

Revised Casino Royale Bond Workout

Each day the workout should be at least an hour to an hour and half. On the days you do cardio, I recommend doing it on a stationary bike with high resistance because this will really build up the thighs more than running does. I do this for 45 minutes to an hour (this does not include the time to lift weights) but I insist if you're just starting out just try to do at least 20mins of cardio and keep adding 10 to 15 minutes each day while going up in resistance every 5 minutes.

4 to 5 sets of 8 to 15 reps per workout. I usually like to start by doing 4 sets of 8 to 10 reps of the exercise and on the 5th set I attempt to go to failure.

Variation Bond workout 1 (this is the more simple workout if you must work 8 hours a day)

Monday: upper body: Chest and Back

Tuesday: upper body: Arms and Shoulders

Wednesday: Lower Body, Cardio

Thursday: Upper Body: Chest and Back

Friday: Upper Body: Arms and Shoulders

Saturday: Lower body, cardio.

Sunday: Rest day.

Variation Bond Workout 2 (This is a much more complex workout and will have to be done as a 2 a day workout on chest, back and leg days. Meaning do the first half of the workout in the morning than do the second half portion in the evening/night time). Do feel free to switch the morning with the evening/night workout if that makes you more comfortable.

Monday: Morning workout: Chest and back. Evening/night workout cardio and legs

Tuesdays: Arms and Shoulders

Wednesday: Morning workout: Chest and back. Evening/night workout cardio and legs

Thursday: Arms and Shoulders

Friday: Morning workout: Chest and back. Evening/night workout cardio and legs

Saturday: Arms and Shoulders

The Exercises

Chest:

Bench press
Inclined bench press
Butterfly with dumbbells on a flat bench
Fly machine
Cable Fly
Pushups, wide and diamond style

Back

Bent over rows
T bar row
Bent over two dumbbell row
Lying cambered barbell row

DO NOT SKIP LEG DAY!! IF YOU INTEND TO WEAR THOSE La Perla "Grigioperla" blue swimming trunks from Casino Royale or the Orlebar Brown Setter Sky from Skyfall one must have nicely toned legs, not chicken legs. Otherwise I don't see anyone wearing those short shorts with confidence.

Legs:

Thighs:

Cycling bike for thighs and warm up
Front Squat
Leg curls
Laying Down leg curls

Calf:

Standing calf raises
Dumbbell calf raises

Arms:

Bicep

Barbell curl
Concentration Curl
Cable rope curl

Forearms

Wrist curls with a barbell
Hammer curls
Reverse barbell curls

Triceps

Skull crushers
Overhead cable press down

Shoulders:

Warm up, kettle bell shoulder press while squatting to the floor
Military press
Standing rows
Dumbbell lateral, also front raises

Abs: These could be done every day if you wish but I prefer to switch it up to every other day.

Crunch
Machine Crunch
Rope crunch pull downs

Supplements:

Protein: Extreme Wheyabolic protein from GNC or anyway other whey protein of course is sure to get additional amino acids as well.

Creatine:

189 from GNC
M5 from Cellucor

Pre workout:

Cellucor C4 if bulking or Cellucor NO extreme for leaning
Nitric Oxide: NO2 red has always been a favorite of mine but I recommend switching up pre workout and nitric oxide after 2 months of use due to the body building up tolerance to it

I am a big believer in cellucor and GNC products because their products have worked very well for me. I would also recommend a testosterone booster such as P6 extreme for the older fellows out there.

Would you like another Martini Mr. Bond?

The quick and simple answer should be no, but what's the luxury of the Bond experience without a few Vodka Martinis. It is a tremendous idea to stay away from alcohol while trying to build muscle period and I highly recommend this approach. To have a drink on occasion or for special reasons is alright but to have more than a few means a terrible workout will be waiting for you the next day when you get up in the morning. But if you cannot resist the urge to have a drink with a beautiful woman, go for it but have a cup of water or 2 after each alcoholic drink. Even better just don't drink to excess. If you over indulge from the activities of the night before be prepared to drink 2 gallons of water and sit yourself in the sauna to rid yourself of those toxins.

So you want the body of James Bond but how does one dress to impress as he does?

Over the last 6 years I have traveled much of the world and on my way I have learned from different haberdasher on how to dress just as well as James Bond does in different climates. For many of us who have the body already and for those who will in the future, it would be really easy to dress with loose, relaxing clothing just as Pierce Brosnan did in the 90's and early 2000's. This would be the

easy way out but as over the years just as Bond has changed so has his fashion sense and body. We are now in the fashion sense stage of having a tight fitting lean look with the clothing material just lying above the surface of your skin showing all the curves of the male body leaving little room for the imagination. This could be a blessing for fit people because they can show the curvature of their lean muscles. The problem of course is not being tailored properly with such a muscular frame making it difficult to move with tight fitting clothing. I will write up on how to be properly tailored and ways of having it done for cheap instead of having to travel to the very famous and wonderful Tom Ford in New York City which has excellent service but it can get a bit pricey for those on a pension. So look forward to that coming soon.

Best Regards and as always keep it classy.

Fitness/Fashion Model,
Thomas Newhard

Special thanks to:
Lifetime Fitness, Pickerington, Oh
Kinisi Athletik
Photographer: Kevin Calen
Cellucor

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