

OVER 320 PAGES!

JOE WEIDERS

MUSCLE & FITNESS

Supplement Stack to Fill Your Testosterone Tank PG. 266



THE ABS YOU WANT

- > THE NO-BOREDOM ROUTINE
- > THE 7 THINGS YOU MUST NOT DO
- > WHAT YOU SHOULD EAT EVERY DAY

WORLD'S TOUGHEST 15 W

BT

THE GOLD WARRIOR (CONT.)

Q Have you always been such a tireless worker?

A I've always trained and worked hard. I bought a house in Malibu with training in mind, as the ocean and mountains are right out my back door. I don't have the luxury of training on a mountain bike or in the ocean in Detroit.

Q How do you prepare for each season?

A I've always had the same trainer, T.R. Goodman, who works out of Gold's Gym in Venice [California].

I need to work on strength, I'll do two strength circuits in a row. He monitors my heart rate, and he's right there watching how my body reacts. After four weeks of circuits, I'm like a fighter. I'm ready to go.

Q What's the hardest thing you've done with Goodman?

A One summer I think he was upset that other trainers were starting to do what he had done, so he switched from an hour to an hour and a half. He wanted to take it to a different level. It got to be really tough, and he



Chelios with the Cup

"I bought a house in Malibu with training in mind. The mountains and ocean are out my back door."

The first month, July, has always been heavy weightlifting, five days a week. On the sixth day we go to the beach and do lunges on the sand or run the stairs in Santa Monica. That leads into circuit training in August, which is basically one hour of intense nonstop work, getting my heart rate as high as I can for as long as I can.

Q What kinds of circuits are you doing?

A It changes all the time. One day

broke a lot of guys. I guess you call it extreme training, but that's what I attribute my longevity to.

Q Do you do hockey-specific training in your program in Venice?

A Yes, T.R. concentrates a lot on my groin because there have been a lot of groin issues over the years — ab tears, too. In August, there's a period of time in which he opens up the range of motion in my hips, my groin and my abs. He understands hockey; he has done his homework.

Q How do you train during the year?

A There's nothing like game shape. My whole career I've had the luxury of playing a lot, so I haven't trained much during the year. I stretch all the time, though, concentrating on my abs and my groin. For the most part, I play it by ear. If I'm not feeling good, that's when I head to the gym.

Q When you retire, what will you do to stay fit?

A I've fallen in love with mountain biking. I could get into marathons, not so much to compete, just to stay active. I'm not one of those guys who needs to finish first or second. I can finish 50th in a group of 100. It's just a matter of staying active.

— Mark Thorpe

JAN LARRETE GORRIS

BT CARDIO

BY MARK THORPE

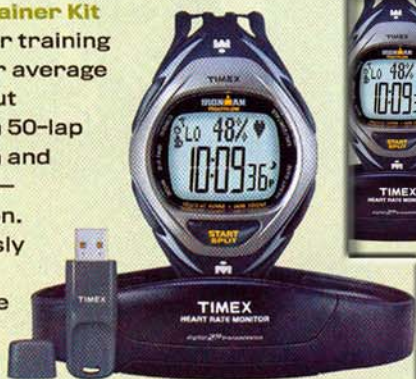
EVERY STEP YOU TAKE

DON'T GUESS AT YOUR CARDIO OUTPUT

>> Timex Ironman Race Trainer Kit

This is a heart-rate monitor training kit that'll keep track of your average heart rate during a workout (including the peaks), has a 50-lap recall with heart-rate data and charts your interval work — with heart-rate information. Everything can be wirelessly downloaded to your PC or Mac. The best results come when you're in the zone.

\$220; timextrainer.com



Balance VIA Motion If you're looking for the big picture on your daily peregrinations, the VIA Motion is the small, easily stowable calculator with a mind for numbers. Not only will it measure how many steps you take, your total distance covered and your caloric expenditure, but it can also distinguish between casual movement and your true aerobic output. You can get day-to-day totals or set it for a week to see how active you've been. Fits in your pocket, on your belt or in your hand. \$50; newbalance.com



APRIL 2009