

587 NEW HEALTH, FITNESS & NUTRITION TIPS!

TONS OF  
USEFUL STUFF

# Men's Health



## Sex Secrets

FROM THE GIRL NEXT DOOR

**FREE WORKOUT POSTER**

# MUSCLE UP IN 4 WEEKS

AND BURN AWAY FAT FOR GOOD!

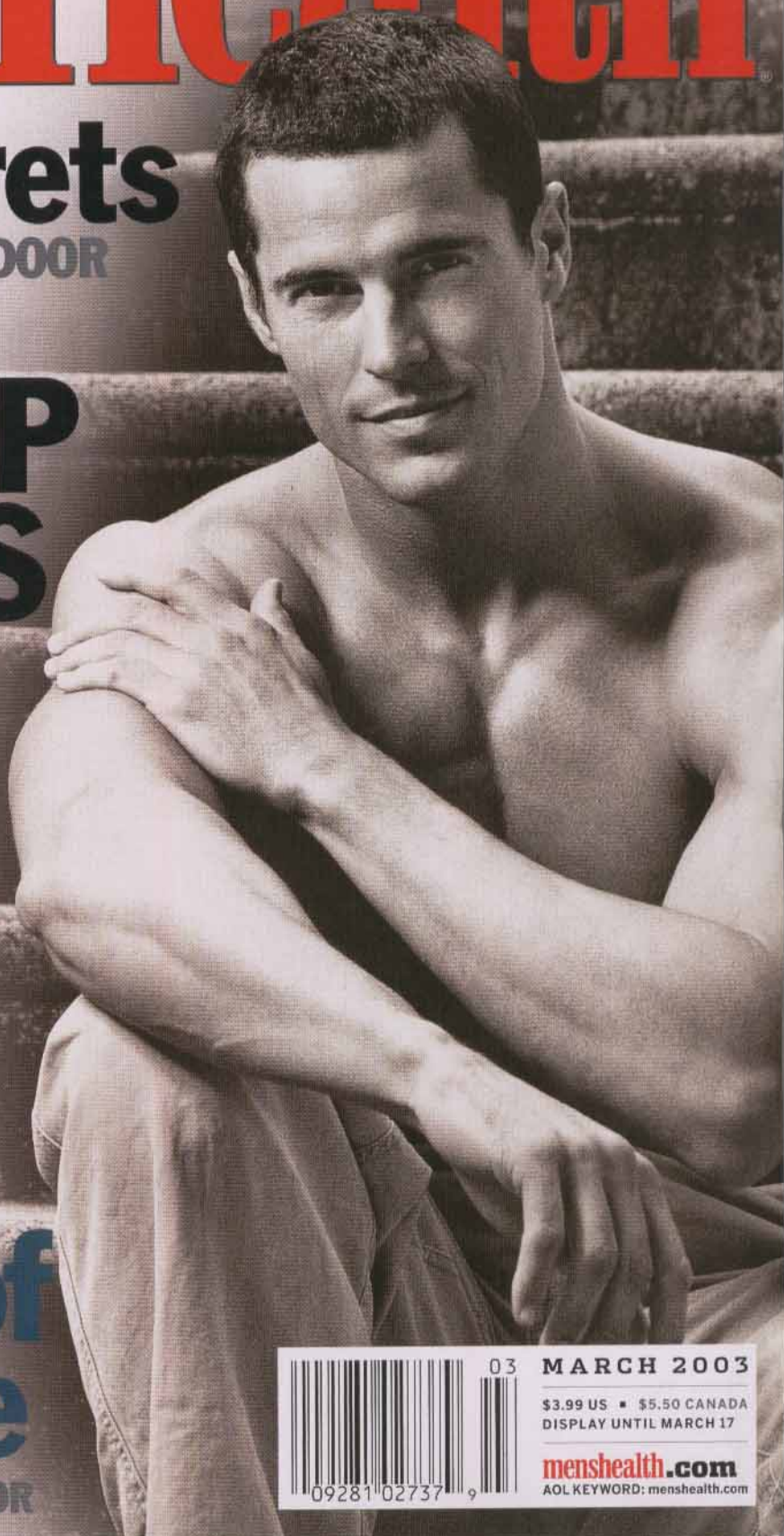
## Look Slimmer— Instantly!

## BIGGER BICEPS IN 7 MINUTES

## 60-SECOND HEALTH TIPS

# 100 Rules of Smart Style

GREAT CLOTHES TO LITTER HER FLOOR



03 MARCH 2003

\$3.99 US • \$5.50 CANADA  
DISPLAY UNTIL MARCH 17

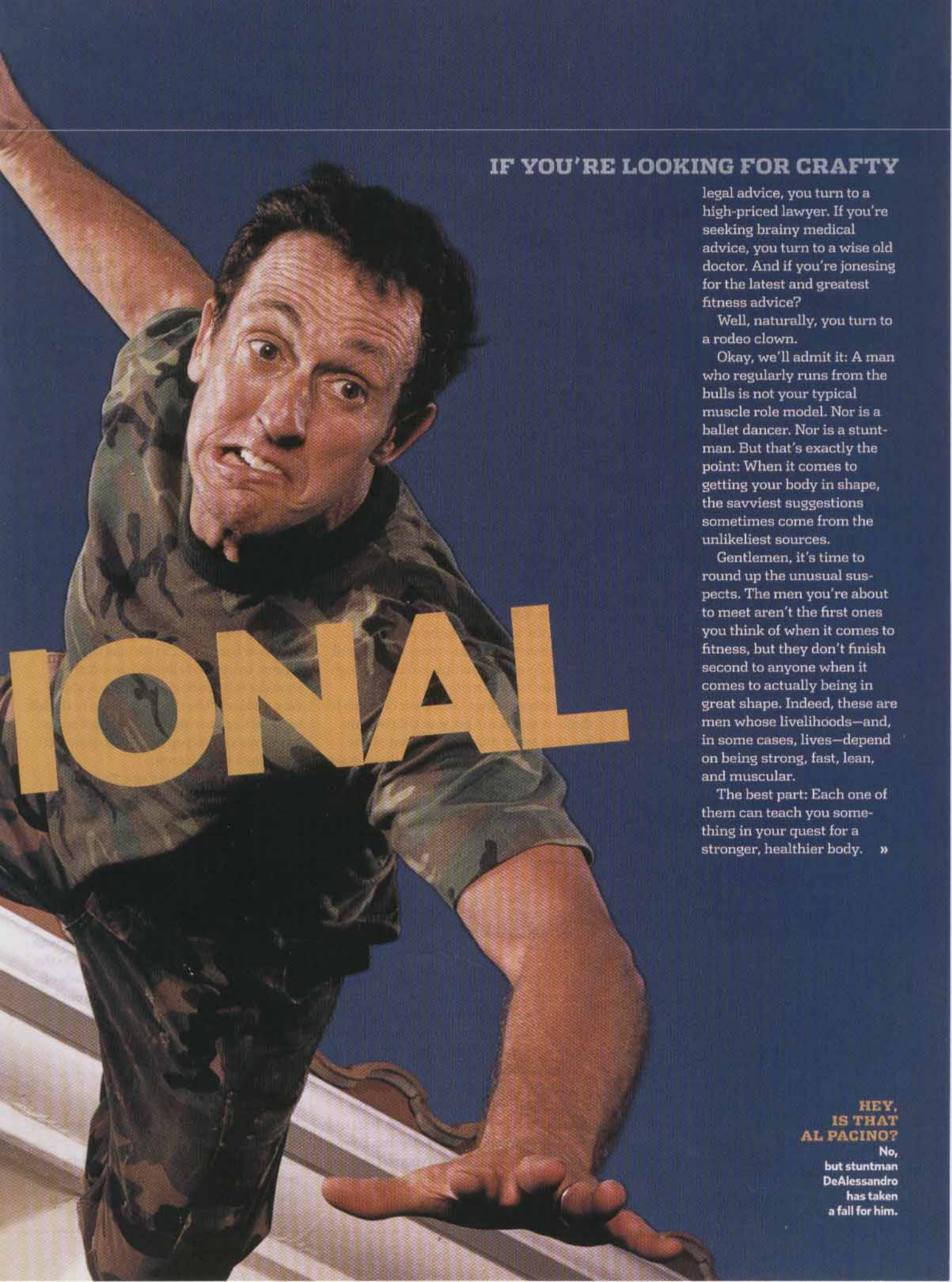
[menshealth.com](http://menshealth.com)  
AOL KEYWORD: menshealth.com

**Performance**

Feel like you've fallen  
out of shape?  
It's time to bounce back.  
Just follow the  
advice of these...

# PROFESS FIT MEN

By Mark Anders  
Photographs by Michael Lavine



## IF YOU'RE LOOKING FOR CRAFTY

legal advice, you turn to a high-priced lawyer. If you're seeking brainy medical advice, you turn to a wise old doctor. And if you're jonesing for the latest and greatest fitness advice?

Well, naturally, you turn to a rodeo clown.

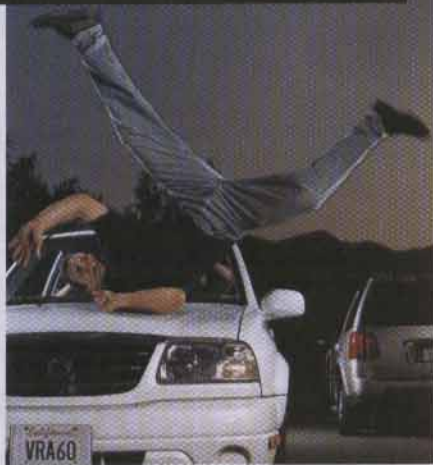
Okay, we'll admit it: A man who regularly runs from the bulls is not your typical muscle role model. Nor is a ballet dancer. Nor is a stuntman. But that's exactly the point: When it comes to getting your body in shape, the savviest suggestions sometimes come from the unlikeliest sources.

Gentlemen, it's time to round up the unusual suspects. The men you're about to meet aren't the first ones you think of when it comes to fitness, but they don't finish second to anyone when it comes to actually being in great shape. Indeed, these are men whose livelihoods—and, in some cases, lives—depend on being strong, fast, lean, and muscular.

The best part: Each one of them can teach you something in your quest for a stronger, healthier body. »

**HEY,  
IS THAT  
AL PACINO?**

No,  
but stuntman  
DeAlessandro  
has taken  
a fall for him.



## The Stuntman

**Name:** Mark DeAlessandro

**Job:** Stuntman/stunt coordinator for movies and TV

**Amazing fitness feats:** In the movie *Hard Justice*, DeAlessandro jumped from a helicopter to the roof of a bus moving at 35 mph and climbed inside—all without a safety cable (or exact change).

**M**ark DeAlessandro got his first break because of a one-in-a-million chance encounter with Sylvester Stallone, who hired him as a stand-in on *Rambo: First Blood Part II*. But while the start of his career could've been a page from the original *Rocky*, he

### LESSON FROM THE STUNTMAN: KEEP MOVING, STAY YOUNG

"To do the stunts he has to perform, DeAlessandro needs to be able to move his body mass fast," says Jeffrey Potteiger, Ph.D., C.S.C.S., director of human performance at Virginia Commonwealth University. Seems obvious, but most of us lose interest in fast breaks (and, for that matter, tumbling over the hoods of cars) after college. DeAlessandro puts the brakes on middle age by playing tennis, practicing tae kwon do, riding his mountain bike, and running stairs.

He also works his upper-body muscles with calisthenics every other day—three sets of 10 pullups, dips, and pushups, and hundreds of crunches. It's a program we'd recommend for anybody... except that most guys can't do a single pullup. Here's how to master the manliest of all body-weight exercises. You don't have to do these exercises in the order laid out below; just try a few of them two or three times a week until you can do sets of multiple pullups through the entire range of motion.

**Negative Pullup** Use a chair or bench to climb on so you can get your chin over the bar, then lower yourself to a count of five. When you can do four or five of these, make it a count of 10.

**DeAlessandro test-drives stunts for Stallone. If there's blood on the set, it had better not be Sly's.**

succeeded because of a Rambo-like determination to be the first to get in harm's way. When you see Al Pacino, Kurt Russell, Charlie Sheen, or Adam Sandler fight, fall, or drive an earthmover through a wall of flame, chances are you're really seeing DeAlessandro putting his life on the line (all right, technically Sheen has done some of those things—just not in the movies). And even when he's working with Stallone, who performs most of his own stunts, DeAlessandro has to test-drive the moves first to make sure they're safe for the star. If there's blood on the set, it had better be his.

**Jumping Pullup** Stand under the bar, bend your knees, jump up, grab the bar, and use your momentum to pull your chin over it. As it gets easier, decrease your dependence on the jump to pull yourself up.

**Partial-Range-of-Motion Pullup** Hang from the bar and pull yourself up a few inches. Pause, lower yourself, repeat. Do three or four, then drop off the bar, rest, and climb up so your chin is over the bar. Lower yourself 6 inches, then pull yourself back up, pause, and repeat several times. Gradually increase the range of motion in each part of the exercise as you get stronger.

**Pause Pullup** When you can do one or two full-range pullups but can't build up to more repetitions, try this: On your first repetition, pause halfway up and count to three. Then pull yourself the rest of the way up. On the way down, pause again for 3 seconds. At the bottom, drop off the bar. That's one set. Do three or four sets once or twice a week. Then return to regular pullups. You should be able to do four or five.

### MORE COOL STUNTS YOU CAN PULL

▷ **Fall like a pro.** "The best thing to do when you know you're going to fall is to bend your legs and get your center of gravity as low as you can," says DeAlessandro. If you're falling backward, try a "slap fall." As you fall, spread your arms out like wings and try to slap the ground with your palms and forearms as you hit. The slap will help you distribute your weight and avoid serious back injury. When falling forward, don't try to break the fall with your hands. You'll risk injuring your fingers, wrists, and elbows. Instead, try a shoulder roll, landing on your arms, shoulders, and back. Use the momentum of the fall to roll across your shoulders. You get bonus style points if you pop back up on your feet following a shoulder roll.

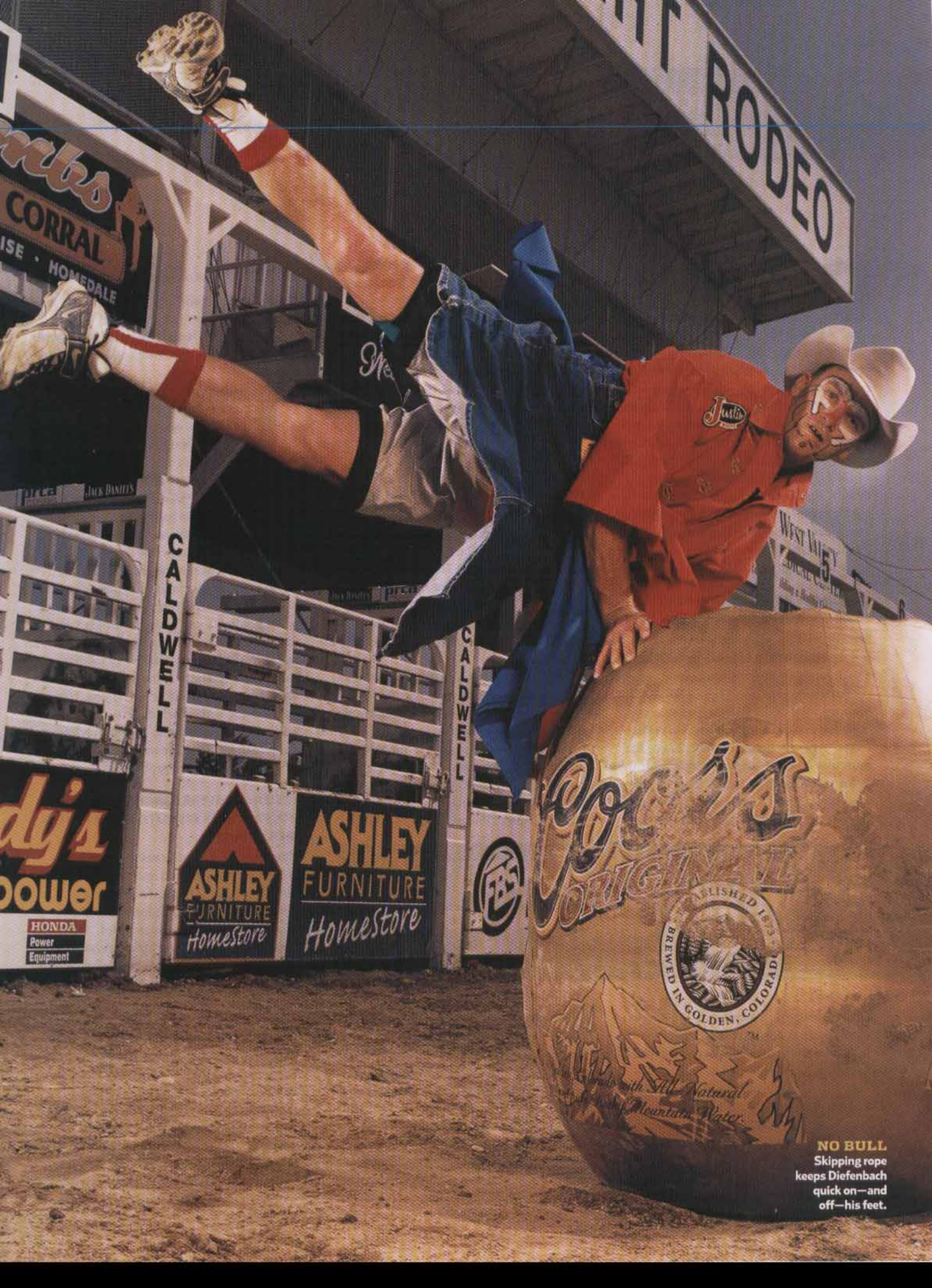
▷ **Jump out of a moving car.** This skill comes in handy whether you're being car-jacked or you're stuck on a really bad blind date. Best-case scenario: Before jumping out of the car, try to look for a flat, grassy landing area. Steep embankments can be bad news. When you're ready to jump, swing the car door wide open and get as low to the ground as possible. Dive out headfirst so your body is perpendicular to the car. Try to hit with your feet first, then roll onto your shoulder in the same direction the car is moving. Words of wisdom: "Don't go out feetfirst, or your head might end up under the wheel," says DeAlessandro.

## The Rodeo Clown

**Name:** Darrell Diefenbach

**Job:** Bullfighter, Pro Rodeo Cowboy Association (PRCA)

**Amazing fitness feats:** Has successfully overcome a broken back, two broken legs, a broken ankle, two broken arms, a broken wrist, and face reconstruction.



RODEO

Corral  
CORRAL  
ISE • HOMEDALE

CALDWELL

CALDWELL

dy's  
Power  
HONDA  
Power  
Equipment

ASHLEY  
FURNITURE  
HomeStore

ASHLEY  
FURNITURE  
HomeStore



Pogo's  
ORIGINAL



Brewed with All Natural  
Mountain Water

**NO BULL**  
Skipping rope  
keeps Diefenbach  
quick on—and  
off—his feet.

**D**arrell Diefenbach may look like a rodeo clown, but his job is no joke. He's a professional bullfighter—specializing in “cowboy protection.” Although he wears the trademark face paint of a rodeo clown, his sole responsibility is to put himself between the airborne cowboy and the pissed-off 2,000-pound bull. That means Diefenbach, 28, constantly goes from standing still to a flat-out sprint, saving cowboys from being impaled. His job requires speed, dexterity, and quick thinking—all while staring death (or at least a really freakin' ugly bull) in the face. Of course, Diefenbach wears body padding to soften the unavoidable blows, but that doesn't help much when a bull launches him 10 to 20 feet across the ring.

#### LESSON FROM THE RODEO CLOWN:

##### **BUILD YOUR WHOLE BODY—WITH A ROPE**

Diefenbach lifts, jogs, and stretches regularly, but the cornerstone of his fitness regimen is a 50-minute, total-body jump-rope workout.

“For the average guy, skipping rope will improve your cardio fitness, increase your metabolism, and burn calories,” says Potteiger. “And aesthetically it'll enhance the muscular structure of your quads and calves.”

**Rope-Skipping Circuit** Start by skipping rope for 1 minute. Jump just high enough to let the rope slip under your feet. Rest for

minutes total. As you get more conditioned, gradually build the number of minutes you skip rope and reduce the rest periods.

To avoid injury: Find a spot with a sturdy floor that has some spring. A wooden basketball court is best; a concrete floor is worst. If you have a less-than-ideal workout surface, a very thin exercise mat is a good idea. For further protection, make sure you wear shoes with plenty of cushion and support. Cross-training, basketball, or tennis shoes are best.

#### MORE WAYS TO ACT LIKE A CLOWN

▷ **Perform miracles with ice.** Injury is part of being a bullfighter. But instead of popping a pile of pills when he's hurt, Diefenbach heads to the ice chest. He recommends icing contusions as soon as possible, 20 minutes on, 20 minutes off. Between icings, try to stretch out the muscle. Aim for a slow, gradual stretch of at least 30 seconds, and do not bounce.

▷ **Take any bull.** It's an old wives' tale that bulls charge when they see red. “Bulls are actually color-blind,” says Diefenbach. In fact, he even wears a deep red shirt during his rodeos. Diefenbach says bulls are most attracted by movement and sound, and they'll generally charge the largest object they see. That's why matadors wave around a big cape (and sing “Volaré”).

## The Ballet Dancer

**Name:** Albert Evans

**Job:** Dancer, New York City Ballet

**Amazing fitness feats:** Does 30 chinups with leg raises; has a 6-foot running vertical leap.

**T**wo things attracted Albert Evans to the ballet when he was a kid. The first was seeing *The Nutcracker* on TV. “I thought it was so interesting to be able to express yourself without words, to tell a story just by movement,” says Evans, 32. His other motivation? “Of course, I also wanted to be able to touch the girls in their leotards.” Talk about expressing yourself.

Dancers aren't known as tough guys, but professionals like Evans are every bit as athletic as pro sports figures. Consider this: During a typical performance, Evans dances while holding a 100-pound, tutu-clad woman in the air for a total of 30 minutes (and that's not including rehearsals). We're talking moves like overhead spins and pirouettes, all without seeming as if he's straining. His performances also include lots of leaps—with airtime comparable to that of NBA basketball players. (For what it's worth, Evans can slam the rock, no problem.)

#### LESSON FROM THE DANCER:

##### **BOOST YOUR FLEXIBILITY, SLASH YOUR RISK OF INJURY**

The cornerstones of Evans's workout program are flexibility and muscle endurance. Potteiger says, “The dancer is trying to develop strength and endurance without increasing the size of his muscles.” Odds are, you'd be happy to add a little size to your muscles, but try some of Evans's balance and flexibility exercises—you'll get stronger and more limber, and cut your risk of injury.

**Passé Balance Exercise** Stand with your feet together and knees slightly bent. Slowly raise your right leg, bending your knee so that your right toes touch your left knee. Hold that position and close your eyes. Balancing on your left foot, begin to swing your arms back and forth slowly as if you were walking. Balance for 10 seconds, and remember to breathe. Do three on each leg.

**Cross-Body Stretch** Lie flat on your back with your arms outstretched at your sides, at

**When he leaps, Evans gets  
airtime like an NBA player.  
And he can slam the rock,  
no problem.**

1 minute, but don't stand still. Walk around slowly or do some light stretching.

Next, do as many crunches as you possibly can in 1 minute. Rest for 1 minute before skipping again. After skipping for 1 minute, rest again and then do as many pushups as possible in 1 minute.

Vary the exercises you do during the 1-minute active-rest periods—also try lunges, squats, and biceps curls. Just continue alternating until you've exercised for 30

So, what if you're the largest object the bull sees? “A person's first instinct is to run as fast as he can in a straight line. But you can't outrun a bull, and when you get run down like that, he'll trample you,” says Diefenbach, who knows from experience. Instead, try to run in tight circles around the bull, always pushing toward his shoulder. In rodeo they call it “making rounds.” The bull is unable to run in such tight circles, so he'll eventually get tired and give up.

**STRONG  
MAN**  
Evans stays buff  
so he can  
pick up chicks.



PHOTOGRAPH BY [unreadable]

shoulder height. Bend your knees and place your feet together, flat on the ground. Slowly roll your knees to the right. Keep your knees together until your right thigh makes contact with the floor. Hold the position for 30 seconds, and keep breathing.

Next, straighten your left leg and rest it on the floor, and turn your head to face your left hand. Keeping your right elbow on the floor, bend your right arm so that your forearm is straight up in the air. Then bring your left calf across and rest it on your right hand. You should feel the stretch in your left buttock and outer thigh; if not, gently pull your leg toward your head. Once you find a comfortable stretch position, hold the leg there for 30 seconds. Try to keep your shoulders flat on the floor and your head facing your left hand. Return to the starting position and repeat on the opposite side.

body, reduces swelling, and relaxes muscles and tendons. Add 2 cups of Epsom salts to an average bathtub of water.

## The Drummer

**Name:** Kevin Miller

**Job:** Drummer for the band Fuel

**Amazing fitness feat:** When Fuel performs, Miller will hit his snare drum about 2,000 times in an 80-minute concert... without once losing the beat.

**D**rumming in a rock band is a dream job... for a 12-year-old. For adults, it's a pain—multiple pains, in fact. “I can walk into a room and pick out all the drummers. Most of them have that caveman look,” says Kevin Miller, who, at 40, has played in bands for more than two

back to free weights, I get joint fatigue,” he says. Miller has Bowflex machines for home and road. He alternates between strength routines for upper- and lower-body muscles, doing two of each workout a week.

Miller prefers morning workouts when he's on the road. “I'll just hit it, then have a protein shake, or I'll have breakfast and work out 30 minutes later,” he says. Some highlights of his program:

**Treadmill Pyramid** After doing some stretches, he jumps on a treadmill in his hotel's exercise room. For the first 10 minutes, he runs at 6 mph. Then he goes up to 7 mph for the next 9 minutes, and finishes with a 1-minute sprint at 10 mph. He cools down for 3 minutes, and then goes back to his room to use his Bowflex.

**Rockin' Abs** He works his abs in each of his four weekly weight workouts. His favorite move is the hanging leg raise, using elbow slings that attach to the overhead bar (the most popular are Ab-OrigOnals). Set your upper arms inside the slings and grip the tops of the slings. Let your torso and legs hang straight. Now pull your knees up to your chest, allowing your pelvis to rotate upward. Slowly lower them and repeat. Miller does four sets of 30—the first 20 repetitions as described, then 10 repetitions in which he brings his knees up diagonally to each side to work his obliques more intensely.

**Eating Muscle to Build Muscle** Let's face it: No one wants to watch a band with a fat drummer. Miller maintains his 31-inch waist by eating a lot of lean, protein-rich food. “I usually eat fish and fowl, and have red meat maybe once a week,” he says. “I love to eat. I just try to be smart about it.”

### MORE WAYS TO KEEP THE BEAT

▷ **Camp-Free Zone.** Another occupational hazard is forearm cramps, since the adrenaline flows at the beginning of a concert, causing him to grip the drumsticks too hard. “I try to take in high amounts of potassium,” he says. “I eat a lot of bananas.” If your arms tighten up from weekend carpentry or making new friends online, you can also get relief with these high-potassium foods: orange or grapefruit juice, dried figs, cantaloupe, raisins and prunes, trail mix, pistachios, chicken, and tomatoes or tomato sauce. **MH**

**Drumming in a rock band is a dream job... for a 12-year-old. For adults, it's a pain—multiple pains.**

### Chinup with Legs Outstretched

Grasp the bar with your hands shoulder-width apart in an underhand grip (palms facing your chest). Tighten your abs and pull your legs up toward your chest until they're parallel to the floor. Hold while slowly pulling your body up so that your chin clears the bar. Hold for one count and slowly return to the starting position. Try to build up to two sets of 10 repetitions.

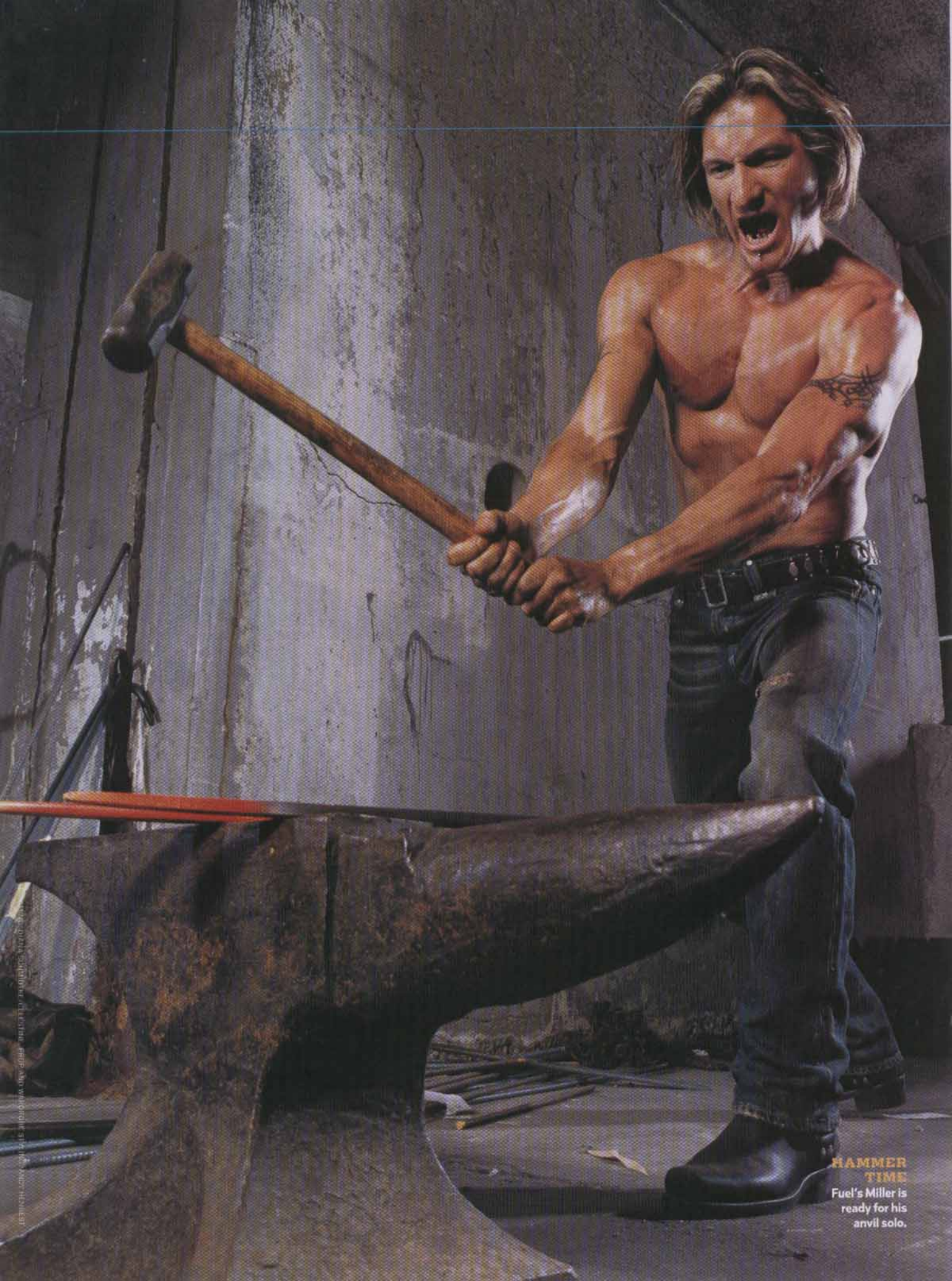
### MORE WAYS TO STAY ON YOUR TOES

▷ **Save yourself from soreness.** “After a performance, I usually stretch for about 15 to 20 minutes to give the muscles time to calm down,” says Evans. To massage tight, hard-to-reach muscles (like those in your back), Evans suggests lying on the floor with a tennis ball under your back and moving around to roll the ball over the area. After that, his favorite remedy is a hot bath with Epsom salts, which contains magnesium sulfate, a mineral that draws toxins from the

decades. The Cro-Magnon posture comes from hunching over a drum set for more than an hour a night, banging away. The louder and faster the music, and the more enthusiastic the crowd, the harder the adrenaline-pumped drummer swings his sticks, and the higher a price there is to pay. Pain radiates from the fingers to the elbows, from the lower back to the shoulders. Still, drumming in a straight-on rock band is much easier than Miller's early-'80s gig playing in a punk band. “We had to learn 87 songs, because some of them were, like, 27 seconds long,” he says.

### LESSON FROM THE DRUMMER: USE BANDS TO BEAT JOINT PAIN

Miller maintains his posture and avoids drumming-related aches and pains by following a strict strength-training program using a Bowflex machine. Bowflex uses bendable rubber rods in place of heavy metal, and Miller believes the rubber-band-like resistance prevents joint pain. “When I go



© 2003 Fuel Fitness. All rights reserved. Miller is a registered trademark of Fuel Fitness.

**HAMMER  
TIME**  
Fuel's Miller is  
ready for his  
anvil solo.