

ROCKY BALBOA

FIGHTING FIT WORKOUT

In celebration of the new Rocky Balboa movie, we've put together this routine to get you fit enough to eat lightning and crap thunder all within your lunch hour



a) JOG-N-SLOG
Warm-up with a slow run for five minutes. Keep your fists at head height. Punch forward by individually extending each clenched fist in front of you at shoulder height every 5-10 steps to warm your upper body. (5 mins)
Works: legs, upper body



b) STAIR CLIMBS
Bound up a staircase at least 100 steps high, making sure you don't skip a step. Keep your head and eyes down to watch where you're going and lift your knees high. Walk down the stair case and repeat. (5 mins)
Works: legs, core



d) BAR-BELL SQUATS
Rest a bar-bell on the back of your shoulders. Bend your knees until the bottoms of your thighs are parallel to the floor. Rise to the start position along the same path by straightening your knees. Do 3 sets of 10 reps, rest 60 seconds. (5 mins)
Works: upper legs and glutes



THE STEPS TO SUCCESS



TREE SETS OF LOG SQUATS

e) PUNCH-UPS
Lie on your back with your knees slightly bent. Get your partner to hold pads over you as you start hitting them from a lying position. Then your partner needs to withdraw the pads so you have to rise into a crunch to make contact. Reverse the movement. Do 3 sets of 30 seconds, rest 30 seconds. (3 mins)
Works: core, shoulders

f) DUMB-BELL WOODCHOPPER
Place a dumb-bell on the outside of your left foot. Grab it with two hands and pull it diagonally across the front of your body in an arc till it reaches shoulder height. Repeat to the other side. Do 3 sets of 8 repetitions on each side, rest 30 seconds. (2.5 mins)
Works: core



TRUNK WORKOUT



e

f



g) STATIONARY BIKE
Cycle slowly for 2 minutes on resistance level 12 at 105rpm. Increase the resistance level by one every 30 seconds until you reach level 16. Then decrease the resistance level by one every 30 seconds until you reach level 12. (5 mins)
Works: upper legs

h) CABLE RUNS
Clip a running harness between two cable cross-over towers. Fasten it around your waist and run forward as far it will allow then slowly walk back to the start. Do four sets of this then remove the harness and run the distance four more times. Repeat 3 times. (3 mins)
Works: upper legs



k) ONE HAND PRESS-UPS
Place your feet wide apart and rest your hand outside the shoulder joint. Put your other arm at your side. Lower your body until your shoulder is parallel to your elbow. Push back to the start. Perform 3 sets of 4-5 reps if you can. (3 mins)
Works: chest, core

l) SPARRING
Find a willing opponent, advisably a training partner who has just done this circuit. Get some head gear and go toe-to-toe with him until you've got nothing left to give. If you don't have a partner do three, 1 minute rounds hitting the punch bag, resting 30 seconds. (4.5 mins)
Works: total body



THE STALLION IS REARING!

i) UPPER CUTS ON BAG
Keep your knees bent and drop your right shoulder. Explosively drive up with your hips as you punch up into the bag. Pull the other hand to the side of your head to guard against a counter attack. Do this twice for 30 seconds, rest 30 seconds. (2 mins)
Works: shoulders, core

j) SPEED BALL
Adjust the speedball to shoulder height and stand front on to it. Keep your hands at shoulder height and hit the ball with your right hand then when it comes back hit it with your left. Perform 2 sets of 30 seconds rest 15 seconds. (1.5 mins)
Works: shoulders



MEETING OUT PUNISHMENT

ROCKY BALBOA

IN CINEMAS JANUARY 19

MH PROMOTION

The greatest underdog story of our time is back for one final round. Former heavyweight champion of the world Rocky Balboa (Sylvester Stallone) is stepping out of retirement and back into the ring, re-igniting the Academy Award-winning Rocky franchise for a sixth explosive bout. It's been over a decade since Rocky has pulled his gloves on in anger. His wife, Adrian, has died of cancer; his son, Rocky Jr, has grown distant. Now old Rocky runs a restaurant, where people come more for the boxing stories than

the food. But his quiet life erupts once more when a TV sports channel presents a virtual boxing match between the Italian Stallion and current champ Mason "The Line" Dixon. Rocky comes out on top. The virtual fight creates a media frenzy, and Rocky is offered a shot at Dixon. With the help of his trusted brother-in-law Paulie and longtime trainer Duke, Rocky enters the ring for a final showdown, giving him the chance to banish the demons he has faced since his wife's death.



ROCKY BALBOA COMPETITION

TO MARK THE RESURGENCE OF CINEMA'S BIGGEST-PUNCHING ICON, WE'VE GOT FIVE SETS OF ROCKY-RELATED GOODIES TO GIVE AWAY

Each set includes the definitive edition of Rocky on DVD, Rocky-branded boxing gloves, silk gown, shorts, T-shirt and Rocky Balboa punch bag. You couldn't be more Rocky unless you spar with a side of beef (we were going to include one of those in the prize sets, but health and safety got in the way). To be in with a chance of winning this killer combination of prizes, visit menshealth.co.uk/rocky

And for the trailer visit www.rockythemovie.com



OWN THE DEFINITIVE EDITION OF ROCKY ON DVD NOW!