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GIVE ME 10 MINUTES

A lot of Aussie blokes wear their bulging bellies like a badge of honour. My mate Matt sure did – in fact, he would often joke that his mountain of belly had cost him a small fortune in beer. But over time the joke wore thin, while Matt did the opposite. He couldn't walk upstairs without getting puffed, his back hurt all the time, he looked and felt like crap, and diabetes and heart disease were knocking on the door.

Matt wanted to stick around to see his little boy grow up, but he didn't want to go on another useless diet and he didn't have time to go to the gym. Finally, he gave me a call and said, 'Help.'

Fast forward two years and the only thing busting out of Matt's shirts is his chest, and he's chasing his son around the park every weekend. I'm proud of Matt for taking control of his health, I'm stoked I was able to help and I want every Aussie bloke to have the same opportunity.

Maybe you're in the same boat Matt was. Are you struggling to keep up with your kids? Are your shirts getting a bit tight across the gut? Do you have a sore back or knees? Have you tried diets and failed? Do you make any excuse to avoid the gym? Or is it all just too hard? Well, I can help you improve all these things in just 10 minutes a day.

Bullshit, I hear you say. But the scientific evidence and the success of Matt and thousands of men like him say otherwise. Anyway, what have you got to lose? I'm just asking for 10 minutes, which is less than 1 per cent of your day. And let's be honest, what you've done up till this point has obviously not worked. As Einstein once said, doing the same thing and expecting a different result is the definition of insanity!

The reason the exercises in this book do work is that they come from decades of expert experience and application. I've worked with the most successful athletes, coaches and fitness specialists in the world, and have hacked their secrets to get the most out of my own sporting career and to help guys like Matt lose the gut and get fit. Now I'm going to show you how you can apply these valuable tools and lessons in your own life to be fitter, healthier and happier. And the best bit is, it's actually really simple.

STRENGTH TEST

A lot of guys think strength is how much you can bench-press or deadlift, but I can tell you, when I was a footballer, after doing heavy weights I couldn't even wash my hair (lucky I didn't have much!). What's the point in being able to deadlift 200 kilos if you can't do anything else? Using your body weight is a much better test of strength because you're working on mobility, stability and strength all at once in a functional way. These moves make great finishers if you're after an end-of-workout challenge.

ALTERNATING ONE-LEGGED SQUATS

Stand on one leg and place the other foot on a chair behind you. Squat down until the knee of your back leg touches the ground, making sure that the front knee doesn't go over your toes. Stay tall and keep your head up throughout the movement. See how many you can punch out in 30 seconds, and then swap legs.



PLANK REACH

Get into the forward plank position, remembering to squeeze your abs, and stretch one arm out in front of you. Hold for 30 seconds, and then repeat with the other arm. For an extra challenge, try driving the opposite leg out at the same time as your arm.



PIKE PUSH-UP

Get into a push-up position with your feet on a chair and knees straight. Brace your abs before walking your hands back until your head is nearly touching the ground. Push up, driving your hips up into a pike position. See how many you can do in a minute.



CHIN-UP

The average man can only manage one chin-up - see if you're better than average! Hold on to the top of a door (remember to stick a towel in the hinge so it doesn't move) or a chin-up bar and brace your abs. Now pull yourself up until your chin is above the door. Hold for a second at the top and then slowly lower yourself back to the ground.



CHOC BANANA PANCAKES

High in protein and low in sugar, these pancakes will make sure that midsection is as flat as what's on your plate!

- 1 banana, peeled
- 2 eggs
- 1 scoop (30 g) chocolate Man Shake or other low-sugar protein powder
- ½ cup wholemeal self-raising flour
- ½ cup unsweetened coconut milk (just use cow's if that's what you've got in the fridge)
- ½ cup 2%-fat plain Greek yoghurt, to serve
- Fruit to serve (optional)

MAKES 4
SERVES 2
PROTEIN 20.2g
CARBS 30.1g
SUGAR 0.4g
FAT 11g

1. Put the banana and eggs in a food processor or blender and blend until smooth. Add the protein powder, flour and coconut milk, and blitz again until well combined.
2. Heat a non-stick frying pan over medium-low heat and spray with cooking oil. Drop ⅓ cup of the mixture into the pan and spread to an even thickness. Cook for a couple of minutes, or until bubbles start to appear on the surface. Flip the pancake and cook for another minute or so, or until the underside is golden. Transfer to a plate and repeat to make 4 pancakes, spraying the pan with a little more oil in between.
3. Serve pancakes with the yoghurt and top with fruit if you like (I always go for blueberries).

SMART SWAP

To add some crunch, swap out the yoghurt and fruit on top and smother the pancakes in natural peanut butter, which is packed full of good fats to blast away the belly fat.



MAN SHEPHERD'S PIE

Us men love a pie and this one won't disappoint – full of taste and plenty of meat. I've upped the serving size so now you get dinner and lunch plus a bonus serve for a mate or your missus – perfect!

2 teaspoons olive oil
1 onion, finely chopped
2 garlic cloves, crushed
500 g lean pork and veal mince
1 tablespoon plain flour
1 tablespoon balsamic vinegar
2 tablespoons no-added-salt tomato paste
½ cup reduced-salt beef stock
1 small head (about 650 g) cauliflower, trimmed, chopped
¼ cup grated Parmesan cheese

SERVES 3
PROTEIN 45.2g
CARBS 11.8g
SUGAR 8.7g
FAT 17.1g

1. Heat the olive oil in a large pan over medium heat. Add the onion and garlic and cook for 3 minutes or until onion is soft.
2. Crank the heat up to high, add the mince and cook until browned, breaking up any lumps with a wooden spoon. Stir in the flour, then the balsamic, tomato paste and stock. Reduce the heat and simmer until thickened, about 10 minutes.
3. Meanwhile, chuck the cauliflower in a large microwave bowl with 2 tablespoons of water. Cover and microwave on high for 8–9 minutes or until very tender. Drain, return to the bowl, throw in half the Parmesan and mash until smooth.
4. Preheat your oven to 180°C or 160°C fan forced. Pile the mince into a 3-cup (750 ml) capacity baking dish and spread out evenly. Cover with the cauliflower mash and scatter the remaining cheese over the top. Bake for 15–20 minutes or until golden. Serve with some steamed beans for an extra serve of veg.



SMART SWAP

If you prefer, use 500 grams lean beef mince instead of the pork and veal.

Before we start talking about what you put on your plate, let's address a concern that's close to every man's heart – beer.

If you're worried you might have to give up having a beer with your mates, don't be. Like I always say, life is to be lived, and yes, you can lose the gut without losing all the beers! Read on.



SURVIVAL GUIDE TO DRINKING BEER

Beer, and alcohol in general, often gets blamed for us being overweight, but it's really only the straw that breaks the camel's back. It's all the other things we do before and after we have that beer that do the real damage. The fact is that most of us sit on our arses too much, don't exercise enough and eat crap food, yet everyone points the finger at beer, like it's the devil. Well, it's not. In most cases, alcohol just reinforces a lot of our already established bad habits, such as overeating greasy, crappy food (kebab shop, after the pub) and not moving enough (because you're so hung-over the next day). It's easy to blame someone or something, so poor old beer usually cops it, but really, having a few beers or a glass of wine is no problem if you eat well and keep active in your daily life.

5 SMART WAYS TO HAVE YOUR BEER AND DRINK IT TOO

- 1 → **START OUT WELL HYDRATED** – If in doubt, have a glass of water before you crack that tinnie.
- 2 → **DRINK A LOW-CARB BEER** – There are some good ones on the market now. If spirits are more your thing, use diet soft drinks or water instead of sugary mixers.
- 3 → **FILL UP ON PROTEIN AND FIBRE** – Eat before you drink so you don't overeat later when your willpower – your insulin sensitivity – is low. (Find out why insulin sensitivity matters, on page 74.)
- 4 → **KEEP UP THE H₂O** – Aim to drink one glass of water for every alcoholic beverage so you don't get dehydrated and mistake thirst for hunger.
- 5 → **AVOID SUGARY, SALTY SNACKS** – Not only do they make you thirsty but they play havoc with your blood sugar levels.

*Are your shirts getting a bit tight across your gut?
Do you have a sore back or knees? Have you tried
diets before and failed? Is it all just too hard?*

What if I told you I could help you fix all these things in just 10 minutes a day?

A man's body is a machine – it needs regular maintenance and clean fuel to run well. In **THE 10-MINUTE MAN**, I'll show you how to get the best performance out of your body with super simple workouts that only take 10 minutes, 30 no-fuss recipes for tasty, healthy meals, and smart DIY shortcuts to save you time and money.

No BS, no dramas – just a tiny fraction of your day to achieve a happier, healthier life. You've got nothing to lose except that spare tyre!

*No matter how busy, how unfit,
how old – or how lazy! – you are,
you can't go wrong when you
simply do what works.*



ALSO BY ADAM MACDOUGALL



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THE 10-MINUTE MAN

ADAM MACDOUGALL

PENGUIN
VIRING

GET FIT, BE HEALTHY
AND LIVE A HAPPY
LIFE IN JUST
10 MINUTES A DAY

THE 10-MINUTE MAN

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From the author of **THE MAN PLAN**