

Fast Track *guest trainer*

Every month, *MF* brings you an exclusive workout devised by experts



Ring master

Use this intense, old-school workout to build a warrior physique in six not-so-easy moves

When the stars of the action epic *300* wanted to build Spartan warrior physiques, they turned to a new way of training called Crossfit. This method was developed in the USA and involves functional, whole-body moves, often with a gymnastic or powerlifting slant. Now this system, which also uses old-school kit such as kettlebells, is gaining popularity over here as well.

This workout, created for *MF* by Andrew Stemler, head of Crossfit London, will make you strong enough to win any fitness battle. 'Every exercise hits every single component of fitness,' says Stemler. 'It's about training

yourself to be good at any physical task that could come your way.'

Functional fitness – training in a way that's useful for everyday life – figures heavily in Crossfit. 'Every time you pick up a kettlebell, which is a heavy weight that involves balance, you're making yourself more functionally dominant. That's useful whether you're running with the ball on a football field or in a situation where you're out of breath but have to keep working.'

Not giving up when you're knackered is a common feature of Crossfit. 'It's not for everyone because it's very hard work,' says Stemler. And that's probably why the *300* boys went for this rather than a session of aquasize.

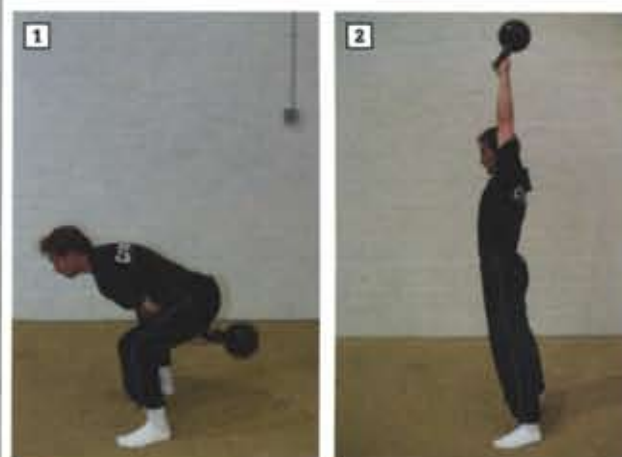
THIS MONTH'S TRAINER

Andrew Stemler is head of Crossfit London, one of the UK's main Crossfit bodies. The former 100-a-day smoker stubbed out his cigs to become a personal trainer, boxer and black-belt martial artist. Visit stemlerfit.com to find out more.



HOW TO DO THIS WORKOUT

Do exercises 1-4 in order as a circuit, completing as many circuits as you can in 20 minutes without resting. Then do exercise 5 to warm up your shoulders before finishing with exercise 6. Do this workout three days on, one day off.



1 KETTLEBELL SWING

Reps: 20-30

Expert's tip: 'This exercise is a great way of combining both cardio and strength work. Training time is valuable so you don't want to waste it. It's a nasty exercise and it gets you working hard.'

- Start by swinging the kettlebell up to chest height and get closer to full extension at the top as you improve.
- Power comes from your hips, not just your arms.

2 KETTLEBELL SNATCH

Reps: 10 each side

Expert's tip: 'In Russia, there's something called the Secret Service Snatch Test, where you do as many snatches as you can in ten minutes. It's incredibly painful but it gives you unbeatable anaerobic and cardio strength.'

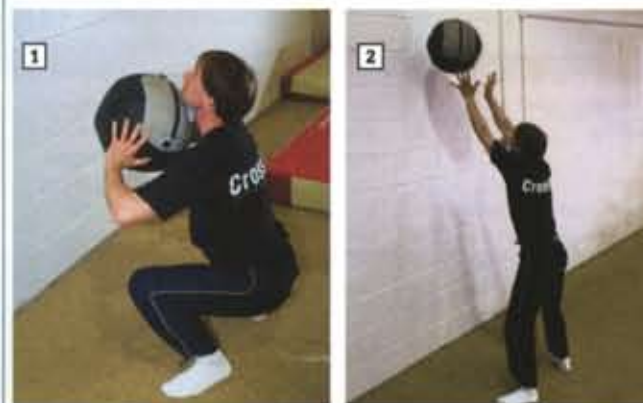


- Pull the kettlebell up from the floor in one smooth motion.
- Pull it up as high as you can before punching up to extend the arm.

3 WALL BALL

Reps: 20

Expert's tip: 'In very basic strength moves there's very little skill involved so the great thing about this is that there's an accuracy point. To make it more challenging, increase the tempo.'



- Sink into a deep squat then explode upwards.
- Throw the ball when you're fully extended and aim for a target on the wall.

4 L-SIT

Time: to failure (up to 90 seconds)

Expert's tip: 'This is something that you can practise at your desk during the day.'



- Make sure your shoulders aren't hunched.
- Your weight should be pushing through your palms at your wrist.

5 CLUB CIRCLE

Sets: 10

Expert's tip: 'You can develop this move by using a heavier weight. If you use a heavy weight and you stick your arm out, it becomes a very challenging exercise.'

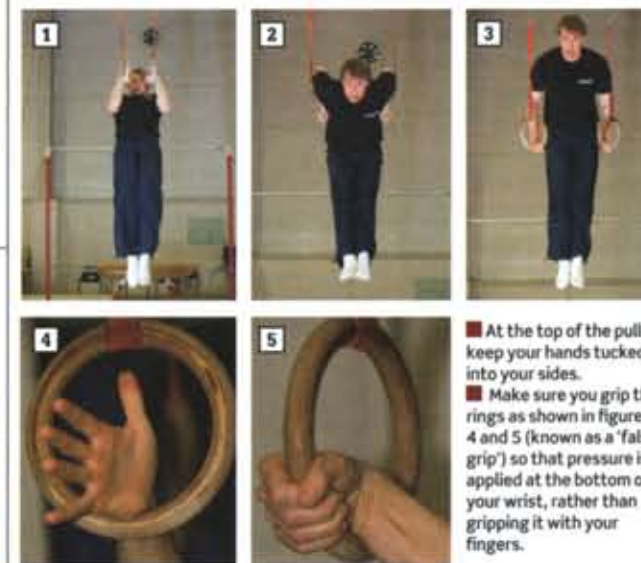


- Only move your elbows out to the side after you have sent the clubs over your shoulder.

6 RING MUSCLE-UP

Sets: to failure

Expert's tip: 'You can buy rings at ringtraining.com if your gym doesn't have them – or you can do the exercise on a pull-up bar, although that makes it easier.'



- At the top of the pull-up, keep your hands tucked into your sides.
- Make sure you grip the rings as shown in figures 4 and 5 (known as a 'false grip') so that pressure is applied at the bottom of your wrist, rather than gripping it with your fingers.

Thanks to the East London Gymnastics Club. Visit eastlondongym.co.uk.



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