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the Right
All Moves

WITH THE NEW FILM *THE SPY WHO DUMPED ME*, OUTLANDER SENSATION **SAM HEUGHAN** IS ON THE VERGE OF OUTGROWING CABLE TV STARDOM. HERE ARE HIS SECRETS TO GETTING BIG-SCREEN BUFF.

BY MARJORIE KORN / PHOTOGRAPHS BY TURE LILLEGRAVEN

BEFORE WE LINK UP in New York City, Sam Heughan has already had a full day. He'd gone early to a movie special effects studio in Brooklyn, where he'd been rigged down to his briefs and had sensors placed over his body, face, and hands, which recorded his topography for hours. It's prep work for a just-announced movie, *Bloodline*, based on the Valiant comic book. He had also squeezed in a six-mile run along the East River and planned to hit the gym before dinner.

For most actors, an exact rendering of an action hero would necessitate weeks of preparation—an austere diet, a daily gym regimen—but Heughan is nearly as much athlete as actor. His physicality is central to the role of Jamie Fraser, the broad-chested, rakish Scottish soldier he plays on the time-travel drama *Outlander*. Sure, "My character is always in some scrap: fighting, horse riding, saving his wife from some over-the-top," Heughan says. "And he takes his clothes off quite a bit, as well."

Let's pause for a moment. If perhaps you've not been introduced to Heughan, ask your wife, your mom, or your grandma's cousin group about him, and listen to them kvell. He's an international phenomenon. Some of his devoted fans call themselves Heughan's Heughigans. And the romance between Fraser and the time-traveling nurse Claire,

THE WORKOUT

Over the next few pages is a variation of the do-anywhere, equipment-free workout Heughan used to get ready for his role in *The Spy Who Dumped Me*. Created by his Scottish-based trainer, Jane Vallone, the moves focus on mobility, high-intensity bursts, and strength building. Follow along with Heughan as he demos the workout, which begins with a 3-minute jog to get the blood pumping. Go through each of the 6 gears (probably warmup, cardio warmup, high-intensity supersets, and core finisher). The whole thing should take an hour.



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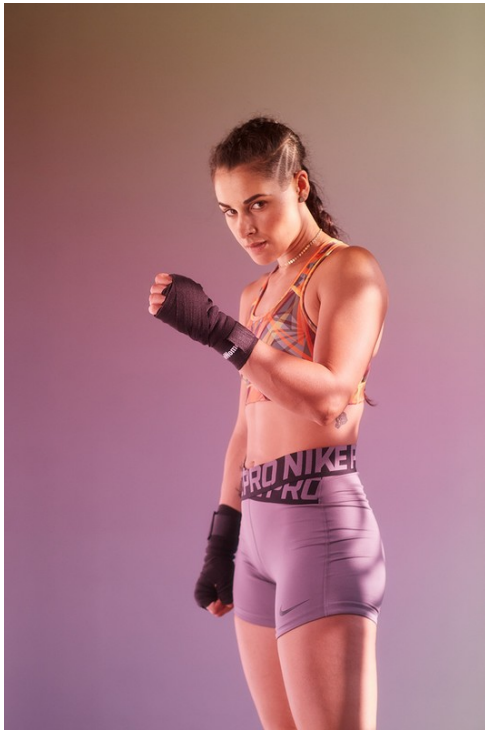
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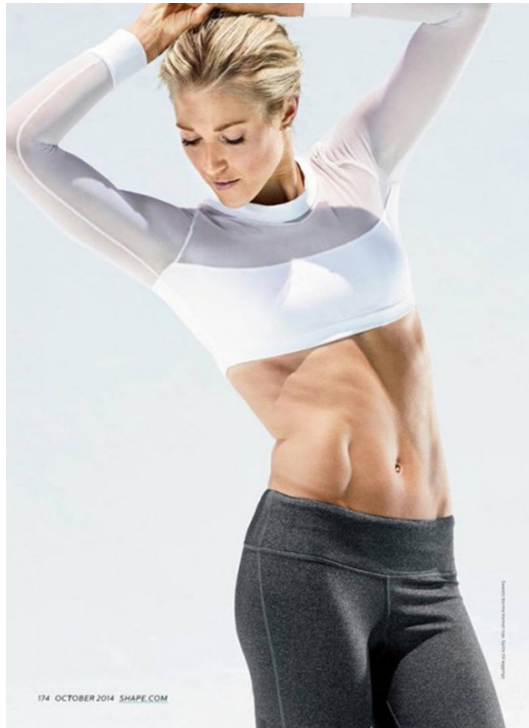
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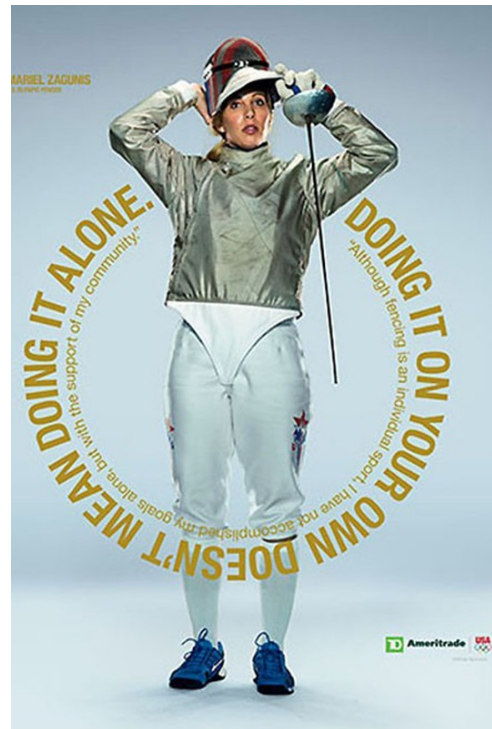
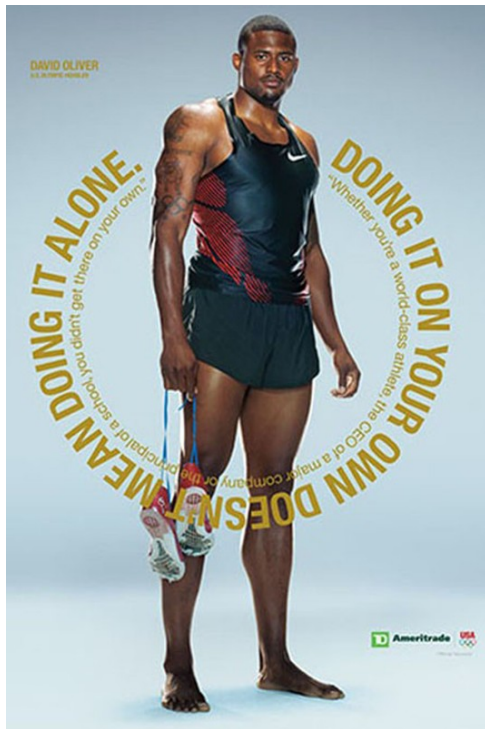
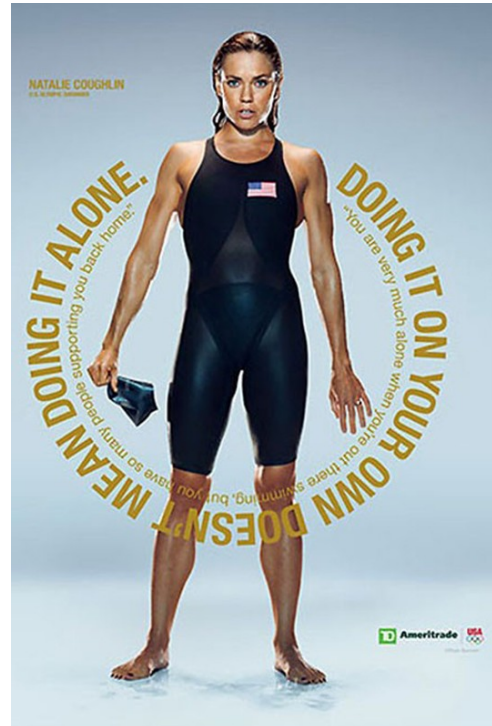
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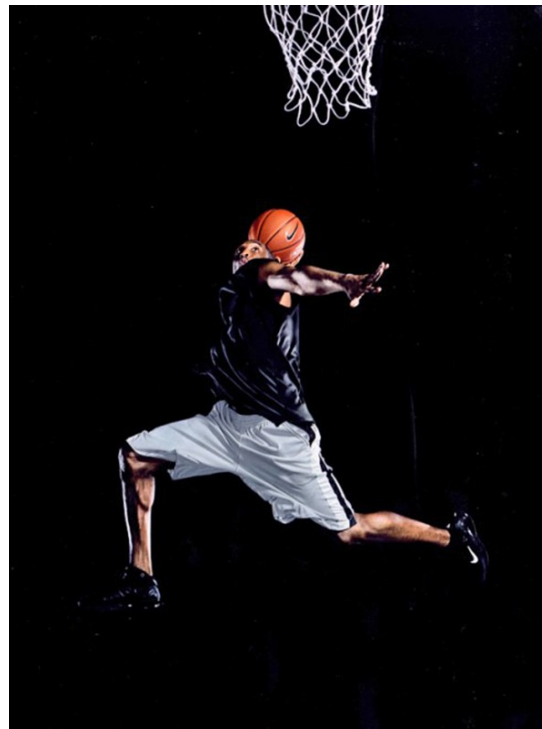
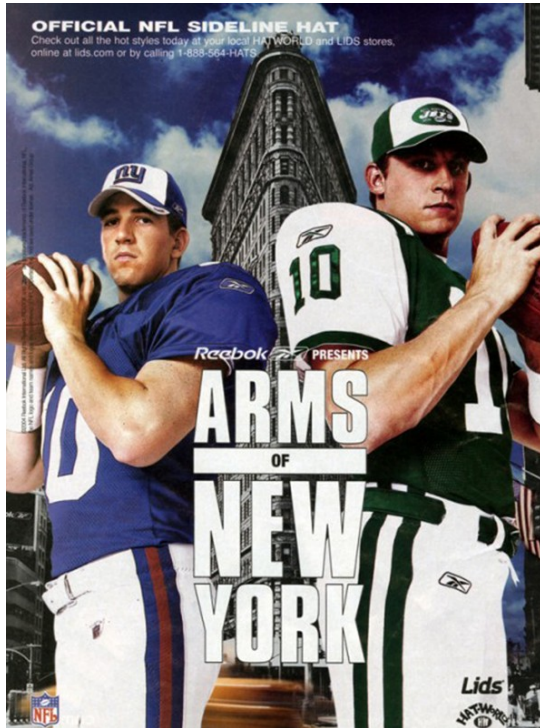
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Trailmix

SKIP THE GYM and get an even better workout running alfresco on the trails. Follow our get-started guide and you're just a hop, leap, and zigzag away from being sleeker and leaner than ever this fall.

By Lisa Jhung

Photographs by DUSTIN SALES

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Buddy up for safety when you can. If you're heading out solo, always let someone know where you're going and when, just in case you get injured and don't have your phone (or service).

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I will do more than just move forward
I will bend but never break
I will keep coming around like a boomerang

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Amanda Beard // Olympic Gold Medalist //

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