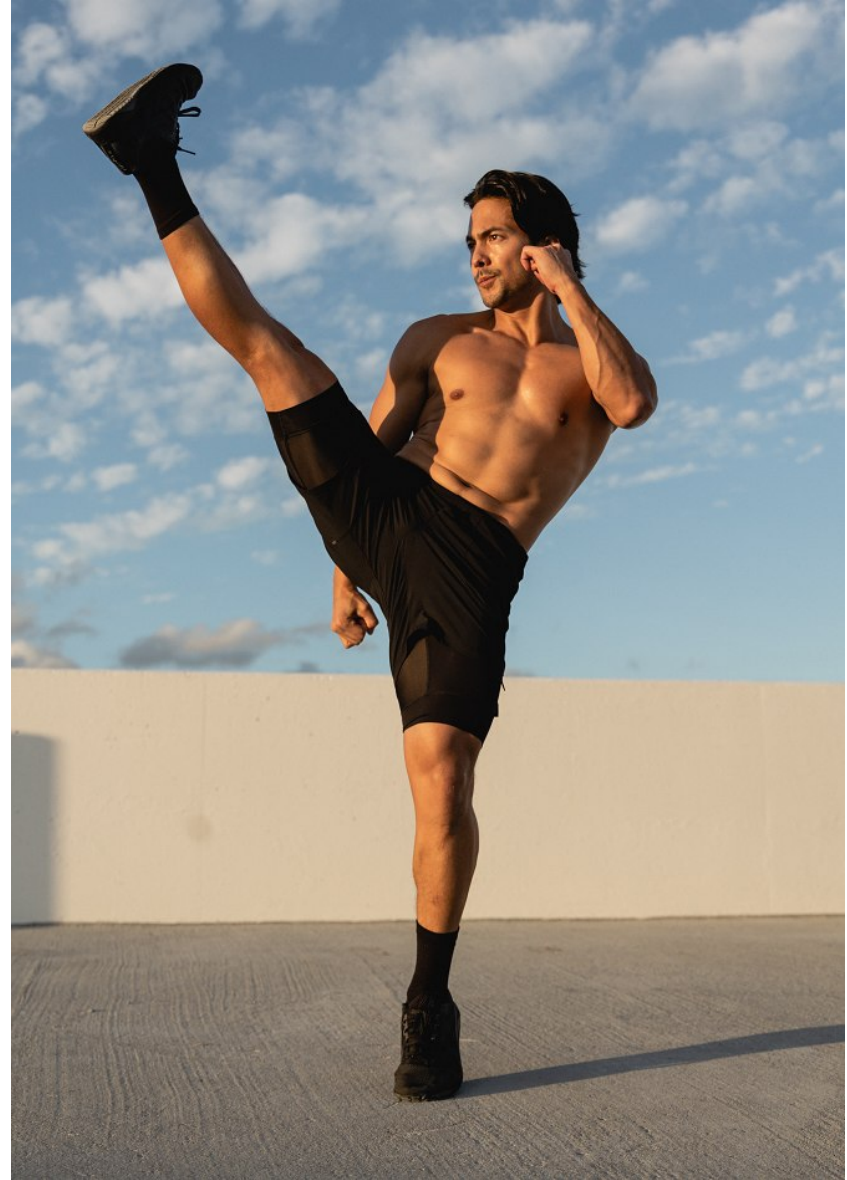


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Cover Story



arts, I was also fascinated by Mighty Morphin' Power Rangers as a child. For those three reasons, my interest sparked. What keeps me motivated now, is the value I have in my health and the health of those around me. Without health, life isn't as enjoyable.

Exercising has become more innovative and creative. How has it changed, and what is the latest trend now?

Group fitness classes that vary in programming tend to be trending. Bootcamp-style regimes that involve body weight, free weights, and technique/skill within an hour time domain seem to prove popular and successful.

You have a great body. Do share with us your training tips.

Thank you! But that ideal is all relative, really. There is always room for improvement. My training mostly involves CrossFit, but I throw in some Yoga and Martial Arts as well. I am also an advocate of learning new sports and gaining new skills in any and all fitness realms.

My tips are to find a form of fitness that is fun for you. Also, having friends who encourage you to train with them oftentimes leads to a more active lifestyle. And finally, make sure to challenge yourself by increasing the difficulty of your training, learning new athletic skills, and varying the time domain from aerobic to anaerobic.

As for diet, coffee intake but no food during exercise results in weight-loss. But don't forget to eat your protein and carbs afterwards to make those gains, baby!

Is there any diet plan you follow?

Yes, I fast intermittently and strictly limit my dairy and alcohol intake.

Who are your fitness idols?

My athletes are my fitness idols. I have the pleasure of teaching people who trust me to guide them

in becoming stronger, faster, and healthier. When I see them give everything they've got and get excited to learn new things, it gives me purpose. I hope to live a life of service in helping others.

My current athletes include the awesome communities at Brooklyn CrossFit, Bowery CrossFit, Zac Efron (for Baywatch and for The Greatest Showman), and DJ Vice (for Nike trail runs).

We notice that you're a supporter of #polishedman, a movement to end violence against children. Why is it that you've chosen to support this cause?

What a child experiences in the development years has a great impact for the rest of his or her life. Polished Man is a non-profit organisation that I support because as a man, I want to actively say no to violence against children, often caused by men themselves.

In fact, my love and belief in children led me to found a tax-exempt Christian non-profit organisation called, "AMEN Missionary." When I was on a modelling contract in Bangkok, Thailand, I became connected with a church that was active in missionary work along the border of Thailand and Burma. I spent enough time in the village of Mae Sot to become friends with a handful of kids and their families. My friends, family, and even my professors at Pepperdine University all helped me to lead projects where we built schools, taught English, Thai, and Math, and provided lunch for up to 80 families at a time.

What are you plans for 2017?

I am at the stage of my life where I realise that health and relationships matter most, to me. My plans for 2017 are to strive to be even healthier, welcome strangers with open arms, and embrace adventure wherever my travelling takes me.

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MH BODY

OWN YOUR PUSHUPS

The pushup is more than the gold standard of anytime, anywhere bodyweight training. It's a move with plenty of level-ups that can build serious pec, shoulder, triceps, and core strength.

Bust Out the Blades
Squeeze your shoulder blades tightly at the start of every set, as if holding a pencil between them. Doing so will protect your shoulders from injury.

Finish the Rep!
Press all the way up to maximize strength gains. Straighten your arms fully at the top of every rep, actively squeezing your triceps and chest.

Glutes Alive!
Squeezing your glutes will prevent you from "breaking" at the waist. Tighten them at the start of every set, and squeeze them extra hard when you press up.

Straight Line!
Keep your forearms perpendicular to the floor to maximize pushing power. Align your hands next to your lower chest, not your shoulders, at the start of a set.

Tighten the Screws
To recruit your lats, "screw" your palms into the floor, rotating the right palm clockwise, left palm counterclockwise. This will turn on your lats.

Perfect Plank
Learn the pushup-position plank. Hold the "up" position of a pushup for 30 seconds, squeezing your abs. Your core should feel this tense on every pushup rep.

THE BASICS

What's the best way to build up to a pushup? Not the way you think.
Plenty of trainers suggest that novice gymgoers start with pushups on their knees. But that's not ideal, says David Orey, C.S.C.S., an Equinox trainer. "Pushups from the knee limit the stress on the anterior core and shoulders," he says. That means your core doesn't learn to stabilize you in standard reps.

Your better option:
Start by placing your hands on a chair or box. Doing so will lighten the amount of bodyweight you have to press upward. But you'll still get to tighten your abs and glutes, forming a straight line from shoulders through feet, just as you would during a traditional pushup. As you improve, use shorter boxes and chairs until eventually you're doing pushups with your hands on the floor.

THE SPECTRUM

MASTER THE PUSHUP WITH THIS PROGRESSION—AND THEN TAKE IT TO THE NEXT LEVEL.



Box Pushup
Can't do pushups yet? Here's the best way to start. Complete 3 sets of 12 reps, then move on.



Hand-Release Pushup
Lower to the floor, lift your hands, then press up. Do 3 sets of 10 to 12.



Clapping Pushup
Power out of the bottom with explosion, clapping your hands at the top. Do 3 sets of 8 to 10 reps.



Archer Pushup
Set your hands up wider than usual. Keep your right arm straight as you lower to the left; do 3 sets of 8 to 10.



Typewriter Pushup
Lower into a left-arm archer. Slide your chest across to the right arm, straightening your left. Press up. Do 3 sets of 8 to 10 reps.

The Challenge

It's not easy to do 40 consecutive pushups, especially if you're chasing good form. But you'll accomplish that by month's end if you stick to this progression, which will take only a few minutes each day. Get ready to enjoy the chest pump!

WEEK 1			
Pick 5 days. Each day, do 25 perfect pushups, following the chart below for reps and rest periods.			
DAY 1	15	10/5 REST	10
DAY 2	15	5/5 REST	10
DAY 3	20	10/5 REST	5
DAY 4	20	5/5 REST	5
DAY 5	20	5/5 REST	5

WEEK 2			
Train 5 days again, doing 2 sets of 20 pushups each day. Follow the chart below for rest periods.			
DAY 1	20	20/5 REST	20
DAY 2	20	20/5 REST	20
DAY 3	20	10/5 REST	20
DAY 4	20	10/5 REST	20
DAY 5	20	10/5 REST	20

WEEK 3			
Train 5 days. On days 1, 3, and 5, do paused reps . Days 2 and 4, do regular reps. Follow the chart below.			
DAY 1	15	5/5 REST	10
DAY 2	20	5/5 REST	10
DAY 3	20	5/5 REST	5
DAY 4	25	10/5 REST	5
DAY 5	25	10/5 REST	5

WEEK 4	
Train 5 days. Do 30 pushups the first day. Each day, add 2 pushups, until the final day, when you do 40.	
DAY 1	30
DAY 2	32
DAY 3	34
DAY 4	36
DAY 5	40

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Objectivity.



LET'S HAVE AN INTERNET FOR ALL, NOT JUST SOME.

Some media-buying platforms aren't just media-buying platforms. They're also social media platforms. Or content platforms. And that's where they want you to direct your campaign budgets.

At The Trade Desk, we don't have that conflict of interest. We want you to spend your ad dollars where your data leads you. That objectivity allows for transparency in everything we do — from pricing and inventory to measurement and reporting. Which is why a majority of global brands trust us to take their advertising where it needs to go.

Learn why objectivity matters at [thetradedesk.com](https://the tradedesk.com).



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THE MH ULTIMATE SERIES

Seven Steps to Amazing Abs

The key to an impressive midsection: Work smarter, not harder.



HERE'S A SECRET about six-pack abs: You don't actually need six cubes of muscle in your abdomen to live a happy and productive life. You do, however, need an all-around great core workout if you want to fix your posture, avoid injury, and, oh yeah, look pretty damn good on the beach. That's where Peloton Tread instructor **Andy Speer**, C.S.C.S., comes in. Speer built his *Men's Health* Anarchy workout-video series around intense core moves. And now he's devised a program that'll make your torso rock solid.

► **DIRECTIONS:** Train 5 straight days, then rest 2 days. Do this workout 3 days a week, with heavy-weight workouts in between. **On your first** heavy-weight day, do 4 sets of 10 deadlifts, then do 30 minutes of running. **On your second**, do 4 sets of 10 lunges per leg and 4 sets of 10 dumbbell rows per arm, then jog for 30 minutes. Begin every workout with a warmup: 1 minute of jumping jacks and 5 reps of cat-cow stretches.

THE WORKOUT

Do this as a circuit. In weeks 1 and 2, do each move for 30 seconds, then rest 15; do 3 rounds. In weeks 3 and 4, work for 45 seconds, then rest 15; do 4 rounds.

1 Two-Step Getup

► Lie on your back, a dumbbell in your right hand directly over your chest, right knee bent. This is the start (a). Press the bell upward, propping yourself onto your left elbow (b). Pause. Push your torso off the floor (c). Pause. Return to the start. Do 1 set on each side before doing the next move.

► EB SAYS:

Never take your eyes off the dumbbell. This will help you keep the bell (and your shoulder) stable.



Keep your core tight through the drill!

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