

From Team
GB's Double
Olympic Gold
Medallist

THE WHITLOCK WORKOUT

Get fit and
healthy in
minutes with
Max Whitlock's
workouts
and recipes



INTRODUCTION



When I get the chance to sit down and take a breath, I realise just how crazy my life has turned out. Olympic golds, world titles, an MBE, my wedding to my amazing wife Leah, the birth of my beautiful daughter Willow – and writing this book! Looking back, I can see that it all stems from having been lucky enough to have found a sport I love and giving a lot of hard work and dedication to it.

For a while now I've wanted to pass on some of the knowledge about health and fitness that I've acquired throughout my career so far, making it relevant for the general population. I find it staggering and really scary that so many people get out of breath climbing the stairs, or can't jump up onto a bench in the park or play a game of football with their kids. People just aren't making the most of the incredible potential of their bodies. Although I'm not for one moment suggesting that everyone can or should be an Olympic gymnast, I really believe that anyone can benefit from gymnastic-style training. It provides such a brilliant foundation in terms of mobility, body control and strength and, as it's largely based around bodyweight exercises, it can be done practically anywhere.

I was lucky enough to test the water with some of my ideas and routines for a DFS campaign supporting the British Heart Foundation. They went down really well, and I got some great feedback that spurred me on with my idea for a book. Having had my own experience of illness through overtraining, I want to encourage sustainable lifestyle changes through manageable and progressive workouts, rather than through an exercise binge that promises results in an unrealistic timescale. This isn't a 'get fit quick' book. However, my 15–30 minute workouts are certainly easy to integrate into your life, require no expensive kit or gym membership and will address all aspects of your fitness using exercises that I've been doing from the age of seven – and still do now.

Similarly, when it comes to nutrition, I have steered clear of faddy diets and complicated recipes. I really don't like the word 'diet' because it implies a short-term fix rather than a permanent change. Small and sustainable changes towards healthier eating will always trump short-term and overly drastic dietary interventions. Healthy eating doesn't have to be boring and you don't have to feel as though you're missing out on treats. Many of my recipes are healthy twists on 'junk food' favourites and are all super easy to cook.

By combining my no-frills and fad-free approach to nutrition with my fun and effective workouts, you'll unlock your body's true potential – and maybe even discover your inner gymnast.

Max





GENERAL WORKOUT GUIDELINES FOR SOFA, CUSHION CRUSHER AND TOTAL BODY WORKOUTS

WHERE DO I START?

Even if you're already a regular exerciser, I would strongly suggest starting with the Level 1 Sofa and Cushion Crusher workouts as, unless you come from a gymnastic background, you'll likely find the movements, especially maintaining them for 30 seconds, challenging. They also build the foundations of strength and mobility for the more demanding routines that follow.

For your first go, aim for two cycles through but, if that feels too easy, crack on for a third or maybe even a fourth.

HOW OFTEN SHOULD I WORKOUT?

You should aim to do these workouts at least three times per week but no more than every other day. You can stick to one workout or mix and match them. On 'off-days' there is no reason why you can't do my Stretching/Recovery Routine or another complimentary form of exercise. This could be some cardiovascular exercise, such as running, cycling or swimming.

HOW DO I PROGRESS?

As the workouts use time rather than reps, they're effectively self-progressing. Each time you do an exercise, you're looking to do as many quality reps as you can within the 30 seconds, rather than a set number.

Once you feel you're working strongly for all of the 30-second exercise blocks for 2 cycles through a Level 1 Sofa or Cushion Crusher workout, add another cycle and keep building in this way to 3 or 4 cycles.

Then you can move on to Level 2 Sofa or Cushion Crusher workouts, going back down to 2 cycles initially and then building up again to 3 or 4 before moving onto Level 3.

You shouldn't try and rush through the levels and it's better to spend a few sessions consolidating a lower level routine rather than poorly executing one that's currently a bit too much for you.

Once you're maxing out with the Level 3 Sofa or Cushion Crusher Workouts and are finding 3–4 cycles and 30-second exercise blocks relatively easy, you'll have achieved a very high level of overall fitness; I still find these workouts tough! You can then move on to the challenges of the Total Body Workouts and work through the 3 Levels in the same way.

The progression from the Total Body Workouts is to my Home Bar Workouts, Rings Workouts and finally, the ultimate challenge, my Perfect 10 Pro Park Workout. The structure of these workouts is different to the previous ones so make sure you thoroughly read their specific instructions. Don't rush to attempt these workouts though as it's only with the excellent foundations of fitness that consistent completion of the previous workouts will give you that you'll get the most from these more advanced workouts and be able to complete them safely and effectively.

WARMING UP AND COOLING DOWN

Before a workout, always spend 5–10 minutes following my 5-minute Pre-workout Warm-up Routine. You should feel warm, maybe sweating slightly, and be ready to go.

Don't forget to cool down. If you're short of time, follow my 5-minute Post-workout Stretch Routine or, for a deeper stretch, work through my Stretching/Recovery Routine. You can also do my Foam Roller Routine post workout.

STRUCTURE

The Sofa, Cushion Crusher and Total Body Workouts all use the same simple-to-follow structure:

Each cycle will take approximately 4 minutes. Therefore, the total time for a workout, including warm-up and cool-down, will be approximately 20–30 minutes.

There are typically 6 exercises per cycle: 2 lower body, 2 mid-section/core and 2 upper body.

You work for 30 seconds per exercise; use a countdown timer on your phone. You're looking to do as many reps as possible in that time but without rushing the movement and without sacrificing good form. You'll find, with some of the exercises, that working slower with more control is actually more intense. Some of the exercises are static holds and, in those cases, you're looking to maintain strong form for the entire 30 seconds.

Take a short 10-second breather between exercises.

Take a longer 1-minute rest between cycles.

You should aim to complete a minimum of 2 cycles per workout but you can do 3 cycles or more depending on your fitness level and available time.

TECHNIQUE TIPS

Take a moment before doing a workout for the first time to make sure you're familiar and comfortable with the exercises; you'll get a far better quality workout if you do this.

Don't forget to breathe! For dynamic movements, such as squats, breathe out on the effort/lift and in on the lower/relax. For static holds, such as planks and bridges, try to breathe in a relaxed and controlled manner.

SOFA WORKOUTS

4 MINUTES PER CYCLE
2-4 CYCLES
30 SECONDS EACH EXERCISE
10 SECONDS REST BETWEEN EXERCISES
1 MINUTE REST BETWEEN CYCLES

The great thing about these Sofa Workouts is that you can do them anywhere. At home, in a hotel room, in the park or even in the gym. As long as you have a sofa, bed or bench you'll be able to get an effective workout.

They're incredibly time-efficient and, even with a warm-up, cool-down and 3 cycles through the routine, you'll be done in under 25 minutes. Remember, you're doing each exercise for 30 seconds and trying to do as many quality reps as possible. Work as fast as you can but don't sacrifice form or technique.

SOFA WORKOUT – LEVEL 1

1. HIP BRIDGE HOLD

Lie on your back with your feet on the sofa and toes pointed.

Your legs should be straight but not locked and your arms out at 45 degrees to your body to give a stable base.

Focus on your glutes and drive your hips towards the ceiling so that the front of your body forms a straight line from chest to toes.

Hold this position, contracting your glutes and avoiding sagging or arching.

End the exercise before the 30 seconds is up if you lose form.



2. LAZY SQUATS

Don't be fooled by the 'lazy', as these work the whole of the lower body and will also get your heart and lungs working too.

Sit on the sofa with your feet and knees approximately hip width apart. Your heels should be close to, or touching, the sofa and your toes pointing slightly outwards.

With your arms out in front of you and keeping your head up, stand up.

With control, sit back down and repeat.

Avoid allowing your knees to collapse in towards each other as you stand.





3. SOFA SIDE TOUCHES

This movement targets your abs, especially the obliques; there's also a mobility component.

Lie on your back with your knees bent, toes tucked under the sofa and arms out to the side.

Contract your abdominals to bring your torso slightly off the floor. Try to push your lower back into the floor as you do this.

Holding this position, work from side to side (imagine a penguin walking!), aiming to touch the sofa on each side. If you can't quite reach, don't worry, just go as far as you can while maintaining form.



4. PLANK ON ELBOWS

Planks are one of the most functional and effective core-strengthening exercises you can do and the strength you'll develop by doing them will lay the foundations for more advanced movements.

Adopt a position with your elbows on the sofa, approximately shoulder width apart and hands interlaced in front of you. Your feet are on the floor and you're up on your toes.

Keep the body straight (you're a 'plank') and brace through your core by consciously tensing your abs.

Hold the position, avoiding arching or sagging.





5. SITTING TO CATERPILLAR WALK TO FRONT SUPPORT

A total body strength and mobility exercise.

Sit on the sofa with your feet and knees approximately hip width apart. Your heels should be close to, or touching, the sofa, your toes pointing slightly outwards and arms out in front of you.

Rocking forwards, drop your chest towards your knees and come off the sofa, reaching your hands down onto the floor.

Walk forwards with your hands until you're fully extended in a press-up position; no arching or sagging.

Walk back with your hands, return to the seated start position and repeat.





6. WIDE ARM PRESS-UP HOLD

As well as developing trunk strength, this exercise will also open up your chest which is important if you spend a lot of time working at a desk.

With your hands on the sofa wider than shoulder width apart, lower your chest towards the sofa to a depth where your upper arms are parallel to the sofa; you should feel a stretch/tension across your chest.

Hold the position avoiding any arching or sagging of your body.

SOFA WORKOUT – LEVEL 2

1. SOFA SQUAT JUMPS

A progression from the Lazy Squats that'll develop explosive lower body strength and power, and challenge your cardiovascular system.

Start in the same squat position as the Lazy Squats.

Explode upwards, looking to jump as high as you can.

Land with soft knees, sink back down to touch the sofa with your backside but don't actually fully sit and then jump again.





2. HIP BRIDGE BICYCLES

A more challenging variation of the Hip Bridge Hold that brings in movement and single legged bracing.

Get into a Hip Bridge Hold and, once stable, begin cycling your legs by bringing your knees alternately towards your chest.

Keep your hips up and try to avoid rocking them from side to side as you cycle.





3. SIT-UP ROLL BACKS

Taking traditional sit-ups to a new level with added strength and mobility benefits.

Lie on the floor with your legs bent at 90 degrees and elevated on the sofa. Your backside should be close to or touching the sofa and your arms at 45 degrees to your body.

Swing your legs off the sofa and over your head, straightening them and lifting your backside off the floor.

Aim to touch the floor with your toes behind your head.

Roll back to the start position and, as your legs come back to the sofa, sit-up and bring your knees to your chest and reach beyond your toes.

Lower back down to the floor and keep repeating the movement in a fluid but controlled manner.

4. TUCK DISH ON EDGE OF SOFA

A real test of abdominal strength and balance.

Sit on the edge of the sofa and, holding your arms out to aid balance and tensing your stomach muscles, lift your legs up and lean back.

You'll find a balance 'sweet-spot' where your abs are working really hard. Hold it there.



5. FRONT SUPPORT TO PIKE HANDSTAND

The pike movement is a gymnastic staple; you'll really feel it challenging your hamstring flexibility.

Start in a press-up hold position with your feet elevated on the sofa.

Pushing back through your hands, drive your backside up towards the ceiling.

Return to start position and repeat.



6. BACK SUPPORT HOLD

Works on lower back strength and stability as well as improving shoulder mobility.

Sit right on the edge of the sofa with your hands by your backside.

With your toes pointed, engage your glutes and lift your backside off the sofa, driving your hips upwards and away from the sofa; you may need to allow your feet to slide forwards slightly.

Hold this position, keeping your hips raised and without allowing your hips to sag towards the ground or your back to arch.



CUSHION CRUSHER WORKOUT

4 MINUTES PER CYCLE
2-4 CYCLES
30 SECONDS EACH EXERCISE
10 SECONDS REST BETWEEN EXERCISES
1 MINUTE REST BETWEEN CYCLES

The Cushion Crusher Workouts are a great compliment to the Sofa Workouts and, by alternating them, you'll keep your body guessing, get brilliant all-over workouts and prevent boredom. Kit is truly minimal, all you need is a cushion or a pillow.

The timings are the same as the Sofa Workouts making them just as time-efficient and easy to fit into your schedule.

CUSHION CRUSHER WORKOUT – LEVEL 1

1. ONE LEG BALANCES

An excellent exercise for developing balance and body awareness, with the cushion adding instability.

With your arms outstretched to the side, stand on the cushion and, taking a deep breath, raise one leg.

Balance, keeping your supporting leg straight but not locked.

It helps to look at a fixed spot in front of you.

Hold for fifteen seconds and then change legs.

If you're struggling, try without the cushion.



2. LEG TOUCHES

This works on trunk strength and also hamstring flexibility.

Sit on the floor with your legs straight out in front of you and toes pointed.

Hold the cushion out in front of you at shoulder height.

Holding your trunk stable and without leaning back, raise one leg towards the cushion. Don't worry if you can't quite reach it, just go to the point where you feel a slight stretch on the back of your leg.

Lower the leg with control, replicate the movement with your other leg and keep alternating.





3. CUSHION TWISTS

Hitting your obliques on the sides of your torso and increasing rotational mobility.

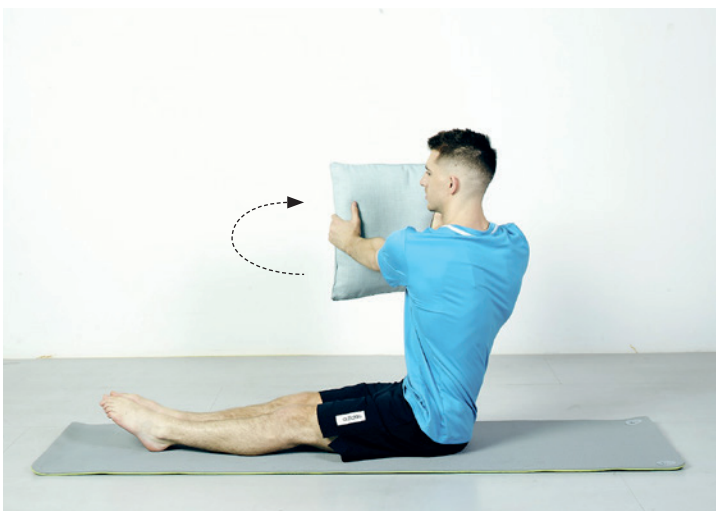
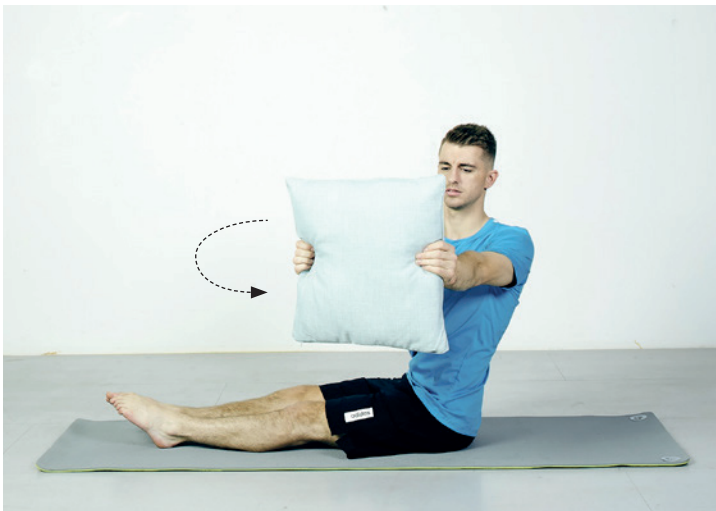
Sit on the floor with your legs straight out in front of you and toes pointed.

Hold the cushion out in front of you at shoulder height.

Twist fully to one side from your waist, don't just turn your shoulders.

Return to centre, pause briefly and twist the other way.

Keep alternating.



4. DISH HOLD

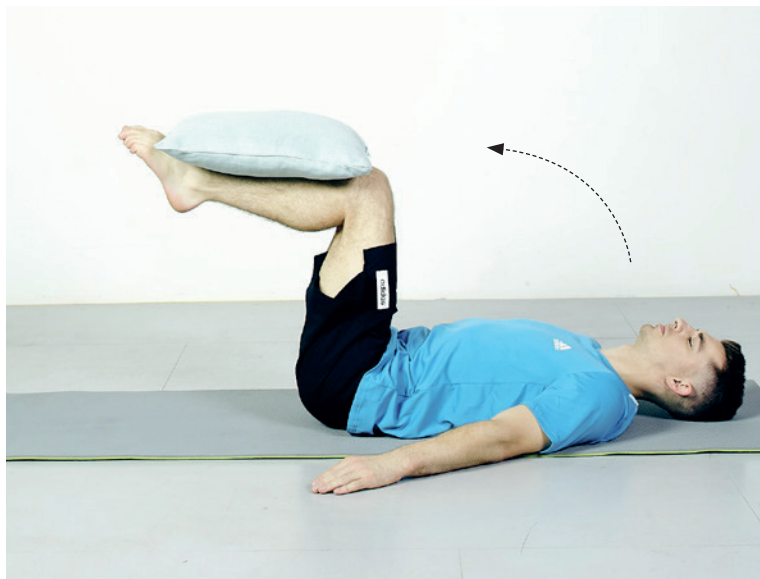
A static hold that targets your abs.

Lie on the floor with your arms out to the side at 45 degrees and legs elevated and bent at 90 degrees.

Balance the cushion on your shins.

Contract your abs and lift your arms, head, shoulders and upper back off the ground.

Hold this position by maintaining tension in your abs.





5. AIR PRESS-UPS

This might look easy but, by the end of 30 seconds, I guarantee the front of your shoulders will be burning.

Stand with your feet hip width apart and hold the cushion in both hands at chest height.

Without leaning backwards or forwards, push the cushion away from you by straightening your arms.

Bring the cushion back to your chest and repeat the movement.



6. SMALL ARM CIRCLES

Working the sides of your shoulders now.

Stand with your feet hip width apart and hold a cushion in each hand with your arms out to the side at shoulder height.

Remaining strong, stable and upright, circle the cushions in a forwards direction.



CUSHION CRUSHER WORKOUT – LEVEL 2



1. HEEL RAISES

Building calf strength and also working on balance.

Stand on the cushion with your feet about hip width apart and your arms out to the side.

Maintaining your balance, come up onto your toes as far as you can manage without losing balance.

Pause briefly up on your toes, then lower with control and repeat.

2. SQUAT HOLD

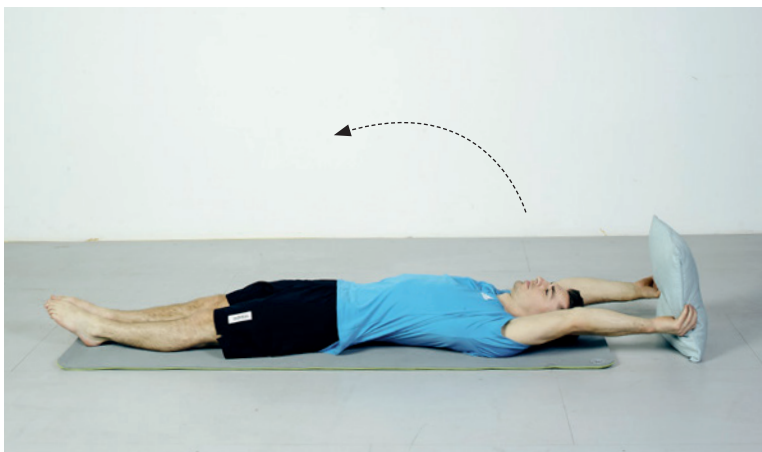
With a focus on leg strength and balance, this is a great exercise for preparing for more advanced squat-type movements.

Stand on the cushion with your feet about hip width apart and your arms out in front.

Leading with your backside, squat down as low as you feel you can manage. As a minimum, this should be with your legs bent at a 45-degree angle but the ideal is a 90-degree angle, your thighs parallel to the floor.

Hold this position.





3. SIT-UPS WITH STRAIGHT LEGS

A tough variant of regular sit-ups.

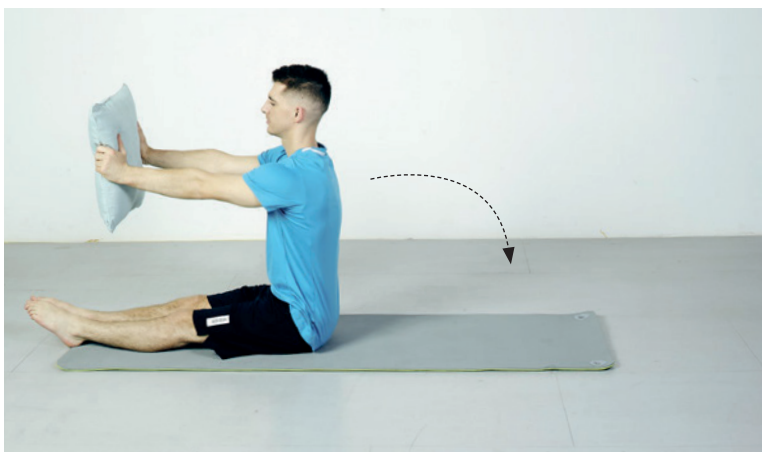


Lie on your back on the floor, with your legs straight.

Hold your cushion in both hands and, keeping your arms straight, take it back over your head and touch the floor behind you.

Bring your arms forwards again and, as the cushion comes over your head, sit up. Try to use your abs and not momentum.

Lower with control and repeat.



If you find this movement too hard on your lower back, bend your knees and only come partially up.

4. TUCK LEG CUSHION TWIST LYING ON BACK

Building on the Cushion Twists, this movement takes oblique conditioning and lower back mobility to the next level.

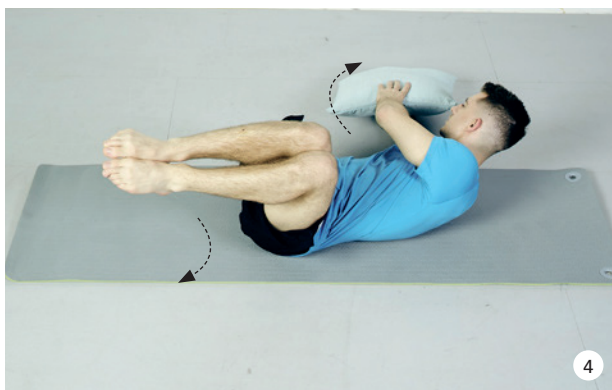
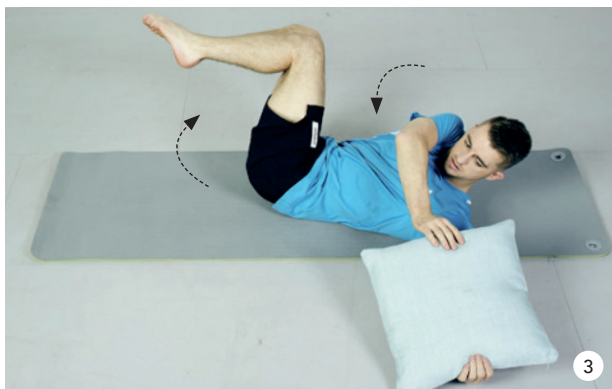
Lie on your back with your legs together, bent at 90 degrees and elevated.

Hold the cushion with both hands, arms vertical and straight.

Contract your abs to lift your torso slightly off the floor.

Maintaining ab tension, simultaneously twist your upper body and the cushion one way and the legs the other. Both sides should come close to the floor but not actually touch.

Come back to centre, work the other way and keep alternating.





5. WIDE ARM PRESS-UPS ON CUSHIONS

Press-ups are a classic upper body conditioner but also work your core hard too. The wide hand position here emphasises the chest and the cushions add instability, further increasing the difficulty.

Adopt a press-up position with hands wider than shoulder width apart and on your cushions.



Lower your chest by bending your arms, looking to achieve a 90-degree angle with your upper arms parallel to the ground.

Lift by straightening, but not locking, your arms and repeat.

If you find this movement too hard, you can drop your knees to the floor.

6. ARM LIFTS

Working both your shoulders and core stabilisers, these are surprisingly tough on the back of the press-ups.

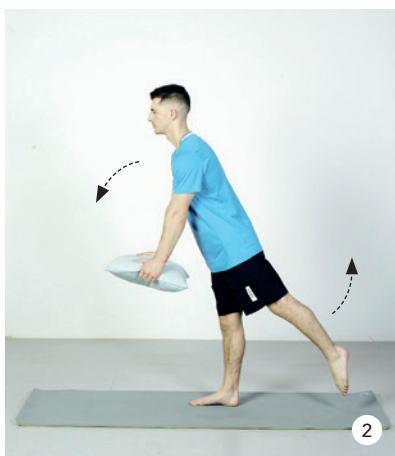
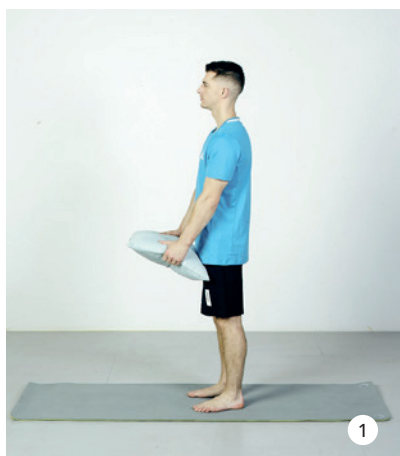
Get onto your hands and knees with your hands shoulder width apart on the cushions.

Keeping your head up and looking forwards, alternately raise each cushion to shoulder height.

As you raise and lower, focus on keeping the rest of your body level.



CUSHION CRUSHER WORKOUT – LEVEL 3



1. ARABESQUE LOWERS

A gymnastic staple and a true test of balance, strength, control and stability.

Stand upright with your feet close together and hold a cushion in both hands straight out in front of you.

By hinging forwards with your upper body and raising one leg straight behind you, lower your cushion towards the ground. As with all balance exercises, keep your head up and try to focus on a fixed point.

Try to keep your standing leg straight and try to create as straight a line as possible from your raised leg to your head and shoulders.

Lower with control, switch legs and continue to alternate.



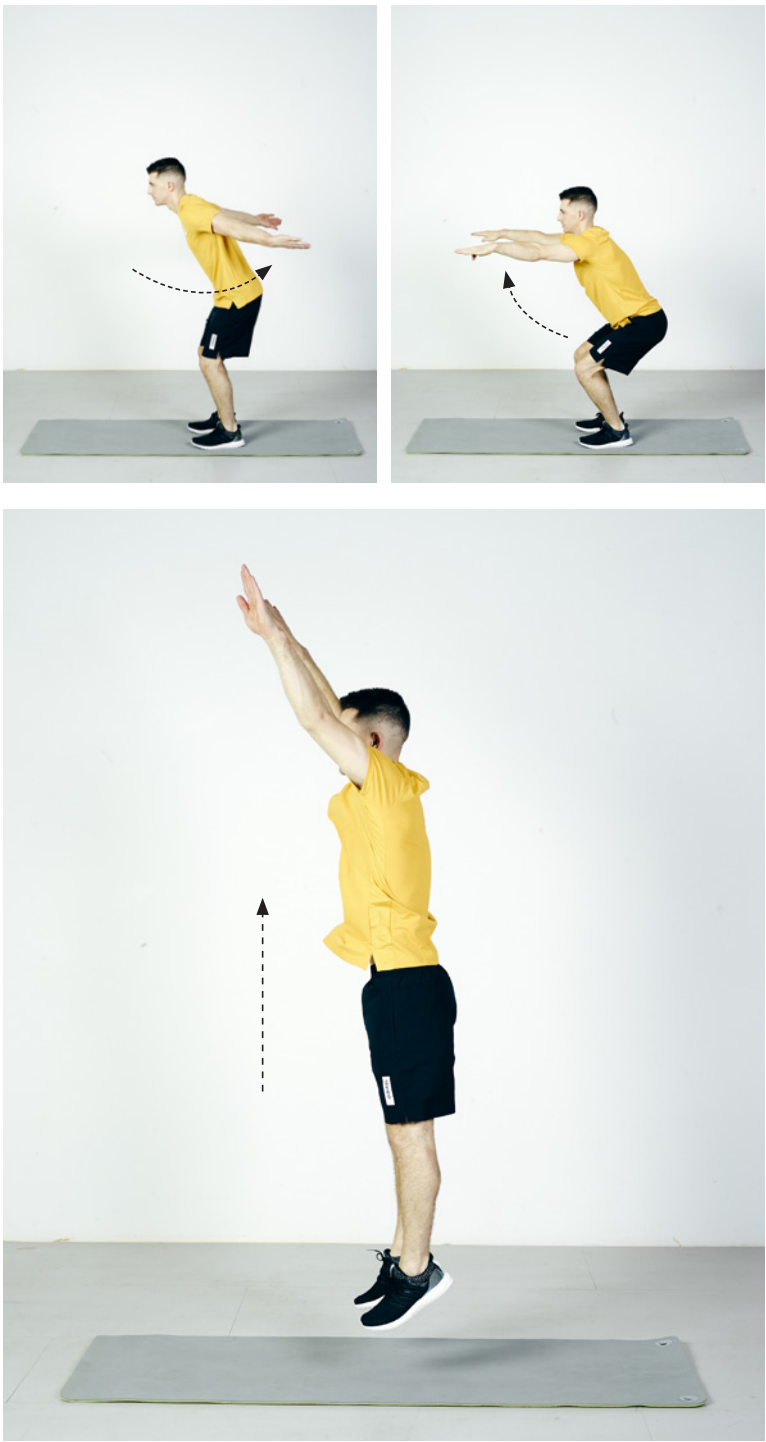
TOTAL BODY WORKOUTS

30 SECONDS EACH EXERCISE
10 SECONDS REST IN BETWEEN EXERCISES
1 MINUTE REST IN BETWEEN CYCLES

With the excellent levels of strength and mobility that you will have developed from the Sofa Workouts, you can now progress to these Total Body Workouts.

Utilising the same structure and timings and requiring no kit, they'll feel familiar but will definitely take your conditioning to another level. You'll notice that many of the movements are more gymnastic in feel and build on the great foundations that you've already laid down.

TOTAL BODY WORKOUT – LEVEL 1



1. STRAIGHT JUMPS TO STICK

The 'stick' in this exercise refers to a gymnastic landing. It focuses primarily on explosive strength but will also challenge your balance and co-ordination, and will definitely raise your heart rate.

Stand with your feet hip width apart.

Swing your arms back and, as you do so, sink into a 3/4 squat.

Swing your arms forwards to shoulder height and use this momentum to explode upwards.

In the air, tap your feet together and return to hip width.

Absorb your landing with soft knees and repeat.

2. 3 HOPS

More balance work, but you'll also be working your cardiovascular system and targeting your calves.

With arms out to the side to aid balance, come up onto the ball of one foot and hop rapidly 3 times.

On the third hop, land on your other foot and keep alternating.

Your hopping leg is straight but keep your ankle and knee soft.

You should be looking for speed, not height, imagine you're standing on a hot surface.



3. SINGLE LEG WINDSCREEN WIPERS

Focusing on core strength but also developing hamstring, hip and lower back mobility.

Lie on your back with hands behind your head and both legs straight and elevated to as close to ninety degrees as you can manage.

Brace your core and try to push your lower back into the floor.

With control, lower one leg out to the side.

When you've almost reached the floor, return the leg to the start position and repeat with the other leg.

Continue to alternate legs.



4. FRONT SUPPORT

This should be a familiar exercise to you and is a go-to for core strength.

Hold the 'up position' of a press-up.

Maintain a straight line from your shoulders to heels, no sagging or arching.



5. HEAD ON FLOOR SHOULDER LIFTS

Focusing on shoulder and chest mobility and upper back strength. Although this might feel like a bit of a recovery exercise, it's brilliant for counteracting the hunched posture that desk work can cause.

Lie face down on the floor with your forehead on the ground and arms bent at ninety degrees.

Lift your arms off the floor by pulling your shoulder blades together.



6. FOREARM PRESS-UPS

Although this will hit your upper body, it's also effectively a plank-type exercise, so your core will be working hard too.

Adopt a stretched-out forearm plank position, with your knees down. Unlike a regular plank, you don't want your elbows directly under your shoulders but in front of them.

Raise your body and lift your forearms off the floor by straightening your arms.

Lower and repeat.



EATING THE WHITLOCK WAY

It's arguable that good nutrition can have a more positive effect on your health than exercise – and poor nutrition a more negative effect. There's a lot of truth in the expression 'you can't exercise away a poor diet'. I'm 100 per cent confident in the effectiveness of my workouts, but if you're not eating well, you won't get all the benefits from them that you should.

My recipes all reflect my no-nonsense, 'no-diet' approach to nutrition; although they undeniably have a healthy slant, they're in no way faddy or low on flavour. Importantly, they're all simple to make and the ingredients are easily available – because I'm definitely no chef!



HUEVOS RANCHEROS

(VEGETARIAN)

SERVES 4

- 4 soft flour tortillas
- 1 large tomato, diced
- ½ a 125g jar of pickled sliced jalapeño peppers, drained
- 1 ripe avocado, peeled, destoned and diced
- Juice of ½ lime
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 garlic clove, crushed
- 1 x 400g tin of red kidney beans, drained and rinsed
- 1 tsp ground cumin
- ¼ tsp chilli powder
- ½ tsp dried oregano
- 100ml water
- 4 eggs
- 30g Cheddar cheese, grated
- a handful of fresh coriander, finely chopped
- salt and pepper

PER SERVING	
KCALS	511
CARBS	45g
PROTEIN	20g
FAT	25g

This isn't really a weekday breakfast, unless you have a lot of time in the mornings, but it is perfect for a lazy weekend brunch and is a healthier alternative to a traditional fry-up if you've got friends or family round. This is why this recipe serves four. I love it when I have a rest day; it's ideal for fuelling my recovery because it contains good amounts of protein and healthy fats.

Preheat the oven to 175C. Stack your tortillas, wrap them in foil and pop them in the oven.

Put the diced tomato, jalapeños and avocado into a large bowl, add the lime juice and some salt and pepper, then give everything a good toss and set aside.

Heat 1 tablespoon of the olive oil in a large pan over a medium heat, add the onions and cook until they start to soften, about 3–4 minutes.

Add the garlic and cook for 1 minute more.

Add the beans, cumin, chilli powder, oregano, salt and pepper and water, then season and give everything a good stir.

Cook for 5–7 minutes, stirring occasionally and, once the beans have softened, remove from the heat. Mash well with the back of a fork and set aside.

In another large frying pan, add the second tablespoon of oil and, over a medium heat, fry the eggs.

While the eggs are cooking, get the tortillas out of the oven.

Spread the bean mixture onto the tortillas, follow it with the tomato, jalapeños and avocado salsa, top with a fried egg and sprinkle on some cheese. Finish with some fresh coriander before serving.



SMASHED AVOCADO ON TOAST WITH POACHED EGGS

(VEGETARIAN)

SERVES 4

2 tbsp white wine vinegar
2 eggs
1 thick slice of bread
(wholegrain is best)
½ ripe avocado,
peeled and destoned
splash of Tabasco (optional)
salt and pepper

This is one of my favourite breakfasts because it delivers all the macronutrients and, despite feeling fairly luxurious and a bit of a treat, is really quick and easy to make. It's a brilliant option if you've done a tough pre-breakfast workout. It's also super filling and, with the protein from the egg and healthy fats from the avocado, will easily keep you going until your mid-morning snack.

Add the vinegar to a small, shallow pan of water and bring to the boil. The vinegar is the secret to perfect poached eggs and there's no need to swirl the water around. Turn the heat right down and carefully crack the eggs into the water. Leave them to cook for about 2–3 minutes.

While the eggs are cooking, pop your bread into the toaster. When it's done, mash the avocado onto it using a fork.

Using a slotted spoon, carefully remove the eggs from the pan and place on top of the avocado.

Season to your taste. I sometimes like a splash of Tabasco for a bit of a spicy kick.

PER SERVING

KCALs	354
CARBS	21g
PROTEIN	18g
FAT	22g





EGG MUFFINS

MAKES 12 MUFFINS

olive oil, for greasing
12 eggs
120ml skimmed milk
6 slices of ham, diced
salt and pepper
wholegrain toast, to serve

Many people skip breakfast or opt for unsatisfying choices such as cereal or toast because they feel rushed in the morning and don't think they have time for anything more substantial. The great thing about these muffins is that you can make a batch at the weekend, stick them in the fridge and then just zap them in the microwave for a fast, filling and protein-packed breakfast. You could also add other ingredients to mix things up, such as tomatoes, mushrooms or spinach leaves.

Preheat the oven to 180°C/gas mark 4 and lightly grease a 12-hole muffin tin with olive oil.

In a large bowl, vigorously whisk together the eggs and milk until you've worked plenty of air in. Stir in the ham and season with a little salt and pepper.

Divide the egg mixture evenly between the holes of the muffin tin, then place the tin in the oven and bake for 25–30 minutes, or until the eggs are set.

Once the muffins are baked, allow to cool before removing from the tin.

Store them in an airtight container in the fridge for up to a week. To reheat, simply microwave for 60 seconds.

Serve with some buttered wholegrain toast.

PER SERVING

KCALS	184
CARBS	1g
PROTEIN	19g
FAT	11g

CHICKEN AND MANGO WRAPS

SERVES 2

1 tbsp peanut oil
250g chicken breast,
cut into strips
½ tsp finely chopped
fresh ginger
1 tbsp hoisin sauce
100g mango slices,
fresh or drained tinned
½ small cucumber, finely sliced
½ red pepper, finely sliced
½ yellow pepper, finely sliced
Juice of ½ a lemon
1 tbsp runny honey
½ fresh chilli, deseeded
and finely sliced
2 tsp sesame seeds
a generous handful of
mixed salad greens
4 wraps

I love wraps for lunch because you can pack them with delicious ingredients but they're not as heavy as a traditional sandwich. This simple Chinese-style filling is really tasty and, along with the protein from the chicken, has loads of nutrients from the fresh vegetables and, of course, the mango. It's also a great salad on its own or you can combine it with some cooked rice or noodles. Try to get hold of some peanut oil for stir frying as it has a high smoke point and so is suited to high temperatures; it adds a great flavour too.

Heat the oil in a non-stick wok over a high heat. Add the chicken and stir-fry for about 3–5 minutes or until the chicken is no longer pink when cut with a knife.

Add the ginger and the hoisin sauce and cook for 30 seconds, stirring vigorously. Remove from the heat and transfer the chicken to a large salad bowl. Allow to cool.

Add the rest of the ingredients, except the wraps, to the bowl, stirring well as you add each one.

Divide half of the mix between two of the wraps, then roll them in foil and keep cool until ready to eat.

Keep the rest of the chicken and mango filling in the fridge in an airtight container, ready to make up the other two wraps tomorrow.

PER SERVING

KCALS	717
CARBS	97g
PROTEIN	40g
FAT	18g





VEGETABLE AND BACON FRITTATA

SERVES 2

2 tbsp olive oil
350g salad potatoes,
scrubbed and sliced
½ red pepper, sliced
1 garlic clove, crushed
2 smoked bacon rashers,
chopped
2 tbsp water
3 large eggs
a handful of spinach leaves,
chopped
salt and pepper
Salad and crusty bread,
to serve

This recipe takes a bit of time to cook but it's well worth the effort and, as it's delicious hot or cold, you can eat one portion hot for supper and then have the other one cold for lunch the next day. It's high in protein and, once you get the hang of it, you can experiment with other ingredients. Vegetarians can drop the bacon and maybe substitute with mushrooms.

Heat the oil in a large non-stick frying pan over a medium heat. Add the potatoes, red pepper, garlic and bacon and sauté for 10 minutes. Make sure you stir and turn everything regularly to avoid them catching.

Add the water to the pan and cook for a further 10 minutes, or until the potatoes are soft.

While the potatoes are cooking, crack the eggs into a large bowl, add a pinch of salt and pepper and whisk well.

Once the potatoes are done, add the contents of the pan to the eggs and mix together, then stir in the chopped spinach, making sure everything is mixed together really well.

Add a little extra oil to the pan, if needed, then pour in the egg and potato mixture. Turn the heat to low and cook for 10–15 minutes, or until the mixture is almost set. Be patient and do not stir it.

Turn the frittata out onto a large dinner plate, slide it back into the pan and cook the other side for a further 2–3 minutes. Alternatively, finish it off under a preheated grill.

Allow to cool, cut into slices and either wrap in foil or put in an airtight container and store in the fridge.

Serve with a salad and some crusty bread.

PER SERVING

KCALS	506
CARBS	35g
PROTEIN	20g
FAT	32g



SPANISH-STYLE ROASTED VEG AND CHICKEN TRAY BAKE

SERVES 4

1 tbsp olive oil
1 red onion, chopped
2 garlic cloves, chopped
1 red pepper, chopped
1 butternut squash,
peeled and chopped
1 courgette, chopped
1 aubergine, chopped
1 tbsp pumpkin seeds
1 ring of chorizo, skin removed
and chopped
4 large skinless chicken breasts
a handful of fresh parsley,
chopped
salt and pepper

PER SERVING

KCALS	590
CARBS	25g
PROTEIN	52g
FAT	32g

I love tray bakes like this, mainly because they're so easy and require minimal washing up! This one is delicious. Although the chorizo is a little fatty, a little goes a long way and it gives the dish an amazing deep flavour. The chicken guarantees your protein intake and you get plenty of slow-release carbs from all the vegetables. The pumpkin seeds bring a delicious nutty taste, some crunchy texture and healthy omega-3 fats. It's a complete meal on its own but you might want some crusty bread to mop your plate.

Preheat the oven to 200C/gas mark 6.

Drizzle the oil into a large roasting tin and place the tin in the oven for a few minutes so the oil heats up.

Remove the roasting tin from the oven and add the onion, garlic, pepper, butternut squash, courgette, aubergine and pumpkin seeds. Mix everything together, ensuring all the ingredients are well covered with oil. Return to the oven for 20 minutes.

Meanwhile, heat a frying pan over a medium heat and add the chorizo. Cook for 5–7 minutes until it has released plenty of its oil. Use a slotted spoon to remove the chorizo, leaving as much of the oil as possible in the pan, and put to one side. Carefully place the chicken breasts in the pan. Season with a pinch of salt and pepper and cook for 10 minutes, turning halfway through.

Once the vegetables have been in the oven for 20 minutes, remove them and add the chorizo. Mix everything together well, place the chicken breasts on top, and return to the oven for another 20 minutes.

Remove from the oven and stir the fresh parsley through before serving.

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