

FIT FOR LIFE

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Men's Fitness

**LOSE
YOUR
BELLY
BY FEBRUARY**

AND GET YOUR
ABS TO **POP**
LIKE THIS

**BIG
ARMS
IN SIX
MOVES**

**TRICK
YOUR BODY**
into revealing
your six-pack

**BURN FAT
24/7**

WE SHOW YOU HOW

**20
MINUTE
WORKOUTS
THAT ADD
SEVEN
YEARS
TO YOUR
LIFE**

**PACK ON
MUSCLE
+ LOSE
FAT
in one
workout**

**THE
ULTIMATE
MOVE FOR
MASSIVE
SHOULDERS**

The **ONLY**
fat loss diet
you need
in 2015





41 GET DNA FIT IN IBIZA

WHERE SPAIN

PRICE FROM £1,493

Before visiting the Balearic island you'll have your DNA tested, which will then be used by the team at Aguas de Ibiza Hotel to tailor a diet and exercise regime unique to you. It also has a venue in Cornwall in case you dislike nice weather.

thirtysixdegreeswith.com



42 TREK IN HELAMBU

WHERE NEPAL PRICE FROM £880

Get away from established trekking routes and cut a path through parts of Nepal so remote you'll wonder if your life back home was a dream. Over 14 days you'll encounter remote mountain communities and the Holy Gossinkunda lakes and have the chance to climb a 4,500m peak.

footearthadventures.co.uk



43 SKI SAFARI IN THE DOLOMITES

WHERE ITALY PRICE FROM £2,220

This hut-to-hut tour of the Dolomites takes you in a loop, starting and ending in Alta Badia. As well as a different skiing challenge every day, the constant changing of hotels means you don't have to worry about making enemies of the staff if you over-indulge in après-ski.

thehealthyholidaycompany.co.uk



44 WALK THE SIMIEN MOUNTAINS

WHERE ETHIOPIA PRICE FROM £1,890

The geological conditions that formed these spectacular mountains occur in only two places in the world. This hike takes you across the 'spine' of the mountains, and over the course of the eight-day trip you'll see three UNESCO heritage sites. Make sure your camera batteries are charged.

wildfrontierstravel.com



45 TRAIN TO RUN AT ALTITUDE

WHERE KENYA

PRICE FROM £949

Immerse yourself in the culture of the world's elite endurance runners at the High Altitude Training Centre in Iten, which is 2,400m above sea level. Don't expect hours gazing at views of the Great Rift valley – the training is merciless.

itsininkenya.com



46 EXPLORE THE WESTERN USA

PRICE FROM £2,145

Start in Montana and make your way through six of America's most famous national parks, including Yellowstone, the Grand Canyon and Mesa Verde. The two-week trek ends in Las Vegas, so bring enough cash for a blackjack session.

leadventure.com



47 PADDLEBOARD IN PENICHE

WHERE PORTUGAL PRICE FROM £377

Stand-up paddleboarding lets you ride waves and work your core and legs, but there's not nearly as much falling in as with surfing – and because you're standing, the views are better. It originates in Hawaii but you can spend a week learning it at this beach near Lisbon.

supkcape.com



48 VISIT THE ARNOLD FITNESS EXPO

WHERE USA PRICE FROM £21

This three-day Schwarzenegger-fest in Columbus, Ohio, could set a record for the most bulging biceps in one room. Watch the entrants of the Classic 212 bodybuilding contest line-up, or try to meet the man himself – he's usually there to congratulate the competition winners.

arnoldportsfestival.com



49 RIDE THROUGH THE MOUNTAINS OF HEAVEN

WHERE KYRGYZSTAN PRICE FROM £2,675

Mount up and spend a fortnight following the route thousands of Silk Road traders have taken before you. The vast wilderness will make any job worries seem very far away indeed, and not just because you can't get a phone signal.

wildfrontierstravel.com



50 TRAIN LIKE A NAVY SEAL IN SAN DIEGO

WHERE USA PRICE FROM £1,080

Think you'd make it as a SEAL, the US Navy's most elite soldiers? Put your money where your mouth is and enrol for Camp Kokoro, the San Diego facility that's used to get special ops candidates ready for the gruelling life. Absolutely no cocktails by the pool here.

sealift.com

