

# Art Department



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## **the** **All** **Right**

×  
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

## **Moves**



**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 stripped down to his briefs and had sensors placed over his body, face, and hands, which recorded his topography for hours. It's preproduction for a just-announced movie, *Bloodshot*, 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 slavish 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* on Starz. "My character is always in some scrape: fighting, horse riding, saving his wife from some sort of villain," Heughan says. "And he takes his clothes off quite a lot, 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 canasta group about him, and listen to them kvell. He's an international phenomenon. Some of his devoted fans call themselves Heughan's Heughligans. 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 Scotland-based trainer, John Valbonesi, the moves focus on mobility, high-intensity bursts, and strength building. Follow along with Heughan as he demos the workout, which begins with a 5-minute jog to get the blood pumping. Go through each of the 4 parts [mobility warmup, cardio warmup, high-intensity supersets, and core finisher]. The whole thing should take an hour.

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**October 2014**

**"THE MOST IMPORTANT  
'MUSCLE' TO USE  
WHEN YOU WANT TO  
TARGET TROUBLE SPOTS:  
YOUR BRAIN."**

—*"Transform Your  
Trouble Zones," p174*

*"Once you arrange  
your surroundings in  
a way that encourages  
you to eat less and eat  
healthier, being slender  
becomes a whole lot easier."*  
—*"Fat-Proof Your Life," p188*

*"You  
can't  
always  
avoid  
stressful  
events,  
but you  
can  
build a  
toolbox  
for  
managing  
them."*

—*"Stress  
Less,  
Weigh  
Less,"  
p122*

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◀ A | B ▶

## 1) TAP DANCER

Stand with your feet hip-width apart and squat until knees are bent almost 90 degrees. Keep the weight on your right leg as you extend your left leg back and swing your left arm forward (right arm goes back) **[A]**. Bring your leg in as you switch arms, then extend your left leg out to the side, toes pointed, as you swing your left arm forward again **[B]** to complete 1 rep. Continue, alternating positions. Switch sides halfway through the set.

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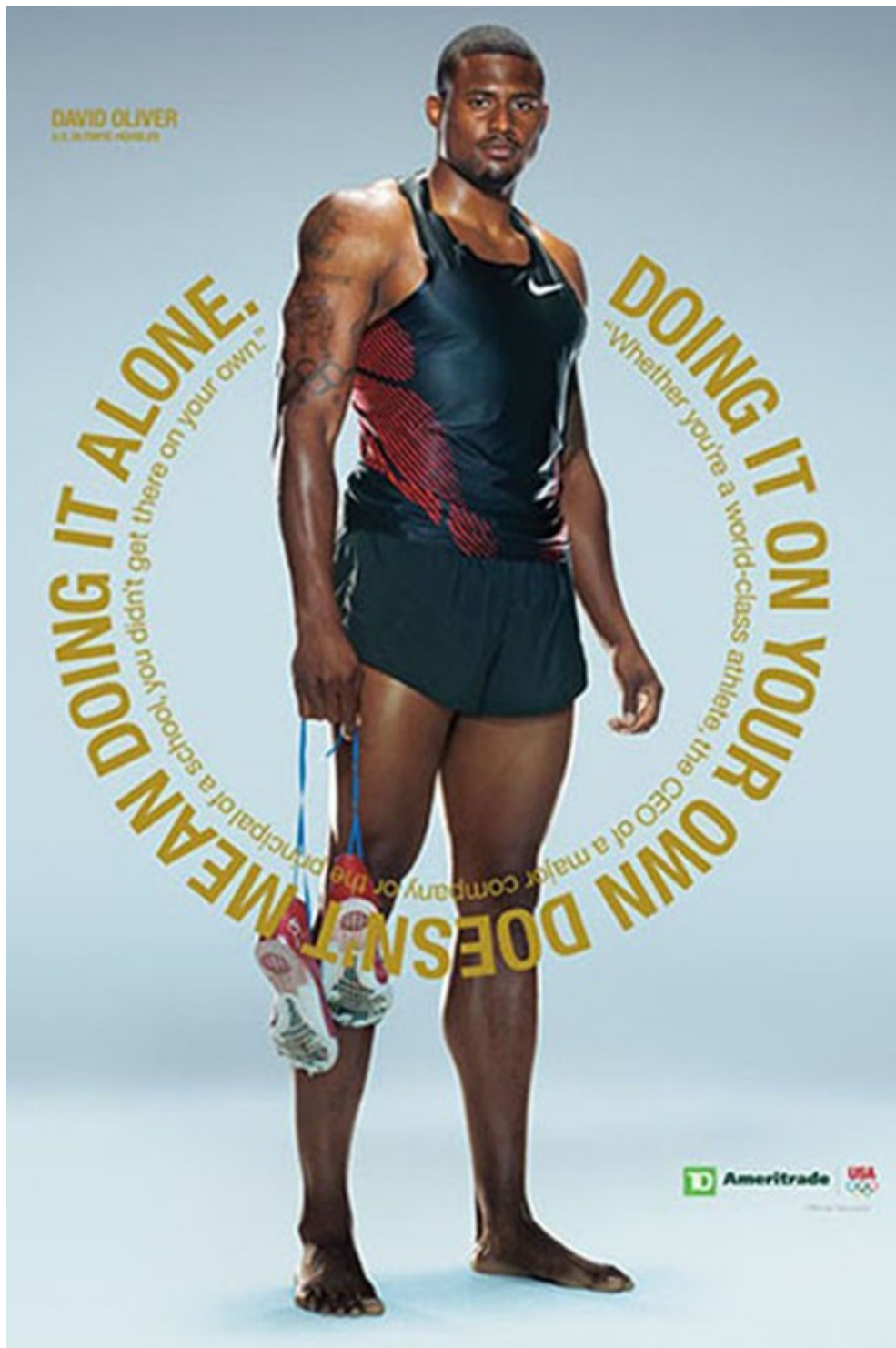
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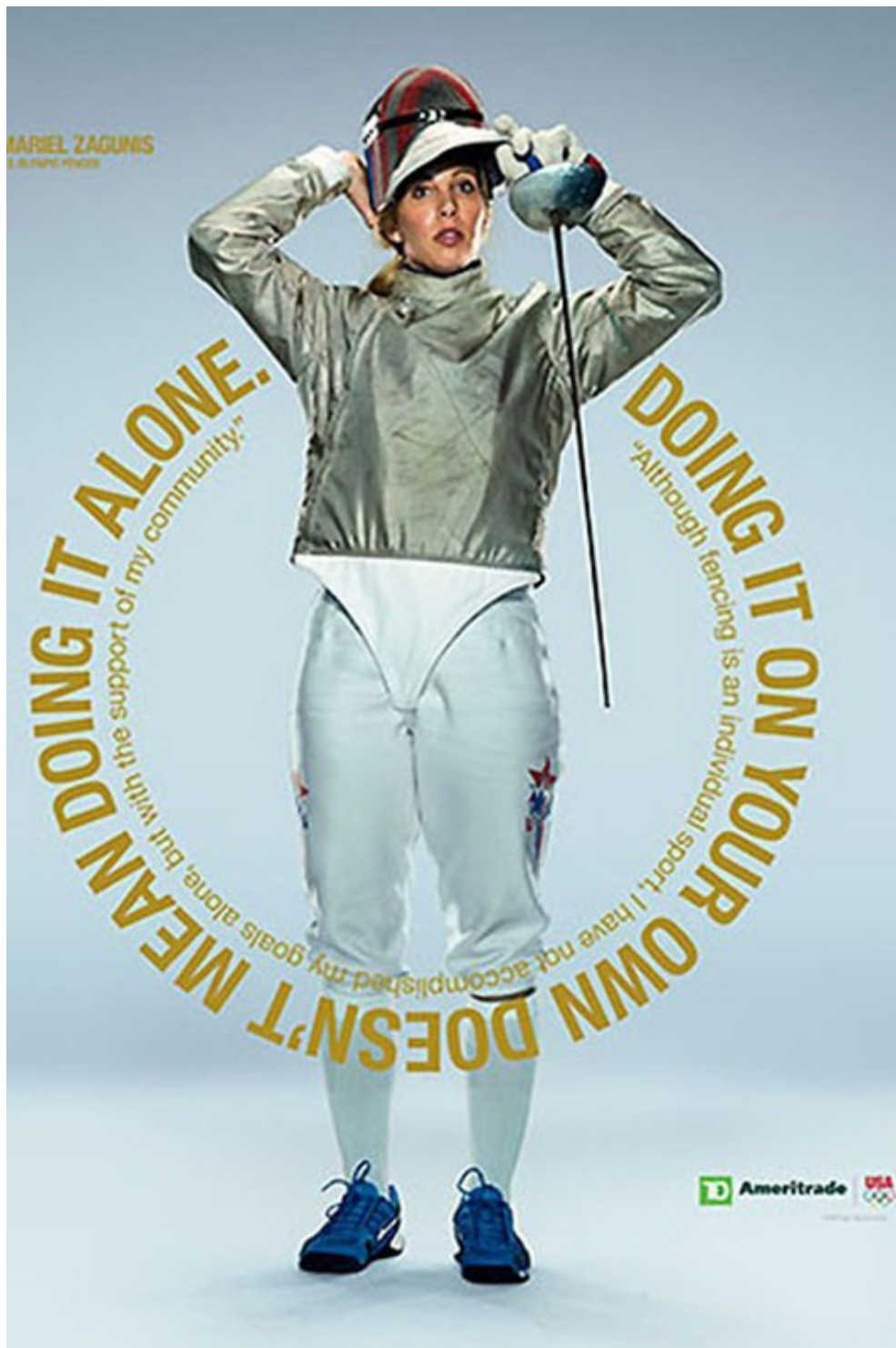
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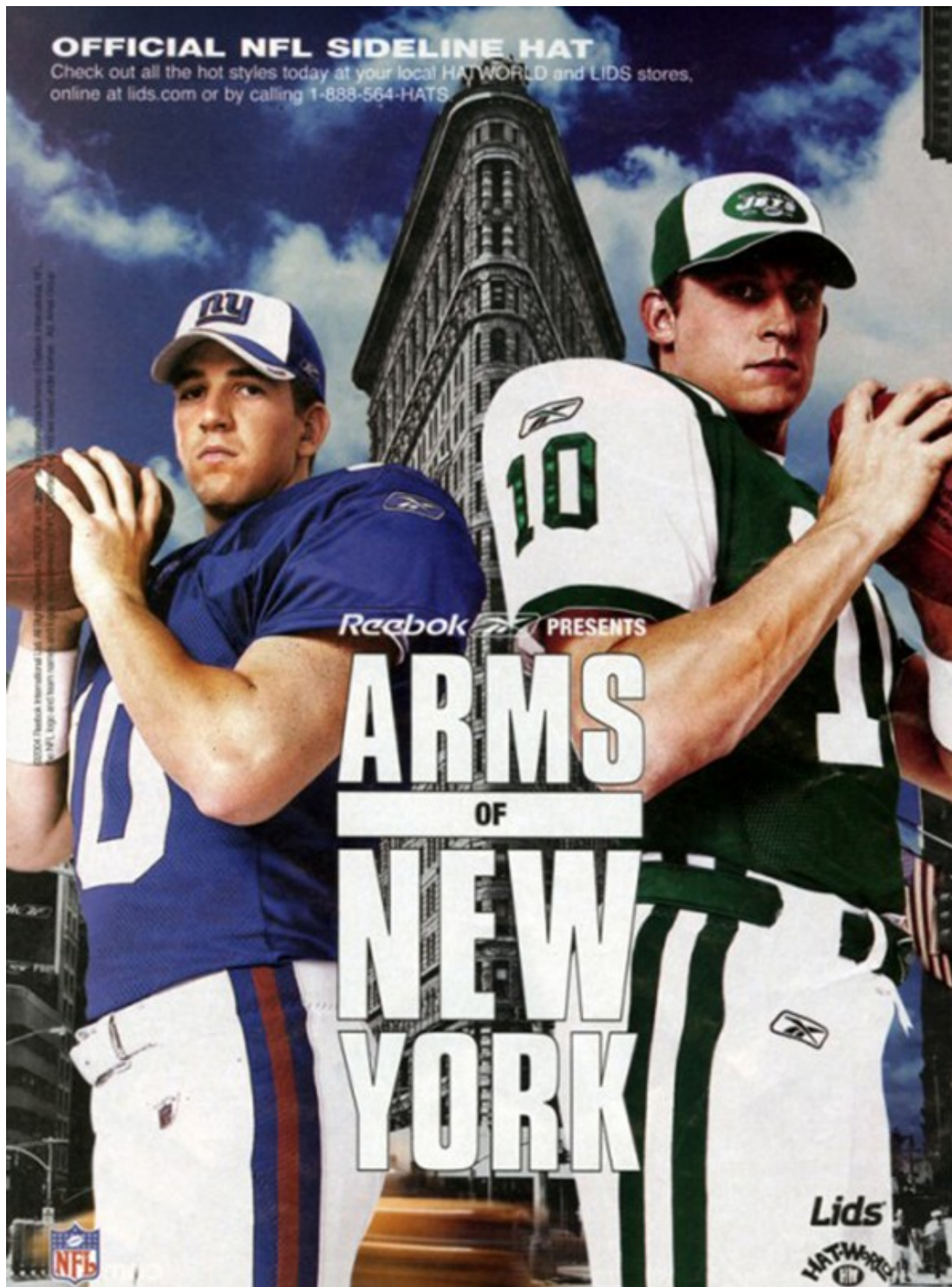
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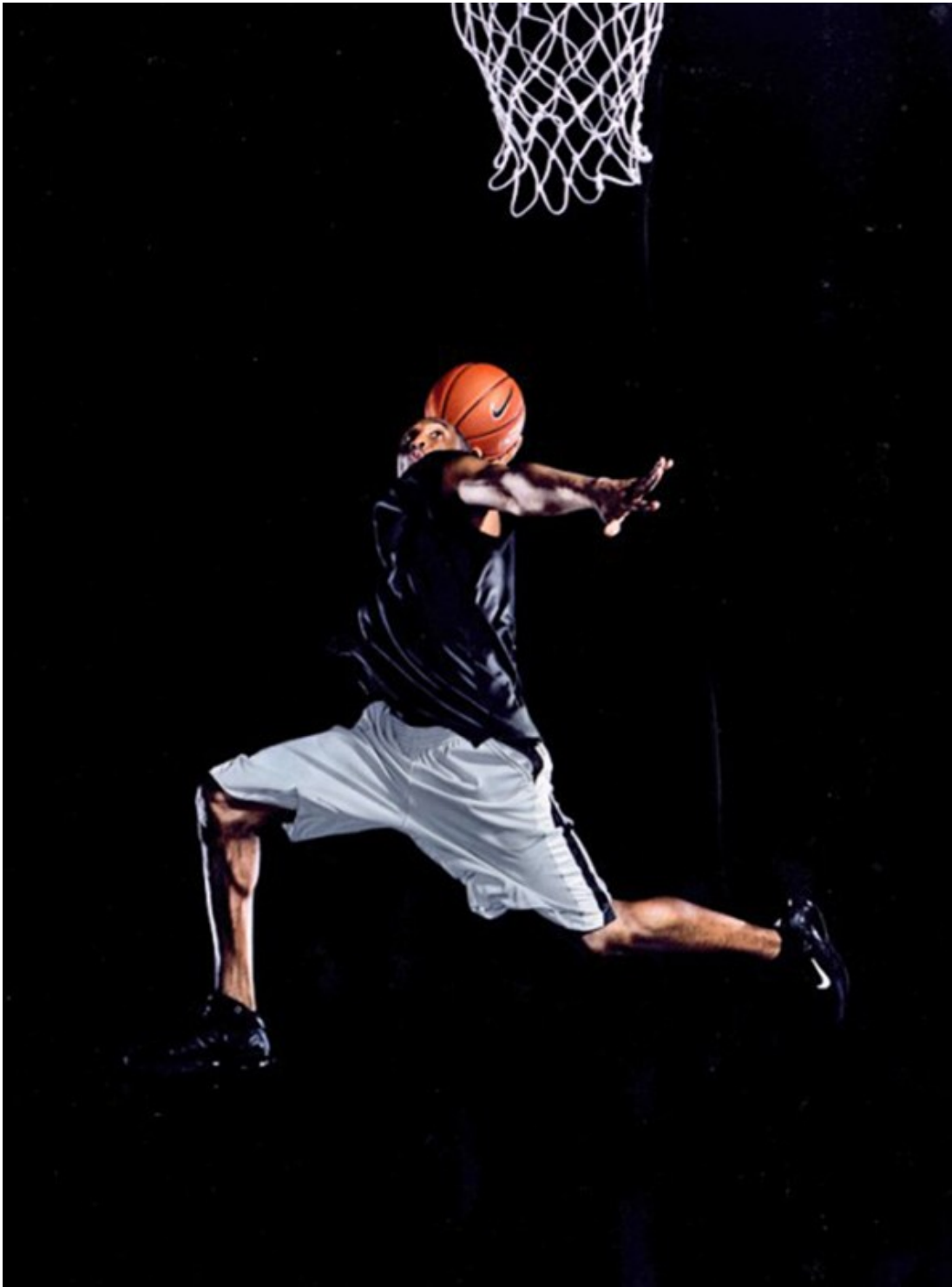


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I will do more than just move forward  
I will bend but never break  
I will keep coming around like a boomerang

AMANDA BEARD  
engineered by speedo

Amanda Beard // Olympic Gold Medalist //

 **accelerate**  
engineered by speedo

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