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Light on your feet.
Boxers improve not just their endurance but also their fancy footwork by jumping rope.

Boxers are always jumping rope—why? Is it really such a great conditioning exercise? I'm not even sure how I'd start.

MICKEY C., LOS ANGELES, CA

W "Watch any boxer in training, and sooner or later he'll reach for a rope," says boxing coach Adam Colberg of Greenwich, CT. "Pro boxers often do 10 to 15 minutes a day."

Why? "Boxing is both aerobic and anaerobic," Colberg says, "and a rope can also be used for either. The speed can be varied to reach a lower heart rate over a longer time, or higher over a shorter time." So it's the perfect interval workout, as a fighter can lose weight and build muscle but also improve speed, agility, and endurance.

Plus, says Ross Enamait of rosstraining.com: "Jumping enhances footwork and

rhythm, which are both key to moving gracefully in the ring."

To start, get an adjustable plastic "speed" rope, says Colberg, and try single-unders: "Use a light swinging action, and as the rope comes over, take a little spring off the balls of your feet so it passes underneath." Once you can do continuous jumps, learn to shuffle your feet side to side; then time yourself: When you can do a few two- or three-minute rounds, resting 30 to 60 seconds in between, that's great progress.

Soon you can work up to more show-offy stuff—"tricks like double-unders, with two spins per jump," he says. Way to go, Rocky.

SHORTY THE BARBER

ENLIGHTENED
ADVICE FROM
GROOMING EXPERT
SHORTY MANIACE

I'd like to try the "disconnected undercut"—top long, sides short—à la David Beckham. What do I need to pull that off?

HARRY G., WHEELING, WV

■ To be honest, I think the undercut's a bit behind the times. It came in with *Boardwalk Empire*'s Jimmy Darmody character, and fashion's gonna kill it. I had a pompadour for 20 years, then that was over.

But if you want an undercut, it works well on someone with a strong jaw—think Brad Pitt in period pieces, or Johnny Depp in *Public Enemies*. It's also good with a pear-shaped head—if you do it right, it adds bulk on top—or an oval or heart-shaped face. It also

looks good with thicker hair—it lets the top lie flatter. But don't let it go super-long. And slick it back or style it; then it'll fall during the day, and that's when it looks good.

Most of all, make sure it's not taken all the way up to where the top of the head starts rounding—that's an '80s bowl cut! A proper undercut is tapered out—shorter, but faded out so when you slick it back it looks like a full haircut. You don't want the top hanging there like a limp dog.

It bugs the fuck out of me when someone pulls the hair up on top, shaves all around, and calls it a day. That's how the mullet was invented.



EVEN STEVE WOZNIAK LOVES \$2 BILLS. AH, SO THAT'S HOW HE GOT RICH...

I got a \$2 bill and figured it was fake. No?

TOM J., NORFOLK, VA

■ Nope, they're real—and they're worth...\$2! But sightings are scarce: "When people see one, they think it's rare, and keep it," says filmmaker John (The 2 Dollar Bill Documentary) Bennardo. "That keeps them from circulating, and furthers the idea they're rare."

Not rare, but fasci-

nating. Some fun trivia:

- Around since 1862, \$2's are called deuces, or Toms, after Thomas Jefferson, whose face adorns them—an honor first held by Alexander Hamilton, who's also about to be dumped from the \$10 bill. Guy can't catch a break.
- They got a bad rap in the 1900s for supposed links to \$2 racing bets and quickies with hookers. (Yeah, two bucks went a lot further then.)
- At times they're rejected as fake, as one Baltimorean learned the hard way in '05, when he used them at a Best Buy—and got arrested.



They're real, but... Merchants don't have to accept \$2 bills—or any currency, for that matter.



Previous page: Prop styling by Megan Terry/Judy Greer; Clockwise from top left: PeopleImages/Getty; Nick Ferreri