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// Stacked

Your definitive guide to fitness and nutrition, every month



CORE VALUES

THE CORE IS ONE OF THE LARGEST COLLECTIVE muscle groups in the body but is criminally overlooked when it comes to strength and conditioning in sports. It helps transfer energy between lower and upper body and is crucial for good balance and flexibility, no matter the sport. Not to worry if you're reading this thinking 'uh-oh', we've got just the trick for you: Terry Longmore's powerhouse workout. And when we mean tricks, we mean hanging off Olympic rings, balancing on a ball and using old-school S&C techniques that wouldn't look out of place in the circus. Terry knows his stuff though, so take it from him and improve your all round game on page 50. ■

THE EXPERTS



NIKO ALGERI

We get it, it's time to mix things up in your relationship in the gym, so let's try swinging. Niko Algeri will show you how. **p48**



TERRY LONGMORE

What Terry doesn't know about S&C for sport isn't worth knowing. So take heed and make your core a priority. **p50**



OLI JENNER

Don't be a hard nut and listen to the advice of Oli Jenner. We guarantee this leading sports therapist will soothe your aches and pains. **p52**



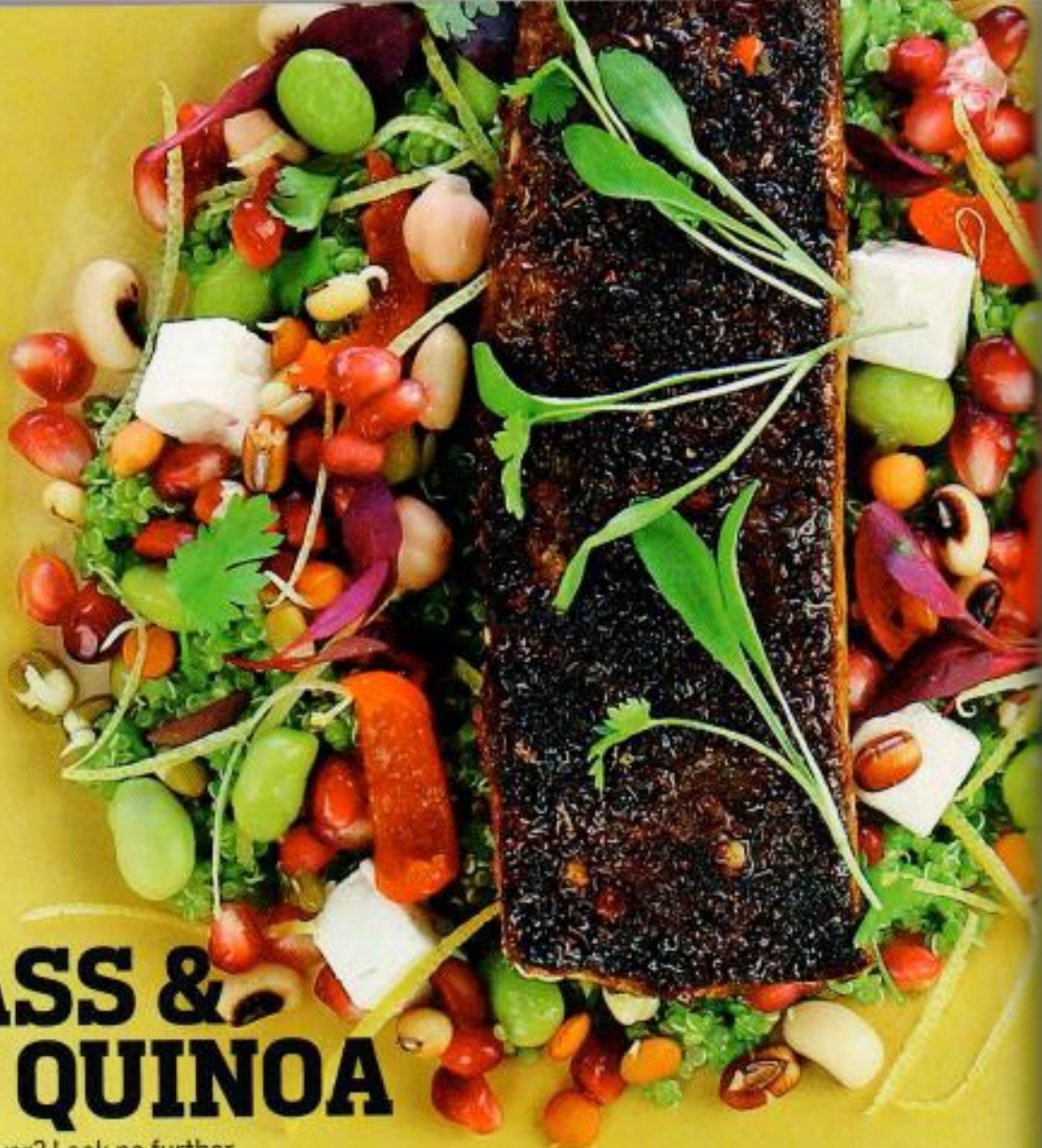
JAMES COLLINS

Nutrition doesn't have to be boring and James Collins knows this. Find out how Britain's leading sports nutritionist can help up your cooking game on **p54**

THE BIG EAT



Tickling your fancy



MEAL OF THE MONTH

SEA BASS & GREEN QUINOA

Looking for fuel or to recover? Look no further than this sea bass and quinoa feast

Cooking time: 30 minutes

THIS IS MY TIP FOR your meal of the month. It's a super versatile fuelling or recovery meal, which consists of two high-protein main components - the sea bass and the quinoa (which is also rich in carbohydrate).

Made from a quinoa base, it's full of complete protein, meaning it offers all of the nine essential amino acids your muscles need for growth and repair.

It's an excellent serving of slow-release carbohydrates,

too, which helps to refuel the glycogen levels in your muscles.

The fish offers a decent serving of omega-3 fatty acids, something that most of us need to increase in our diets to improve heart and metabolic health, while the fruits, vegetables and herbs act as great micronutrient boosters and are a nice palette cleanser, too.

If you need something to fire you through the February cold, this is it.

JAMES COLLINS

Currently head nutritionist for Arsenal, James was also England's lead nutritionist at the 2014 World Cup, and advised Team GB athletes for the London 2012 Olympic Games and now Rio 2016.

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THE EXPERTS

INGREDIENTS (serves 2)

GREEN QUINOA

- 150g quinoa
- 60g baby spinach
- 80g feta cheese, 2cm diced
- 40g Peppadew peppers, sliced
- 60g mango, peeled and 2cm diced
- 20g pomegranate seeds
- ½ tsp mint, roughly chopped
- ½ tsp fresh coriander, roughly chopped

BLACKENED SEA BASS (per person)

- 120g sea bass
- ¼ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp Dried thyme
- ¼ tsp cracked black pepper
- ¼ tsp cayenne pepper
- ¼ tsp oregano
- ¼ tsp dried basil
- Splash of oil

NUTRITIONAL INFO PER SERVING

396 CALORIES

38g PROTEIN

14g FAT

58g CARBS

METHOD (GREEN QUINOA)

1 Place the quinoa into a pan and cover with cold water. Cook over a medium heat for approximately 15 minutes, until the germ has separated from the seed and drain.

2 For the spinach puree, bring a pan of water to the boil first. Place the spinach into the water for ten seconds, drain and transfer to a bowl of iced water immediately. Once chilled, drain and blend using a hand blender until pureed.

3 Mix spinach puree into quinoa, then add peppadew, mango, pomegranate, feta, mint and coriander. Season to taste.

METHOD (BLACKENED SEA BASS)

1 Mix all the dried herbs and spices together, then spread on to the sea bass fillets on both sides.

2 Heat the oil in a non-stick pan over a medium heat. Place the fish skin-side down and cook for three minutes. Turn and cook for five more minutes.

3 Place fish on top of green quinoa. Enjoy!



THE KNOWLEDGE

LEVEL UP YOUR DIET GAME

Three things you need to know about nutrition

TODAY, THE NUTRITION industry in the UK is extremely cluttered and confused. From the rise of the food blogger to the online nutrition 'expert', everyone is trying to tell (or sell) you the latest diet or supplements.

To cut through this I'd like to provide some insight from elite sport's perspective, and show how the same science that supports medal-winning performances can be applied to help you reach your fitness goals.

BE GOAL-ORIENTATED

First things first, you need to understand what your goal is before shaping the nutrition that's going to fuel you. For example, the diet to fuel a 75kg competitive triathlete will look very different to that of 55kg female attending exercise



Buckwheat: the new quinoa. A great carb alternative

classes and looking to stay lean, so it's vital you understand your training demands. Ask yourself:

- What's the overall goal? Is it weight loss? Boosting your energy levels? Recovering from high-intensity workouts?
- Does my training plan accommodate my diet? Am I training enough to reach my desired results?

Once you have answered these questions you can start to apply nutrition to your training. Some use an outlook diary, where the workout specifics and intensity of exercise are logged, so they can form an overall plan where the level of recovery can be scaled.

Those who know they're just looking to lose weight will try fasted training (training before breakfast), whereas others who will be completing harder sessions in the gym will understand that they have to eat beforehand.

MATCH YOUR BODY'S ENERGY DEMANDS

There is a term called Relative Energy Deficiency (REDS) that is used in sport. This describes how an insufficient energy intake can have negative

symptoms on the body physically. The result of low energy levels could mean lowered immunity levels, reduced muscle strength, and increased likelihood of injury.

There are also other common symptoms, which aren't as obvious - especially on a weight loss diet - such as irritability, decreased concentration and impaired judgement.

If the nutrition is not up to your body's physical demands, then the negative side effects can be myriad. This is where generic diets need to be refined to match energy expenditure levels. Remember, it's no good simply having a good-looking body if you're not able to use it properly!

FUEL YOUR BODY WITH SMARTER CARBS

So how do you maintain your energy levels? The science around how much carbohydrate the body needs has changed over the past ten years. Previously, many athletes had a high carbohydrate diet and became fat. Now many athletes have swung in the opposite direction and go low carb, which makes

them energy deficient. You must find a sensible balance between the two.

Carbohydrate provides the best energy currency for muscle fibres during high intensity training. As a general rule, for your hardest training you need to start 'fuelled' if you are to get the most from the session.

Your body has a limited ability to store carbohydrate (in the liver and muscles as glycogen), so it needs to be topped up, little and often. It's all about that sensible balance - too much causes weight gain and not enough reduces energy levels.

For those with high training volumes, carbohydrate intakes need to match training demands. For those who train just a little, your starting point needs to be a fibrous, nutrient-rich carbohydrate-based meal before heavy/key training sessions (see our meal of the month for example).

You might want to try switching to new grains such as quinoa, buckwheat and pearl barley, too, to see how these nutrient-rich alternatives to pasta can work wonders for your energy levels.

GET STUFFED

No idea? No worries. Arsenal's head nutritionist James Collins gives you three tasty meal ideas



LUNCH

Honey & soy beef cous cous salad

Recipe: 100g diced rump steak; 70g giant cous cous; 3g Baharat seasoning; 20g pomegranate seeds; 40g diced beetroot; 15g sliced spring onion; 10g thinly sliced red onions; 400ml beetroot juice; 10g olive oil; 10g honey; 1g finely sliced mint; 1g finely sliced coriander; 1g onion seeds; 5g toasted flaked almonds; 5g lime juice; 10g feta cheese

Method: Simmer the beetroot juice, add the raw cous cous and cook until al dente. Drain and chill, then combine the cous cous, pomegranate, beetroot, red onions, honey, lime, mint and coriander and mix well. Rub the Baharat seasoning into the rump steak and season to taste. Fry the beef in a hot pan to your preference. Mix the salad and beef in a bowl, and garnish with remaining ingredients.



SNACK

Chocolate protein brownie

Recipe: 400g 80% dark chocolate; 275g grass-fed butter; 5 eggs; 250g agave syrup; 10g vanilla essence; 125g plain flour; 125g ground almonds; 60g chocolate whey protein; 125g walnuts

Method: In a saucepan on a low heat, melt the butter, chocolate and agave syrup until runny. Whisk the eggs in a bowl and then mix in the remaining ingredients. Spread the mixture evenly in a grease-proofed baking tray and bake in an oven at 180°C for 12 minutes. Remove, then leave to cool. Portion them into 90g portions/20 slices.



DINNER

Baharat chicken

Recipe: 280g chicken breast, cubed; 2 garlic cloves, chopped; 2 tbsp Baharat spice; 60g black rice noodle; 120g courgette; 60g purple carrot; 60g frozen peas; 40g podded edamame; 60g sunblush tomato; 6g red chilli; 4g poppy seeds

Method: Mix the chicken with the garlic and baharat spice and marinate for an hour. Sear the chicken in a frying pan and then transfer to an oven at 220°C for ten minutes until golden. Cook the noodles in boiling water for eight minutes. Spiralise the carrot and courgette, then mix it with the noodles, veg and serve the chicken on top.