

SURREAL *FIT*

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TM



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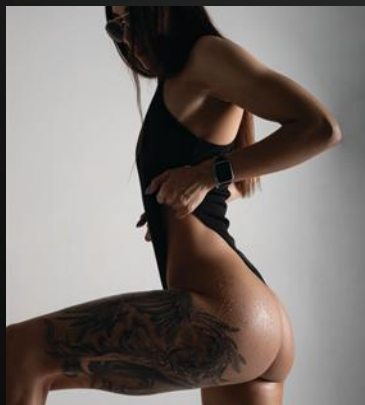
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ON THE COVER: Lenore Kaiser - e CEO of Kaiser Medical Management,
Wellness Director, **PHOTOGRAPHER:** Rob Sims

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BIO

Lenore Gregson

Lenore Gregson, the CEO of Kaiser Medical Management, a 25-year company that provides corporate wellness programs onsite to Texas companies big and small such as bloodwork, flu shot clinics, vitamin shot clinics, health fairs, wellness lectures, and more started KMM way before "corporate wellness" was even at the forefront. Restructuring her company 17-years ago has allowed her to pursue other passions, one being bodybuilding where she has excelled in the Women's Physique division and is now a professional IFBB Pro with over 27 trophies, 4 X Champ in Pittsburg Pro, and 4 X invite to the Arnold Classics. During the 17-year passion drive, Lenore has won many awards for her community outreach, business successes, been featured on the front cover of magazines, billboards, had her own radio show, Kaiser Health Talk, and started another company that compliments KMM, LenoreGregson.com, where she helps individuals one on one with nutrition, weight management, weight training, life coaching, and 9-week fit challenges. She success, she says, is simple. It all starts with a "Yes"





SURREAL 7



SURREAL 8



SURREAL 9



FIT TIPS ON BODYBUILDING



Tips:

Count your workout reps backwards. When you are at the end of a set, you will think about how many you have left to do instead of how many you've finished.

During a lat pull down instead of putting your thumb around the bar, place it on top beside your index finger. This will decrease the involvement of arm muscles, and focus on strengthening the back muscles.

Use dumbbells, barbells, and machines in that order. Stabilizer muscles fatigue from dumbbells before your larger muscle groups do, making your smaller muscles need less help as you progress to machines.

It may seem pretty straight forward, but it's often over-looked; when trying to build muscle one of the most important things is consuming enough calories to fuel both your exercise and the metabolic processes needed to build muscle.

When weight training it is imperative that you give your muscle tissue a chance to repair itself. During lifting you are actually tearing muscle fibers and each time they repair themselves they become stronger, but they can only recover during periods of rest.

The best rep range for gaining muscle size is between eight and 20 and at a weight that is between 60% and 80% of what you could lift for one and only one rep.

Keep a training or workout journal. Write down what types of exercises you're doing, how many reps at what weight, what time of day you workout, how you felt about the workout, and anything else you can think of. This will allow you to see what types of exercises work for you, as well as your progress.

Next time you're lifting weights try sitting on an exercise ball rather than a weight bench. Doing this will improve your core stability by working your abdominal and stabilizer muscles at the same time as strengthening the muscles you are targeting by lifting.

Do your cardio workout AFTER your weight workout. Your muscles need glycogen for the high-intensity weight lifting, if you do cardio first you will use it up and have little left for your muscles during lifting.

If you are weight training, trying to put on muscle and your body refuses to grow, take a minute to think about whether you are over-training it. If the answer is yes or even maybe, adjust your training and back off.



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SURREAL 13



SURREAL 14

GREEN TEA FOR BEAUTY

In addition to being great when it comes to detoxification, green tea is excellent for skin care. This tea eliminates redness and swelling and helps to remove dark circles..

SURREAL 15

The Clean Eating Diet Plan Guide

Learn everything you need to know before starting the Clean Eating Diet plan including it's history, guidelines & components, & all of the science behind it.

When we discuss diet plans we can typically put them along a spectrum where food quantity is on one end and food quality is on the other.

Diets like If It Fits Your Macros (IIFYM) fall as far to the food quantity side as possible while clean eating falls as far to the food quality side as possible.

Additionally, in direct opposition to diets like IIFYM it imposes guidelines of what types of foods to eat and does not regulate calories or macros to any meaningful degree.

The main principles of clean eating are centered around focusing on the quality of the foods you consume and ensuring they are "clean". The principles can be summarized in one tenant: Choose whole, natural foods and seek to eliminate processed foods.

The core principles of the diet can be listed as follows:

- Avoid processed foods
- Avoid refined foods
- Avoid artificial ingredients
- Avoid alcohol
- Avoid soda and fruit juice

History of the Clean Eating Diet

As clean eating is not a well-defined dietary program it is difficult to trace the history of it as a dieting paradigm back to a singular beginning.

One could give credit to the ancient Greek physician Hippocrates who penned one of the first works on dietary principles and is responsible for the famous quote, "Let food be thy medicine and medicine be thy food".

A variety of foods that are part of a Clean Eating Diet Plan

General Overview of Components & Main Principles of The Clean Eating Diet

Clean eating is based on the principle of eating whole, natural unprocessed foods.

Most proponents of clean eating will suggest it is not truly a diet, but rather a view on what to eat and what not to eat.

It focuses on food quality and not quantity, so calorie counting is not utilized in this dietary framework.

Meal Timing/Frequency

On principle, clean eating does not have strict requirements for meal timing or meal frequency (read: how many times a day you eat).

However, in application most clean eating programs suggest people eat 5-6 smaller, clean food, meals and snacks throughout the day rather than 3 main meals.

Restrictions/Limitations

Clean eating places fairly substantial food restrictions on individuals. Clean eating diets require that people consume only whole, natural foods and eschew everything that is processed.

This excludes pastas, breads, crackers, chips, cereals, and anything else that has been processed. This approach also excludes things like condiments (e.g. mustards and spreads) as well as dressings.

Additionally most beverages are restricted; this includes alcohol, soda, and juice.

Does It Include Phases?

As traditionally thought of, the clean eating diet does not usually include phases.

Most prescriptions of the clean eating diet as instantiated in books, articles, and programs have people initiate the full spectrum of the diet at the outset. Some even include 30 day challenges in which whole, natural foods must be consumed for the entirety of the 30 days with no deviation from the protocol.

Fruits and Vegetables that are part of a Clean Eating Diet Plan

Who Is It Best Suited For?

Clean eating is best suited for people who are focused on the health properties of food, do not feel the desire to track the calories in their food, and who do not mind fairly restrictive approaches to nutrition. Clean eating allows substantial flexibility in the amount of food one eats, the timing and frequency, and with some effort and diligence the diet can be used for a wide range of people with drastically different goals (e.g. fat loss, muscle gain, or sport performance).

How Easy Is It to Follow?

How easy it is to follow the clean eating diet really depends on what type of person you are and your food preferences. For people who enjoy eating a wide variety of food, do not enjoy food restrictions, and would rather focus on the quantity of their food (i.e. the calories and macros) clean eating may be rather difficult to follow.

For people who are creatures of habit, do not mind eating within restricted dietary frameworks and do not enjoy counting their calories or macros clean eating can be an excellent dietary framework to follow.

Most people who practice clean eating long term usually build in small amounts of flexibility and follow either an 80/20 or 90/10 rule where they allow themselves to eat food on the restricted list 10-20% of the time.

Mainstream Belief Behind Diet

The mainstream belief behind the clean eating diet is that natural, whole foods are optimal for human health and that they naturally control calorie intake.

While there are indeed sound reasons behind consuming more natural foods, one cannot truly rely on the "natural" argument as the sole basis for why this diet is effective as the naturalistic fallacy is a common logical fallacy.

Scientific Studies and Interpretation of Data

To date there are no published studies examining the effect of a clean eating diet which makes it difficult to draw hard conclusions on the scientific efficacy of this diet. However, there are a few things we can glean.

Most whole, natural foods are more satiating than their processed counterparts¹. This makes controlling calorie intake much easier for a large majority of people.

Additionally, higher diet quality is associated with improved health markers and a lower risk of developing type 2 diabetes^{2,3}.

Salad that is part of the clean eating diet plan

Conclusion

Clean eating falls on the opposite end of the dietary spectrum from approaches like IIFYM or flexible dieting and focuses almost exclusively on food quality, not food quantity.

The main principles of clean eating are centered around focusing on the quality of the foods you consume and ensuring they are "clean".

The principles can be summarized in one tenant: Choose whole, natural foods and seek to eliminate processed foods.

The core principles of the diet can be listed as follows: avoid processed foods, avoid refined foods, avoid artificial ingredients, avoid alcohol, avoid soda and fruit juice.



*Title: **Two sisters: sport and beauty***

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SURREAL 18



SURREAL 19



SURREAL 20



Eggy Veggie Bake

Original recipe yields 4 servings

Ingredient Checklist

1 tablespoon olive oil
1 cup sliced halved zucchini
3 green onions, chopped
½ sweet onion, thinly sliced
2 roma (plum) tomatoes, chopped
½ cup chopped fresh mushrooms
3 cups chopped baby spinach
½ lemon, juiced
Worcestershire sauce to taste
hot sauce to taste



Classic Tuna Noodle Casserole

Prep:

10 mins

Cook:

25 mins

Total:

35 mins

Servings:

4

Yield:

4 servings

Ingredients

Decrease Serving

4

Increase Serving

Adjust

Original recipe yields 4 servings

Ingredient Checklist

1 (10.75 ounce) can Campbell's®

Condensed Cream of Celery

Soup or Campbell's® Condensed

98% Fat Free Cream of Celery

Soup

½ cup milk

1 cup cooked peas

2 tablespoons chopped pimentos

(Optional)

2 (6 ounce) cans tuna, drained and flaked

2 cups hot cooked medium egg noodles

2 tablespoons dry bread crumbs

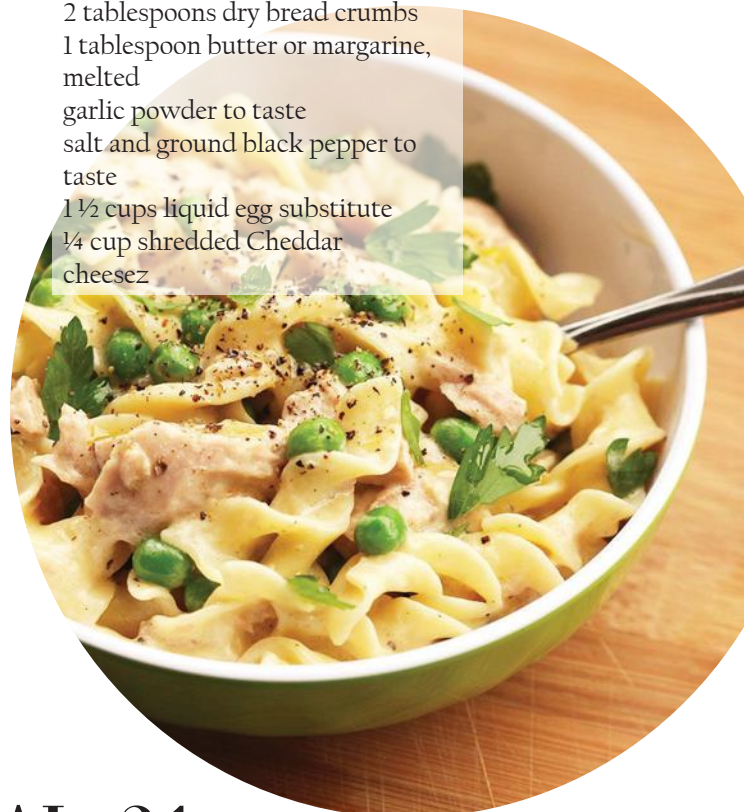
1 tablespoon butter or margarine, melted

garlic powder to taste

salt and ground black pepper to taste

1 ½ cups liquid egg substitute

¼ cup shredded Cheddar cheese





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For Women: Getting Started With Lifting



1. Do your research - Pick up a couple of women's lifting magazines and check out their websites. They often have great lifting programs you can follow along with form and technique guidelines and advice for beginners. Watch some videos on the more difficult lifts. Form and technique is of utmost importance to prevent injury and to get the most out of your lift.

2. Hire a trainer - As a newbie, it would definitely benefit you to work with a trainer for at least the first few times you attempt some of these lifts. A trainer will be able to critique your form and make suggestions on how to achieve and maintain perfect form.

3. Don't be afraid to ask for help - Once you commit to a routine, you'll notice that there are some "regulars" that are always at the gym the same time that you are. Don't be afraid to ask them to spot you or check your form. They won't mind. In fact, they'll probably be flattered you asked. Most of us would rather spot a friend than sit there and stare the clock during our rest periods.

4. Use the mirrors - Believe it or not, those mirrors aren't there just so you can check yourself out in your fancy new workout duds. They are there for you to check your form. Glance at the mirrors right in front of you, and if there is one on the side, take a glance there as well. Make sure your form is correct.

Many women fear that picking up a dumbbell will turn them into Arnold.

5. Get a buddy - Once you make it up to some of the harder lifts, you'll definitely want a spotter for safety. Invite a friend to come along with you and introduce them to lifting.

6. Drink water! - Always have water on hand. You're working your muscles hard and they need water to recuperate. Don't stop after your workout, either. Keep guzzling that water all day long!

7. Stretch - After a good lift, take some time to stretch. Hold each stretch for at least 20-30 seconds. Make sure to also stretch several times a day. This will keep your muscles loose and help with muscle soreness.

8. Set a benchmark and goal - Sign up for a fitness competition, book a photo shoot - whatever it takes to hold yourself accountable. People are more likely to achieve goals with a set timeline.

9. Eat for your goals - Many people think that you can eat whatever you want if you work out hard. That is simply not true! Think about it this way - you are putting in so much effort at the gym, don't waste it by eating horribly. Serious results from lifting will not show through until you eat healthy! You are wasting your true potential and all that energy if you are eating poorly. Make a commitment to your fitness goals! Eat healthy and lift hard and you will have jaw-dropping results in no time!

10. Motivation & Inspiration - Have a reason you want to do this and keep that reason in the front of your mind when you're considering skipping a lift or going on a junk food binge. Find someone who inspires you - a mother of 4 who has a 6 pack? A formerly obese person who lost a great amount of weight and has since maintained a healthy lifestyle? Whoever it is - contact that person for advice and/or words of wisdom, bookmark their website or profile, print out their picture or story and tape it to your alarm clock to get your butt to the gym or your fridge and grocery list to remind you to make healthy choices - whatever it takes!

Last, but not least, just get out there! Don't wait for the perfect weather, till you've lost some weight, till you have the perfect lifting wardrobe, a lunar eclipse - or you'll never go. Stop thinking about it and get in there and give it a go. Don't worry about looking silly or what the other people around you are thinking. Chances are, they are focusing on their own lift and not wasting any time critiquing yours. Be healthy, be strong, go get 'em!





Title: Fitness Loves Me, Fitness Love Me Not

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Photographer: Kenneth Purdom Photography

Photographer: Darwin Alberto

IG: dalberto79

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SURREAL 29



SURREAL 30



SURREAL 31



SURREAL 32

10 Best Ab Exercises

Hanging Knee Raise
Machine Crunch
Pallof Press
Cable Crunch
Decline Crunch
Squat
Russian Twist
Ab Roll-out
Exercise Ball Pike
Plank
Hanging Knee Raise
Hanging Knee Raise



Why it's on the list: There are many reasons to like leg raises, but top of the list is their scalability. You can start doing bent-knee raises in a captain's chair or with ab straps to focus on the lower core, work up to straight-leg raises, and then move to a hanging bar. By the time you're doing full straight-leg toes-to-bar raises, you've built unparalleled strength in your entire core.

Another point in their favor: You can increase the degree of difficulty and resistance by holding a medicine ball between your knees or ankles, allowing you to train in a lower rep range. Or you can add a twist at the top or graduate to full-blown "windshield wipers" to target your deeper rotational muscles and obliques.

No matter the variation, just remember to use your abs, not momentum, to get your legs as high as possible on each rep.

Weighted hanging leg raise gif

Hanging Knee Raise Variations for Ab Development:

Hanging leg raise
Captain's chair knee raise
Parallel bars knee raise
Hanging dumbbell knee raise
Hanging toes-to-bar
Hanging windshield wiper

In your workout: Do this move first or second in your routine for 3 sets of 10-15 reps, or however many reps you can do. If using a medicine ball, try a dropset simply by letting go of the medicine ball when you hit failure.

Hanging leg raise forum quote

Machine Crunch

Machine Crunch

Why it's on the list: Ab exercises with added resistance don't get enough love! Extra resistance spurs growth in the fast-twitch muscle fibers like almost nothing else and can really build up the "bricks" of your six-pack.

By using a machine, you can also adjust the load and train to failure at just about any rep target you want. A pin-loaded machine works especially well when doing dropsets. If your gym doesn't have a dedicated ab machine, you can still get the same benefits using cables or bands.

Machine Crunch Variations for Ab Development:

Ab crunch machine
Smith machine V-up

In your workout: This works great as one of the first exercises in your ab routine. Use a challenging weight for a lower rep target. Of course, it also works with lighter weight as a burnout at the end. In either case, 3-4 sets of 10-15 reps is a solid formula.

The Future of Leanness

The Future of Leanness

Today's best fat-burners are light years ahead of where they were just a few years ago. If you have abdominal ambitions, they can be your secret weapon.

GO NOW

Pallof Press

Pallof Press

Why it's on the list: This increasingly popular movement trains your abs to do what they're supposed to do: stabilize your skeleton. The Pallof press is an anti-rotation movement, meaning the body is actively fighting rotation throughout the motion. By utilizing exercises like this, you can increase core stability in various planes of movement and reduce the likelihood of injury.

If you've never done these before, expect to be challenged more than you might expect!

Cable Pallof press gif

Pallof Press Variations for Building Strength:

Pallof press (cable or band)

Pallof press with rotation

In your workout: There's no need to go heavy here; all it will do is compromise the quality of the move. Do these after your most difficult ab move of the day using a weight that allows you to manage 3 sets of 10-15 reps on each side.

Cable Crunch

Cable Crunch

Why it's on the list: The strength of this exercise is its versatility. It works for any fitness level, on any cable machine, and you can add any amount of resistance you need to train at your target rep range. You can also use a resistance band if you don't have a cable stack handy.

Despite these advantages, plenty of people still do them wrong! Here are the biggest points to remember, from the article, "4 Cable Crunch Blunders."

Squeeze your glutes and keep your hips forward. Sitting back targets more hip flexors.

Round your back during each rep.

Keep your hands next to your head to avoid making it a shoulder and upper-body move.

Keep your neck neutral. Don't tuck your chin.

Got it? Now put it into action.

Cable Crunch Variations for Ab Development:

Kneeling cable crunch

Kneeling cable oblique crunch

Kneeling cable alternating crunch

Standing cable crunch

In your workout: This is another good first or second exercise that can be done for a low-to-moderate number of reps. Do 3 sets of 10-15 reps. If you want to add a dropset, change the pin or use a lighter resistance band when you reach muscle failure and immediately perform another 8-10 reps.

Decline Crunch

Why it's on the list: This old-school fave amps up the ab engagement by increasing the range of motion over standard crunches. You can also dial up—or down—the degree of difficulty by adjusting the angle of the bench.

Holding a medicine ball, dumbbell, or plate against your chest adds a further level of customizable resistance. If you want the ab-chiseling upside of cables or gym machines but don't have access to a gym, this is for you.

Be warned: Since your feet are hooked, it's all too easy to use your hip flexors to come up instead of your abs. Keep your lower back flat to the bench and your abs engaged. If you're not feeling a wicked burn, drop all the weight, put your hands on your belly, and really focus on the contraction at a slower pace.



Decline crunch gif
Decline Crunch Variations for Ab Development:

Decline oblique crunch
Decline plate sit-up
Decline reverse crunch

In your workout: Position this one later in your routine after you've built up some fatigue from a really challenging first exercise or two. Do 3 sets of 10-15 reps. If you find 15 reps too easy, simply increase the angle of decline or use a heavier ball or plate.

Ab Training is Better with Balls

Throw, crunch, twist, raise, and more with medicine balls, with ultimate old-school fitness tool.

GO NOW

Squat

Squat

Why it's on the list: No, we're not going to echo that old myth that squats and deads are all you need for abs. You need more! But there's no debating that both front and back squats force you to learn how to brace your abs to maintain a neutral, upright position. And before you say, "It doesn't count if you wear a lifting belt," a number of studies have shown that a belt actually increases ab activation during squats.

Protect Your Back, Build Your Core

Wearing a sturdy lifting belt is a great way to train proper bracing and strengthen your core during heavy lifting. Keep one in your gym bag!

GO NOW

Oh, and don't worry about balancing on a BOSU ball to increase the work of your stabilizers. Research has shown that if you just go heavy with your squats on the floor, you'll get all the ab stimulus you need.

Squat Variations for Ab Development:

Barbell front squat

Goblet squat

Zercher squat

Overhead squat

In your workout: Regularly program both back and front squats into your routine. To keep it interesting, rotate through in four-week waves, or alternate weeks between back and fronts. Also, if you're following a dedicated program like the 7-Day Six-Pack, do your workouts after your heavy leg days, not before. The last thing you want is to feel sore or weak when you're under the bar!

Russian Twist

Why it's on the list: To recruit the obliques, you need to do one of three motions:

Bend to the side

Rotate your trunk

Suck in your belly

By adding a medicine ball to the twist, you're hitting your obliques with a double whammy by requiring the upper abs to contract isometrically to stabilize against the weight as you move. Try to get a little crunch on either side after the rotation to up the ante.

Twist Variations for Ab Development:

Russian twist

Dumbbell Russian twist

Medicine ball half moon

Cable lying twist on ball

Standing cable twist (high to low)

Standing cable twist (low to high)

In your workout: Do this exercise toward the middle of your routine for 3 sets of around 15 reps per side. Increase the degree of difficulty by extending your arms out or using heavier weight.

Ab Roll-Out

Ab Roll-out

Why it's on the list: This cheap piece of equipment has gained a cult following over the years, and for good reason. EMG data suggests that using an ab wheel is equally if not more effective than hanging leg raises, sit-ups, and reverse crunches at activating the abs.

Why is the ab wheel so effective? It capitalizes on the concept of eccentric strength-building perfectly. As you roll out, your trunk must actively fire while those abs stretch to maintain a neutral spine without collapsing under your body weight and gravity.

Ab Roll-Out Variations for Ab Development:

Ab wheel roll-out
Exercise ball roll-out
Suspended ab fall-out
Reverse ab roll-out

In your workout: Build up to 3 sets of 8-12 reps, rolling all the way out and back on your knees. If you can't do all the reps prescribed or if your back is arching, reduce the distance and maintain a neutral spine, then slowly work to extend it over a few weeks.

Ab roll-out forum quote
Exercise Ball Pike
Exercise Ball Pike

Why it's on the list: It turns out the exercise ball is good for more than just sitting and waiting for your partner to finish their set! A research team demonstrated that the pike movement is one of the most effective total-ab activators out there. It topped the EMG list for upper abs, lower abs, and obliques. The version in the study was performed on a ball, but pikes can also be done on a suspension strap system.

Exercise Ball Pike Variations for Ab Development:

Exercise ball pike
Medicine ball pike
Glider pike
Suspended crunch
Hanging toes-to-bar

In your workout: Since it targets a large degree of the muscle mass of the abdomen, the pike can either be used to get your routine started or as a really brutal way to finish it out. Shoot for 2-3 sets of 8-12 reps. If you can't complete reps with good form, start with exercise ball knee roll-ins.

Plank

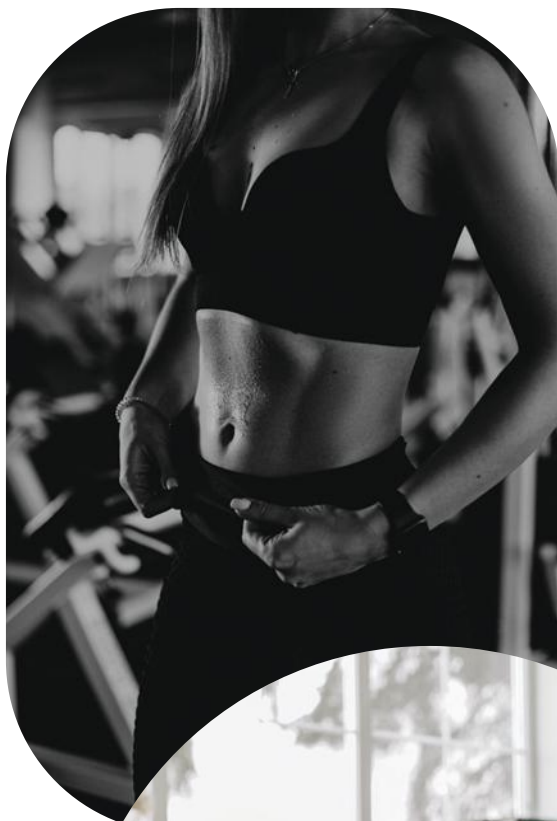
Why it's on the list: Muscle activation studies consider the plank a mid-level exercise. But in this case, that doesn't tell the whole story. It's first and foremost a great transverse abdominis move, but that muscle is deep, so can't be measured by EMG.

Planks primarily made the list because of how easily you can use different variations to change the level of difficulty. If an elbow plank is too difficult, perform it with the arms straight or simply drop to your knees. Too easy? Lift an arm or a leg—or an arm and a leg. Put your feet into suspension straps or on a stability ball. Each one of these progressions leads to a greater training stimulus to the abs.

Plank Variations for Strength and Growth:

Elbow plank
Side plank
Plank leg raise
Feet-elevated plank on ball
Elbows-elevated plank on ball
Side plank hip dip

In your workout: You can do these last on ab day, but you can also do them at home just about any time you want. Since it's an isometric move, shoot for time rather than reps. Doing 3-5 sets of 30-90 seconds in whatever variation is toughest for you should get you shaking!



Best Ab Workouts

Hard and Heavy Ab Workout
All-in-One Six-Pack Workout
Machine Ab Workout
Hard And Heavy Ab Workout
Hard and Heavy Ab Workout

If you're ready to build your ab muscles so they're visible even at a slightly higher body fat level, this is the workout. With hanging leg raises and a weighted superset, you'll be feeling your core right out of the gate. Finishing with a round of kneeling cable crunches, you'll leave the gym afraid to cough or laugh.

Hard and Heavy Ab Workout

1
Hanging leg raise
3 sets, 15 reps (rest 90 sec.)

2
SUPERSET
Perform the exercises in order, resting as little as possible between exercises and 1 min. between sets.
Lying Windshield Wipers
4 sets, 10 reps (no rest)

Decline Weighted Sit-Up
4 sets, 12 reps (rest 1 min.)

3
Kneeling cable crunch
3 sets, 15 reps (rest 90 sec.)

All-In-One Six-Pack Workout
All-in-One Six-Pack Workout

Chasing a six-pack? This ab workout is a perfect way to start your day or the perfect end to any workout. With bodyweight exercises and circuit-style intervals, you'll hit every angle of your abs and work up a sweat in less than 20 minutes!

All-in-One Six-Pack Workout

1
Ab Rollout
Perform on your knees and limit your range of motion to what you can do without letting your lower back droop. If you reach failure, hold a static position with your arms below your shoulders for the remainder of the 30 sec.
3 sets, 30 sec (rest 1 min.)

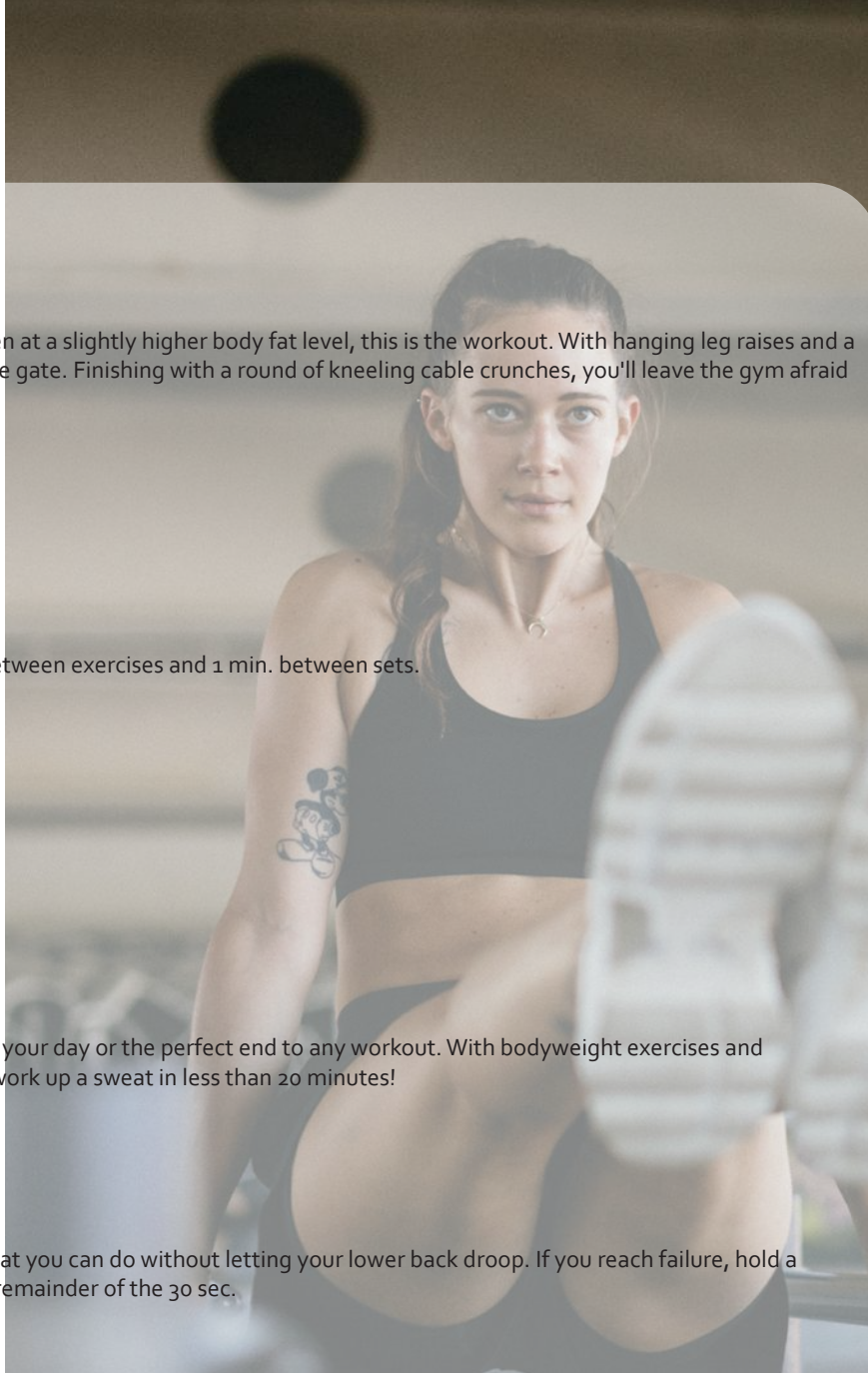
2
Lying Leg Raise
3 sets, 30 sec (rest 1 min.)

3
SIDE PLANK
Perform for time on one side before switching to the other side. Rest as little as possible between sides and 1 min. between sets.
Side Plank
3 sets, 30 sec (right side, no rest)

Side Plank
3 sets, 30 sec (left side, rest 1 min.)

Machine Ab Workout

This three-move cable ab workout is simple, but brutal. Each of the exercises are performed for 3 sets of 10-12 reps. So, what's the catch? You'll perform a dropset at the end of each movement. Take each set to failure and expect to have nothing left in the tank!



Machine Ab Workout

1

Kneeling cable crunch

After the final set, perform a single dropset.

3 sets, 10-12 reps

2

STANDING CABLE HIGH-TO-LOW TWIST

Perform for all reps on one side before switching to the other side. Rest as little as possible between sides.

Cable Cross-Body Pull

After the final set, perform a single dropset.

3 sets, 10-12 reps (left side, no rest)

Cable Cross-Body Pull

After the final set, perform a single dropset.

3 sets, 10-12 reps (right side, rest 1 min.)

3

Cable reverse crunch

After the final set, perform a single dropset.

3 sets, 10-12 reps (rest 1 min.)





Title: did not sit

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Model: *Галина Камышанская*

IG: lina.llins

SURREAL 39



SURREAL 40





SURREAL 42



SURREAL 43



WOMEN: Shaping The Perfect Glutes

Physiology of the Glutes

To shape the perfect glutes, you have to target each muscle of the butt. There are three muscles that make up the gluteals:

Gluteus Maximus – This is the largest and most superficial of the gluteal muscles and forms the bulk of the buttock mass.

Gluteus Medius – This is largely covered by the gluteus maximus.

Gluteus Minimus – This is the smallest and deepest of the gluteal muscles.

Many muscles – such as the Iliocostalis Lumborum, Multifidus and Quadratus Lumborum, Iliopsoa – also insert into and around the pelvis and play a role in how the glutes can appear, usually by contributing to the posture through effects on pelvis tilt, etc.

To shape the perfect glutes, you have to target your butt from many angles and there are a variety of exercises and activities that you can do to hit and develop each of the gluteal muscles for that desired perfection.

Gluteus Maximus – Worked through flexion of the thigh.

Gluteus Medius – Worked through adduction and lateral rotation of the thigh.

Gluteus Minimus – Worked the same as the gluteus medius.

Training Exercises and Modes

Squats

If you want muscle, then you cannot neglect squats. The biggest exercise one can do, squats naturally release more growth hormone and testosterone than any other resistance exercise. More anabolic hormones released means more potential for muscle growth, and the more muscle in the glutes, the better your butt will look.

Perfect Glutes

Deadlifts

Although deadlifts do not target the gluteals specifically, it is a multijoint, compound exercise and therefore works multiple muscles, including the gluteals. More importantly, the deadlift is one of the most important exercises that you can do to improve your posture. Improving your posture can have a dramatic effect on the appearance of your butt.

One-Legged Deadlifts

A unilateral exercise, one-legged deadlifts work the glutes in more planes than the deadlift does, as well as adding variety to a training session. Working the gluteals in more planes means that more muscles are targeted. The more muscles targeted and worked, the better the overall muscular development of the butt, and the better the muscular development, the better its aesthetic appeal.

Lunges

Lunges can be performed multiple ways to hit each muscle in the glutes, as well as developing and shaping the rest of the lower body. Static lunges are the most common type of lunges done. Walking lunges are a progression from static lunges, incorporating a level of functionality that can be transferred into daily living.

Using another plane, side lunges add more variety into a training program, and not only can you focus more specifically on either the quadriceps or hamstrings – depending on the length of your stance – but it also hits the adductors.

Step-Ups

Using only bodyweight or using additional weight, step-ups are an excellent exercise for developing the glutes, as well as working the legs – more quadriceps or hamstrings, depending on how high the step is.

Perfect Glutes Stairs

The gluteus maximus is used when climbing stairs and running, and therefore these activities are excellent for developing the muscle. Climbing stairs, either at a steady pace or sprinting will help in attaining firm, round buttocks.

Sprints

Have you ever seen a sprinter with a square, saggy butt? No, because their training makes for the complete opposite. Power and explosiveness, speed off the blocks, anaerobically exhausting the body with intervals, working the legs and gluteals.

Sprinters are among the leanest individuals on the planet, a product of their training methods and mode, making sprints the perfect cardio for helping you get lean enough to show off your hard earned muscle, shaping your butt as you desire it.

Conclusion

Building and shaping your glutes so that they sit high off your legs, hard and muscular, yet round enough that they give that perfect silhouette to your figure is not impossible, and through incorporating a few different exercises into your training program, you too can have the sexy, shapely butt of a fitness model.

Exercises that develop each of the gluteal muscles and target them from all angles are the best to use, and include squats, deadlifts, one-legged deadlifts, static lunges, walking lunges, side lunges, and step-ups. Stairs and sprinting can also be used as part of a cardio program to shape the glutes into the butt you desire.

FIT TIPS

A diet rich in Vitamin C can reduce the risk of wrinkles & drying skin.

Shoulder shrugs & other exercises using your trapezoids can reduce chronic neck pain by 80%.

Four to six 30 second bursts of cardio are just as effective as an hour of training at a lower intensity.

Over 200 species of bacteria are in and amongst the dust at your desk - wipe it down daily with lysol or another disinfectant to prevent sore throats and colds.

Something as simple as eating 2 ounces of yogurt a day (an individual container typically has 6 ounces) can protect you from gum disease.

Get an annual skin check on your scalp to reduce the risk of melanomas. These unseen moles can double your risk of death.

Getting plenty of calcium and Vitamin D daily can decrease your stress levels by 20%.

Wash your sheets in water that's at least 140 F to kill dust mites, and prevent eczema and irritations to sensitive skin.

A 30 minute make out session can improve allergy symptoms.

Women who take fish oil supplements have a lower risk of developing the most common type of breast cancer, new research suggests.



Air Fryer Apricot-Glazed Chicken Breasts

Recipe Summary test

Prep:

10 mins

Cook:

15 mins

Additional:

5 mins

Total:

30 mins

Servings:

4

Yield:

4 servings

Nutrition Info

Ingredients

Decrease Serving

4

Increase Serving

Adjust

Original recipe yields 4 servings

Ingredient Checklist

3 tablespoons apricot preserves

1 teaspoon fresh ginger paste (such as Gourmet GardenTM)

½ teaspoon minced fresh rosemary

2 (8 ounce) boneless, skinless chicken breasts

1 teaspoon vegetable oil

salt and ground black pepper to taste

ADD ALL INGREDIENTS TO SHOPPING LIST

Local Offers

ZIP 38501

Walmart

589 W Main St

COOKEVILLE, TN 38506

Marketside Antibiotic-Free Boneless Skinless Chicken Breasts

Stock up for fall. Everyday Low Prices.

ADVERTISEMENT

Great Value Vegetable Oil, 48 fl oz

Stock up for fall. Everyday Low Prices.



Step 1

Stir apricot preserves, ginger paste, and rosemary together in a small bowl. Microwave for about 20 seconds to make preserves easier to spread.

Step 2

Pound chicken breasts to uniform thickness and pat dry with a paper towel. Rub with oil and season with salt and pepper.

Step 3

Preheat the air fryer to 400 degrees F (200 degrees C). Spray the basket with cooking spray and add chicken breasts in a single layer.

Step 4

Air fry for 4 minutes. Flip and rotate the position of the chicken breasts. Brush with the apricot mixture. Return basket to the air fryer and cook until chicken is no longer pink in the center and the juices run clear, 8 to 12 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Step 5

Transfer chicken to a plate, cover loosely with aluminum foil, and let sit for 5 minutes. Cut chicken breasts into slices and serve.

I Made It Print

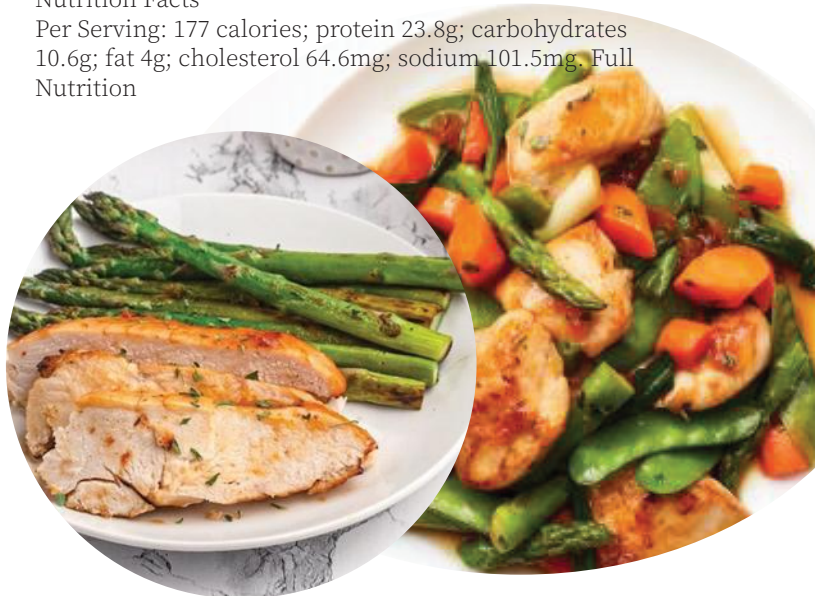
Cook's Notes:

You can use 1/8 teaspoon dried rosemary instead of fresh.

You will find ginger paste in a tube in the fresh produce section of your grocery store.

Nutrition Facts

Per Serving: 177 calories; protein 23.8g; carbohydrates 10.6g; fat 4g; cholesterol 64.6mg; sodium 101.5mg. Full Nutrition





Title: Wake up and do it!

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SURREAL 47



SURREAL 48



SURREAL 49



SURREAL 50



SURREAL 51



SURREAL 52



SURREAL 53



SURREAL 54



SURREAL 55



SURREAL 56



What are the best beauty tips?

The best thing you can do for your appearance is to drink lots of water. Hydration helps your skin stay moisturized and glowing, boosts your metabolism, and keeps your energy levels up.





SURREAL