FIT PLUS

MAGAZINE

DECEMBER ISSUE

FIT PLUS

NEW BEGINNING
ON OPENING UP
A FITNESS PROGRAM
GYM FOR
EVERYONE

BUST OUT OF YOUR RUT

Walk Your Talk
In Your Workout

HELPING KIDS
TO UNDERSTAND
WHATS
IMPORTANT
IN EATING HEALTHY

GET MAXIMUM POWER

+ Complete Six-Week
+ Detailed Workouts Charts
+ Supplements That
Boost Strength

+

EXCLUSIVE
TIPS FROM
WILL ARMSTRONG
REVEALS
NEW FITNESS PLAN
FROM A PROFESSIONAL
FITNESS TRAINER

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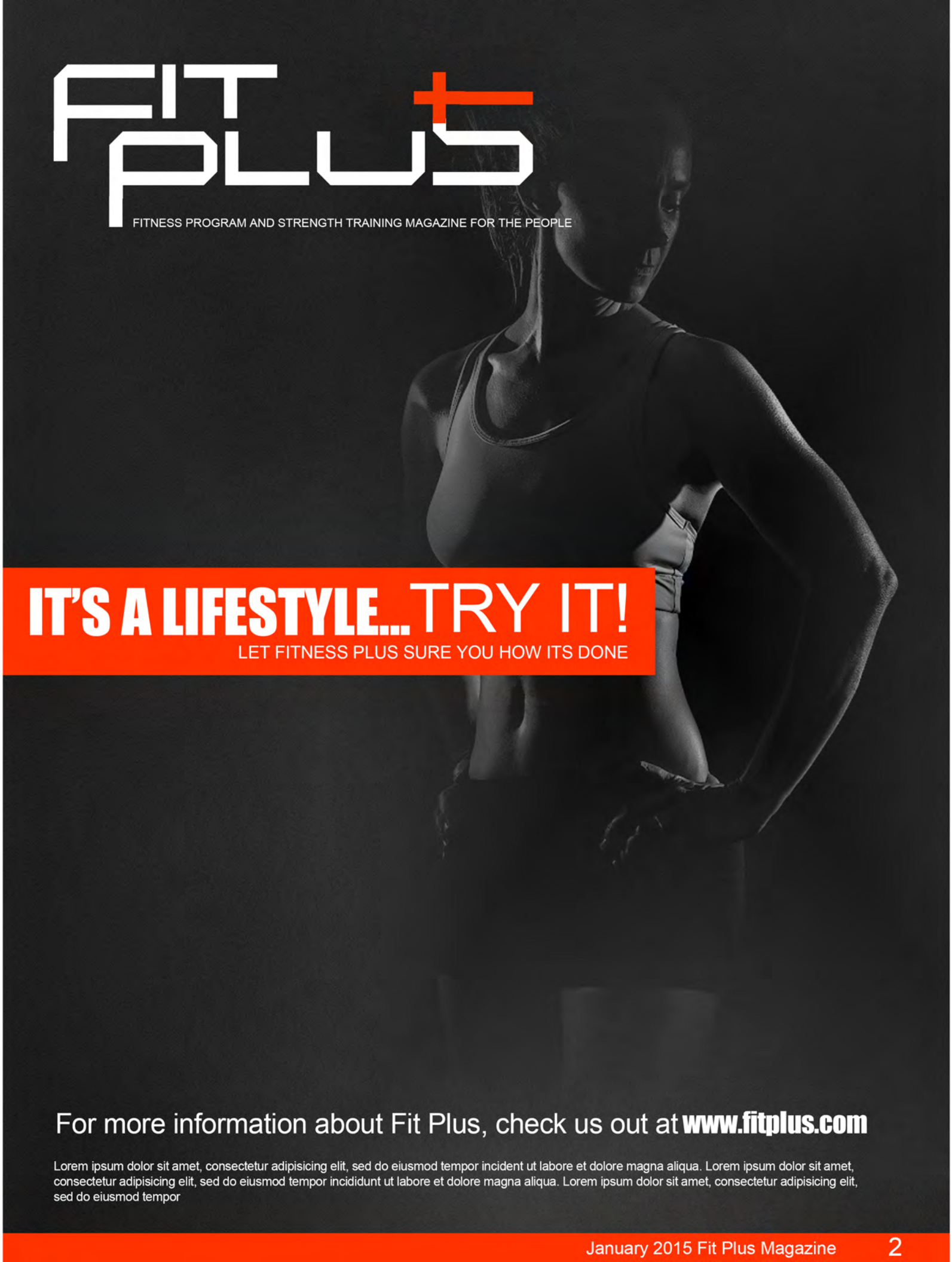
FITNESS PROGRAMS AND STRENGTH TRAINING MAGAZINE FOR THE PEOPLE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FITNESS PROGRAM AND STRENGTH TRAINING MAGAZINE FOR THE PEOPLE
IT'S A LIFESTYLE...TRY IT!
LET FITNESS PLUS SURE YOU HOW ITS DONE
For more information about Fit Plus, check us out at www.fitplus.com
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KEEPING THE LITTLE ONES HAPPY IN THEIR EXERCISE

Here's a workout even the busiest parent can find time to do.

By Jeromy Bates
WebMD Weight Loss Clinic-Exclusive Feature
Reviewed by Mark Warner, Fitness Trainer

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GET MAXIMUM POWER

Their Is Room For One More

Boost Your Stregnth

+ Complete Six-Week
+ Detailed Workouts Charts
+ Supplements That Boost Strength

How To Apply That?

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TRY TRAINING AND SEE HOW MANY MORE YOU CAN DO

HEALTHY RECIPE

15-MINUTE FEAST:
CUMIN-ROASTED SALMON AND SWEET POTATO

510 calories | 47g protein | 26g fat | 24g carbs

Cumin is a spice with a nutty and peppery taste, and the only ingredient you really need to turn another salmon dinner into more exotic cuisine instantly. Add a side of sweet potato (and, if you like, steamed spinach), and you get high protein, healthy fats, and clean carbs in a meal that's ready in minutes.

DIRECTIONS

1. Preheat oven to 425°. Grease a baking dish with butter and season the fish with cumin, salt, and pepper.

2. Place the fish (skin-side down) and sweet potato in the dish and bake 20 minutes. Plate and serve.

You will need:

1 tbsp salted butter
8 oz salmon
1/2 tsp cumin
¼ tsp salt
¼ tsp black pepper
1 medium sweet potato, cubed

28 DAYS TO LEAN MEAL PLAN

With the right plan and the right discipline, you can get seriously shredded in just 28 days.

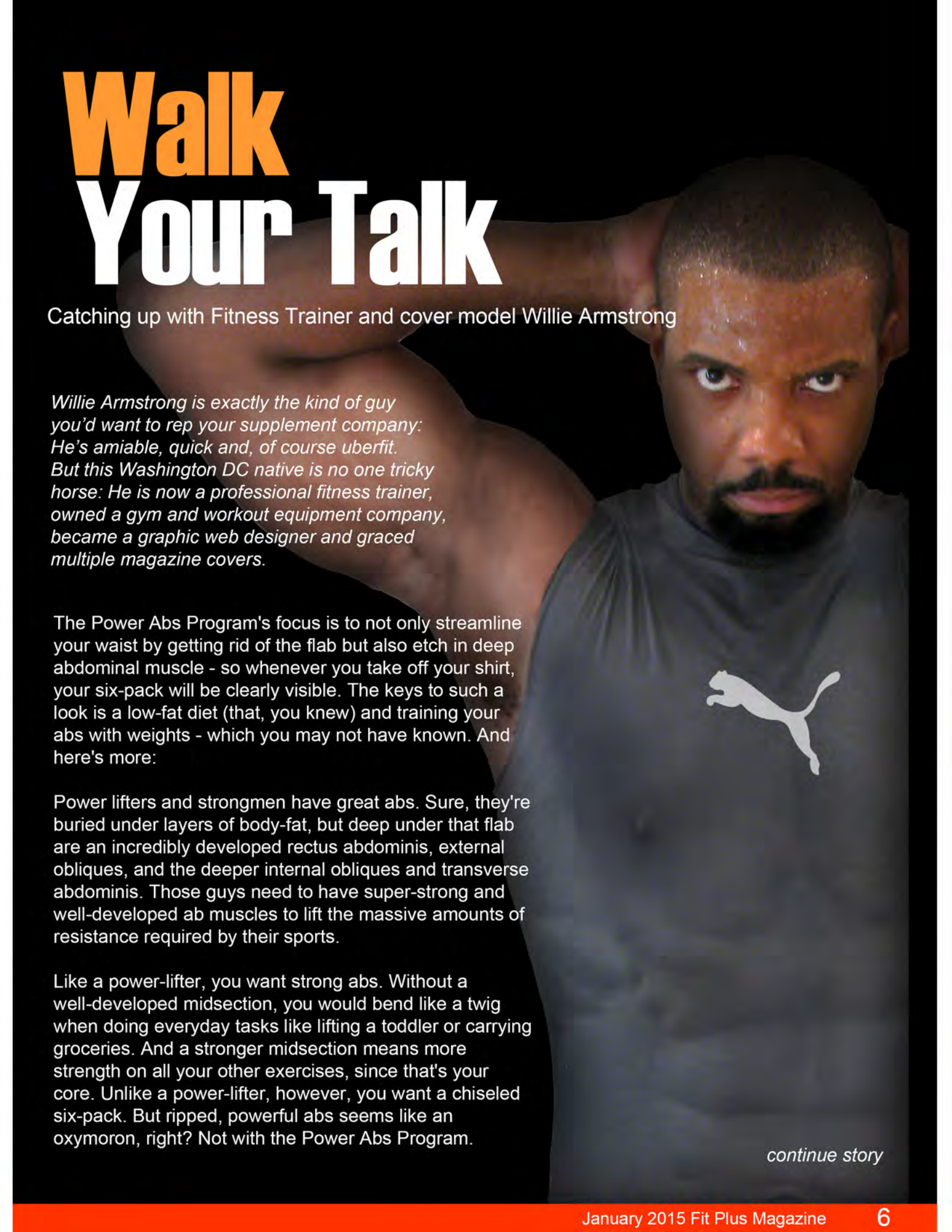
You're training hard every day with your program, going heavy on the weights and sweating up a storm with cardio. Newsflash: While that's critical to your ultimate success, that's just not enough for you to lose the fat you want to. To reach your get-lean goal, you must also follow a get-lean diet. Why? Even if you work out hard for an hour every day, that still leaves 23 more hours for you to wreck all your hard work in the gym with just one slip-up: a measly handful of chips, a beer with the guys or a burger at lunch. Diet is a huge, so to speak, part of the fat-loss equation. It's the backbone of your entire plan, the foundation of a hard body.

Bodybuilding nutrition consultant Jim Juge says nutrition determines your success or failure, plain and simple. "The diet is 65% of what you need to get in shape," he says. Juge would know, as he's helped countless dedicated people reach their goals, from achieving their best body ever to placing first in bodybuilding competitions.

You've got 28 days to get to your goal, so we've recruited Juge to help you every step of the way. He's adapted a traditional bodybuilding competitor's diet for a non-competitor (that means you!) who wants to look his best, shedding as much fat as possible in a very short time. With just under a month, there's no time to fool around, so commit today! Go to the grocery store and stock up tonight. Come breakfast time tomorrow, follow his plan as strictly as you can and get ready to show off those impressive muscles in a month.

Walk Your Talk

Catching up with Fitness Trainer and cover model Willie Armstrong



Willie Armstrong is exactly the kind of guy you'd want to rep your supplement company: He's amiable, quick and, of course uberfit. But this Washington DC native is no one tricky horse: He is now a professional fitness trainer, owned a gym and workout equipment company, became a graphic web designer and graced multiple magazine covers.

The Power Abs Program's focus is to not only streamline your waist by getting rid of the flab but also etch in deep abdominal muscle - so whenever you take off your shirt, your six-pack will be clearly visible. The keys to such a look is a low-fat diet (that, you knew) and training your abs with weights - which you may not have known. And here's more:

Power lifters and strongmen have great abs. Sure, they're buried under layers of body-fat, but deep under that flab are an incredibly developed rectus abdominis, external obliques, and the deeper internal obliques and transverse abdominis. Those guys need to have super-strong and well-developed ab muscles to lift the massive amounts of resistance required by their sports.

Like a power-lifter, you want strong abs. Without a well-developed midsection, you would bend like a twig when doing everyday tasks like lifting a toddler or carrying groceries. And a stronger midsection means more strength on all your other exercises, since that's your core. Unlike a power-lifter, however, you want a chiseled six-pack. But ripped, powerful abs seems like an oxymoron, right? Not with the Power Abs Program.

continue story

PEOPLE'S FITNESS EXERCISE BIBLE

FITNESS PROGRAM AND STRENGTH TRAINING MAGAZINE FOR THE PEOPLE

10 BEST WORKOUTS TO BUILD MUSCLE, BURN FAT AND SCULPT YOUR BEST BODY EVER!

EXPERIENCE A WHOLE NEW LEVEL OF

MUSCLE DEFINITION

THE REVOLUTIONARY SYSTEM THAT FEATURES SCIENCE-BASED FORMULAS

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