



Plan on making your New Year's resolution last the entire year. It's easy when you're

TARGET DRIVEN

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"It doesn't work that way. It takes time, so you really need to sit down and establish realistic goals. If you really want to hit those goals, you need a plan, and you need to stick to it," Christie says.

Whether your goal is to drop 5kg or one day feature on a magazine cover, those beginning steps are the same. Set short term targets and get to work.

"My advice is to start slow. Don't go in all guns blazing on your first day and hammer a full body workout or try and lift as much as you can, or workout for two hours straight. Go in with a plan for a 45 minute workout (see page 96 for Jay's plan) and try to do that 2-3 times a week. Keep that up for a couple of weeks - ticking off short term goals along the way. Keep that going for the whole of January and then plan on extending that through February.

"But hit short term goals to start with. They will help you keep on the path to your long term goals. Go in all guns blazing, and you'll burn out very quickly."

Christie grew up in Nottingham in the UK and spent time as a personal trainer in London, working with an exclusive list of private clients in the well-to-do Fulham area.

"I always wanted to come to Dubai because while people do live a lavish lifestyle here, they also want to be in shape. I went travelling first to have a break with the dream of coming to Dubai as a celebrity trainer. That was the dream.

"I soon realised that it's not as easy as it looks."

A chance meeting with IGO Group CEO Anas Koobari helped Christie establish a firm base in Dubai.

"Things took off for me pretty quickly. He immediately liked what I was doing, and we got on very well. He was training the office, training his family - he introduced me to so many people."

Christie is employed as a consultant for IGO - one of the region's most respected property developers and investors - to oversee the running of the company's in-house gyms. He also has a list of private clients, and runs boot camp sessions around Dubai under his brand PTOXB (you'll find him all over social media).

Christie understands just how tough it is to get back into sport. As a kid, he played a lot of football but his size counted against him as a teenager and an injury ended any chances of turning professional.

"I've always been generally fit and in good shape so it was an easy transition to fitness. It was something I could be competitive with without playing football. I was also very small. I shot up about seven inches between the ages of 16 and 17, and I filled out too because I was training."

Motivation to change is a key driver too, and a lack of it can hit anyone at any time.

"It's just about setting those goals and working

through. For me, the lack of motivation usually comes when you hit a peak in your goals, or you look how you've aspire to look. It's very hard to keep motivated after you've reached your goals - whether it's for a shoot, or a competition - and this low bodyfat shape isn't maintainable throughout the year."

"What motivates me? I do enjoy working out and I really enjoy the vibe around fitness. There are so many great places in Dubai to exercise. We'll have a session on the beach, or at the outdoor gym at Skydive Dubai - or Muscle Beach [The Beach, JBR]. They're just great places to go."

"It's all about balance. I truly believe I've got the balance right now. I don't count calories or macros now. If I go out and have a couple of burgers and fries, I know that I'm going to be in the gym with a plan ready the next day."

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The Workouts (from page 59)

Body Weight blast



Don't have time for the gym? Then clear your diary and make time in your day for a 45 minute bodyweight session. No special equipment required!

DIRECTIONS Complete the workout three times a week. Start with the first exercise; do it for 30 seconds, and then rest 15 seconds. That's 1 set. Do 3 sets and continue to the next move. Repeat that pattern (30 seconds on, 15 seconds off for 3 sets) with each exercise until you've completed all the exercises in the workout.

► Bodyweight Blaster Part 1



1 Bulgarian Split Squat

Stand in a staggered stance with your back to a bench, the top of your rear foot resting on the bench. Lower your body as far as you can while keeping your torso upright. Your front leg should form a 90-degree angle at the bottom of the move. Push back up.



2 Single-Leg Straight-Leg Deadlift

Lift your left leg a few inches off the floor behind you. Keeping your lower back naturally arched, hinge at your hips and lower your torso until it's almost parallel to the floor. Let your left leg stretch out behind you with your toes pointed down to the floor the entire time.



3 Inchworms

Most men perform the inchworm as a warmup exercise. The move stretches your calves, hamstrings, and thighs, while preparing your muscles for just about any activity. Simply bend at the waist and use your hands to walk out into a pushup position. Walk your hands back to your feet. That's one. To make it tougher, add in a pushup. To make it even tougher, put a towel under your toes and slide your feet towards your chest while in the pushup position.

FEATURING FITNESS 101 TRAINER JAY CHRISTIE

► Bodyweight Blaster Part 2



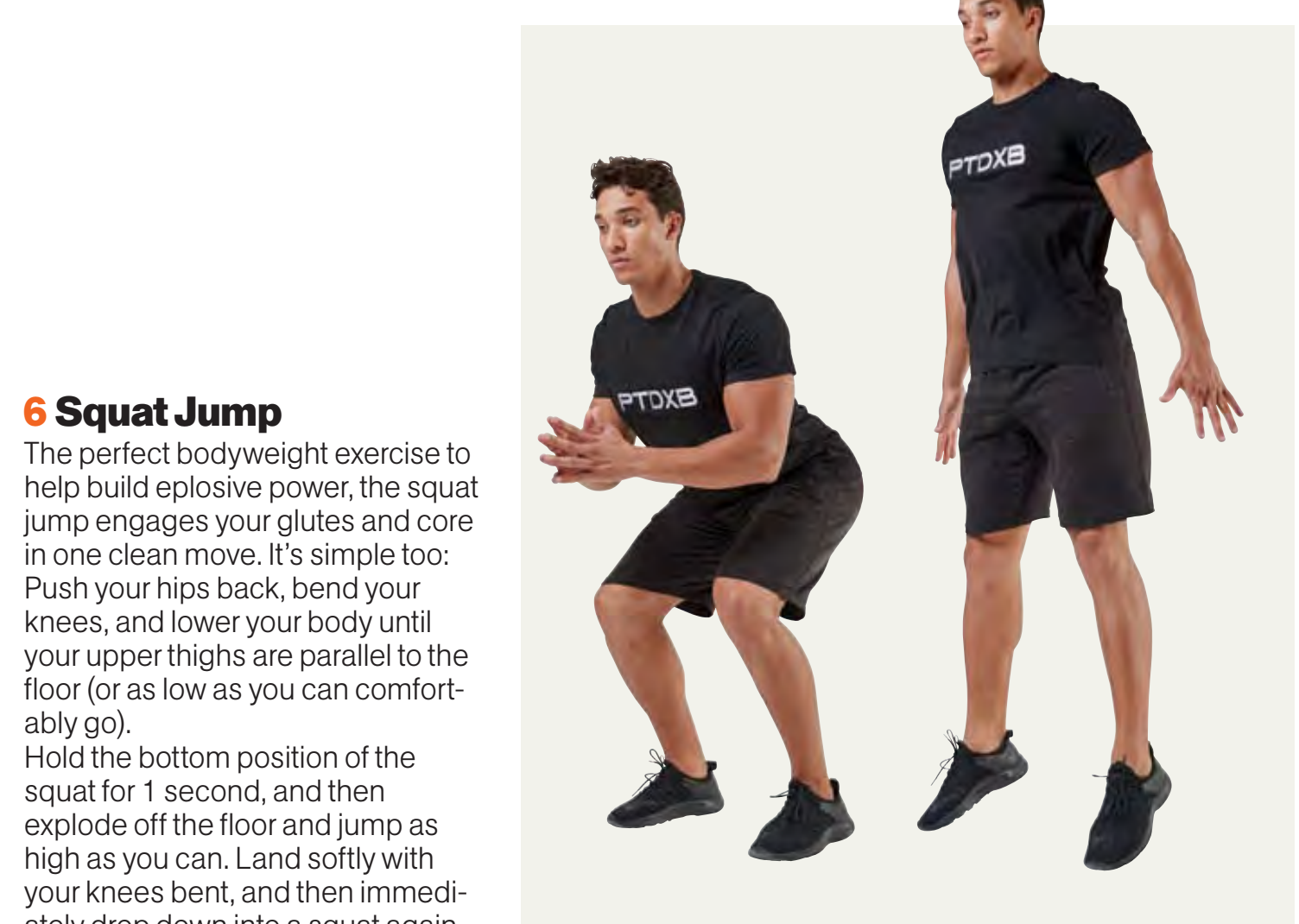
4 Cross-Body Mountain Climber

Get into a pushup position. Raise your right knee toward your left elbow, lower, and then raise your left knee toward your right elbow. Begin slowly to practice and then try to move as quickly as you can.



5 Spiderman

Assume a pushup position. As you lower your body, lift your right foot and try to touch your right knee to your right elbow. Push back up to the starting position and repeat with your left leg and left elbow. That's 1 rep.

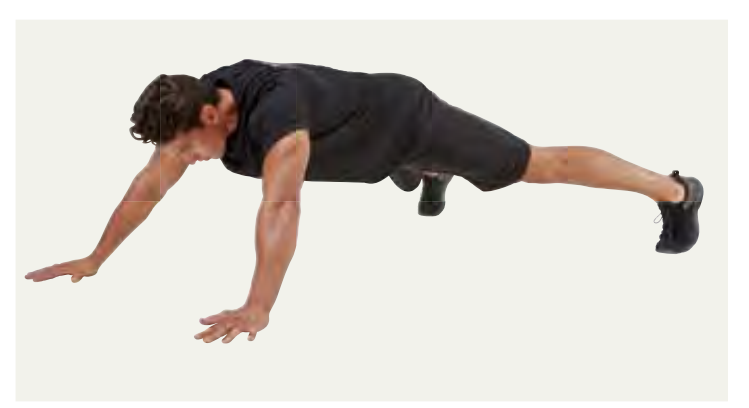


6 Squat Jump

The perfect bodyweight exercise to help build explosive power, the squat jump engages your glutes and core in one clean move. It's simple too: Push your hips back, bend your knees, and lower your body until your upper thighs are parallel to the floor (or as low as you can comfortably go).

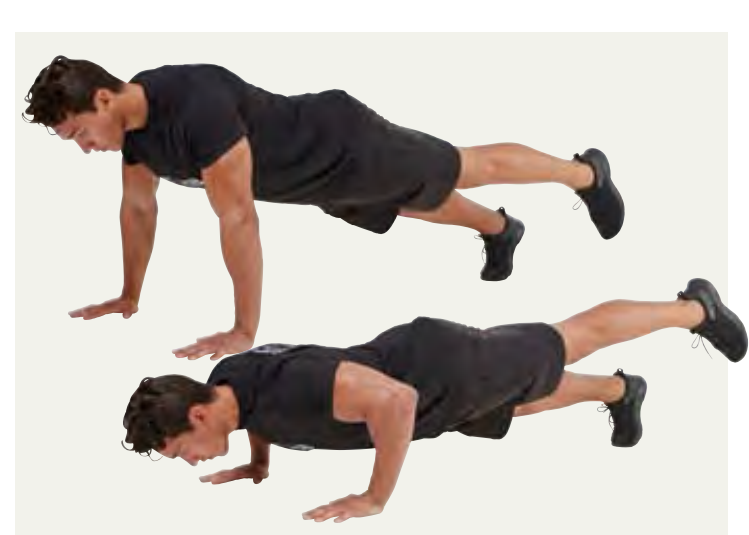
Hold the bottom position of the squat for 1 second, and then explode off the floor and jump as high as you can. Land softly with your knees bent, and then immediately drop down into a squat again.

► Core Work FROM PAGE 59



4 Starfish Plank

If you've mastered the Forearm Plank, then try this variation. Start in a Pushup Plank position and spread your feet and hands as far out as you can. Your body should form a straight line from your head to your ankles. Tighten your abs as if you were about to be punched in the gut. Maintain this contraction. Breathe deeply.



5 Uchi Mata Pushup

From a pushup position, lift your right foot so your leg is parallel to the floor. Lower your body until your chest nearly touches the floor. Now raise your lifted leg higher into the air. Push back to the starting position. Do half your reps, switch legs, and finish your set.



6 Forearm to Pushup Plank

You'll hammer your biceps, triceps, shoulders, and chest with this dynamic version of the move. It requires you to keep a straight line from your head to your ankles, while going from a plank to a pushup position over and over again. The faster you go, the harder it is to maintain a perfectly stable plank—and the harder your upper body has to work.

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JANUARY is resolution time. That earnest intent forged at midnight on December 31 to finally get yourself into shape leads to a march into the nearest gym in the first week of the New Year. Weight plates clink and treadmills whir to the sound of people whizzing through their first sessions in ages; class sessions are packed, and the freeweights are scattered around the gym floor as people bang out drop sets and reps by the dozen.

By mid-February, gym attendance is back down to normal as the initial euphoria and drive to get back into shape subsides. A month of thrashing an exercise-starved body takes its toll, and the discipline drops when the lure of another brunch finally chips away at the transient gym fan's psyche.

Part of the problem, says Dubai-based personal trainer Levisse (Jay) Christie, is that most people bite off more than they can chew in those first few weeks, expecting to get tremendous results in a flash.

JAY'S CORE BLAST

Exercise 1 Bicycle Crunch
Lie on your back with your knees bent 90 degrees and your hands touching your temples. Slowly bring your shoulder blades off the ground, and then pump your leg back and forth, bicycle style, while alternately touching your left elbow to your right knee and your right elbow to your left knee. Do 20 to 30 repetitions with each elbow.

Exercise 2 Superman
Lie facedown with your arms extended in front of your head. Simultaneously lift your arms, shoulders, chest, and legs off the floor as high as you can. Hold for 5 to 10 seconds, then lower and repeat. Do 20 to 30 repetitions.

Exercise 3 Seated Knee Raise
Sit on the floor with your legs straight and arms behind to support you. In one movement, lift your legs to your chest. Lower your legs back down to the start position without touching the floor. Repeat as many times as you can.

Exercise 4 Contractions on Bench

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