

# Get Abs Like This Guy's

Do as cover model Owen McKibbin does and your muscles will pop 365 days a year

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ORKING OUT IS PART OF

my job as a *Men's Health* cover model. If I don't look good, the editors will find someone who does. That's pretty strong motivation for being able to show off great abs on demand. I don't wait until the week before a cover shoot to make sure my abdominal muscles are camera ready. I maintain them throughout the year so I'm prepared to go at a moment's notice.

If you think my job affords me the luxury of doing crunches all day, you're wrong. Crunches aren't half of it, and my life is just as hectic and unpredictable as yours is. I have a wife and a young son, I travel a lot, and I have a long string of old injuries to contend with when I exercise. And I'm not a kid anymore—I just turned 40. »

Check out the treads on these all-weather abs.





I stay in cover-model shape by paying attention to my diet, exercise routine, and posture. Get these three parts of your life working for you and soon you'll have multi-season abs that defy age and handle the challenges the world throws their way.

#### EAT RIGHT, CHEAT RIGHT

If you want to see your ab muscles, you have to get rid of what's hiding them. To do this, you must accomplish two simple dietary goals:

- ▷ Eat enough to preserve muscle.
- ▷ Don't eat so much that you put on fat.

Remember, I said "simple," not "easy." Here are the four rules I follow to maintain my midsection:

**1. Fill up on protein and multicolored vegetables.** A high-protein diet makes me feel full longer and keeps my belly flat, whereas eating too many carbohydrates makes me feel bloated. Eat chicken, fish, or beef with as many vegetables as you want, the more colorful the better. Orange and yellow bell peppers, onions, tomatoes, broccoli, spinach, and asparagus are all good choices to pair with a protein-rich main course—a steak, chicken breast, or tuna fillet. Between meals, I stick with the protein plan. I snack on hard-boiled eggs or cheese, or make a protein smoothie with soy milk, peanut butter, and a banana.

**2. Go easy on "dry" carbohydrates.** After 4 P.M., I stay away from carbohydrate-heavy foods that come mostly from grains, which I call "dry carbs." This means no rice, pasta, potatoes, or bread in the late afternoon or evening. These foods seem to put flab on my belly. I still eat a big dinner every night—just as I eat a big breakfast, a big lunch, and several big snacks. But when that big dinner follows rule number one—when I have grilled tuna with a green salad, for example—I wake up in the morning leaner than the day before.

**3. Eat fiber.** Fiber keeps you regular and helps your body better assimilate dietary fat. Try sprinkling your cereal with raw oat bran;

**H**ERE'S A TOUGH BUT QUICK ab-searing routine I designed to whip your abs into cover-model condition. You can do it by yourself or with a partner (just like a few other things that take 5 to 7 minutes). Add it to your workout once or twice a week for 3 to 5 weeks. —O.M.

#### MEDICINE-BALL BLAST

**With a partner:** Set an adjustable ab bench at a 45-degree angle. Lie down on it and hook your feet in at the top. When you sit up, have your partner throw a 5- to 15-pound medicine ball at your chest. Catch it at your chest, lower yourself as far as you can without arching your back (you want your back to stay flat throughout this movement), then sit up quickly and explosively, chest-passing the ball to your partner at the top of the move.

**Solo:** Hold the ball at your

chest as you lower yourself. As you come up, chest-pass the ball straight up over your head. Catch it at the top of the movement, then lower yourself and repeat.

**Hard-core solo alternative:** Throw the ball against a wall as you come up, catch it on the rebound, then go back down. You have to generate a lot of power on the way up to pull this off.

After a thorough warmup, select one of the above versions and do one to three sets of 10 intense repetitions.



#### LATERAL MEDICINE-BALL BLAST

**With a partner:** Same setup, but this time have your partner stand 5 feet to your right. As you come up, twist to your right as you throw. Have him throw it back to you at the top of the movement, then untwist as you lower yourself. After five repetitions, have him move to your left.

**Solo:** Hold a medicine

ball or weight plate against your chest. As you come up, twist to the right and extend your arms, as if you were throwing the ball or weight. Pull it back to your chest as you untwist and lower yourself. You can do five in a row to one side or alternate sides five times, for a total of 10 repetitions. Do one or two sets.

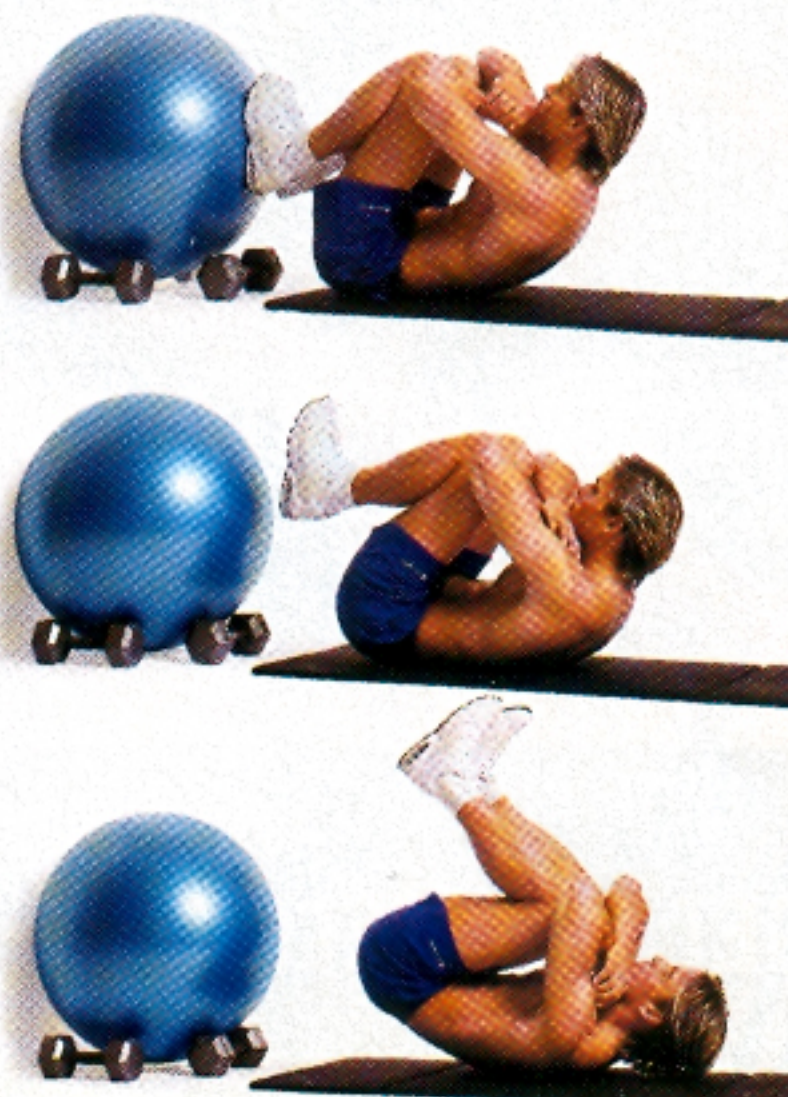


#### BE THE BALL

**With a partner:** Lie on the floor on your back, bring your knees up close to your chest, and cross your arms, putting your right hand on your left shoulder and vice versa. Crunch up to touch your elbows to your knees. Ask your partner to grab your ankles and slowly rock you back and forth, 5 to 7 seconds each way. Keep your head off the floor and your elbows against your knees the entire time.

**Solo:** Wedge a Swiss ball—or something else that'll produce a rebounding effect—against a wall and assume the same starting position as for the version with a partner, but situate yourself so your feet hit the ball as you rock forward. Use the rebound to rock back.

Do one timed set of either version for 40 to 70 seconds.



## Owen's Oats

**T**OSS A CUP OF RAW OAT BRAN into 2 cups of room-temperature water in a saucepan. Bring it to a boil, then let it boil for 30 seconds. Remove the pan from the heat, cover it, and let it sit for 5 minutes. Pour the bran into a bowl and add your favorite combination of peanut butter, bananas, strawberries, or raisins. You can use skim milk instead of water to increase the protein content, or use almond butter instead of peanut butter for a more interesting flavor.