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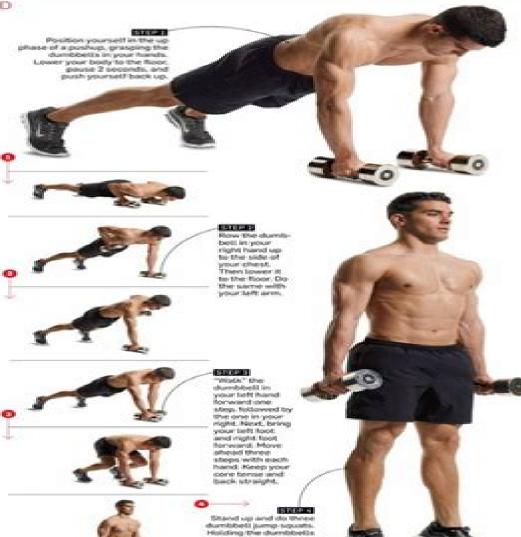


IS THERE ONE EXERCISE THAT WILL BLAST MY WHOLE BODY?

There is, but it's brutal. In fact, the name alone can make your muscles twitch: It's called "the death crawl." Our guest torturer, Todd Durkin, C.S.C.S., author of The Impact! Body Plan, explaints: "The death crawl, combined with a dumbbell jump squat, works your chest, shoulders, triceos, back, and biceos. It also pounds your core and smokes your legs." And there's an endurance element that'll make you think you're starring in Sow: Jigsow's Gym. Still want to do it? Grab two 10-pound dumbbells. Or go with 25-pounders if you want the same chaltenge that Durkin gives his elite clients--NFL. stars like Drew Brees and Darren Sproles.

The different cholesterol numbers confuse me. Which ones matter?

Even we have trouble wrapping our heads around the heart math. So we asked Mon's Hoolth advisor Prediman K. Shah, M.D., the director of cardiology at Cedary-Sinai Medical Center in Los Angeles. to help us make the numbers less fuzzy. "The single best predictor of cardiovascular disease is your non-HDL cholesterol, which is your total photesterol. minus HDL," says Dr. Shah. That's because this calculation results in a figure representing your LDL. and more esoteric artery-clogging particles, such as VLDL and Lpiai. In a study recently presented at the American Heart Association conference, Dr. Shah and his colleagues found that non-HOL beat every other cholesterol calculation in predicting who would develop heart disease over an 13-year follow-up period. To stay in the safe zone. aim for a non-HDL level of 130 or less.



at your sides, bend your

That's I rep of the death

knees and squat; then

jump up explosively.

consect. Alone for 2 or 3

with 2 minutes of rest. between sets.

sets of 5 to 30 reps.

MEAN REPORTE

Mens Health And Exercise Guide

Lei Huang

Mens Health And Exercise Guide:

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