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# BOOT CAMP FOR GUYS

**Want to impress everyone with strong abs and a fit physique? Try this hardcore boot camp workout designed by San Diego boot camp instructor Chris Keith. Warning: It's not for sissies.**

By Chris Keith, CPT • Photos by Ralph DeHaan

**E**xercising 7 days a week, sometimes 2 and 3 times a day, for most is no easy task. Most of you may not even be able to fathom such a commitment, which is what my fellow recruits and I did at Naval Training Center San Diego before it closed. When I first got there, I was 17 years old, shredded and a very strong 185 pounds thanks to lifting weights and great genetics. I had no cardio training, muscle endurance or stamina, which is what you need to make it through boot camp with ease.

If you want to burn fat and become more athletic, then doing a boot camp workout is a great alternative to the sometimes monotonous traditional methods of that do very little to increase agility, strength, coordination, balance, flexibility, core strength, mental toughness and overall athleticism. With every routine in the boot camp classes I teach, the goal is to include

as many exercises as possible that engage more than one large muscle group at a time. We tend to follow a push, pull, level change pattern going from the small to larger muscle groups which has been proven to be very effective for injury prevention and has also been found to increase fitness levels all round at a very rapid pace. We also integrate core strength movements throughout each circuit. This will also aid in injury prevention and help you to perform better at anything you do in your time off.

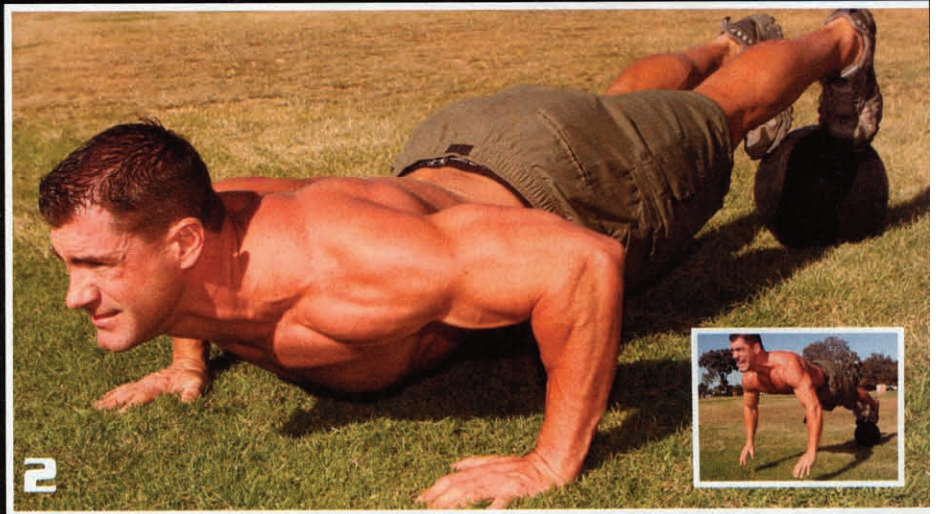
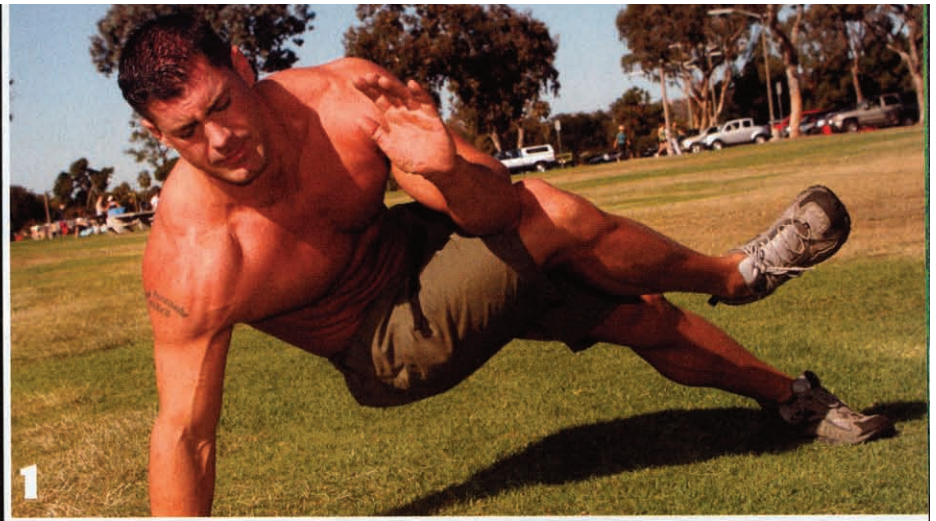
For the following routine, do as many reps possible in 60 to 120 seconds for each exercise and do the circuit as many times possible in 60 to 120 minutes. And, keep in mind this: the Marine Corps believe "pain is weakness leaving the body." It is a saying I have also grown to believe.

Good luck! **MS&F**

## THE PUSH-UP:

The most popular pressing movement performed in boot camp is the push-up. The best push-up variation for increasing core strength is done by bringing the opposite knee to the opposite elbow (picture 1). Bring your right knee to left elbow and left knee to right elbow alternating back and forth at the top of every rep. With every rep throw a twist in while just one hand and one foot are touching the ground and the torso is perpendicular to the ground. This is a great way to strengthen the obliques. Don't forget that strong obliques will always aid in maintaining a healthy low back and should always be the primary mover in trunk rotation and lateral bending.

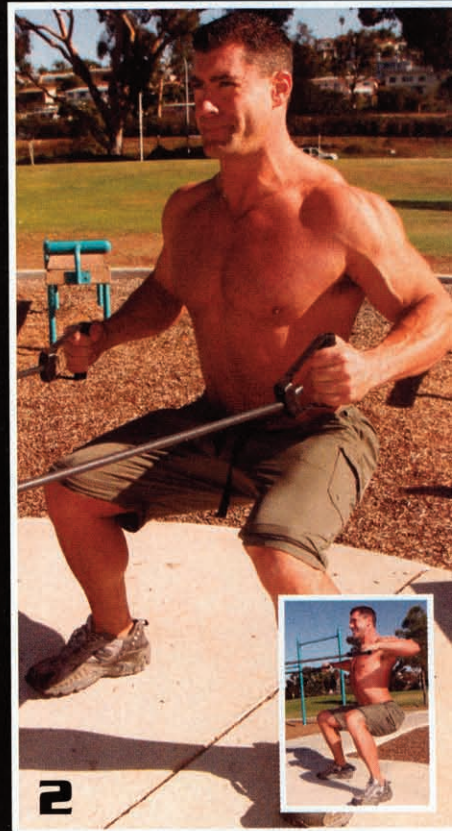
Next, do a plyometric push-up with both feet on a medicine ball (picture 2). This explosive movement should always be done toward the beginning of the routine to develop an insane amount of power.



## THE ROW:

Find a spot like a bar on playground equipment to hang from (with feet on the ground at an angle) to do some horizontal rows by pulling yourself up to the bar. (pictures 1a, 1b). Get the shoulder blades moving as much as possible. When you come down, your shoulder blades should be completely protracted and when you come up, you want to retract the shoulder blades and hold for a 2-second pause. Do until failure. Partial is accepted. This is actually a great way to progress into pull-ups.

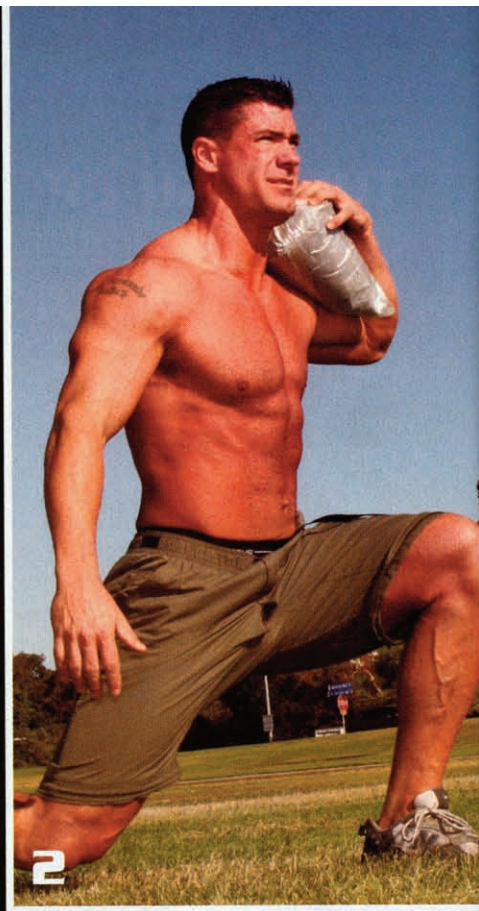
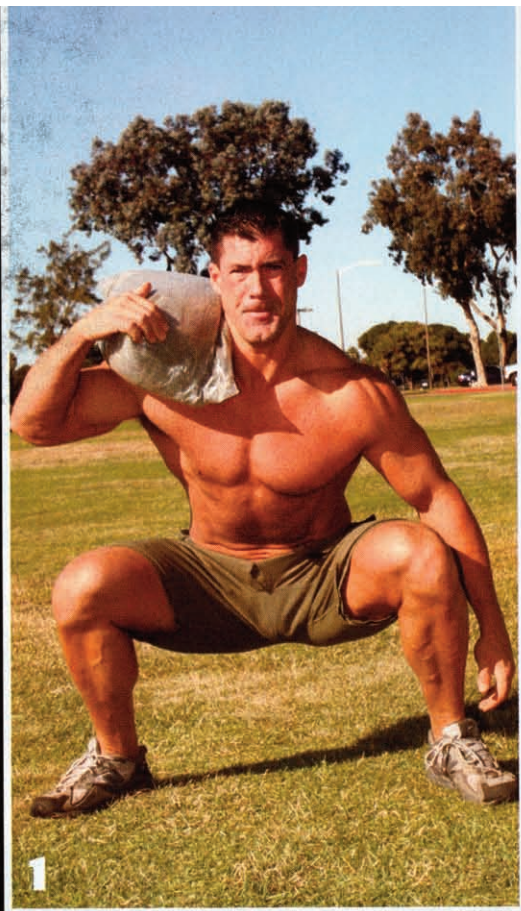
Next, do a row with tubing and alternate the movement with elbows tucked in at the sides (picture 2) then with the elbows elevated (inset) bringing the rear delts into the mix.



## THE SQUAT:

Squats are the most effective exercise for increasing lean body mass, decreasing body fat and strengthening the glutes. There are several different variations of this big-daddy movement, but sand bag squats have proven to be very effective at integrating the core. Throw a 45-pound sand-bag over your shoulder and do deep squats (picture 1) for a minimum of 60 seconds. After that get the next side for another 60 seconds.

Next, do alternating lunges (picture 2) with the sandbag over each shoulder.



## THE TIRE FLIP:

Tire flipping is an exercise that involves almost every muscle in the body and is a great finisher. To do this exercise, get down into a deep squat position, making sure your back is straight, and get your arms under the tire. You want to “explode out of the hole” and keep that tire moving, sort of like you’d do for a heavy barbell squat.

Used tractor tires usually cost \$150 to \$300 dollars and are at times difficult to accumulate when you live in the city. But this training modality is a very effective boot camp training tool and will separate the soldiers from the sissies.

