

**BODY TRANSFORMATION SPECIAL!**

# Men's Fitness

FEB 2019

**NEW YEAR = NEW BODY!**

**GET BACK  
IN SHAPE**

**28-day plan!**

**GET  
HARD  
ABS!**

**HOW TO...**

**SMASH  
STRESS!**

Get instant calm  
in just ten minutes

**10 LAWS OF  
GETTING  
LEAN**

The world's top fitness experts  
give you a ten-point plan to get  
into the best shape of your life!

**Build a cover  
model body!**

➔ Our Editor added  
serious size in eight  
weeks. Here's how!



**LOSE  
FAT  
FOR  
LIFE!**

Hack your biological  
age to look younger

**PLUS! ➔**

✓ The bench press tip  
that builds bigger pecs

✓ 36 new winter style  
looks for active men

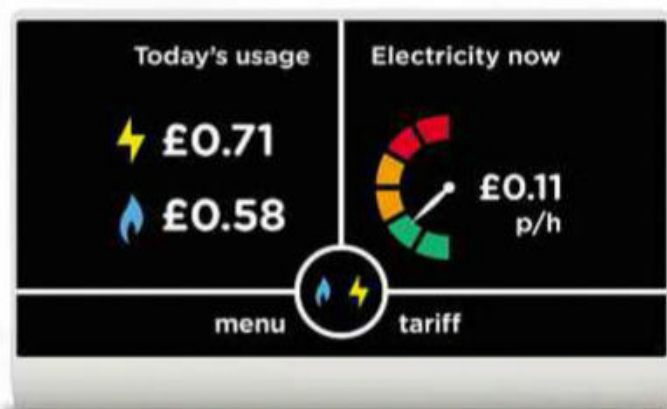
✓ Put the kettle on  
to get a brain boost

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and you could  
save enough energy  
to play club anthems  
for this many days

4314

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Grooming **Laura Tucker**

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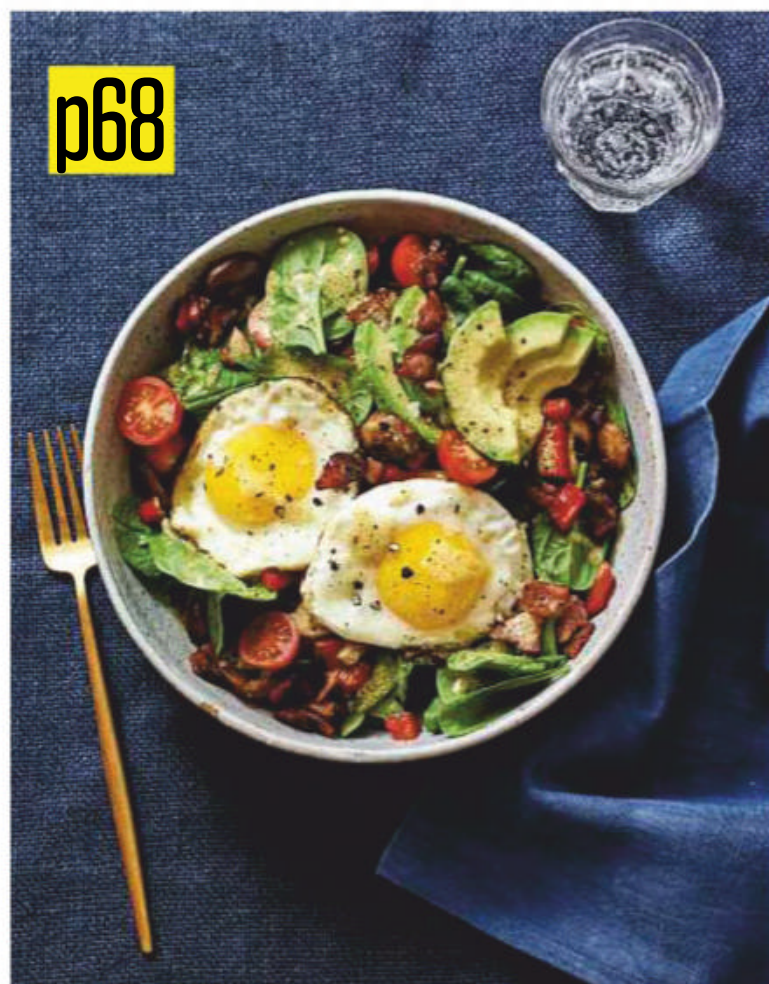




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Four weeks of this workout will leave you with huge biceps and triceps



**MF editor Joe packed on muscle while getting leaner by training hard and smart**



Photography Glen Burrows

# Start the year strong

**It's never too late to make a start on building a leaner, fitter and healthier body. Take control of your fitness in 2019 to turn back the clock and look, feel and perform better than you ever have**

As regular readers of my editor's column, you'll both know that I have a tendency to be self-deprecating. So my instinct here, when talking about me being this month's cover model after an eight-week transformation challenge, is to make a joke at my own expense.

But as we enter 2019, the world is no laughing matter. Whatever your particular political persuasion, the reality is we live in angrier, more volatile and less certain times. Working hours are longer, we are busier and more stressed than ever, and free time comes and goes in the blink of an eye. Indeed, it can often feel like we have no control over any aspects of our lives. But there is one area in which only we have a say: our health.

I've put myself on this month's cover to prove to you that neither age nor a lack of time or energy is a valid reason not to take control of the most important thing you'll ever have. Money can't buy it, and what you learn about yourself and your capabilities when training for a body that looks, feels and performs better is priceless. Turn to p34 to find out how I did it, because then you can too - and make 2019 the year in which you can't stop smiling.



**Joe Warner, editorial director**  
**@JoeWarnerUK**

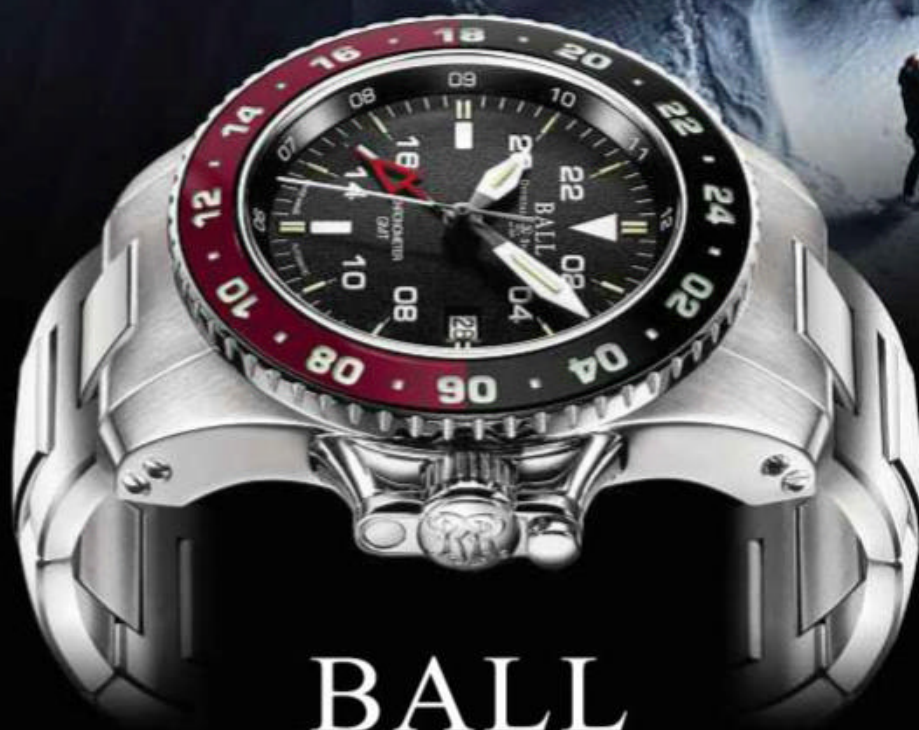


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# Instant fit tips

Here's our top four quick-hit insights from the pages of this month's issue



p77

## 1 EZ does it to win the arms race

Are you still cranking out the dumbbell biceps curls to transform the size of your arms? Put the bells down and curl an EZ-bar instead. Its undulating handle means you recruit more muscle fibres, which leads to faster growth.

**Find out more p77**

## 2 Go back to basics to build a bigger chest

Hitting your chest from a variety of angles is crucial to adding size, but you first must master the flat bench press to build a bigger chest. New research found chest muscle fibre activation was greatest in the classic lift.

**Find out more p11**

## 3 Swap out smoothies for a healthier snack

Smoothies have a reputation as the ultimate health drink, but many shop-bought products have as much sugar as a can of cola and also lack some crucial goodness. There's a better way to get the nutrients you need.

**Find out more p67**

## 4 Get in the groove with new moves

When did you last try a new lift? Doing the same moves every session limits your potential and gets dull fast. Shake things up with snatch-grip overhead presses, or overhead lunges to smash through that plateau.

**Find out more p92**

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