

1)

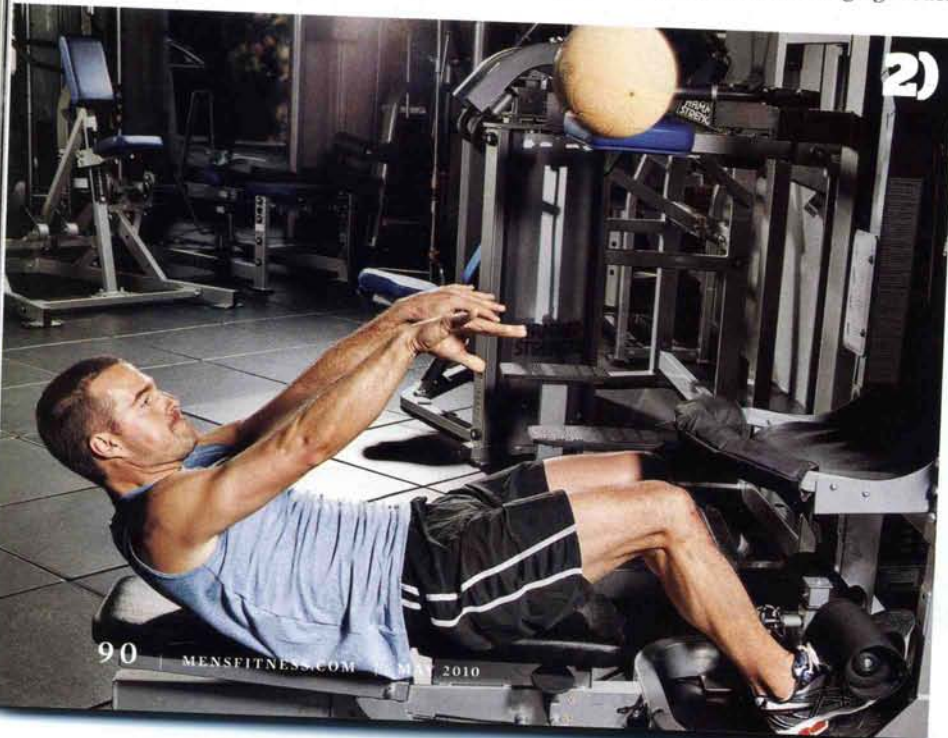
“
I'M NOT HERE TO BE MR. OLYMPIA. I'M YOUR AVERAGE GUY TRYING TO KEEP MY BODY IN GOOD CONDITION SO I CAN STILL DO THE THINGS THAT I LOVE.”

visits to a Brentwood cardio/weights class called Burn 60, weekly lifting sessions with a trainer, regular runs to prepare for his first marathon (the L.A. 26-miler in March), rowdy beach volleyball matches with his buddies, plus as many local golf outings as he can swing.

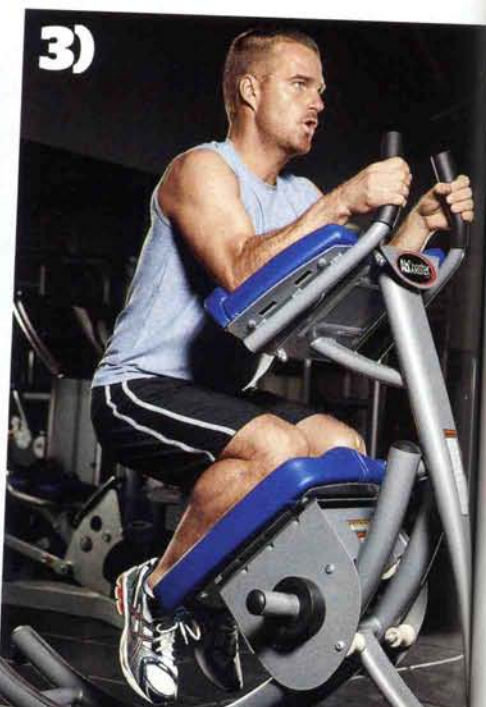
PHYSICAL CHALLENGES

Beyond his crazed schedule, a bad back also limits his tee times. A stunt that went wrong during his second stint as the Boy Wonder left him with a herniated disk. He has endured years of physical therapy and has tried everything to diffuse the pain, including kickboxing, Pilates, and yoga—which he now swears by, saying the practice is great for stretching tight back

muscles and strengthening his core. He's also eating better. O'Donnell's weight would yo-yo 20 pounds, depending on his next acting gig, but as he got older, taking it off stopped being so easy. "I eat like a fifth grader," he says with amusement. "My wife looks at me and says, 'I don't know how you don't weigh 300 pounds.' I used to be able to get into great shape within a month of taking on a new role, but no longer. So I met with this nutritionist, Derek Johnson. I already knew how to eat well, but Derek got me on these cleanses. Not the kind where you sip fluid with maple syrup or some crazy thing. These are two weeks, eliminating caffeine, sugar, alcohol. You have two protein shakes



2)



3)

STYLIST: WENDI + NICOLE AT THE WALL GROUP; GROOMER: JAMIE TAYLOR AT THE WALL GROUP; TOP: LEFT: EVERETT COLLECTION

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RYAN HOWARD'S TRAINING SECRETS

Men's Fitness

EXERCISE / NUTRITION / SPORTS / SEX

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3 BUTT-KICKIN' MMA MOVES

p26

NO MORE PLATEAUS!

Keep Growing With Our Strategy

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NCIS: LOS ANGELES STAR

CHRIS O'DONNELL

How the Ex-Superhero Stays Super Fit!

CUT YOUR BODY FAT BY 8%

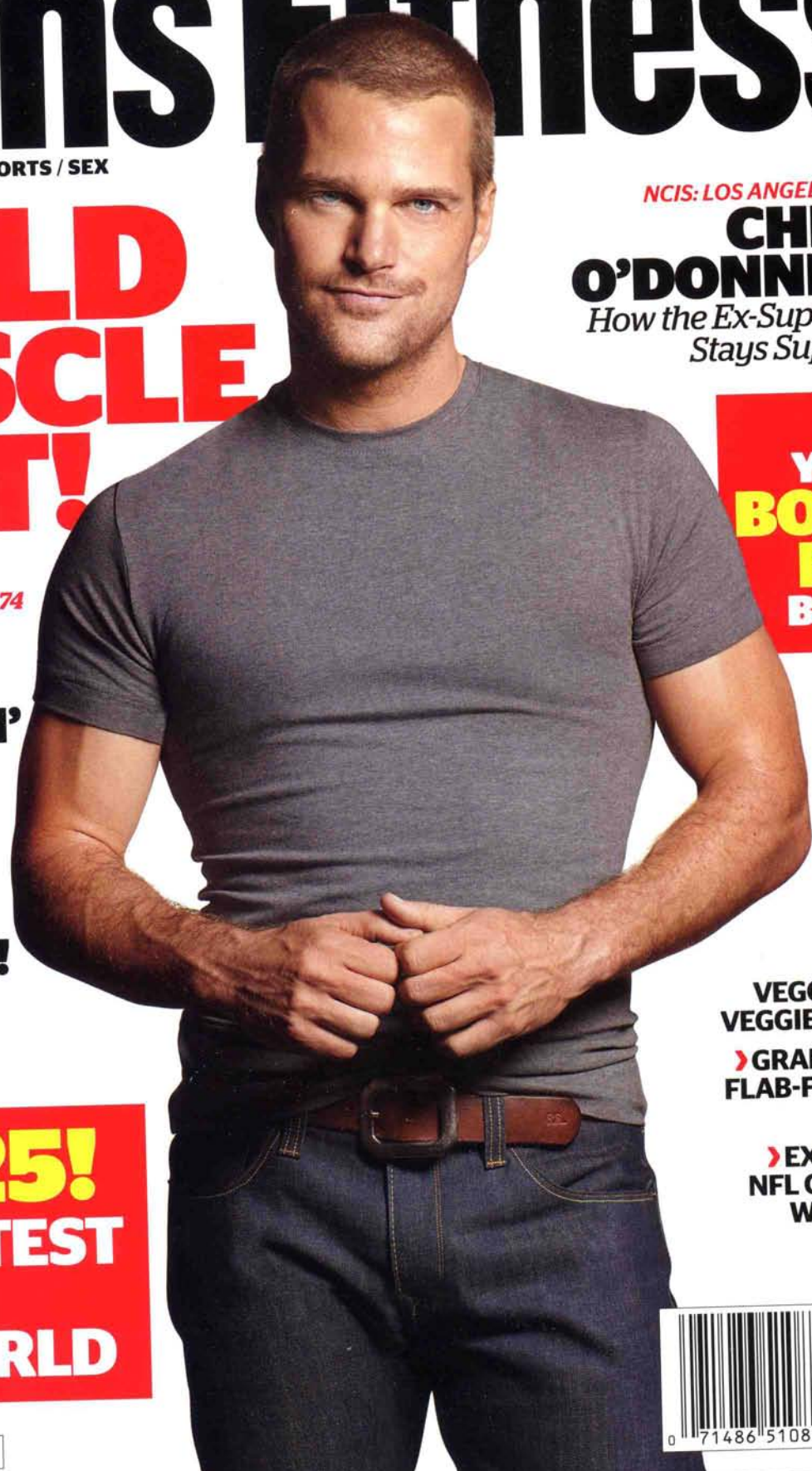
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