair Game

Here's a trick from Kourtney Kardashian's personal hairstylist, Andrew Fitzsimons (*andrewfitzsimons*): After your workout, rub a small amount of hair oil from the middle of your hair to the ends, then put your hair into a tight bun. "The heat from your workout will activate the oil like a hot treatment," Fitzsimons says. "Then, when you wash your hair afterward, just air-dry because it's already freshly moisturised."



PREVIOUS SPREAD: GETTY IMAGES (3). THIS SPREAD, CLOCKWISE FROM LEFT: DUSTIN SNIPES; THE RIKER BROTHERS; GETTY IMAGES (2); TRAVIS RATHBONE

12

Trade Weights for Bands

A humongous gym with a never-ending supply of free weights is a glorious sight, but it's not necessary for a sculpted body. In fact, you can build a strong, sexy physique with nothing more than resistance bands (aka resistance loops) and exercise sliders. Try this total-body workout, which is one of Calabrese's favourites. Perform two sets of 15 reps of each move.



▣ BODY SAW

■ Place your feet on sliders and get into a standard plank position, resting your forearms on the floor or a mat. Keeping your abs braced, drive your body back behind you. While still keeping your core engaged and your back flat, pull your body back to the start position. That's 1 rep.

▣ BEAR CRAWL SPREAD

■ Place a light resistance band around forearms and get on your hands and knees, with palms under shoulders and knees under hips. Keeping core engaged and back flat, lift knees 1 inch off the floor. Bring right arm to right side while stepping right foot to right; bring left hand and left foot to left.

▣ SLIDER PUSHUP

■ Place both hands on sliders and get into a pushup position, with your feet slightly apart. As you lower your body, slide your hands out to the sides. As you push back up, slide your hands back under your shoulders. Repeat for reps.





STYLED BY ELISABETTA ROGIANI. HAIR & MAKEUP BY NANCY JAMBAZIAN.
CLOTHING BY ROGIANI.COM. SHOES BY NIKE

SQUAT JUMP

■ Place a band above knees and around forearms. Stand with feet hip-width apart. Lower into a squat and jump up. Land in a squat and repeat.

NO. 13
MEDITATE EVERY DAY

TRY THIS: Every morning for a week, take five minutes to think about a handful of things you're grateful for. "These five minutes have changed my life," admits Nichelle Hines, an instructor at Cycle House LA. "I'm more conscious of what I'm doing instead of letting the day just disappear." You can even do it before a training session. "A pre-workout meditation can get your mind ready for the physical challenges ahead, create inner motivation, and clear out any mental garbage," adds Amanda Frick, a trainer and host of the *Mindful Fit Chick* podcast. These days, there are some great meditation apps that can help. We recommend Calm, Headspace, and Mindbody.



NO. 14

Sleep Better

If you know anything about health and fitness, it's that a good night's sleep is essential. Sleep helps you burn calories, grow muscles, recharge batteries, and beat down stress. Try this routine to make sure you're making the most out of your pillow time.

AN HOUR BEFORE BED, have a banana or a handful of walnuts. Both are sleep aids, says sleep consultant Maryanne Taylor.

SPLASH YOUR FACE with cold water. According to Taylor, this will trigger the mammalian dive reflex, which lowers your heart rate and blood pressure and calms you down.

SNIFF SOME LAVENDER. This will increase your deep sleep, so you'll feel more invigorated when you wake up, says Taylor.

IF YOU CAN'T SLEEP after 30 minutes of tossing and turning, get out of bed, says Martin Reed, founder of Insomnia Coach. Go do

something relaxing, like reading a book (a real book, not a tablet), listening to music, or doing a crossword. Keep the lights dim. When you're feeling sleepy, get back into bed. "The idea is to retrain the mind to associate the bed with sleep," Reed says, "not wakefulness."



15

Eat Slower

Scarfig down food like someone is about to take it away? Embrace mindful eating. "It's about being

present with your food, putting away distractions like your phone or computer, and eating slowly so you taste every bite," says Jennie Miremadi, C.N.S., an integrative clinical nutritionist. "This will help you better tune into your satiety signals so you stop eating when you're physically full."

To get started, try this exercise, adapted from a program at UC Berkeley: Take a strawberry and hold it between your finger and thumb. Focus on it with your full attention. Gently turn the strawberry over between your fingers, feeling the texture. Then hold it under your nose and breathe in. Notice its smell, as well as how you react to the scent.

Then taste it: Gently place the strawberry in your mouth. Don't chew just yet; give your tongue a moment to explore the texture. When you are ready, take just one or two bites, and notice what happens, including any taste that comes from chewing it. Before you swallow, notice the sensation of tastes and textures in your mouth. Finally, swallow it, consciously noticing the sensation. See how your body as a whole feels after you've eaten it.



NO. 17 EMBRACE ACTIVE RECOVERY

Not every workout has to be hard-charging. If you took a high-intensity spin class on Monday, make your next training session a more meditative option, like yoga. "Taking a more introspective class can be extremely calming and therapeutic," says Jordan Ashley, creator of Souljourn Yoga. It will also give your muscles—and your mind—a chance to recharge and recover.

NO. 19

Retain Your Glowing Skin

The cold - warmer months can dry out skin, but you can continue looking your best with a smart plan. Try this four-pronged attack.

FIRST, exfoliate with a gentle enzyme. "You'll improve the health of the skin cells as well as the overall texture of your face," says Melissa Leukus, a skin-care expert. After using the enzyme, apply a gentle scrub containing jojoba beads, cornmeal, or sugar to polish off the skin cells that might still be lingering.

SECOND, before putting on your moisturizer, apply a serum containing hyaluronic acid (HA). This can hold a vast amount of water, giving your skin the extra moisture and plumpness it needs during dry weather, says Leukus.

THIRD, don't take long hot showers (as great as they might feel), advises Ava Shamban, M.D., a Beverly Hills dermatologist. "Cool, short showers are key to preventing your skin from drying out," she says.

FINALLY, rather than vigorously drying your skin with a towel after showering, give your face and body a gentle pat dry. "This will help retain some of the water your freshly opened pores are thirsty for," Shamban says.



NO. 16 TAKE SMARTER CHEAT DAYS

If you're keeping your diet clean most of the time—at least five to six days a week—first of all, congrats, that's awesome discipline! Second, give yourself a "relax day" (aka cheat day) every week. "This doesn't mean you eat the entire pizza or plate of nachos," says Joel Freeman, a trainer and creator of LIIFT4. "But do let yourself enjoy a couple of slices with a cold one." In the long run, it'll help your metabolism and your mindset.

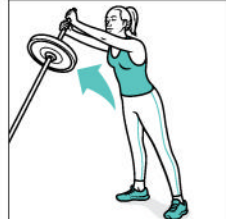
18

DO THIS UNDERRATED MOVE

Want to work all your major muscles while increasing your power? Then add this

total-body movement to your workout: the landmine deep squat to press. Better yet, do it with just one arm at a time. "This makes it harder to balance," says trainer Dan Roberts. "Plus, it's a good way to even up any muscular imbalances."

HERE'S HOW TO DO IT: Place a bar into a landmine attachment and stand holding it in your right hand, resting the bar on your right shoulder. Squat down as deeply as you can. Stand up powerfully while pressing the bar above your shoulder. For an extra challenge for your core, lift your heels off the floor as you stand up. Lower heels and bar back to shoulder and repeat. Do 8 to 10 reps per side.





DAYNA NIENABER

NOT JUST FOR THE BOYS

Motocross is rated as one of the most extreme, adrenalin-fuelled sports and it's probably something we would imagine only men getting involved in. Well, meet the model slash motocross sensation Dayna Nienaber, the beautiful and talented athlete who is taking the South African motocross scene by storm!

FOR THE LOVE OF MOTOCROSS

› My love for motocross and extreme enduro started at the age of 14. I went to spectate at a race with my uncle, and right there and then it was the most indescribable feeling of tingling, my blood was pumping and my hands trembling at the fact of knowing... that in that single moment, I saw the rest of my life. I always knew I was never going to conform into what society called "normal". I just didn't know exactly how until that day.

TAKING IT TO THE NEXT LEVEL

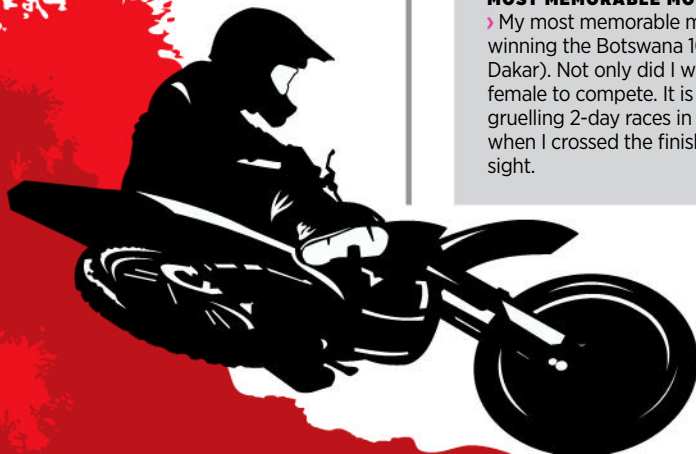
› I only entered my first race 4 years ago due to a lot of reasons, mainly because I was a woman and struggled to break the barrier of gender. Second was due to funding. It's a very expensive sport. My race bike alone works out to R180 000. I didn't let any of it stop me. I never saw myself as a "woman", I saw myself as an athlete. I worked hard and eventually entered my first race at the age of 18 and I've never looked back since.

NUMBER 888

› 888 is definitely my lucky number. Initially I wanted 777 but it had already been taken by another rider under MSA (Motorsport South Africa). So, I took the next one available, and before I knew it, I had three championships behind my name with that number... So I figured she can stay.

MOST MEMORABLE MOMENT IN MOTOCROSS

› My most memorable moment was without a doubt winning the Botswana 1000 (then qualifying for the Dakar). Not only did I win my class but I was the only female to compete. It is one of the hardest and most gruelling 2-day races in South Africa. Needless to say, when I crossed the finish line there wasn't a dry eye in sight.



EVERY SPORT HAS ITS INJURIES

› In 2017 my life definitely took a turn for the worst. I had a very big accident and landed up in ICU with a 3rd-degree concussion and slight bleeding on the brain. People ask me if I was traumatised or if it was very painful... but I must say I do have quite a giggle about it, seeing as I can't remember anything from the whole experience. So, in my mind it never really happened. The only bad part was the recovery. I was still declared medically unfit to race by the time the Botswana 1000 came... and in my heart, I knew, come hell or high water I would race (to even qualify for the Botswana 1000 is any motocross/enduro athlete's dream). So I made sure I took extra care of myself and really put in the effort to be okay for what was coming. My confidence wasn't affected at all on the day of the race, however, since then I can often feel the fear clouding my mind when the memories come back.



EXTREME SPORT AND FITNESS

› My fitness routine is honestly incredibly intense even I sometimes get scared (laughing). It mainly consists of pure cardio... sweat, sweat, sweat. Endurance is what keeps us going. Not only physically but mentally. Our workout can range from 60 minutes to just over 2 hours depending on what needs to be focused on.

- Monday-Friday is spent at the gym
Cycling 10min
Running 8-10km
Rowing 4km
Swimming 8 lengths
Weights (depending on what my trainer has planned)
- Weekends are seat time. So, spending time riding, checking the setup of my bike etc. It's a very hard and dedicated life but I couldn't imagine my life without it.

NUTRITION AND SUPPLEMENTATION

› Nutrition, yes! Supplementation, depends from person to person. I personally try to keep everything as natural as possible. The only supplements I use are L-Glutamine and a recovery shake. The rest is all-natural products like eggs, bananas, chicken, broccoli, smoothies etc.

MENTAL PREPARATION

› Stay calm! It's beyond intimidating for any of us out on that start line. People ask if the fear goes away after time? It never does... as a matter of fact it only gets worse so you need to control it. I usually control my breathing and give my dad a fist bump before moving onto the start, but other than that there's nothing more you can do. So don't look back, leave it all on the track.

MODELLING VS MOTOCROSS

› My great love is definitely "the bike side of life". It's where I can truly be free and embrace my talents... I don't feel as constricted as in the modelling world.

INSPIRATION

› Without even questioning, my mom and dad, and as cliché as that sounds they are truly superheroes themselves. Not only have they lead a life of example but they have taught me everything I know. They have held my trembling body through failures and held my hand up high through triumphs. The greatest lesson I ever learnt from them is to always work hard but remain humble.



PERSONAL MESSAGE

› My words to any woman in this world will forever be: We do not have the luxury of choosing the cards life has dealt us... but we do have the choice, to play the hell out of the ones we have! Life is tough girls, but we are tougher! Anything can be done... just dig deep into that soul of yours.

FINDING BALANCE

› Balance in my life is what you call organised chaos. I sometimes seem like I have everything in control but I never really do. I've learnt the best thing in life is to take everything step by step instead of trying to control it all at once.

GOAL SETTING

› My advice for 2019 is that you will need something more than courage... you will need patience. Everything in life... EVERYTHING, takes time and in order for you to climb the mountain you must realise it's going to be a lot of steps. So, start now and don't give up.

WORDS TO LIVE BY

- › The more you sweat in private the less you bleed in battle.
- › Never Give up.
- › One person can change the world by giving it hope, so if you want to change the world find someone to help you through life.
- › Respect everyone.
- › Know life is not fair.
- › You will fail often but if you take some risks, step up when times are toughest, face down the bullies, lift up the downtrodden and NEVER GIVE UP! You WILL succeed.





DEUCES

wild

Keep your workouts simple—just two exercises per session in under 30 minutes, three to four days a week—and experience the power of advanced “training economics.”

BY JOE WUEBBEN PROGRAM BY ZACH EVEN-ESH PHOTOGRAPHS BY IAN SPANIER

• WE’VE GOT some great news: It doesn’t take a laundry list of exercises and an hour-plus to tone your body and build strength. Not when your program is intelligently designed, that is.

In this case, it takes only two moves, thanks to the programming chops of **renowned trainer Zach Even-Esh, the founder of the Underground Strength Gym, the head strength and conditioning coach of the Rutgers University wrestling team, and the author of the best-selling book *The Encyclopedia of Underground Strength & Conditioning*.**

The two-exercise concept is a shining example of quality over quantity. “This is called training economics,” Even-Esh says. “We take the exercises that deliver a high return of results on a short investment of time. This type of approach will always deliver results.”

Even-Esh has designed six two-move workouts. The first four sessions alternate between upper-body (Workouts 1 and 3) and lower-body (Workouts 2 and 4) training, and each of the last two (Workouts 5 and 6) incorporates one upper and one lower

move for a more full-body stimulus. And each workout should last only 30 minutes.

The exercise menu includes familiar moves — squats, lunges, presses, cleans, pullups, deadlifts, pushups, and rows — done with high set counts and relatively heavy weights. Isolation moves are nonexistent, except for a few optional moves that can be tacked on for those who have an extra five minutes or so to spare.

There’s no fat in this program. It has all been trimmed.

“These workouts focus on getting more work done in less time,” Even-Esh says. “By working larger muscle groups, you’ll add functional muscle, which helps you build a body that can perform both in the gym and in your home life—playing with the kids, doing yard work, and having generally high energy. Longer workouts and more exercises are not always better. Better is better, and that’s exactly what these workouts do. In fact, these short workouts are often implemented for our sport athletes in-season and allow them to continue making gains in overall athletic performance.”





TWO-MOVE SCHEDULE

• **EVEN-ESH OFFERS** six separate two-move workouts, but the intent is not to do them all in one week, let alone on six consecutive days. Rather, he recommends doing four workouts per week, training on Monday, Tuesday, Thursday, and Friday.

“This allows you to schedule weekends off for family activities and Wednesday off for downtime,” Even-Esh says. “And if you’re really short

on time or band-width, you can do three days per week, training on Monday, Wednesday, and Thursday, taking off Tuesday, Friday, Saturday, and Sunday. Weekends should be spent in active recovery with recreational activities or stuff with friends or family.”

If you follow Even-Esh’s recommendations, two weeks’ worth of two-move workouts could look like this:

WEEK 1

DAY	WORKOUT
Monday	Workout 1
Tuesday	Workout 2
Wednesday	Off
Thursday	Workout 3
Friday	Workout 4
Saturday	Off
Sunday	Off

3 DAYS PER WEEK

DAY	WORKOUT
Monday	Workout 1
Tuesday	Off
Wednesday	Workout 2
Thursday	Workout 3
Friday	Off
Saturday	Off
Sunday	Off

WEEK 2

DAY	WORKOUT
Monday	Workout 5
Tuesday	Workout 6
Wednesday	Off
Thursday	Workout 1
Friday	Workout 2
Saturday	Off
Sunday	Off

Repeat cycle going forward, with Workout 3 done on the next Monday.

DAY	WORKOUT
Monday	Workout 4
Tuesday	Off
Wednesday	Workout 5
Thursday	Workout 6
Friday	Off
Saturday	Off
Sunday	Off

Repeat cycle going forward, with Workout 1 done on the next Monday.



BARBELL CLEAN AND PRESS

► Do a full clean from the floor, settle yourself in the standing position, then press the barbell overhead to full elbow extension. Keep your chest facing forward (not pointed up) during the press.





ROGUE





REVERSE-GRIP BARBELL ROW

- Use an underhand grip, around shoulder width, and lead with the elbows to pull the bar up to your navel. Maintain a slight arch in your lower back and soft knees throughout.

WARMUP

DIRECTIONS: Start every workout with the following circuit-based primer.

10 REPS EACH OF:

- Jumping jacks
- Alternating forward lunges
- Band pull-aparts
- Hanging knee raises
- Body-weight squats

WORKOUT 1

UPPER-BODY PUSH + UPPER-BODY PULL

- Feet-elevated Pushup (5 x 10, 8, 6, 4, 2)
Superset with
- Inverted Row (5 x 10, 8, 6, 4, 2)

Optional Add-on:

- Squat Jump (5 x 10, 8, 6, 4, 2)

WORKOUT 2

LEGS + CORE

- Dumbbell Farmer's Walk (4 x 150 feet)
Superset with
- Bulgarian Split Squat With 3-second Eccentric (4 x 10 per side)




FEET-ELEVATED PUSHUP

- The feet can be elevated anywhere from standard bench height (45cm to a 50 to 75cm plyo box. Maintain a good plank through your torso and legs and keep your elbows tucked in.





WORKOUT 3

UPPER-BODY PUSH + UPPER-BODY PULL

- Dive-bomber Pushup (5 x 30 seconds) *Superset with*
- Pullup (5 x 90% of max*)
*In other words, 1 to 2 reps short of failure; also, switch hand positions every set.

WORKOUT 4

LEGS + CORE

- Barbell Clean and Press (9 x 2, 4, 6, 8, 10, 8, 6, 4, 2*)
- Walking Lunge (body weight) (1 x 100 total; 50 per side)
*Use the same weight on every set; rest 30 seconds between sets.

WORKOUT 5

LEGS + UPPER-BODY PUSH

- Pause Back Squat (5 x 5)
Superset with
- Clapping Pushup (5 x 5)

Optional Add-on:

- Jump Rope Interval (1 x 5 minutes*)
*Do 40 seconds on, 20 seconds off.

WORKOUT 6

LEGS + UPPER-BODY PULL

- Sumo Deadlift (5 x 3) *Superset with*
- Reverse-grip Barbell Row (5 x 6)

Optional Add-ons:

- Triceps Pushdown (3 x 33)
- Barbell Curl (3 x 21*)
*Do 7 top-half range of motion (ROM), 7 bottom-half ROM, 7 reps full ROM.



DIVE-BOMBER PUSHUP

► Start in a pushup position. Lift your butt up to a Downward Dog; “dive” your head down toward the floor, drop the rest of your body down to just inches off the floor (the bottom of a pushup), then extend your lower back and hips to finish with your chest facing forward and looking straight ahead. Reverse the motion to return to the start position.



INVERTED ROW

► These can be performed with a suspension trainer or rings, in a Smith machine, or using a bar in a squat rack. Keep your body in a rigid plank from heels to head throughout.



BULGARIAN SPLIT SQUAT WITH 3-SECOND ECCENTRIC

► With your rear foot up on a bench, low box, or step, lower the back knee slowly toward the floor, taking 3 seconds on the negative (eccentric) portion. Perform the positive (concentric) portion explosively.





**DUMBBELL
FARMER'S WALK**

► Go heavy with the dumbbells and walk with short, choppy steps. Don't let your knees lock out at any point—that's a recipe for injury because of the additional load you're carrying.



**PAUSE BACK
SQUAT**

► Do a barbell squat as you normally would but pause in the bottom position for 2 seconds. Do this pause on all reps.



BLURRED LINES

Self-conscious about stretch marks or scars? Find natural ways to keep their appearance to a minimum.

BY CELIA SHATZMAN

• **SUPERMODELS HAVE** them. So do A-list actresses, your family members, and your friends—and chances are you do, too. We're talking stretch marks, which occur in up to 80% of the population. And even though they're supercommon, there still isn't an easy way to get rid of them. The same thing goes for scars, which tend to stay with you for life. Here's what you can do to minimize marks and feel better when you bare it all.

ANATOMY OF A SCAR

Scars can occur anywhere a wound heals. "Depressed or raised scars happen when the body is mending damage in the deep layers of the skin," says Dendy Engelman, M.D., a New York City-based dermatologic surgeon. "The new collagen created to replace the damage can have a different texture, which results in a raised or indented scar."

Stretch marks are actually a type of scar. "Stretch marks, or

striae, are the thin streaks or lines that develop on the skin's surface when the skin is stretched beyond its elastic capacity," explains Paul Jarrod Frank, M.D., a cosmetic dermatologist and the founder of PFrankMD. "When a part of the body grows in a short amount of time, the fibers in the middle layer of skin, or the dermis, can break and cause small tears in the tissue. These tears can reveal blood vessels in the deeper skin layers, resulting in pink, red, or purple lines on the skin's surface. Eventually, as the blood vessels contract, the discoloration will fade and the streaks may look similar to a scar."

Though our skin is

amazingly resilient, a rapid body change—such as during puberty, pregnancy, major weight gain, or a growth spurt—can literally leave its mark. Stretch marks can appear anywhere on the body, but they're most likely to crop up in places with larger fat deposits, including the abdomen, butt, breasts, and thighs. They're more common among women.

The size of a scar largely depends on the elasticity and thickness of skin. Genetics and ethnicity can influence both. "Darker skin types may form enlarged scars," says Charlene DeHaven, M.D., clinical director for Innovative Skincare.

MINIMIZE THE MARKS

While you can't control your genes, you can take steps to reduce the appearance of stretch marks and scars.

› Invest in the right ingredients. Start by keeping your skin hydrated, which makes it more supple. "Topical creams and treatments help strengthen the skin," Engelman says. Products containing ginkgo or caffeine can also help improve circulation when massaged in skin daily, which in turn helps smooth skin appearance and minimize dimpling, and

those with antioxidants can also help heal wounds. Other helpful ingredients include *Centella asiatica* (an Ayurvedic wound healer) and nutritional building blocks, such as amino acids used in protein synthesis and regeneration of healthy new tissue. For fair to medium skin tones, a good self-tanner can help mask white lines. Finally, consider using topical vitamin A derivatives like retinol and prescription retinoids, which can make stretch marks less apparent. A 2014 study published in the *American Society of Dermatologic Surgery* found that when a prescription retinoid was used daily over 16 weeks, it helped reduce the appearance of newer, red stretch marks.

▶ Mind the sun. Apply a

sunscreen with an SPF of at least 30 every day—rain or shine—and reapply every two hours if you’re sweating, swimming, or doing a workout that may cause the sunscreen to rub off. “Avoid extra sun exposure that increases free radical damage to skin and compromises your ability to generate new tissue,” DeHaven says.

▶ Take it slow. While working out is usually a good thing, remember that adding muscle too quickly can lead to changes in the skin. “Try to maintain a healthy weight while slowly building muscle,” Engelman says.

▶ Be proactive. It’s a lot easier to prevent stretch marks and scars than to heal them. Follow a balanced diet rich in omega-3 fatty acids, vitamins

A, B, and E, and antioxidants, all of which can help support healthy skin. If you’re actively trying to build muscle, this is where keeping skin hydrated comes in handy. And if you do have a fresh wound that has the potential to turn into a scar, be sure to treat it as it heals so that it leaves the most minimal mark possible. Some experts recommend shea butter to help prevent stretch marks, particularly during pregnancy, but research on its efficacy is hazy.

▶ Take action quickly. The longer you have a mark, the harder it is to treat—ideally, treat it when the scar is still red or pink. “This is the inflammatory stage, when marks heal fastest,” Frank says. “When they turn white, they are much harder to treat to see a good result.”

▶ See your doc. When topical treatments fail, the next option is to turn to a pro, but keep in mind that most treatments can set you back hundreds, if not thousands, of dollars. For a more aggressive approach, Frank has three go-to procedures. There’s the VBeam Laser, which addresses skin redness and texture when stretch marks are relatively new; Fraxel Restore, a resurfacing laser that targets older, white scars; and Infini Microneedling with Fraxel that combines radio frequency and microneedling to precise depths in the skin to stimulate collagen production exactly where it is needed.

OUT OF LINE

These dermatologist-approved treatments can help minimize the appearance of stretch marks and scars.

1 PALMER'S COCOA BUTTER FORMULA MASSAGE LOTION FOR STRETCH MARKS

contains moisturisers to soften skin and boost its hydration levels.

2 IS CLINICAL SHEALD RECOVERY BALM

is a fortifying moisturizer that minimises marks by delivering a hearty dose of hydration.

3 BIO-OIL

is a blend of oils chosen for their healing abilities. “During my pregnancy, I used it all over my body,” says Engelman. “It helps prevent stretch marks.”

4 SERICA scar gel

is made with a 50% silicone base plus Amazonian pracaxi oil, which helps expedite the healing of both old and new stretch marks.

5 VASELINE INTENSIVE CARE COCOA RADIANT BUTTER

form a protective barrier over the skin, allowing it to heal.

6 BODY BOOST STRETCH MARK BUTTER

contains organic ingredients like collagen to give your skin the nutrients it needs to prevent and repair stretch marks.





M DIVISION SION DIVIDED?

BMW uses all the ingredients for the XM, but do they work as a package?

The new BMW XM is a lot of things and it takes more than a minute to digest just what is unfolding before one's eyes. This is not a subtle evolution of the genre and its reference point as a fast SUV, in the fashion of a BMW X5 M, seems like a universe away.

BMW's polarising XXL aesthetics are once again in full force and I'm reminded about the first time I clapped eyes on a Rolls Royce Cullinan, which is no coincidence since BMW is the parent company.

What I can tell you about the XM is that love it or hate it, it's simply impossible to ignore and should frighten just about anything out of its way. It's also so ostentatious, busy and blingy that it feels more like a product from America, rather than from Germany. Yes M cars have been getting fatter and more complicated but this BMW XM just seems to have no clue about the M Division's lineage...

But if you're on the fence about the looks, you won't have any doubts

over the engine. The 4.4-liter V8 twin turbo has ties to BMWs like the M5, but in the XM it comes with a helping of electrical assistance. This means that despite whether we think it adheres to the M-Division philosophy, it certainly performs appropriately so in a straight line. The 644bhp and 590 lb-ft launches the XM from 0-60mph in 4.3 seconds and turns those 23-inch wheels to a top

speed of 174mph.

Most of it is done with V8 noise, with some artificial amplification, but mooching around town is largely conducted in silence. And the sight of a 2.5 tonne machine trying to tip-toe through suburbia is surreal and enjoyable. It makes us wonder if we'd prefer more EV range and silence and half the power?

Not that we'll find out anytime soon because this engine setup is a shoo-in for future M models thanks to its reduction in carbon emissions and that instant power delivery. In a car that weighs a few hundred kilograms less than XM, like a X5M for instance, it should be brutally fast.

Those typical M-theatrics have been overruled by a plethora of electronics that work incredibly hard to keep the big brute level and poised in corners. To their credit, they do an amazing job of whacking physics over the head, so that one is able to carry absurd speed in and out of corners for very silly and superfluous reasons. But it doesn't

dance like a true M car; it doesn't bristle with feedback and reward the finer inputs. The car's all-mighty brain that controls systems like the 48v anti-rolls bars work fiendishly hard to provide a new, scientific algorithm for fun.

The interior is slightly more restrained, echoing elements of something akin to a BMW 7 Series and using cues like the red M buttons on the steering wheel to convey that performance side. Like the rest of the car it's slightly conflicted about what it wants to be but it does prove that BMW is capable of building really premium interiors, which hasn't always been the

case. Some of the angles and surfaces are beautifully crafted and the controls so refined and intuitive.

BMW's done some controversial things in recent times but the XM takes it a few notches further to the point that it's almost unrecognizable from its siblings. It feels like a car that's been dictated to by current trends, and will uproot a lot of M-Division history to pursue that. But if BMW is going after a completely new type of buyer, it certainly has the right car to grow a new fanbase.

Pawan Dhingara





JEEP'S WAY OR THE HIGHWAY

New Wrangler comes with PHEV option, but the formula hasn't changed

This is the new Jeep Wrangler!. Don't believe us? Stick your nose a little closer to the front grille? See the difference? Subtle, we agree, but Jeep isn't known for causing large-scale disruption. Instead, it prefers continuity with tenets like trustworthy, capable and steady - like putting on a pair of your favorite torn jeans.

The new Wrangler still brings a macho lifestyle, an overflow of testosterone and a salute back to its military origins. However, due to the return of vehicles like the new Ford Bronco, the Wrangler has been forced to up its game and provide a

new set of bells and whistles to keep at least one hand on the crown. For 2024, Jeep, is leveraging technology that exists within the broader Stellantis Group. As with so many vehicles, this digital evolution is measured by screen size - a whole 12.1 inches if you must know - and runs the usual software needed to pair with whatever phone you carry in your pocket. Important, but boring. A touch of Jeep flavour is added through a navigation that comes pre-loaded with over 200 trails, and if you go exploring off these known routes, you can always upload your own and share them.

The main thing about the new Wrangler is that it still comes with a lot of choices and customization is still a big part of the appeal. Do you want to spend weekends disassembling and reassembling the bodywork, or go for versions that pack more creature comforts, such as permanent doors and a roof?

Rubicon derivatives add meatier off-road equipment such as a winch as standard and a heavy-duty solid rear axle for better towing and other off-road gains. The

amount of wheel options, and the tires that go on them to increase ground clearance, is staggering.

Ready from launch there are a total of five powertrains; a 4-cylinder turbocharged unit with some mild hybrid assistance, a 3.6-liter V6 (with or without hybrid assistance), a 3.0-liter V6 diesel, and a 6.4-liter V8. Power figures gather at both extremes of 300hp and acceleration times from 0-60mph in six seconds in the more powerful versions is

entertaining.

Some of that raucous behavior is momentarily quelled by the hybrid system comprising a 171.0-kWh battery that claims to provide 25 miles of silent motoring. Now electric powertrains are usually too twitchy for low-speed rock crawling so it'll be interesting to see how Jeep has mapped out this power delivery.

On the inside, there's a good fusion of traditional and modern styling. The windscreen, vents and buttons are angled vertically with chunky buttons, grab handles, and hard-wearing surfaces adding to the theme. The screen is perfectly positioned and the simplicity of the layout adds to the easy ergonomics. It's charming and honest, and most importantly makes the world around you seem like an adventure.

The driver assists systems are more abundant and include nice-to-haves like blind spot monitoring, cross-traffic alert and front and rear sensors. It's still a long way off autonomous driving but Jeep would probably argue that where their customers go, there aren't any road markings, or traffic.

Pricing is still to be confirmed but there's always something comforting about the idea of a new Wrangler, that isn't all that different to the one it replaces.

Pawan Dhingara





THE EXOR- CIST OF THE DEMON

Dodge deploys the parachute on the Hellcat V8 after one final quarter-mile run





Dodge fans, and the greater American muscle car fans, might want to peek between their fingers at this deathly moment – the end of the infamous Dodge Challenger and Hellcat combo. A car that was so acutely focused in its quest for drag times, that you simply had to admire its purity and price amid such complex and digitized contemporaries.

Dodge has confirmed that going forward it'll concentrate on electrified platforms, albeit still with some drag racing DNA and we wouldn't bet against these new creations being faster than the V8 in a quarter mile.

However, looking back on the Challenger's life is far more interesting than its future, especially from 2015 when the Challenger Hellcat was first launched. It made 777hp from supercharged 6.2-liter V8 and could dispatch 0-60mph in close to 3 seconds. The Demon followed next with a Hellcat V8 making 840hp. If the Hellcat had been inspired by drag racing, the Demon made its forte! It could be fitted with just one seat, with specific drag racing wheels and if you filled the tank with the most potent fuel mixture, it would lift those skinny fronts a foot off the ground. If all went to plan, this production car could run the quarter mile in under 10 seconds!

The Red-Eye came next in 2019 but it didn't follow the same trajectory, because frankly that would be insane and probably irresponsible. It

had the same engine but pushed out slightly smaller numbers, mostly because of reduced airflow to the engine and because race fuel wouldn't trick the ECU into giving more power.

The Superstock was more closely aligned to the Demon, although not quite as set up for drag racing but by this time the formula was reaching the end and the point the engineers had set out to make – to steal some thunder from the Mustang and Camaro – had been successfully completed.

The last iteration comes in the shape of the Demon 170. Obviously, it couldn't let its fans down, and the only way to do that was to give more power, and pop wheelies off the line. With E85 gasoline in its veins, the Hellcat engine makes 1025hp, or 900hp on regular pump fuel. On a prepared drag surface, Dodge claims it'll do 8.91 seconds at 155mph, with the 0-60mph in 1.66 seconds! Staunch numbers like that will make the NHRA stand up and take notice, and probably try ban it like they did with the Demon simply because it doesn't come with a roll cage.

On the topic of strengthening things, that's precisely what they did to the engine's lower-end internals in order to

handle the higher combustion pressures. The larger supercharger generates 21.3 psi of boost pressure, the injectors flow more fuel and the throttle body is now 105mm to fill its big set of iron-clad lungs. The driveshaft is 30 percent stronger and the rear axle housing is 53 percent stronger. Finally, the transmission brake has been retuned to offer more customization of the torque curve to match the surface. This means that the rear 315/50R-17 Mickey Thompson tires receive the optimal punch from the engine, with the stiffer rear suspension handling the sudden weight transfer.

Unlike the previous Demon which required a special package of drag racing groceries in order to achieve that sub-10-second run, the new 170 comes with that ultimate wishlist already installed. That said, customers can bolt on a few upgrades such as lightweight wheels which save 21 pounds and another set of all-weather rubber that can be used for the road. Dodge is planning to build 3000 models of the 170 and with greater horsepower (plus the sentimental value), comes a higher price estimate of \$100,361.

Pawan Dhingara

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