

(Special Report)

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Men's Health

MAY 2014

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Go rogue by using TACFIT; a portable, tactical training system that works your body from all angles. Add lean muscle, cut fat, reduce injuries and move like a super soldier – all from home

BY ARTHUR JONES

THE NEXT BIG THING: TACFIT

erate your whole body in achieving the moves, making you more powerful and energy-efficient."

This system can be added to your current programme, as powerlifters, weightlifters and CrossFitters use it to complement their training. It was created by Scott Sonnon, one of the fittest men in the world, who wanted a system that didn't just focus on making you bigger or stronger. He wanted it to make you better at everything you do physically, and this relies heavily on your mental state and stress management. Sonnon focuses on motor development – his Delta-Alpha motor sophistication approach – which in basic English translates as his system to help you move better.

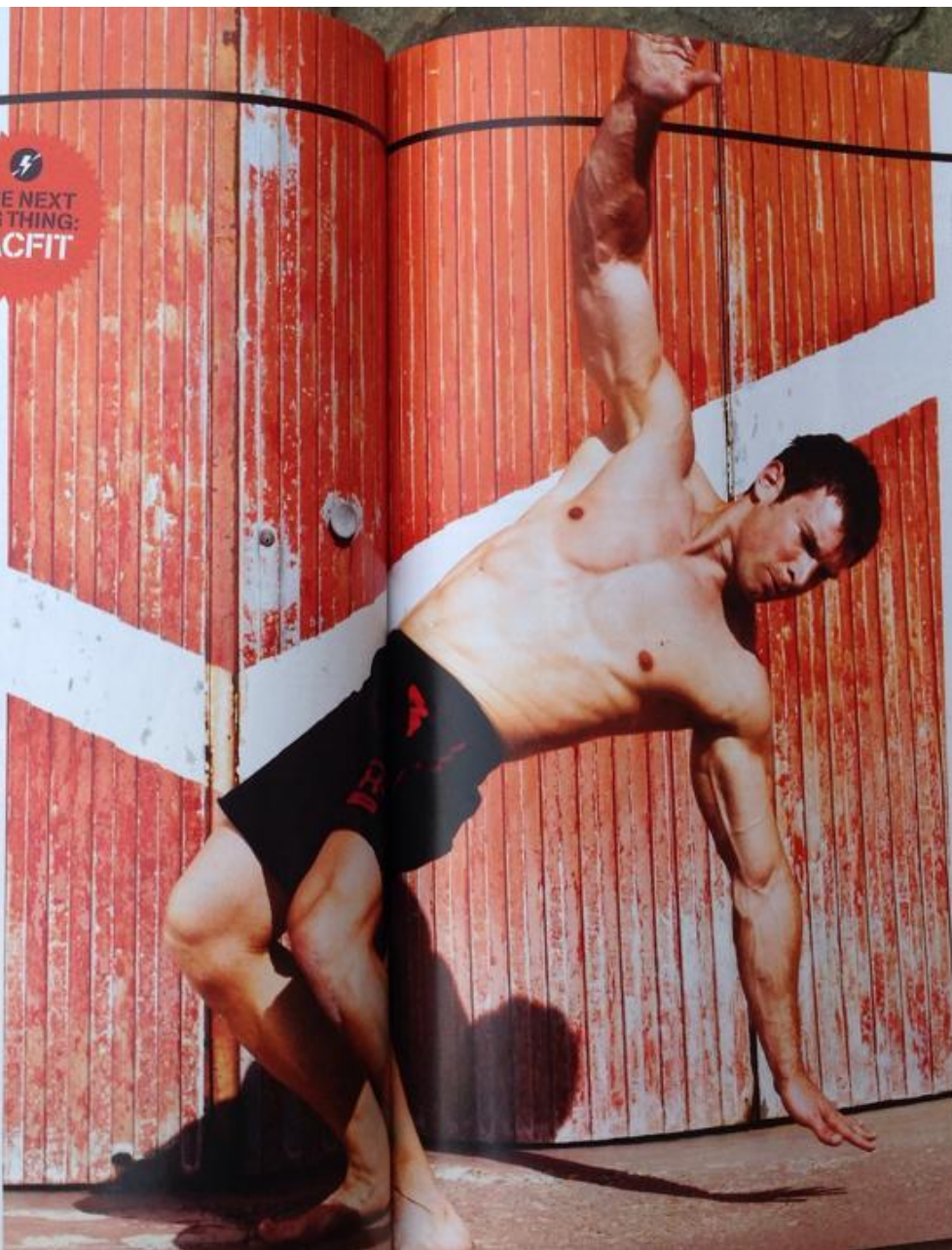
This isn't just for the genetically gifted, it forces any body type to change through putting it through physical, mental and emotional stress. You may scoff at the emotional side now, but trust us, get halfway through some of these circuits and it's start getting emotional for you too. TACFIT moves are intentionally complicated to test your mind, preparing you to perform in stressful real-world situations. You need to be able to work when your body is taxed and your mind is working against you.

Besides all the bodyweight work, Sonnon uses a variety of tools to ask questions of your muscles, joints and stamina; all of them are portable, primitive tools that give no quarter and hide no weaknesses – kettlebells, medicine balls, ropes, boxes, sandbags and gymnastic rings. He even created his own weapon of torture – the Clubbell. But don't start with these. "Master some of the bodyweight work first, how to activate your core and integrate your body fully before adding the tools – you'll have better results this way," says Joubert. For more on the benefits, see the list on the right.

Fitness stimulates don't work for every one, but if you get it right, they can be life-changing. If you had to design your own, what would be your priorities? Maybe you don't have too much time, or you're riddled with old injuries, or you travel a lot, or don't have the budget to turn your home into a fitness fortress.

TACFIT (short for Tactical Fitness) is the smart answer. It's a stripped-down, mostly bodyweight, functional system that uses 20 to 30 minutes of intense intervals to target all the major muscle groups and get you to move like a gymnast. The formula is made up of three components: hardcore fitness, injury prevention and stress management. More of a surgical scalpel than a meat cleaver, this system combines advanced performance science with proven training methods to provide real-world athleticism and military-grade strength. If you're looking for "show" muscle, skip this.

"TACFIT wasn't created just with output in mind, but to improve recovery and reduce injuries," explains Jacob Joubert, TACFIT instructor and Director of IRMAX South Africa. "This rapid recovery is what makes it unique – it reduces stress-related illnesses and eliminates injuries. It also teaches you to activate your core and inte-



THE NEXT BIG THING

THE TACTICAL ADVANTAGE

Here are some of the benefits of the TACFIT system. Visit tacticalfitness.com for more info on their next training sensation and where to find classes.

1. **Short workouts.** Using high-intensity fat-burning circuits, each workout can be done in less than 30 minutes, and these circuits melt fat faster than hours of cardio-style exercise.

2. **Real tactical application.** "Even though TACFIT has nothing to do with teaching self-defence skills, it's a movement and fitness system that helps first responders, such as law enforcement, military, firefighters and other crisis personnel, deal effectively with life-threatening situations daily," says Joubert. "It teaches them to control their adrenaline as they take they focused on the emergency, and make life-changing decisions without pause." If you aren't conditioned to handle stress and adrenaline, you may shut down or freeze.

3. **Complex skills development.** TACFIT promotes "neuromuscular sophistication," which basically means you become more co-ordinated and your fine and gross motor skills become more accurate.

4. **Injury-prevention.** The low-intensity mobility exercises incorporate recovery, prevents overtraining, and pulls down on DOMS (Delayed Onset Muscle Soreness). "I wanted to move and perform better, without aches and pains, injury or burnout," says Joubert. "I wanted to be 18 again and not worry about lower back or knee problems. TACFIT offered me just that by creating a buffer zone of movement decisions, so when things do go wrong, I don't go from stress to stress."

5. **Teaches you how to breathe.** This isn't about some spiritual awakening or touchy-feely stuff – this is a really simple and effective recovery method from Sonnon that helps get your heart rate down in between sets. Take two to three short, sharp breaths, then exhale very slowly and repeat. And this is backed by research from the American Institute of Physics, which found that your HR and breathing cycles can become synchronised, so that your breathing directly affects your heart rate.

6. **Works for any level of fitness.** "There's a level of difficulty for every one, from the novice to the elite commando," says Joubert. "TACFIT trains the central nervous system to do this, so when you're comfortable or accustomed to a particular exercise you can increase the complexity of the movement instead of increasing time, weight or reps." This forces your body to keep learning. "This also helps to avoid injuries, as when a person starts to tire and his technique starts to deteriorate, we can regress him down to a simpler form of movement, without stopping, as the stress aspect of training isn't lost," says Joubert.

7. **Workouts done with built-in recovery.** The hardest part of TACFIT workouts are in the middle, so you can start the recovery and maintain form right until the end. "You see, from the workout, being energised."