

Could you be an international Jockey underwear model?

INTERNATIONAL
JOCKEY
 Contest '05

Leg curl

Works: the hamstrings, glutes and calves
 Lie face-down on the machine, or a bench, with your ankles hooked behind the lifting pads or your knees just over the edge of the bench. Holding onto the bench or handlebars where possible for support, your legs should be fully extended with some flex at the knee, your toes pointing

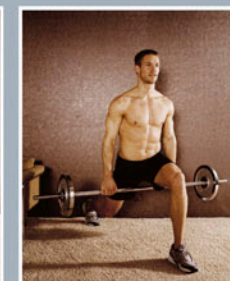
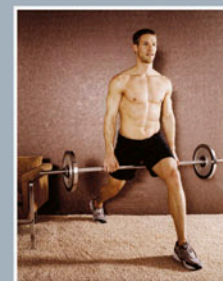
downwards. Next, slowly lift your feet, pressing your pelvis against the bench as hard as possible, and stop when your legs make a 90-degree angle; then return to the starting position. And go slow – three seconds up, pause, and three seconds – down to keep the muscle in suspension all through the exercise. Do three sets of 10 reps.



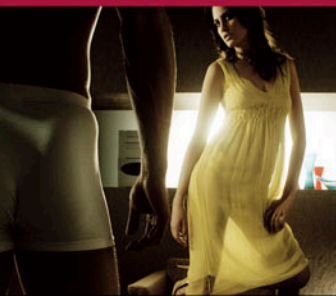
Extended lunges

Works: the hips, glutes and quads
 Hold the barbell between your legs, perpendicular to your body and parallel to the floor, your feet as far apart as is comfortable. Your arms should be fully extended at your sides, palms facing down and backwards to support the bar. Next, lean forward so your front leg makes a 90-

degree angle, hold for 2 seconds and return to the starting position. Again, try to control the movement through the whole range, counting to three on the way up and down to maintain tension in the muscle. Make sure you're comfortable through the whole range before you start applying weights to the barbell, when you'll see real gains. Do three sets of 10 reps.



ENTER ONLINE: www.jockeycontest2005.com



CASTING SESSIONS
WALES Wed 20th April, 10am-4pm, J T The Warehouse, 12-24 Belview Way, Swansea, SA1. (Tel: 01792 655231)
LONDON Sat 23rd April, 10am-4pm, Brent Cross Shopping Centre, London, NW4. (Tel 0208 202 8200) in conjunction with Fenwicks, Brent Cross
MANCHESTER Thur 28th April, 11am-8pm, Orient Way, Trafford Centre, Manchester. (Tel: 0161 923 4994)
SCOTLAND Saturday 7th May, 10am-4pm, Brooks, 37 High St, Lanark, ML11. (Tel: 01555 662970)

WIN WITH JOCKEY!

Show us how you shape up in a pair of the latest Jockey briefs and you could win the sort of prizes most men only dream about. As well as a free pair of Jockey briefs (worth £10) for every entrant, if you prove you've got what it takes to fight off all UK competition, not only will you get an all expenses paid trip to the European final in Germany, you'll also win a free Jockey sports outfit worth £250, including swimwear, sports tops, trousers and jacket. For the two UK runners-up, prizes include £100-worth of Jockey underwear, a 12-month gym membership and a year's free subscription to *Men's Health*. And should you go on to come top in the Munich final, you'll win the ultimate prize of an exclusive modelling contract with Jockey, and an all expenses paid, 3-day trip to the Big Apple for you and your partner, staying in a luxury

five star hotel. Then your gluteus maximus muscles really will be your prize assets. **WHERE** Three month-long casting sessions are being held throughout Europe, and the UK castings are listed to the left. Each entrant will be given a free pair of Jockeys to bare (almost) all in the provided photo booths. Alternatively, send in your own photo of yourself in your Jockeys to www.jockeycontest2005.com for a chance of bagging some of the spoils. **WHEN** The UK casting sessions run from 20th April to 7th May, the closing date for all entries. If selected to represent the UK, you'll fly free to the European final in Munich (plus free hotel) on 28th June to fight it out with our continental brethren for the fantastic prizes. **For Jockey product details and stockists, go to: www.jockeyuk.com or call 0800 0180655**

Terms & conditions: Men aged 18 and over are eligible to take part in the Jockey casting campaign either at a casting session or by submitting a photo of yourself online. You should be free from any third-party rights and agree to possible publication as well as eligibility conditions and transfer all rights to Jockey. Additionally, participants should be prepared to appear in public at the Final Event in 2005. Participation is only with a completely filled-out and signed participation form or, alternatively, a completed online form at www.jockeycontest2005.com. The winners will be notified in writing. The judges' decision is final. The prizes are not transferable and cannot be paid out in cash. This competition is not open to employees of The National Magazine Company Limited or our competition partners or their direct family members. Where The National Magazine Company Limited runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes, then The National Magazine Company Limited shall not be responsible for or have any liability for the provision of such prizes. The promoter is Jockey UK Ltd.