







STRONGER, FASTER, BETTER

# Men's Health

**THE BEST NEW FOODS FOR MEN**  
Crunch, Munch, Gulp.

**This Is 50!** → **DAVID BECKHAM**

**ON GETTING OLDER**  
**GETTING STRONGER**

...and His Space-Age Supplement Line

**How METABOLISM HYPE Took Over the World**

**Fit at Any Age**

- More Muscle
- More Energy
- More Fun

**SPEED TRAIN YOUR BRAIN**

Back to Back

MARCH/APRIL 2015  
men'shealth.com  
\$7.99 US \$9.99 CAN

## Denim's NEW FLEX

Athleisure is great and all, but let Captain America actor **DANNY RAMIREZ** introduce you to the awesome next generation of jeans.

**FUNCTIONALITY IS BACK**

Lots of big pockets, rivets for reinforcement, the hammer legs—harder jeans have returned (and, be honest, you miss 'em). Cap offers the railroad-striped pair, which comes double-reinforced at the knees for extra durability.

Price: \$125  
Available at: American  
\$110 at: Converse.

**The BEST SHOES to Wear With Jeans**

**NIKE CITY**  
The Nike CITY unites suede and mesh for enhanced breathability. It's casual but still classy—and works best with straight-leg jeans. \$100

**G.H. BASS LAGDON WEARJUNG DRAFT**  
From the floor to date night, it's built with real leather, which means blue, gray, and, yes, even white jeans pop. \$175

**ASTORLEY**  
The ergonomics creep no wear and what not

NIKE CITY  
ASTORLEY

## THE NEW SCIENCE TO SUPERSIZE YOUR MUSCLE

Emerging research has given us an efficient path to building muscle. Leverage that (and rethink how you're eating for gains) with this workout plan.

BY EBENEZER SAMUEL, CSCS

**THE SECRET TO** building muscle has always been about the reps. But that doesn't mean what you think. We're often taught that 8- to 10-rep sets are the key to unlocking hypertrophy, the increase in the size of our muscle fibers that results in what we know as muscle growth. But new research shows that's not the case. According to a meta-analysis, you can build muscle with almost any rep scheme, as long as the move is repeated until near-failure.

This doesn't mean maxing out every set. Instead, it means using a full range of motion on every exercise, because your muscles generally experience their best growth potential as they're stretching out. Think of the bottom of a bicep curl, when your arm is nearly straight, as the key to unlocking the arm growth you want. You also need to push sets to the edge with science-backed advanced techniques like partial reps (smaller movements you do when you've exhausted your ability to do full-range exercises) and drop sets.

That's where our eight-week starter guide to hypertrophy training comes in. In these two workouts, you'll learn exactly how to dominate the key moments of each rep and set, so you can maximize muscle-growth potential—and you'll train body and mind to understand how hard you can push. (A bonus: You'll get some difference-making nutrition tips, too.) And once you've crushed this session and want more, we've got you covered with our new Ultimate Muscle-Building hub, available at [Men'sHealth.com/muscle-building-plan](http://Men'sHealth.com/muscle-building-plan).

**Workout Schedule**

Train four days a week, doing each workout twice per week. On alternate days, aim to get in light activity (think: taking a walk). On at least one nontraining day, push your self-therapeutic, going for a 20-minute run, taking a great fitness class, or playing foosball.

DAY	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LOWER BODY	UPPER BODY	REST	LOWER BODY	UPPER BODY	REST	REST

**1. HYBRID SUMO DEADLIFT**  
Stand with your shoes touching a loaded barbell. Feet just wider than shoulder-width apart. Push your feet back and lower your hips. When your hands can grasp the bar, stand explosively on your arms, back leg. Stand explosively on your arms, back leg. Lower to start your next rep. Do two sets of 6 to 8 reps, then two more sets of 4 to 6.

**2. LANDMINE FRONT SQUAT**  
Place one end of a barbell in a corner and the other end in the center wall in your gym, with weights. Stand next to the end with weights and press the sleeve with both hands. Hold it at your chest, standing with feet slightly wider than shoulder-width. Bend at the knees and hips, lowering until your thighs are at least parallel with the floor. Lift lower than your glutes. Do three sets of 8 to 10 reps. During the final set, immediately after doing 3 reps, do 4 partial reps, lowering all the way, then driving halfway up to standing position.

**3. BARBELL FRONT-FOOT-ELEVATED SPLIT SQUAT**  
Stand with a loaded barbell, left foot on a three-inch elevation (a pair of 20-pound plates or a small step should work). Step your right foot on a light knee an inch from the floor. Shift back to the start. That's one rep. Do one light warm-up set, then do two sets of 8 reps per side.

**4. HIP THRUST**  
Sit on the floor, shoulders blades against a bench near your butt, a loaded barbell above your hips. Your hands lie on the barbell. Squeeze your glutes, driving the barbell up to create a straight line from your knees while still flexing your lower leg to whittle any fat on the floor, then drive up. Do two sets of 12 reps. After rep, sit back on the floor. Rest 30 seconds. Then do another.

**WARMUP: SPIDERMAN LUNGES**  
Start in pushup position, shift your right foot to your right hand, then your left leg straight up. Shift your left glute back and hand toward the starting position, then repeat on the other side. That's one rep. Do one light warm-up set, then do two sets of 8 reps per side.

**START HERE**

**IF YOU'RE TIRED**

## SKECHERS HANDS FREE Slip-ins GLIDE-STEP

**HOWIE MANDEL**

**HANDS FREE, JUST STEP IN & GO**

Introducing new Skechers Hands Free Slip-ins™. Putting on your shoes has never been easier. No bending over. No putting them on. JUST STEP IN AND GO.

Exclusive Heel Pillow™ holds your foot securely in place.

**No Bending Over.**  
**No Touching Shoes.**  
**Just Step In & Go.**

NEVER HAVE TO TOUCH YOUR SHOES AGAIN™

LEARN MORE

skechers.com