



Boxing's toughest training routine has helped build Britain's finest world champion

**MEN'S HEALTH'S BEST-EVER CHALLENGE SIGN UP NOW!**

# THINK YOU CAN BEAT ME?

Amir Khan's incredible fitness regime has made him one of the world's toughest athletes - are you up to the challenge?

Amir Khan is a true champion. His amazing performances in the ring are based on dedication, mental strength, and a legendary fitness regime - backed up by his Reebok ZigTech training shoes. Who better to measure your own fitness against?

### CAN YOU PASS THE TEST?

This month, *Men's Health* celebrates the launch of Reebok ZigTech, the most innovative training shoe for years, by issuing our toughest invitation ever. We want you to pit your own fitness against Khan's in the Reebok ZigTech Challenge.

Inspired by the intense training programme Khan follows during his training camp in Los Angeles, the Reebok ZigTech Challenge is

a nationwide competition to find 10 athletes who can match Khan's performance. They'll be selected for a grand final later in the spring.

Like Khan, you'll need to build peak fitness, strength and endurance. You'll need to show similar levels of mental endurance to those Khan has shown in epic title fights. And like him, you'll benefit from the incredible energy-returning system in Reebok ZigTech trainers.

Whether you want to train as hard as Khan, or just show your mates they can't touch your personal best, the Reebok ZigTech Challenge is the perfect solution. As with all *MH* challenges, it's a great way to focus your training and enjoy yourself at the same time. Sign up today - and prove that you're a champion, too.

Reebok ZigTech, the trainers that are like an energy drink for your feet, are available in all major sports stores now. For more information on ZigTech, and where to buy, go to [menshealth.co.uk/zigtech](http://menshealth.co.uk/zigtech)



## THE REEBOK ZIGTECH CHALLENGE

Sign up for the Reebok ZigTech Challenge to transform your training in 2011. You can challenge your mates to beat your stats, fight your way up an elite leaderboard, and race for places in the grand final

### Three exercises - 60 seconds each

Perform as many squat-and-presses, alternate leg thrusts with a medicine ball and overhead springs on a step as you can in a minute: full details and videos of Amir doing each of the exercises are available at [menshealth.co.uk/zigtech](http://menshealth.co.uk/zigtech). Each test is taken directly from Amir Khan's punishing fitness regime so they are proven to be world-class challenges and will give you the ultimate measure of your cardio fitness and strength. ▶



To take part and sign up, visit [menshealth.co.uk/zigtech](http://menshealth.co.uk/zigtech)

Khan's world-beating workouts are underpinned by Reebok ZigTech training shoes

## Get into the winning habit

Win great prizes every week - including Reebok ZigTech gear, approved by Khan

Log on to the *Men's Health* Reebok ZigTech Challenge website today and you'll find world-beating workouts to help you improve your fitness and stand a great chance of competing in the grand final later this spring - see examples to the right.

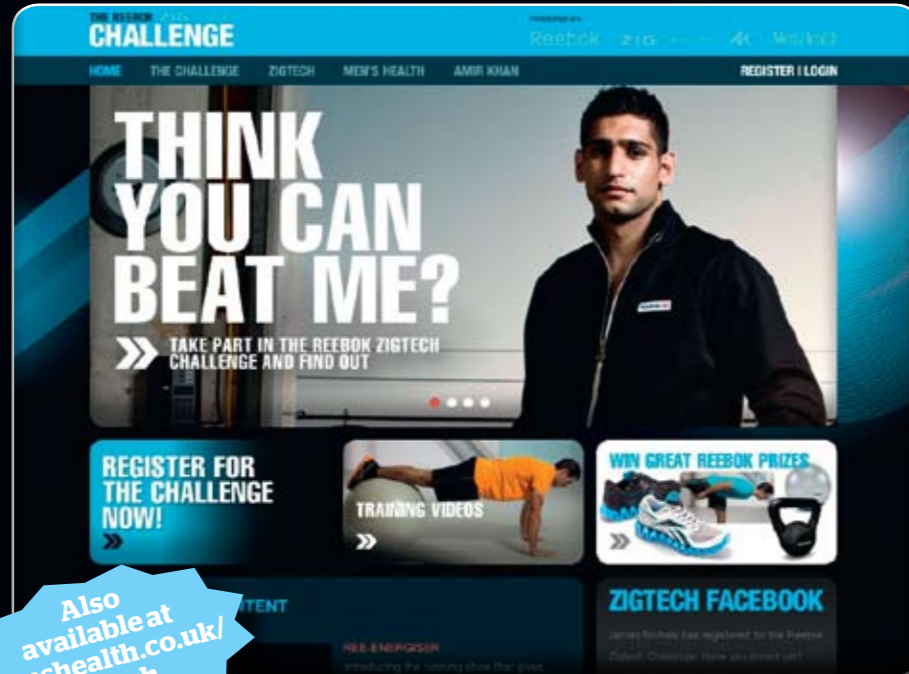
You'll feel the benefits of signing up for the challenge immediately. Once you've registered, you'll be able to rank your fitness on a nationwide leaderboard, set up mini-leagues to compete against your friends, and challenge them to beat your personal best.

You'll also stand a great chance of winning Reebok ZigTech training gear, including Reebok ZigTech shoes, with energy-return technology to help you get better results from every training session, as well as essential equipment supplied by [reebokfitness.co.uk](http://reebokfitness.co.uk). And if your performance is in the overall top 10, you'll be selected for the grand final, with the chance to be crowned national champion.

So log on to the *Men's Health* Reebok ZigTech Challenge today - and feel your fitness rocket.



THE REEBOK ZIGTECH CHALLENGE



Also available at [menshealth.co.uk/zigtech](http://menshealth.co.uk/zigtech)



### Amir Training Circuit

Put yourself through Amir Khan's conditioning workout - a legendary regime designed to have a 2% pass rate. It's a training programme fit for a world champion



### Assault Course Circuit

Avoid getting your Reebok ZigTechs muddy with a workout designed to mimic the rigours of an army obstacle course in the gym. A full-body regime designed to get you fit, strong and agile



### Football Circuit

Whatever their position, footballers can benefit from supercharged fitness and lung-busting endurance. This Reebok ZigTech tutorial will raise your game to new levels - putting you yards ahead of the competition



### Killer Leg Circuit

Combine speed with power to build functional muscle in a circuit that will put peak demands on your winning mindset. Boost your performance with Reebok ZigTech - the shoe that returns energy as you exert it



**MORE ENERGY**  
The zig-zag-shaped sole absorbs the impact of your heel strike sending a wave of energy along the length of the shoe

**FLEXIBLE**  
Each section of the sole reacts independently providing a smooth ride from heel to toes

GET ZIGGED AT  
[MENSHEALTH.CO.UK/ZIGTECH](http://MENSHEALTH.CO.UK/ZIGTECH)

Reebok