

LOSE YOUR GUT—NO SWEAT REQUIRED!

EXERCISE & HEALTH

THE FITNESS GUIDE FOR MEN

WINTER 2010 #45

**50 HOT NEW
SEX TIPS!**

**BUILD A
KILLER
BODY
IN 4 WEEKS!**

**GET LEAN
FAST!
SHED 10 LBS.
IN 14 DAYS**

**FIGHT
FLAB!**

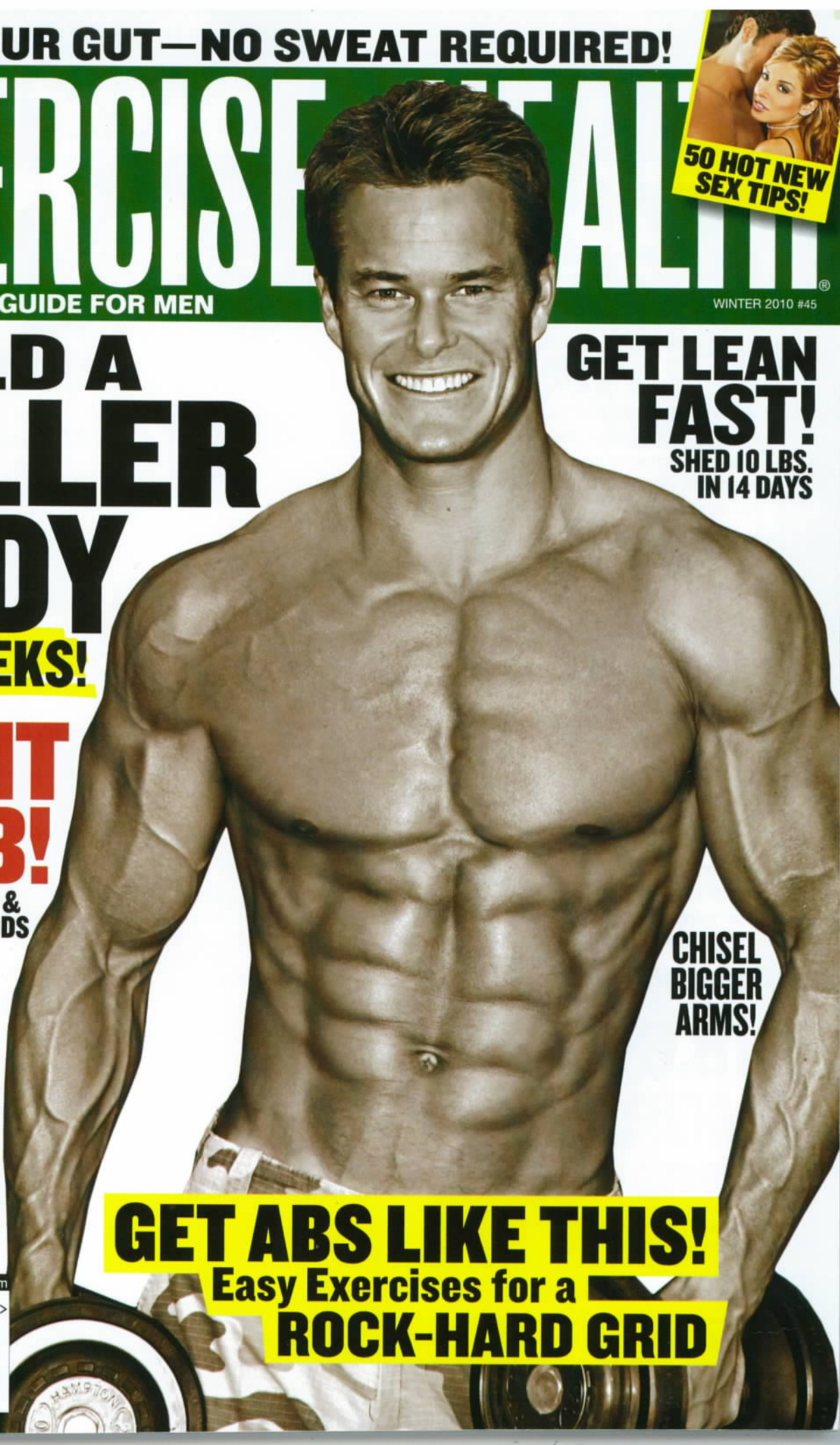
CARDIO CIRCUITS &
FAT-BURNING FOODS

**45
BEST
LIFTS
FOR BACK, CHEST
& SHOULDERS**

**CHISEL
BIGGER
ARMS!**

GET ABS LIKE THIS!
Easy Exercises for a
ROCK-HARD GRID

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POWER UP Soviet Style!

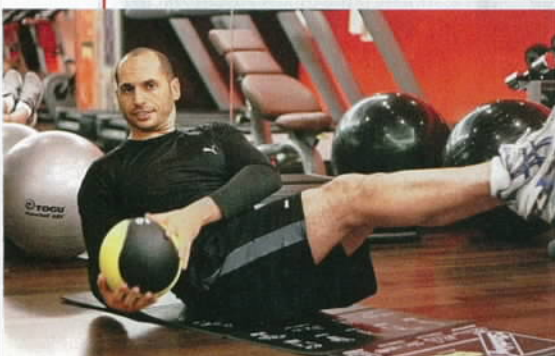


The Red Army Circuit Builds EXPLOSIVE MUSCULARITY

From Russia with love? Is that not what they say? Well Complete Body & Spa, the brainchild of Alex Reznik, is bringing a little tough love to the citizens of New York with their three locations. Raised in the former U.S.S.R., Reznik studied nutrition at St. Petersburg University and went on to become a fitness instructor for the Russian Army's Spetsnaz elite commando team. After arriving in the United States, he continued his fitness education, receiving the prestigious Gold Certificate in Weight Management from the American Council on Exercise (ACE), in addition to a certificate in personal training.

"I have discovered ways to bring focus into my life and I love sharing it with my clients," he says. "My goal is to bring personal training to the highest level possible. I care for my clients like they were family and I aspire to help them achieve the utmost in health and fitness on every level in life."

With a nod to the old Soviet Block, Alex and his team of trainers take clients through workouts based on some of the famed Russian athletic, ballet and army techniques. The Red Army Circuit is guaranteed to challenge even the fittest men. It consists of five exercises that comprise one set. Start slowly and work up to three sets.



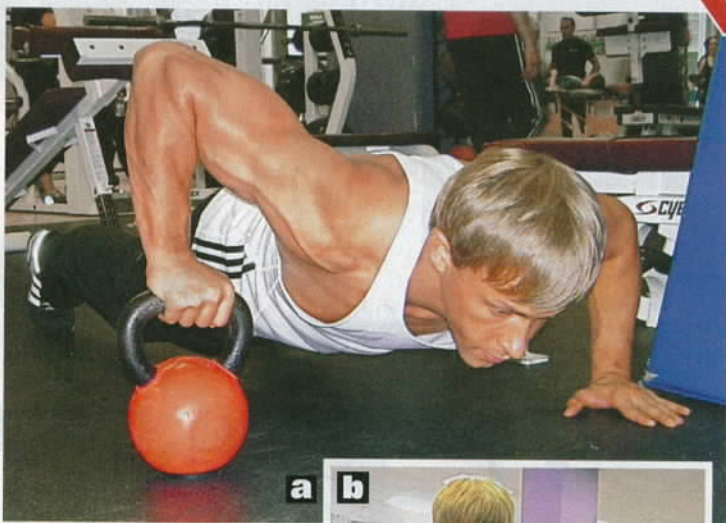
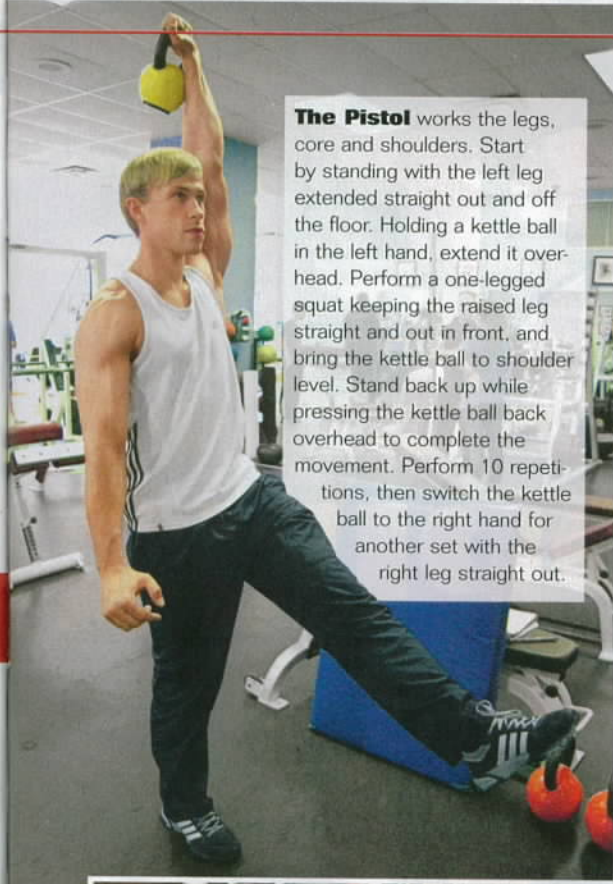
The Ultimate Clean and Press is great for the legs and core, with an emphasis on the upper back, shoulders and arms. Start in a half-squat position, grasping kettle balls with arms straight, hanging between your legs, with the back of the hands facing each other **(a)**. Thrust upward, curling the kettle balls halfway up your torso, as your wrist rotate **(b)**. Then bring them up to your shoulders and press them over your head, rotating wrists so palms face forward **(c)**. Pause, then return to starting position. Perform 10 repetitions.



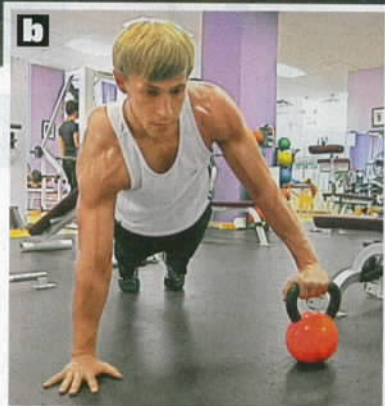
The Take-Off hits the arms and abs. Start facing forward on a dip machine, point your toes down, keep your legs apart and lower into a dip, extending your legs behind you. Proceed to bring legs forward together, finishing in a V-position. Pause, then return to starting position. Perform 10 repetitions.



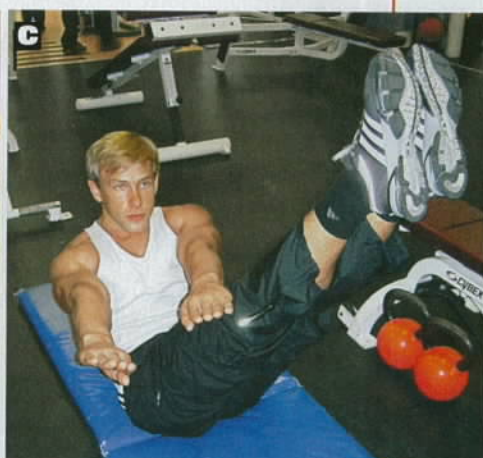
The Pistol works the legs, core and shoulders. Start by standing with the left leg extended straight out and off the floor. Holding a kettle ball in the left hand, extend it overhead. Perform a one-legged squat keeping the raised leg straight and out in front, and bring the kettle ball to shoulder level. Stand back up while pressing the kettle ball back overhead to complete the movement. Perform 10 repetitions, then switch the kettle ball to the right hand for another set with the right leg straight out.



The Kettle Ball Push-Up hammers the chest arms and core. There are two variations to this exercise one fast and one slow. The fast one is a plyometric movement. Start on the floor in a push-up position with the right hand on the handle of a kettle ball **(a)**. Proceed to push up hard, switching the hand that started on the floor onto the kettle ball and vice versa **(b)**.



Repeat the motion in the opposite direction to complete one repetition. Perform 10 reps. Alternatively you can perform a slow motion of this movement, which become super challenging for the core. Start in a push-up position with one hand on the handle of the kettle ball. Press up and bring both hands onto the kettle ball **(c)** and then return into a push-up position with the other hand on the floor this time.



The Ultimate V-Ups attack the abs, core and arms. Start lying in a supine position with legs straight out and arms extended out behind the head **(a)**. Proceed to bring your legs and arms up simultaneously until you are in a perfect V position **(b)**. Pause, then return to starting position. You can vary the move by bringing the arms forward and to the side and back down **(c)**. Perform 10 repetitions.

Photography by John Ford