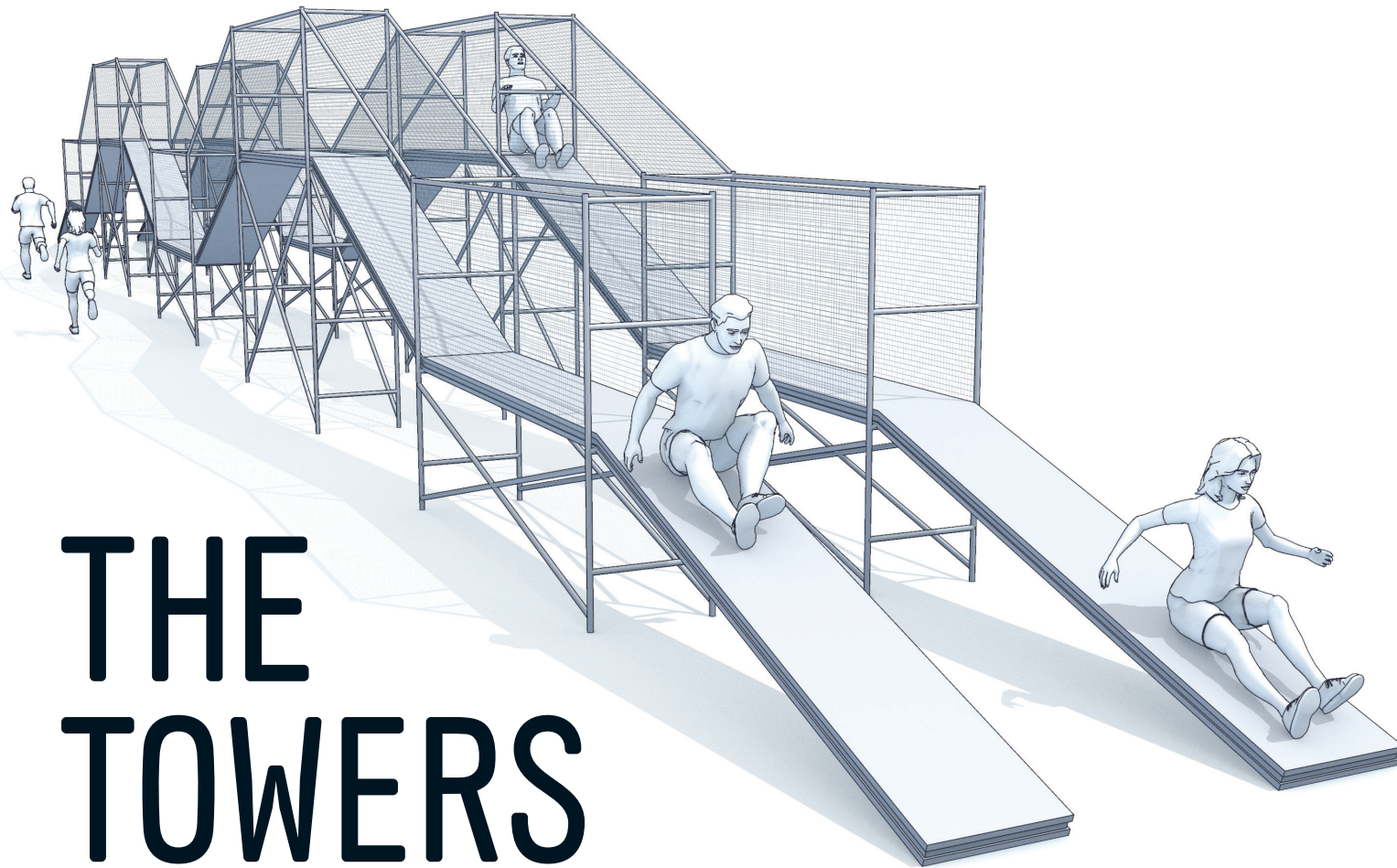


## SURVIVAL OF THE FITTEST TRAINING / PART 1: CORE



# THE TOWERS

READY TO TACKLE THIS BEAST? YOU'LL NEED THREE THINGS: PLYOMETRIC POWER, TACTICAL FUELLING AND TRUE STRENGTH...

**G**lutes like Superman's; agility of Spider-Man: just two of the criteria you'll need to take on The Towers in *MH Survival of the Fittest*. To perform at your best you'll also need to prime your body with the right fuel at the right time. "A race like SOTF requires a good level of endurance," says Optimum Nutrition athlete Bryn Ray. "You're going to need energy to power you

through the race, then something to help you recover fast.

"I take Essential Amino Energy half an hour before training to give me an energy boost. After training I take Gold Standard 100% Whey for recovery. It rebuilds muscle tissue and allows it to repair and grow." SOTF 2014 starts here: check out the moves opposite to kick-start your training.



### MAXIMISE YOUR TRAINING

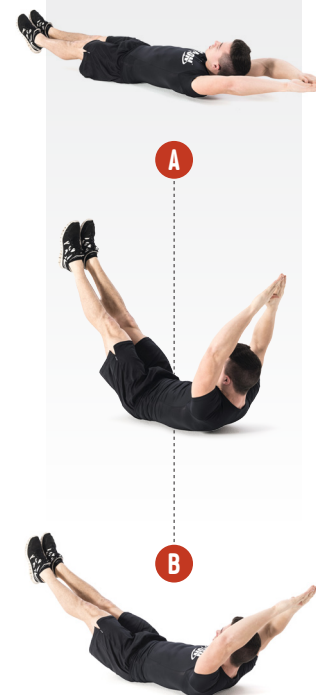
Go hard in training with Optimum Nutrition Essential Amino Energy. Use before and during your workouts to give you an energy boost. Recover fast with Gold Standard 100% Whey and use Gold Standard 100% Casein at night time to ensure you have protein in your system while you sleep to recover.



# 1

### THE DISH

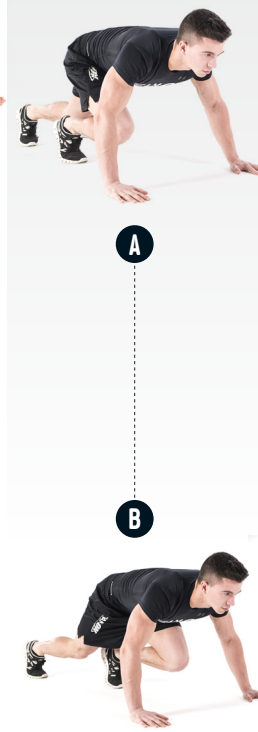
Lie on your back with your arms above your head. Lift your head, arms and legs slightly off the floor and hold. Keep your back completely flat (A). Lower slowly with control (B).  
**Amount:** 10 second hold for 10 reps x 3 sets



# 2

### MOUNTAIN CLIMBERS

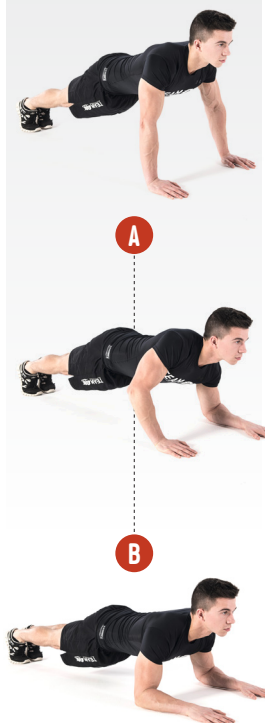
Get on all fours into a slightly elevated press up position. With your arms wider than shoulder width (A) run on the spot bringing your knees up to your chest (B).  
**Amount:** 30 seconds x 3 sets



# 3

### PLANK PRESS UP

Assume the press up position (A). Roll your hip down and squeeze your glutes. Brace your core and lower yourself onto your forearms (B). one at a time and then back to hands  
**Amount:** 10 reps x 3 sets



# 4

### SPIDER-MAN CRAWL

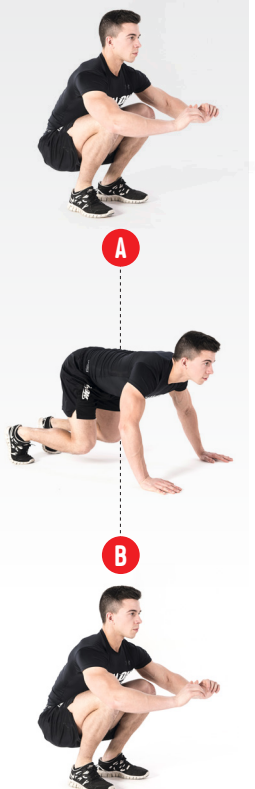
Assume the press up position and lower your torso to a few inches off the floor (A). Bring your right knee to your right elbow while moving your left arm out in front (B). Switch sides.  
**Amount:** 12 reps with each leg x 3 sets



# 5

### QUAD-HOP SQUAT

Start in a deep squat (A). Hop back to land in a compressed press-up, knees not touching the floor (B). Tense your body and push up explosively to the starting position.  
**Amount:** x3 sets, 12 reps.



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