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# The Sir Workout Plan Revisited

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# THE *SIR* WORKOUT PLAN REVISITED

by *SIR* STAFF

SO YOU CAME BACK TO *SIR* FOR FITNESS ADVICE? GOOD CHOICE.

Or maybe you were just flipping through our new issue and this is the page you stopped on, and now you're here reading this sentence, so you might as well stay. A few of you were also probably wondering if those workout tips from our last issue actually work. To show that you, too, can get the perfect body by following our amateur advice, we recreated our simple five-step program for our loyal readers below. (No guarantees, guys.)



## 1 INVISIBLE CHAIR

Don't have a Gameboy Color? No problem—you have *Sir* to read. And, trust us, by the time you finish the whole thing your core will be good to go.



## 2 BOOK & LOAD

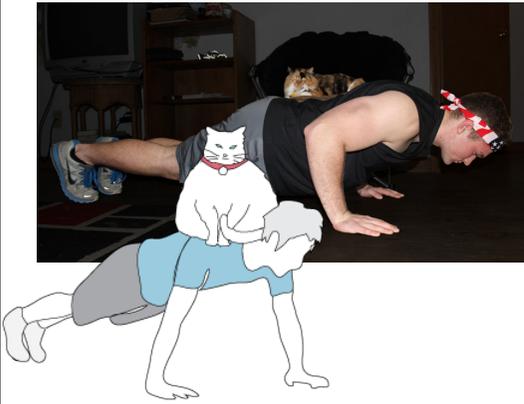
As shown in the “Invisible Chair” exercise, you can substitute just about anything for these specific workout tips. Luckily, we had an old issue lying around. Burning never felt so good with something so good in your hands.



### 3 CAT-UPS

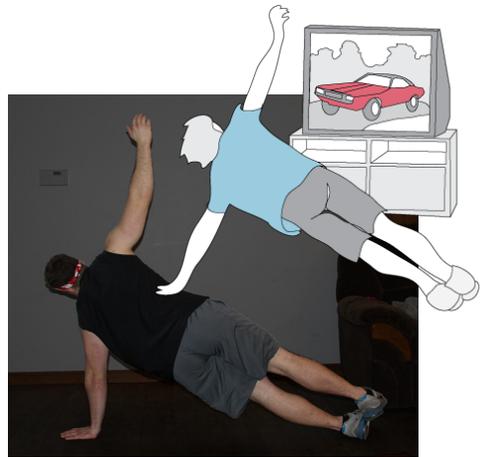
*[Disclaimer] No cats were harmed in the making of this photo. Our staffer, however, felt the claws of wrath of our cat model, Megan.*

If you can do a push-up, you can (probably not) do a cat-up. We'll be honest with you and say you should try to avoid this one. If you're feeling up to it, ask a friend to put some random heavy things on your back, like a textbook. (But make sure it's not rented, because you don't want to damage it ... for when you try to sell it back, not for studying.) Talk with your "lifting" buddies and figure out what your level of heaviness is before trying anything risky. For example, the fatter the cat – such as Megan – the stronger you'll have to be. All that science and math make sense, right?



### 4 THE RUN-IN-PLACE

This never fails. Broken foot? Do it. Concussion? Maybe don't do anything. Hungover? Use your best judgment. But honestly, warn the roommates, turn up the tunes and go for it. After you do it for a minute, ring out the sweatband, and bump your speed up to "pass-out" mode and go hard for two minutes (but don't actually pass out). Choose your song wisely; some intros just don't cut it in the first minute. If Tom were listening to anything, it'd be ... probably something good.



### 5 SIDE PLANKS

Though one may never be able to watch a sweet ride on the television when doing these, there's a good chance you'll start seeing something form on the TV if you do it long enough. And that's all we ask. (But be careful and stop if you really are that concerned.)