

# ZigZag

## Your Way to a Hardbody

ARTICLE BY

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DIET BY

**CHEF DEVIN****ALEXANDER**

**I**f you're reading this under the glow of a fluorescent bulb, get up for a minute, walk over to the nearest door, open it up, and look outside. Take a deep breath of the warm, fresh summer breeze. Nice, huh? The long days this time of year make it not just easy but downright fun to exercise in fields of green.

So what are you doing inside? On this ZigZag Plan, you'll spend some time in the gym, but only for four 45-minute sessions per week — the rest of the cardio and training workouts take place in the great outdoors. Meanwhile, you'll also "ZigZag" your calorie intake to rev up your energy, lean out and keep your body in the booming business of building muscle. Ready? Peel yourself off the couch, throw on some shades, and emerge from hibernation to soak up a little summer heat.

### THE ZEN OF ZIG

The program is based on the principle of periodization — resistance training and cardio sessions will alternate between high intensity (the zig) and moderate intensity (the zag). High-intensity days stimulate muscle growth, while you allow your body time to recover through lighter training and rest days.

"If you're constantly going into the gym with low glycogen stores, and therefore getting subpar workouts, you're on the edge of a slippery slope," explains ZigZag program designer Mark Casselman, MS, CSCS, a professor of exercise science at Humber College in Toronto. "You'll continue to slide down, and not make the gains you want to make." In fact, researchers at Arizona State University (Tempe), studying 20 weightlifters for 12 weeks, found that mixing up the intensity and volume of workouts on a daily basis resulted in significant strength improvement when compared to a linear periodized program (where intensity gradually increases over time).

### QUICK HITS

**Before you begin, some notes:**

**Weight-Training ZigZag:** Your resistance-training sessions will alternate between high intensity (6-8 reps per set) and moderate intensity (10-15 reps per set). Take each set to failure to ensure maximum stimulation of the involved muscles on low-rep days, and challenge yourself on 15-rep days, stopping just short of failure each set.

**Cardio ZigZag:** For cardio, you'll Zig and Zag between moderate-intensity steady-state routines and high-intensity intervals. When calculating your maximum heart rate, use the formula of 220 minus your age. (See page 124 for more information.)

**Diet ZigZag:** The sample menus we provide will have you eating more calories on training days and fewer calories on rest days, with an eye toward helping you add more muscle to your frame without increasing bodyfat.

*Tom Weede is the sports/travel editor for MEN'S FITNESS.*

# ZIGZAG DAY ONE MONDAY



Soccer counts as cardio — if you stay on your feet.

**CARDIO** Moderate intensity (steady state): Work at 60%–75% of your maximum heart rate for a continuous session of 20–40 minutes (toward the higher end if you have a good fitness level). "Get outside and go jogging in the park, skip rope, cycle, or play a sport with friends," suggests Casselman. "Just make sure to keep your heart rate within the desired training zone for the duration of your training session."

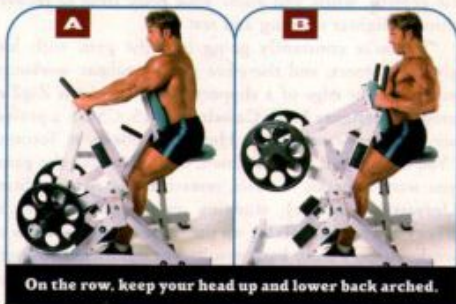
### TRAINING TIP

How do you figure out your training zone? Subtract your age from 220 — that's the max times your heart can beat in a minute. For this moderate-intensity day, keep your heart rate at 60%–70% of that number.

## WORKOUT: LEGS+BACK+ABS

HIGH INTENSITY

EXERCISE	SETS	REPS
Barbell Squat	3	6–8
Romanian Deadlift	3	6–8
One-Legged Leg Press	2	6–8
Machine Row	3	6–8
Pulldown to Front	2	6–8
Standing Calf Raise	2	6–8
Hanging Knee Raise	3	15



On the row, keep your head up and lower back arched.

## EAT THIS

### 9am MEAL 1

2 large whole eggs + 2 egg whites, scrambled  
1 slice low-fat cheese  
2 slices whole-grain bread with 2 Tbsp. jam  
12 oz. orange juice

### 11 MEAL 2

4 oz. grilled or broiled chicken breast  
Chopped lettuce  
1 Tbsp. fat-free mayonnaise  
1 dell-sized onion bagel  
2 whole tomatoes, sliced, with salt and spices  
3 fig (Newton) cookies

### 1pm MEAL 3

MRP (any flavor; should have roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired

### 3 MEAL 4

4 oz. ground turkey breast  
8 oz. yam  
Small green salad with 2 Tbsp. low-fat dressing

### 6:30 MEAL 5

5 oz. salmon, grilled or broiled  
8 oz. baked potato with skin  
1 cup steamed zucchini  
1 cup low-fat ice cream

### 8:30 MEAL 6

6 oz. grilled or baked skinless chicken breast  
2 9-inch tortillas  
½ small avocado or 3 Tbsp. guacamole  
½ cup salsa  
1 large banana

Approx. Daily Totals: 3,500 calories, 243 g protein, 489 g carb, 72 g fat.

**\*NOTE**  
All the sample diets are built for a 180-pound male; adjust accordingly (see "So You're Not 180 Pounds?" on page 108).



Creating a delicious, healthy meal doesn't have to take a lot of effort.

## EAT THIS

### 9am

**MEAL 1**  
Omelet with 2 large whole eggs + 2 egg whites  
1 oz. low-fat cheese  
½ bell pepper  
½ cup chopped onion  
½ cup chopped mushrooms, sautéed  
1 whole-wheat dell-style bagel  
1½ Tbsp. light cream cheese  
1½ cups fresh berries

### 11

**MEAL 2**  
4 oz. lean dell turkey breast  
Chopped lettuce  
3 slices tomato  
1 Tbsp. fat-free mayonnaise  
2 slices whole-grain bread  
2 cups fruit salad

### 1pm

**MEAL 3**  
MRP (roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired

### 3

**MEAL 4**  
4 oz. ground turkey breast  
8 oz. yam  
Small green salad with 2 Tbsp. low-fat dressing  
1 medium apple

### 6:30

**MEAL 5**  
5 oz. salmon, grilled or broiled  
8 oz. baked potato with skin  
2 cups broccoli  
1 large banana

### 8:30

**MEAL 6**  
6 oz. grilled or baked skinless chicken breast  
2 9-inch tortillas  
½ small avocado or 3 Tbsp. guacamole  
½ cup salsa  
1 cup low-fat ice cream

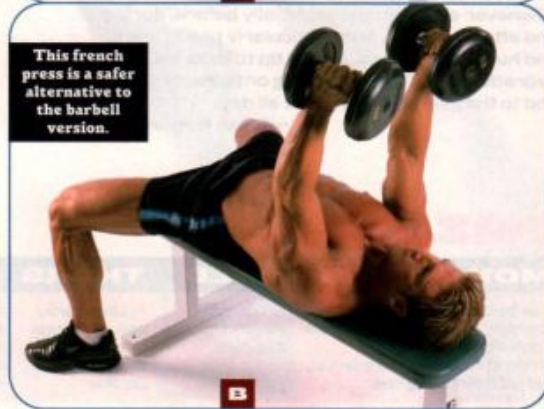
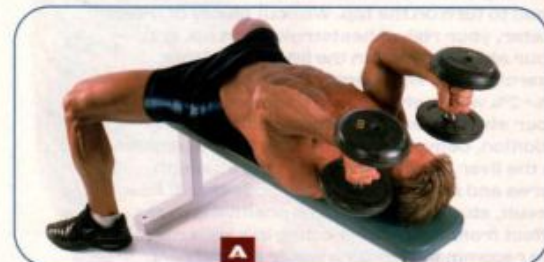
Approx. Daily Totals: 3,500 calories, 253 g protein, 489 g carb, 72 g fat.

# ZIGZAG DAY TWO TUESDAY

## WORKOUT: CHEST+ DELTS+ ARMS

MODERATE INTENSITY

EXERCISE	SETS	REPS
Incline-Bench Dumbbell Press	3	10–15
Seated Dumbbell Press	3	10–15
Close-Grip Bench Press	3	10–15
Lying Dumbbell French Press	3	10–15
Incline-Bench Dumbbell Curl	3	10–15



This french press is a safer alternative to the barbell version.

## CARDIO

High Intensity (intervals): Find a football field (your local high school has one). Warm up with an easy jog or skip rope for five minutes. Starting at one of the goal lines, sprint the 10 yards out to your own 10-yard line, then back to the goal line. Jog out to the 10, then walk back to the goal line (this is your recovery phase). Next, sprint to the 20-yard line and back. Jog to the 20, walk back to the goal line. Sprint to the 30 and back, then jog to the 30 and walk back to the goal line. Take a three-minute break, then repeat two or three times or — more if you're up to it.

PHOTOS BY (FROM TOP): RYAN MCWAIN/PHOTODISC REDUXITY IMAGES; ROBERT REIFF

PHOTOS BY ROBERT REIFF

# ZIGZAG DAY THREE WEDNESDAY

**DAY OFF!**

NO SCHEDULED WORKOUT TODAY.



## ALL WET!

Burning off bodyfat this summer means you need to turn on the tap. Without plenty of fresh water, your risk of heatstroke goes up, and your ability to sustain the intensity of this exercise plan will sharply drop. As little as a 1%-2% water shortage in your body impairs your ability to work out for any duration. In addition, dehydration hampers fat metabolism in the liver by raising the osmotic strength (urea and sodium content) of your blood. As a result, studies have found a positive fat-loss effect from simply correcting low water intake. We recommend drinking water at meals and whenever else you can, especially before, during and after exercise, and particularly under hot and humid conditions. A good tip to keep your hydration levels up: Bring a jug or bottle to work and to the gym and sip from it all day.

— Brian Rowley, MS

## ZIGZAG CYCLE:

MON	TUES	WED	THURS	FRI	SAT	SUN
>> Legs/back/abs high intensity, cardio steady state, Zig diet	>> Chest/delts/arms moderate intensity, cardio interval, Zig diet	>> Day off. Follow the Zag diet	>> Legs/back/abs moderate intensity, cardio interval, Zig diet	>> Chest/delts/arms high intensity, cardio steady state, Zig diet	>> Full-body plyo day, Zig diet	>> Day off. Follow the Zag diet

## SO YOU'RE NOT 180 POUNDS?

**To modify the diet for your own needs:** The sample diets were built for an 180-pound individual looking to add size. If you weigh 150 or less, drop one of the meals each day. If you want to be meticulous, check your percentage bodyfat regularly to ensure you aren't putting on either too much chub or too little muscle. If you're putting on fat, scale the number of calories you're eating down by 250 calories a day (by cutting a

carbohydrate food, for example) until the problem is corrected. If you're not putting on enough muscle, increase your quality calories by adding a meal replacement product (MRP) or snack. If you weigh 210 or more, add an MRP meal to your day, and try doubling up your portion sizes at breakfast or after your workout. No matter what, aim for 1 gram of protein per pound of bodyweight per day — no need to zig or zag your protein intake. While more protein than this won't necessarily help you, getting less can certainly hurt.

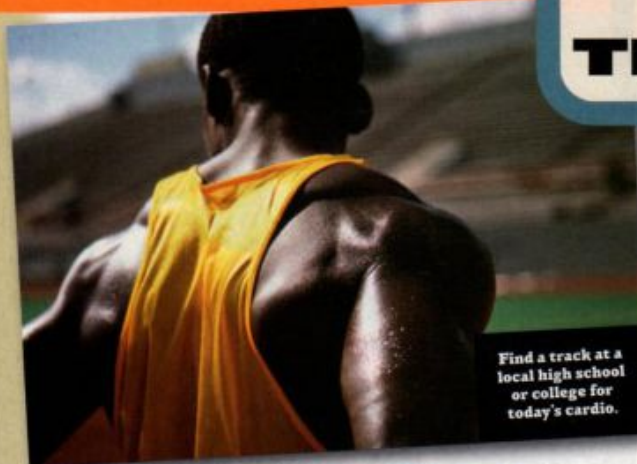
PHOTO BY MCARTHUR

## EAT THIS

- 9am MEAL 1**  
2 large whole eggs + 2 egg whites, scrambled  
1 slice low-fat cheese  
¼ cup dry oatmeal, cooked  
1 banana
- 11 MEAL 2**  
¾ cup oats (or cream of rye cereal)  
Stir in 2 egg whites while cooking  
1 Tbsp. peanut butter  
1 cup strawberries
- 1pm MEAL 3**  
4 oz. chicken breast  
1½ cups cooked macaroni  
½ cup tomato sauce  
1 cup cauliflower
- 4 MEAL 4**  
4 oz. turkey breast slices  
8 oz. yam  
Small garden salad with  
2 Tbsp. low-fat dressing
- 6:30 MEAL 5**  
5 oz. whitefish  
8 oz. boiled or baked potato with skin  
¾ cup zucchini & onion mix with  
2 Tbsp. low-fat dressing
- 7 MEAL 6**  
MRP (roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired

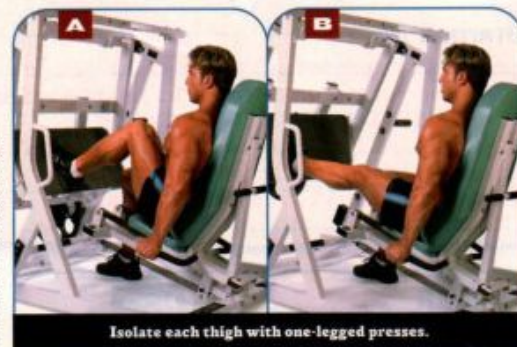
Approx. Daily Totals: 2,850 calories, 208 g protein, 354 g carbs, 57 g fat.

# ZIGZAG DAY FOUR THURSDAY



Find a track at a local high school or college for today's cardio.

**CARDIO High Intensity (Intervals):** Find a running track. Warm up by jogging for five minutes, then sprint one lap (400 meters) around the track (this should take 70–110 seconds, depending on your fitness level). Then walk or jog very easily to recover for three minutes. Continue alternating sprints and walking/easy jogging for the desired length of workout (20–40 minutes). Cool down for five minutes by jogging, then stretch out your muscles to prevent excessive delayed-onset muscle soreness.



Isolate each thigh with one-legged presses.

## WORKOUT: LEGS+BACK+ABS

MODERATE INTENSITY

EXERCISE	SETS	REPS
Barbell Squat	3	10–15
One-Legged Leg Press	2	10–15
Lying Leg Curl	2	10–15
Pull-down to Front	3	10–15
Seated Cable Row	2	10–15
Seated Calf Raise	2	10–15
Crunch	3	15

PHOTOS BY (FROM TOP): WHITE PACTER/PHOTOGRAPHER'S CHOICE/GETTY IMAGES; ROBERT REIFF

## EAT THIS

- 9am MEAL 1**  
2 large whole eggs + 2 egg whites, scrambled  
1 slice low-fat cheese  
2 slices whole-grain bread with  
2 Tbsp. jam  
12 oz. orange juice
- 11 MEAL 2**  
6 oz. canned tuna packed in water  
8 oz. boiled potato  
Small green salad with 2 Tbsp. low-fat dressing  
1 large apple
- 1pm MEAL 3**  
MRP (any flavor; should have roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired
- 3 MEAL 4**  
4 oz. grilled or broiled chicken breast  
Chopped lettuce  
½ cup chopped tomatoes  
½ cup sprouts  
1 Tbsp. fat-free mayonnaise  
1 jumbo whole-wheat pita  
1 slice angel food cake with  
1 cup strawberries  
2 Tbsp. Cool Whip Lite
- 6:30 MEAL 5**  
5 oz. salmon, grilled or broiled  
8 oz. baked potato with skin  
6 spears steamed asparagus with  
1 tsp. olive oil  
1 tsp. lemon juice  
1 large banana
- 8:30 MEAL 6**  
6 oz. grilled or baked whitefish, such as cod, flounder or halibut  
2 9-inch tortillas  
½ small avocado or 3 Tbsp. guacamole  
½ cup salsa  
1 cup low-fat yogurt

Approx. Daily Totals: 3,500 calories, 212 g protein, 494 g carb, 68 g fat.

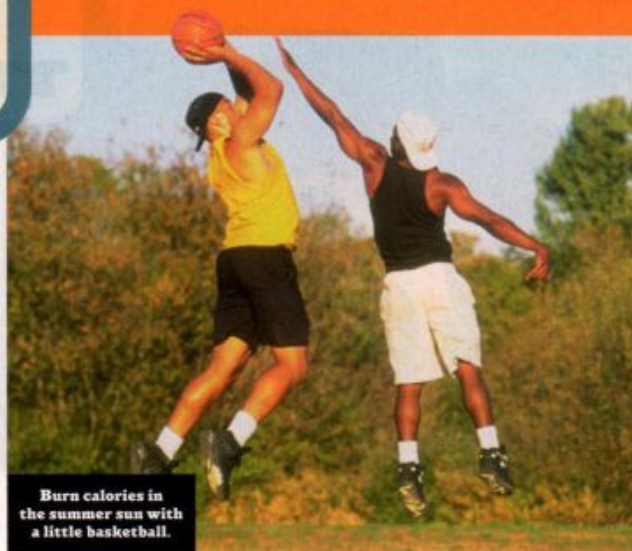
## ZIGZAG DAY FIVE FRIDAY

### EAT THIS

- 9am MEAL 1**  
2 large whole eggs + 2 egg whites, scrambled  
1 cup fresh salsa  
2 slices whole-grain bread with 2 Tbsp. jam  
12 oz. orange juice
- 11 MEAL 2**  
6 oz. canned tuna, packed in water  
Chopped lettuce  
2 Tbsp. low-fat mayonnaise  
1 deli-sized onion bagel  
2 whole sliced tomatoes w/ spices  
3 fig (Newton) cookies
- 1pm MEAL 3**  
MRP (roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired
- 3 MEAL 4**  
4 oz. grilled chicken breast  
8 oz. yam  
Small green salad with 2 Tbsp. low-fat dressing  
1 large apple
- 6:30 MEAL 5**  
5 oz. salmon, grilled or broiled  
8 oz. baked potato with skin  
1 cup steamed broccoli  
1 large banana
- 8:30 MEAL 6**  
4 oz. grilled ground turkey breast  
1 whole-wheat hamburger roll  
1 slice low-fat cheese  
1 circular onion slice  
1 large dill pickle, sliced  
2 Tbsp. ketchup  
1 cup low-fat ice cream
- Approx. Daily Totals: 3,550 calories, 233 g protein, 499 g carb, 72 g fat.

### WORKOUT: CHEST+DELTS+ ARMS

EXERCISE	HIGH INTENSITY	
	SETS	REPS
Flat-Bench Barbell Press	3	6–8
Seated Dumbbell Press	3	6–8
Close-Grip Bench Press	3	6–8
Lying French Press	3	6–8
Standing Barbell Curl	3	6–8

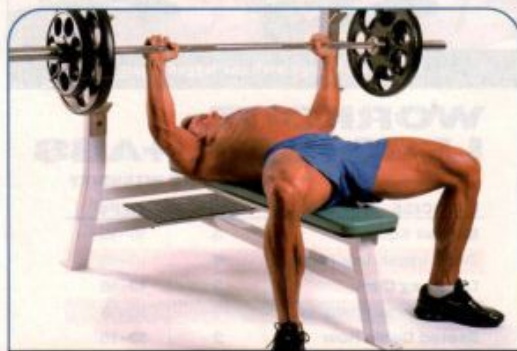


Burn calories in the summer sun with a little basketball.

**CARDIO** Moderate intensity (steady state): Like you did on Monday, work at 60%–75% of your maximum heart rate for a continuous session of 20–40 minutes (toward the higher end if you have a good fitness level), jogging, biking or playing a sport outdoors.

#### NUTRITION TIP

Once you drop most of the weight you'd like, and your focus turns to maintaining your condition, try 2–4 grams of conjugated linoleic acid (CLA) per day. This supplement helps prevent dietary fat from being stored in your fat cells.



When benching, keep your glutes on the bench and your feet anchored on the floor.

PHOTOS BY (FROM TOP): PHOTOISC; ROBERT REIFF

## ZIGZAG DAY SIX SATURDAY

### EAT THIS

- MEAL 1**  
2 large whole eggs + 2 egg whites, scrambled  
2 slices low-fat cheese  
2 slices Canadian bacon  
2 whole-wheat English muffins
- MEAL 2**  
4 oz. grilled chicken breast  
Chopped lettuce  
1 Tbsp. fat-free mayonnaise  
1 deli-sized onion bagel  
2 whole sliced tomatoes w/spices  
3 fig (Newton) cookies
- MEAL 3**  
MRP (roughly 35–42 g protein, 20–24 g carb, 250–300 calories overall) mixed with water and/or ice, if desired
- MEAL 4**  
4 oz. ground turkey breast  
8 oz. yam  
Small green salad with 2 Tbsp. low-fat dressing  
2 cups fruit salad
- MEAL 5**  
4 oz. grilled or baked skinless chicken breast  
1 whole-wheat hamburger bun  
2 Tbsp. barbecue sauce  
1 slice low-fat cheese  
1 cup low-fat ice cream
- MEAL 6**  
5 oz. salmon, grilled or broiled  
8 oz. baked potato with skin  
1 cup grilled zucchini & red onion  
1 large orange

Approx. Daily Totals: 3,550 calories, 253 g protein, 494 g carb, 72 g fat.



Balanced meals provide optimum energy.

### FULL-BODY PLYOMETRIC & CARDIO CIRCUIT

- 9am**
- 11**
- 1pm**
- 3**
- 6:30**
- 8:30**
- 1) Plyo Push-Up:** An explosive push-up, where your hands come up off the ground (include a clap to add difficulty).
- 2) Tuck Jump:** Standing, swing your arms back, then drive up as high as you can in the air. Pull your knees up toward your chest, then extend them back down as you land to absorb the shock.
- 3) Hanging Knee Raise:** For this exercise, and the pull-up, dip and chin-up to follow, use a tree branch or playground bar set. (You can substitute a reverse crunch for this hanging raise if you prefer.)
- 4) Pull-Up:** Palms face away from you.
- 5) Bench or Parallel-Bar Dip**
- 6) Jump Squat:** Don't squat as deeply as you would when training with weights. Instead, focus on quickly absorbing the landing and jumping back up for the next rep. Visualize that you are jumping on hot coals, and try to get off the ground as quickly as possible with maximum power on each rep. Jump with your hands behind your head, fingers interlocked.
- 7) Close-Grip Push-Up**
- 8) Chin-Up:** Palms facing you.
- 9) Walking Lunge:** 10–15 strides per leg.
- 10) Crunch**



Tuck jumps build explosive power.

**DAY  
OFF!**

NO SCHEDULED  
WORKOUT TODAY. SAME  
DIET AS WEDNESDAY

## ZIGZAG DAY SEVEN SUNDAY