

# S.H.I.F.T.I.N.G

Mike O'Hearn, aka "Titan" of American Gladiators, has collaborated with Miss Fitness California and Miss Tri-Fitness Physique World Champion, Sherlyn Roy, to create one of the most advanced fitness and training programs in the country.



Photo courtesy of Mike O'Hearn

S.H.I.F.T.I.N.G, or Serious High Intensity Fitness Training Integrating Nutritional Guidelines, was originally created for their high profile clientele of Hollywood executives and heavy hitters.

The program is specifically patented for each individual and goes to the root of the problem people have in weight loss, which is the metabolism.

It integrates weight training, cardio, abs, and most importantly, nutrition in a manner that will create more lean body mass to maximize your weight loss potential in the least amount of time. The rebounding effects most programs are virtually eliminated in S.H.I.F.T.I.N.G.

Currently, the "Fittest Couple in America", as O'Hearn and Roy are known, is working on a website with their advanced team of experts, as well as publishing a weight loss book. For more information, go to [www.myspace.com/shiftingtv](http://www.myspace.com/shiftingtv) and don't forget to subscribe to their free, bi-monthly newsletter.

Photo by Eric Friedman

## MAQ TIP:

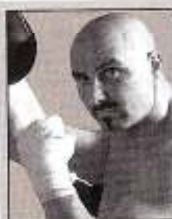
Stretch before you train, and warm up before you stretch. Don't jump right into your weight-training session.



## The Core of a Champion.

DEREK PANZA A THREE-TIME WORLD KICKBOXING CHAMPION HAS BUILT ONE OF THE TOUGHEST MID SECTIONS IN THE FIGHT GAME. HE STATES:

"Because kickboxing is a full-body sport and requires strong abs as well as strong hip flexors, my routine doesn't abs. I prefer to utilize abdominal muscles along with hip flexors-this helps strengthen the muscles used when kicking, which is my goal. I do the following four times a week."



### MONDAY

JACKKNIVES - 50 reps

CRUNCHES (feet off floor) - 50 reps

REST ONE MINUTE

JACKKNIVES - 25 reps

CRUNCHES (feet off floor) - 50 reps

REST ONE MINUTE

SIDEWAYS HYPER-EXTENSIONS 2 sets, each side to failure

### TUESDAY

3 Super Sets

SIT-UPS ON A VERTICAL DECLINE - 25 reps

HANGING LEG RAISES - to failure

### WEDNESDAY - off

### THURSDAY

JACKKNIVES - 50 reps

CRUNCHES (feet off floor) - 50 reps

REST ONE MINUTE

JACKKNIVES - 25 reps

CRUNCHES (feet off floor) - 50 reps

REST ONE MINUTE

SIDEWAYS HYPER-EXTENSIONS 2 sets, each side to failure

### FRIDAY

3 Super Sets

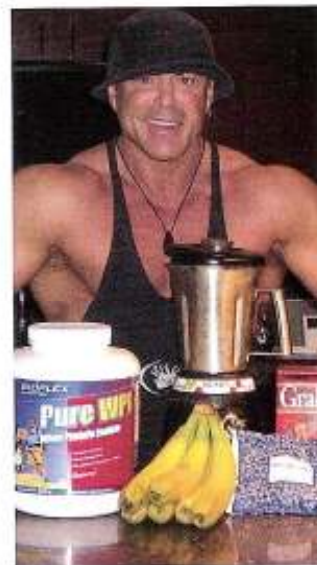
SIT-UPS ON A VERTICAL DECLINE - 25 reps

HANGING LEG RAISES - to failure



Excerpt from Frank Sepe's *Abs-olutely Perfect Plan for a Flatter Stomach*

## SWOLE UP! Rico's Post Workout Elixir



Start with pure whey isolate because it has the highest bioavailability. Make sure it isn't sweetened by toxic sugars like aspartame, acesulfame K, acesulfame potassium, or sucralose. It should be low in traditional sugars, carbs and sodium as well.

Pour about 16 ounces of rice, almond or any other non-dairy milk in a blender. Add frozen or fresh blueberries, a banana, a few graham crackers and a little ice.

You can vary the fruits per your taste but blueberries are a great antioxidant and bananas provide the potassium your body needs. Remember, the post workout shake is the only shake you want to consume with a lot of simple, high-glycemic sugars to replace the glycogen you used up during your workout.

Rico Connor  
[www.totalhealth4life.net](http://www.totalhealth4life.net)

Rico Connor's paperback launches on [www.amazon.com](http://www.amazon.com) at the end of April. Total Health For Life, Mind and Body, The Baby Boomer's Bible of Health.