

The 25 Fittest Guys of 2012

Mens' Fitness

EVERYTHING FOR EVERY MAN

YOUR GUIDE TO RESULTS!

**ADD
MUSCLE
& DROP FAT
FROM HOME**

**EASY
MEALS TO
FUEL YOUR
GAINS** P.106

**BEAT BACK
PAIN IN
SECONDS** P.116

**Your
Ultimate
CHEST
BUILDING
PLAN** P.96



**MARIA
MENOUNOS**
GET THE BODY
SHE WANTS

**GET LEAN
IN
20
MINUTES**
P.118

**RESET
YOUR
HEALTH**
P.88

**SHATTER
STRESS
THE EASY WAY**
P.32

DECEMBER 2012
DISPLAY UNTIL: DEC. 17, 2012

\$4.99US \$5.99CAN 12>

0 71486 51083 3

THE

25 FITTEST GUYS

OF

2012

When you put fitness under the microscope, it's an intricate patchwork of millions of little decisions. According to a study conducted by researchers at Cornell University, we make an average of 221 decisions each day—and that's just about the food we eat. Past decisions have formed the men we are today, and today's decisions will weave together the fibers of who we'll be tomorrow. While an apathetic approach can cause it all to unravel, good, conscious decisions can pull us together and propel us toward our goals. The men on the following pages understand this, and in 2012 they proved it. From the London Olympics to two of the top-10 highest-grossing films of all time, the field is diverse. They're actors and athletes, and doctors and DJs. At the end of the day, though, they're just everyday guys who made good decisions.

By the editors of **MEN'S FITNESS**



THE ENTERTAINER

Chris Pine

He may have traded action movies for chick flicks in 2012, but Captain Kirk will be back soon with the sequel to 2009's *Star Trek*, scheduled for release this May. For what is bound to be one of the biggest hits of the summer, Pine has expanded his training from the weight room to the boxing gym and taken up additional cardio in the form of jogging and hiking. He's also been spotted smelting a sweat on the set of his next film, CA action-thriller *Jack Ryan*, due out by Christmas 2013.

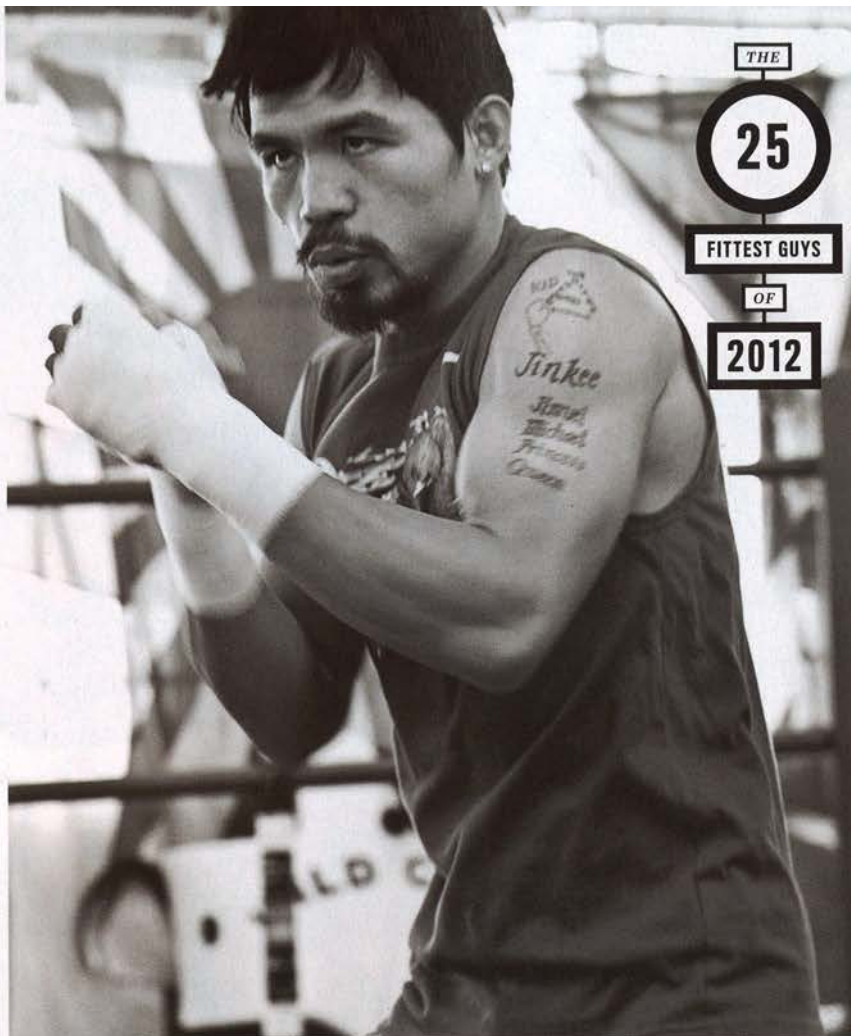
>> "Responsibility is only what you place on yourself," Pine says.

HEAVY
HITTER

Manny Pacquiao

You can't win 'em all, but most boxing pundits agree that the legendary welterweight was robbed last June in his fight with Timothy Bradley. Prior to that, "Pac Man" had triumphed in 15 straight bouts. **It might be some consolation to him to know that he still holds the title of "best abs in boxing,"** thanks to a relentless regimen of around 15 ab exercises, including leg lifts, jackknives, and crunches—done for 50 reps each.

➔ To fuel workouts that often burn in excess of 2,500 calories (that's not a typo), Pacquiao consumes around 7,000 high-quality calories a day.



THE

25

FITTEST GUYS

OF

2012

THE
LEADING
MAN



BRADLEY COOPER has never shied away from physical roles. It wasn't too long ago that an unemployed Cooper pranced around his backyard in bike shorts, filming himself kicking trash cans in an attempt to land the role of an MMA fighter. He didn't get the part, but Cooper eventually got his shot in 2010's *The A-Team*. To look the part of an ex-special forces soldier, Cooper went through a grueling six-month transformation, the results of which were so stark that even he had trouble recognizing his body in some fight scenes. He's since become an A-list MVP, and don't worry: *Hangover Part III* is definitely in our future. ➔ Cooper cut out sugar, salt, and flour for six months prior to shooting *The A-Team*.

THE MAN OF STEEL

Henry Cavill

Following in the footsteps of fellow countrymen Christian Bale and Andrew Garfield, next year Cavill will portray an iconic comic-book superhero. To become the **Man of Steel**, Cavill enlisted the help of Mark Twight, the trainer who led the Spartans of 300 to glory (in the gym, at least). Fueled by a protein-heavy, 5,000-calorie diet, Cavill's grueling workouts center on long, high-rep circuits incorporating free weights, kettlebells, and calisthenics, and in his downtime he emphasizes recovery to ensure not a single rep goes to waste.

➔ Cavill takes eight breaths between exercises. That's it.



▲
CAVILL DOES LONG, HIGH-REP CIRCUITS WITH FREE WEIGHTS, KETTLEBELLS, AND CALISTHENICS.



THE CONTRADICTION

JON HAMM

Don't be fooled by the chain-smoking, booze-swilling character he plays on AMC's *Mad Men*. Jon Hamm is Don Draper's antithesis. Off-screen, he stays fit with tennis and frequently hits the links—he also participated in this year's MLB All-Star Legends and Celebrity Softball Game. He doesn't smoke, either (only herbal cigarettes for the show), and enjoys a vegetable-heavy diet, due in part to his vegetarian girlfriend who he says does most of the cooking.

➔ Mentally fit: Hamm has used therapy to deal with tragedy.

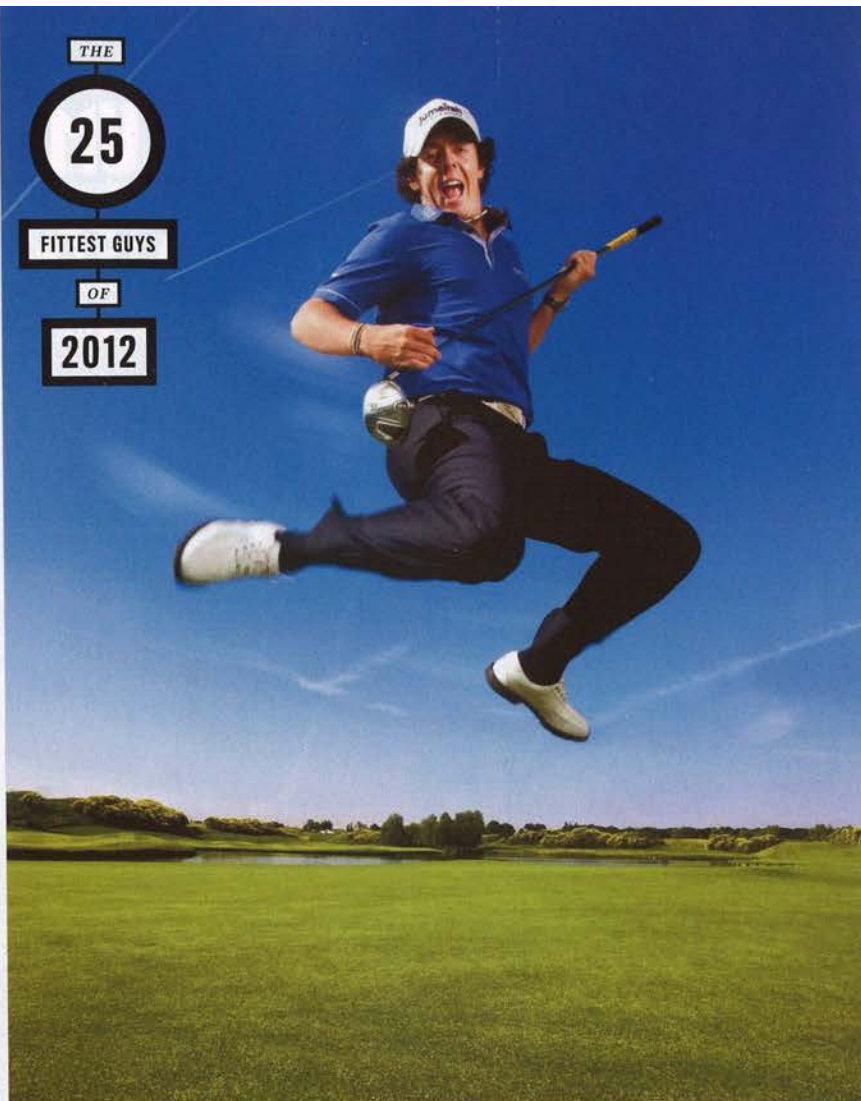
THE

25

FITTEST GUYS

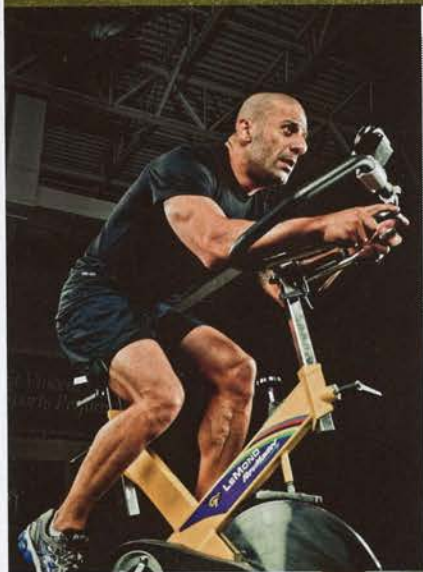
OF

2012



RORY MCILROY

After winning the U.S. Open in 2011 and the PGA Championship in 2012, this 23-year-old, club-swinging prodigy is on track to become the next Tiger Woods. A far cry from the skinny kid he was when he started, “the Intimidator” bulked up this past year with the help of trainer Steve McGregor, Ph.D. Once sensors singled out which muscles he relied on most for his swing, McIlroy began strength training, doing single-arm and single-leg workouts, and focused on improving his balance. Outside the gym, he’s been known to trade the course for the court, playing tennis with girlfriend and WTA pro Caroline Wozniacki.



▲ **“WHEN YOU’RE FIT YOUR BODY RECOVERS MUCH QUICKER [FROM INJURY] THAN THE AVERAGE PERSON.”**
TONY KANAAN



THE ROAD WARRIOR

Tony Kanaan

“People don’t realize how intense IndyCar is,” says 37-year-old Tony Kanaan, one of IndyCar’s most prolific performers, and Luminox timepiece ambassador. “We don’t have power steering. We sit beside two radiators that work at 120 degrees each while wearing a fire suit with three layers and a helmet. And you’re pulling three to four G’s per corner.” Needless to say, physical and mental conditioning are key. Luckily, Kanaan is, in his words, an exercise freak. “If I’m home for seven days, I’m lifting probably every day of the week, apart from one day that I’ll take off,” he says. “I do triathlons as well. I did the Iron Man last year.” And you thought all he did was turn left all day.

▶▶ Kanaan allows himself one cheat meal a week, “otherwise you go crazy.”

THE MULTITASKER

Rick Yune

Somewhere in between business school and acting, the former Bond villain was one of the leading contenders for the American Olympic taekwondo team. “I actually went to the U.S. Training Center and worked there for a bit,” says Yune, 41. “I did Golden Gloves [competitions], too.” A few years later, while interning on Wall Street, Yune got discovered. Fast-forward through a couple of modeling jobs and Yune found his breakout role as the villain Zao in the 007 film *Die Another Day*. Today, Yune still blends his passions for martial arts and acting, most recently starring with Lucy Liu and Russell Crowe in the martial-arts blockbuster *The Man with the Iron Fists*.

▶▶ Yune was the first Asian-American male to model for Ralph Lauren and Versace.

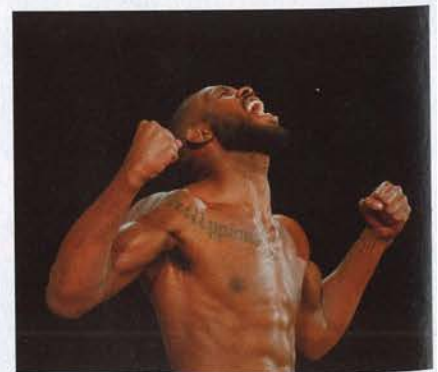
THE CROWD-PLEASER

Jon Jones

While “Bones” Jones is the most dominating mixed martial arts fighter not named Anderson Silva, MMA fans scrutinize him for refusing to fight UFC middleweight contender Chael Sonnen—on short notice—and for taking on former training partner and friend Rashad Evans.

Still, the 25-year-old light-heavyweight champ seems unbeatable, finishing one opponent after another in a flurry of elbows, back fists, and throws. In an unpredictable sport where titles are always changing hands, Jones shines in giving fans, promoters, and sponsors what they need: a winner.

▶▶ 17-1-0: Jon Jones’ official UFC fight record at just 25 years old.



● LEARN MORE ABOUT JON JONES’ INCREDIBLE STORY AT MENSFITNESS.COM/JONJONES

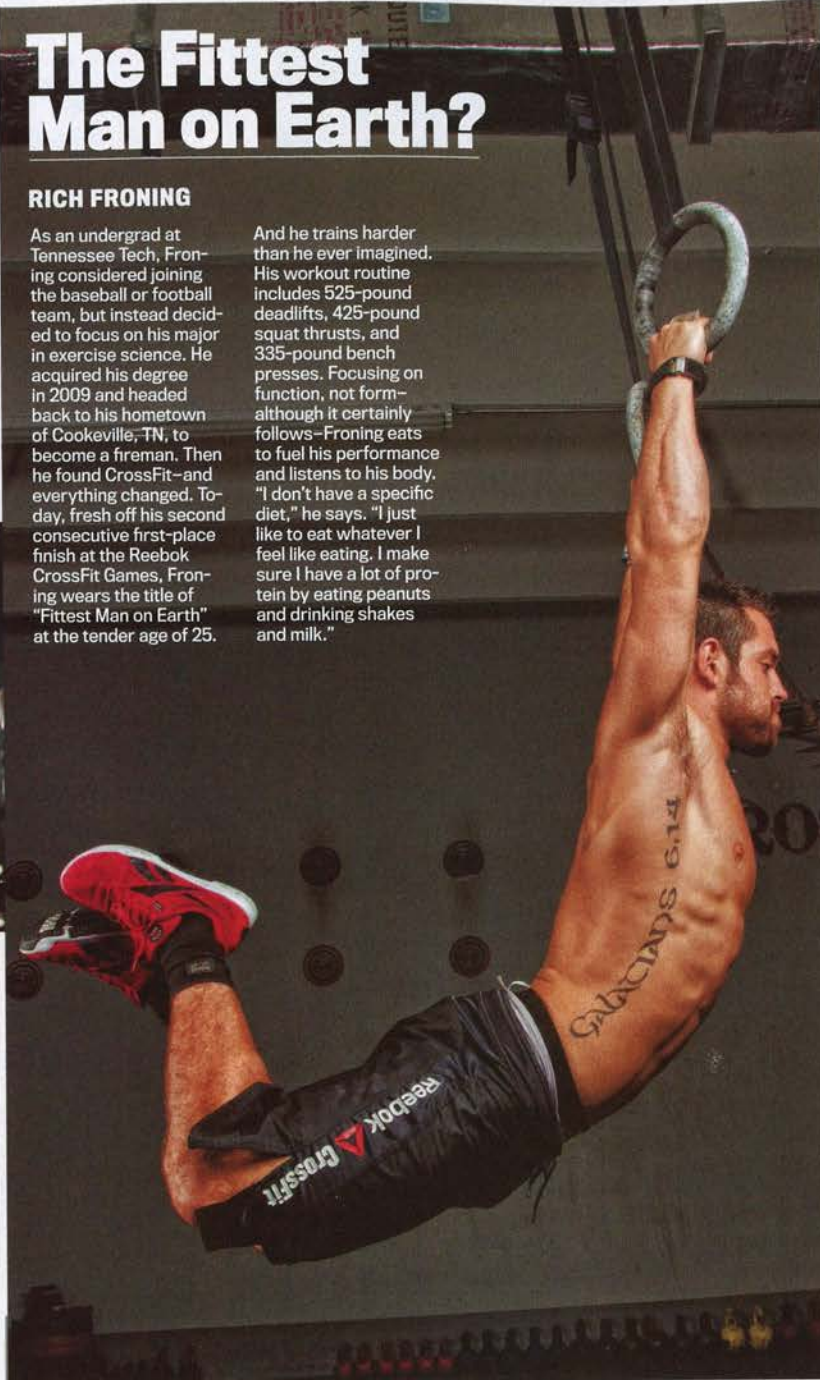
THE
25
FITTEST GUYS
OF
2012

The Fittest Man on Earth?

RICH FRONING

As an undergrad at Tennessee Tech, Froning considered joining the baseball or football team, but instead decided to focus on his major in exercise science. He acquired his degree in 2009 and headed back to his hometown of Cookeville, TN, to become a fireman. Then he found CrossFit—and everything changed. Today, fresh off his second consecutive first-place finish at the Reebok CrossFit Games, Froning wears the title of “Fittest Man on Earth” at the tender age of 25.

And he trains harder than he ever imagined. His workout routine includes 525-pound deadlifts, 425-pound squat thrusts, and 335-pound bench presses. Focusing on function, not form—although it certainly follows—Froning eats to fuel his performance and listens to his body. “I don’t have a specific diet,” he says. “I just like to eat whatever I feel like eating. I make sure I have a lot of protein by eating peanuts and drinking shakes and milk.”

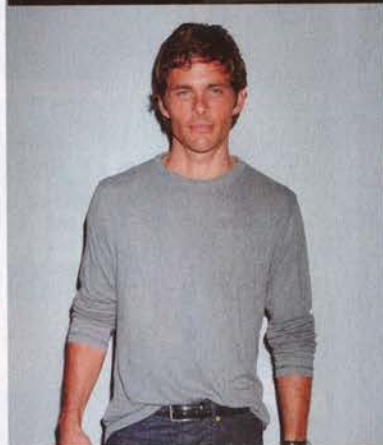


THE
BRAWLER

TOM HARDY

Back in 2008, Hardy proved he could bulk up fast—and learn to fight—when he played “the most violent prisoner in Britain” in the critically acclaimed *Bronson*. That role undoubtedly laid the foundation for the intense circuit and MMA training he would later go through to get in the best shape of his life for 2011’s *Warrior*. Hardy, 35, maintained his momentum in 2012, packing on 30 pounds of muscle for his role as Bane in *The Dark Knight Rises*, and as he prepares to take the lead in next year’s *Mad Max: Fury Road*, we can only imagine what Hardy is putting his body through at this very moment.

▲ **HARDY’S PRE-WORKOUT “BANE” BREAKFAST: PEANUT BUTTER ON TOAST AND A PROTEIN SHAKE.**



THE HAPPY MEDIUM

James Marsden

Being the fittest isn’t a strictly physical pursuit, and it certainly isn’t just about being the guy with the sharpest abs in the room. Former *X-Men* star James Marsden used to be that guy, and he didn’t like it one bit. That isn’t to say you shouldn’t strive for the physique of your dreams—as long as that’s what you really want in life. For Marsden, the lifestyle that his body required to

maintain single-digit body fat and stone-carved musculature made him unhappy. So he loosened up his diet and workouts. Today, Marsden spends less time in the gym but is still in incredible shape. His secret? Regular outdoor activities like pickup basketball, volleyball, and football with his friends.

▶▶ Marsden’s physique philosophy: Let your body reflect the lifestyle you enjoy.

THE SUPERHEROES

Here’s the thing about CGI: Unless you’re playing the role of the Hulk, it won’t do you much good in the muscle department. It’s also expensive. And in this economy, studios don’t hire scrawny actors to play buff superheroes when they can hire, well, buff superheroes. OK, fine—not real superheroes, but you get the point: **Actors can no longer rely on their thespian talents alone when it’s time to save the world from inevitable destruction.** Through months in the gym and relentless dedication, these men have transformed their bodies to meet the nearly unattainable expectations of arguably the most unforgiving group of moviegoers on the planet—comic-book fans. More important, they proved to the rest of us that it can be done. They may not be real superheroes, but they’re sure as hell men we can look up to.



HARDY: RON PHILIPS/WARNER BROS PICTURES RELEASE T.M. & © DC COMICS; FRONING: KEVIN HORTON/REEBOK; MARSDEN: JENNIFER GREYLOCK/UP! STUDIOS; SIDEBAR: COURTESY STUDIOS



Kellan Lutz

We'll admit that the Twilight saga isn't one of the manliest franchises out there, but enduring one of these movies with your girl could earn you some serious points. (Quick tip: **Eclipse** and **Breaking Dawn Part I** have the most fight scenes.) In fact, it was training for those fight scenes that helped actor Kellan Lutz bulk up and add definition to his upper body. Starting with a six-week "fighting camp," followed by regular cardio and gym work that included core exercises like V-ups and muscle-building lifts like barbell front squats and various free-weight presses, **Lutz forged a physique worthy of the big screen and a starring role in 2013's Tarzan.**

➔ Lutz sharpened his abs on set for **Generation Kill**, where he challenged cast members to pushup and situp competitions.



THE STEAMROLLER

The Rock

Walking tall at an intimidating 6'4" and weighing in at 275 pounds, 40-year-old Dwayne Johnson is still the iconic symbol of fitness he was when he first stepped into the wrestling ring back in '96. And a single glance at his Twitter page is enough to see that he

hasn't lost any steam, either. A vocal proponent of consistency, Johnson adheres to the same workout regimen that helped him drop 25 pounds and cut his body-fat percentage in half in less than a four-month span for his early roles in **Walking Tall** and video game **Spy Hunter**.

➔ Johnson has revisited his place in the **WWE** and has two new movies in 2013.



THE PRODUCT

Alexander Ovechkin

With a two-time Olympic medalist with the U.S.S.R. women's basketball team for a mother, and a former pro soccer player for a father, Alexander Ovechkin likely didn't raise many eyebrows at the dinner table when he made his pro debut in the Russian Superleague with Dynamo Moscow at the age of 16 back in 2001. That may have changed when he was selected by the Washington Capitals as the No. 1 pick in the 2004 NHL Draft. If that still wasn't enough, perhaps his two subsequent NHL MVP trophies were. Regardless, Ovechkin is still in pursuit of the ultimate prize—the Stanley Cup. And maybe a heartfelt pat on the back, too.

➔ Ovechkin returned to Dynamo this year to stay fit during the NHL lockout.



THE ACTION HERO

Sam Worthington

Not long after his 30th birthday, Worthington found himself living out of his Toyota Camry, having auctioned off everything to his name in exchange for \$2,000. The break he'd been longing for came when James Cameron recruited him for the lead role in what would go on to become the highest-grossing film of all time. Since **Avatar**, Worthington has starred in high-profile action thrillers like **Terminator Salvation**, **Clash of the Titans**, **The Debt**, and **Man on a Ledge**. In addition to his work on-camera, the versatile action star also found time to take on the voice of Alex Mason in the **Call of Duty: Black Ops** video-game franchise.

➔ Worthington credits his success to sticking with his passion, no matter what.



"I'LL GO FOR A RUN, DROP, AND DO SOME PUSHUPS, LUNGES, AND PULLUPS."
KELLAN LUTZ



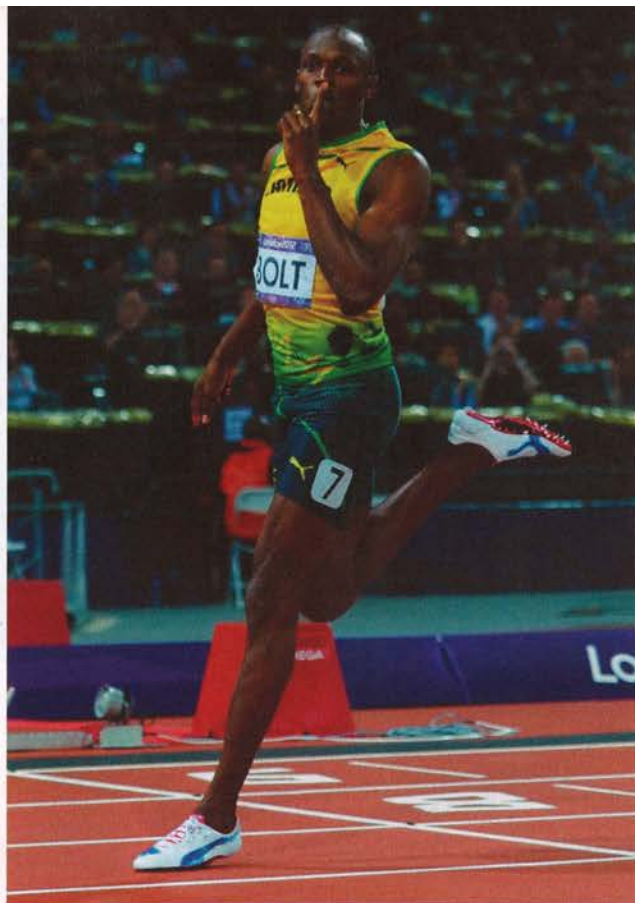
LIAM HEMSWORTH

Between promoting **The Hunger Games** and managing his engagement to Miley Cyrus, it's amazing that Hemsworth has had time to work out at all this year. Luckily, it's mostly maintenance at this point. To prepare for the box-office hit, the actor adopted a Navy SEAL-directed regimen supplemented with boxing training to ultimately arrive on set an impressive 20 pounds lighter than when he first accepted the role. For **The Expendables 2**, he did the exact opposite, packing on muscle to fit in among the gargantuan likes of Sylvester Stallone and Arnold Schwarzenegger. When he's not shapeshifting between roles, the 22-year-old gets his kicks on his surfboard but still manages to make his way into the gym to lift weights three to four times a week.

➔ Hemsworth's go-to meals to stay in shape: fish, vegetables, and chicken stir-fry.

LIAM HEMSWORTH: JEFFREY MATTIOLI/GETTY IMAGES; LUTZ: JEFFREY MATTIOLI/GETTY IMAGES; OVECHKIN: JEFFREY MATTIOLI/GETTY IMAGES; WORTHINGTON: JEFFREY MATTIOLI/GETTY IMAGES

THE
25
 FITTEST GUYS
 OF
2012



THE BLUR

Usain Bolt

Whether or not Bolt will line up on the blocks in Rio in 2016—the Jamaican sprinter has hinted that London may have been his last Olympic Games—there's no denying that “Lightning Bolt” is still, at present, the fastest man on the planet. At this year's Olympic Games, Bolt took home three gold medals for his second consecutive Games after setting an Olympic record in the men's 100m sprint, leading the Jamaican men's 4x100m relay team to victory in world-record time, and becoming the first man to win two Olympic titles in the 200m sprint.

➤ At the Beijing Games in 2008, Bolt became the first man in Olympic history to set new world records for both the 100m and 200m sprint events in a single Olympic Games.



THE HOLLYWOOD ELITE

Daniel Craig, Sylvester Stallone, Tom Cruise, Mark Wahlberg, Bruce Willis, Will Smith, and Ben Affleck

If you were to cut together a montage of the greatest moments in action movies and then remove all the scenes starring these men, you'd be staring at a blank screen. From *Rambo* to *Die Hard*, the films these A-list stalwarts have immortalized have helped define genres and, by showing us that ordinary guys can achieve extraordinary things, maybe even our abs. We know we'll probably never need to pull ourselves onto the roof of a skyscraper, or hoist a wounded soldier into a chopper as the ground below crumbles, but we'll still go for that extra rep—just in case.

▼
 THE KING

LeBron James

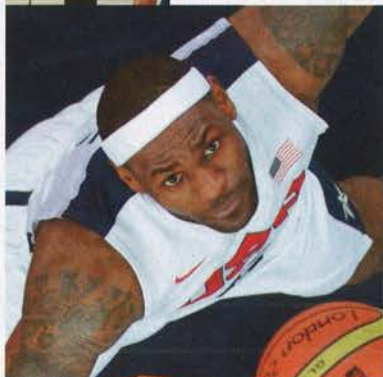
It's been a good year for King James. With the NBA title, MVP awards, and an Olympic gold medal locked up, there really isn't much else the Miami Heat star could have asked for. And while we can't say that it hasn't gone to his head, it's clear that James at least still has his head in the game. “Basketball is my life,” says James, who's been spotted amidst traffic riding his bicycle to home games. While his training comprises much of what you'd expect of an elite athlete, it's James' on-court mentality that sets him apart. “I don't have a role,” he says. “I just try to put myself in a position out on the floor to succeed.”



◀
 THE AGE-DEFIER

Dr. Life

You've probably seen the photo online—a shirtless septuagenarian boasting the body of a 30-year-old.



That's Dr. Life, author of the NYT-best seller *The Life Plan*, and he's the real deal. Using his own body to prove that testosterone and human growth hormone [HGH] therapy can boost longevity at virtually any age, Jeffrey Life, M.D., Ph.D., is challenging the way we perceive aging. Of course, that body didn't build itself. “I do resistance training four or five times a week and Pilates for flexibility three times a week,” says Life, 74. “I'm also big on eating small, low-glycemic, low-fat meals—four or five a day.”

“IF YOU'RE LACKING OR DEFICIENT IN ANY ONE AREA THEN YOU'RE NOT GOING TO BE AS SUCCESSFUL—IT'S THAT SIMPLE.”
 DR. LIFE

THE LEGEND

MICHAEL PHELPS

“When I was preparing for the Olympics, I trained from 7 a.m. to 6 p.m. with a few breaks in between, and I swam about 10 miles a day,” Phelps says. “When I'm not in the pool all I want to do is sit on my couch and relax.” Well, now he can. After blowing the competition out of the water in London, Phelps added six more medals to his trophy case (or is it a warehouse?), bringing the grand total to a whopping 22 Olympic medals, of which 18 are gold. Now officially retired, Phelps can rest easy knowing that he will be remembered as one of the greatest athletes



to ever live. Consider that the next-most decorated Olympic athlete's gold medals are still in the single digits, and it's safe to say that “the Baltimore Bullet” is confident in his legacy. “I've been golfing a bit, and I want to do more of that,” he says.

➤ “I play my sister in *Words with Friends*, and my mom, too. Phelps just have that competitiveness inside them. We don't want to get beat.”

THE

25

FITTEST GUYS

OF

2012



Michael Strahan

Nearly four years after retiring from the NFL on a Super Bowl-winning season, Strahan is still the owner of the league's single-season sack record (22.5), a feat he attributes to playing for something bigger than himself. "The first three weeks of that season I didn't have any sacks," Strahan says. "The first game after 9/11, we were in Kansas City, and I said I would play as hard as I could every week—for that. The next thing I knew, the season had turned into something great for me, and I was [able to set that record] in 13 games." A mammoth force on the gridiron, Strahan succeeded with finesse, skill, and brute strength. Nowadays, in his new role as co-host of *Live with Kelly and Michael*, he focuses more on core and body-weight exercises as opposed to slugging around heavy weights. "I work out to be more lean and fit," he says.

► "My squats and leg presses now use a lot more of my own body weight and focus on range of motion."

THE REINVENTOR

Dave Bautista

This year "the Animal" made the easy transition from play fighting in pro wrestling and the moves to real fighting in his first mixed martial arts bout in October. Changing careers also meant changing his body. To do that, he had to rebuild his workout regimen and the way he viewed nutrition. More endurance training and a tighter diet helped Bautista, 43, lose some 40 pounds. "I cut out sugar, pork, and red meat," he says. Supplements also played a role. "I take fish oil, vitamin D, coenzyme Q10, and milk thistle," Bautista says. "I didn't take whey protein for years because I don't think I needed that much protein, but my doctor said I should, and it's made a difference."

► "I'm in better shape now than ever. But I still throw up during workouts."

THE LIFE OF THE PARTY

DJ Pauly D

Paul DaVincchio has never tried to be anyone other than himself—and that's more from most celebrities can say. Since *Jersey Shore*, DaVincchio has used his newfound fame to turn his original passion into a thriving career. Spinning records at clubs around the world, he's living out his dream and taking care of himself to enjoy it to the fullest. In the gym, he trains four to five days a week, switching between free weights and machines each week, and hits his abs every other day with medicine ball throws and leg raises. To offset the negative effects of the party-hard lifestyle that comes with his occupation, he's also taken up hiking. "It's the ultimate workout," he says.

► "I make a two-hour mix and put that on my iPod to listen to at the gym."

THE TRANSFORMER

Channing Tatum

Even though he won't need to get in fighting form for his part in the upcoming *Foxtrotter*—a film about special-operations Olympic wrestler David Schultz that only goes to Mark Rutland—Tatum is no stranger to the art of the transformation. For his breakout role as an underground street fighter in 2009's *Fighting*, Tatum adopted a body-weight training regimen devised by New York-based personal trainer William J. Harris to drop nearly 30 pounds in three weeks. This year, Tatum proved that he's still got a few tricks up his considerable sleeves in *Magic Mike*.



► "Tatum followed a three-day-on, one-day-off routine to get in shape for *Fighting*."

THE FITTEST REGULAR GUY

D'Juan Woods

The personal trainer and former NFL player tells us how he won the 2012 Men's Fitness Ultimate Athlete challenge



► D'Juan Woods being crowned winner in Las Vegas, NV, by *Men's Fitness* editor-in-chief Michael De Madson.

MF: What did you think of the Ultimate Athlete challenge?
DW: I thought it was amazing. I hadn't seen a competition before that actually took athletics in itself and made a competition out of everything. It defined a true athlete. Every aspect of that competition took a different set of skills.

Why did you leave the NFL?
I have spinal stenosis with disk displacement. It was from a hit that I gave, actually. I played for three years—two for the Jaguars, and then I got hurt with the Saints. I was a wide receiver.

How do you train these days?
I try to challenge myself in any way that I can. I'm limited because of my neck injury, so I have to be careful. I no longer do a lot

of the explosive movements, but I try to mimic them as much as possible using bands, a medicine ball, and other equipment.

What's your workout philosophy?
I try to make everything functional because I believe in "go muscles," not "show muscles." I had no idea about the Ultimate Athlete challenge until a week before the actual competition. I worked out twice training for it.

What's your diet like?
I increase my complex carbs, like sweet potatoes, red potatoes, and brown rice, when I need an energy source for high-level workouts. Otherwise I try to cut as many carbs as I can. A typical meal would be a five-ounce chicken breast, asparagus, and half an avocado. I'll also substitute salmon for my meats. And I eat four or five meals a day. Then again, I have my days when I just can't help myself and I have to go get something that's bad for me. You've gotta have a few of those.

Do you play any football at all?
When you get hurt in something you love so much, that itch doesn't go away—you have to scratch it from time to time. So I play a little flag football—no contact—just to feed the monster until my body says, "You're too old for this."

Any advice to share?
I have a saying that I tell my clients when I end each session:

One day at a time—one day after one day. Before you know it you have a week. There are four weeks in a month, and 12 months in a year, but nevertheless, it all begins with one day. After I hurt my spine I put on a lot of weight. I got stress-induced alopecia, I lost my hair. I actually have a head shot [you can find it on the Internet] and you can see, I'm fat-faced and bald-headed. It's terrible. I look like Jabba the Hutt from *Star Wars*. And one day I just said to myself, "Stop feeling sorry for yourself. Football is no longer an option. Start fighting back." And I thought, "If I just go at it one day at a time, if I eat clean for just one meal—don't worry about dinner, just eat lunch clean—then when dinner comes, I'll worry about eating clean for dinner." Slow and steady wins the race.



► "JUMP ROPE, SHADOWBOXING, HITTING THE HEAVY BAG, SPARRING—THAT REALLY GETS YOU SHREKED." DJ PAULY D



► "I'm in better shape now than ever. But I still throw up during workouts."



► "Tatum followed a three-day-on, one-day-off routine to get in shape for *Fighting*."

WHAT THE ELITE EAT.

Train like the best with the protein-packed Turkey Breast. Try one made just the way you say with all your favorites from juicy tomatoes to kickin' jalapeños, even crisp spinach.

subway.com

SUBWAY

THE OFFICIAL TRAINING RESTAURANT OF ATHLETES EVERYWHERE™

► READ THE FULL INTERVIEW WITH DJ PAULY D AT MENSFITNESS.COM/PAULYD