

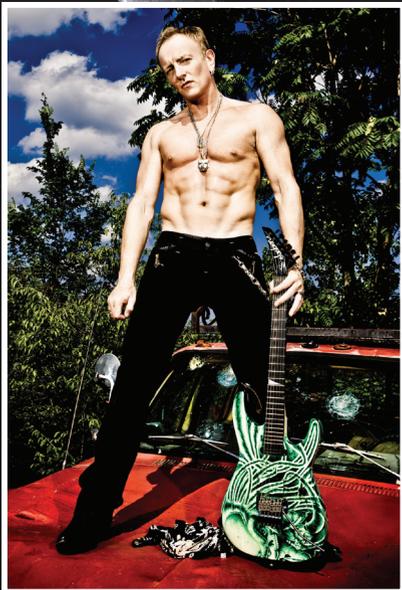
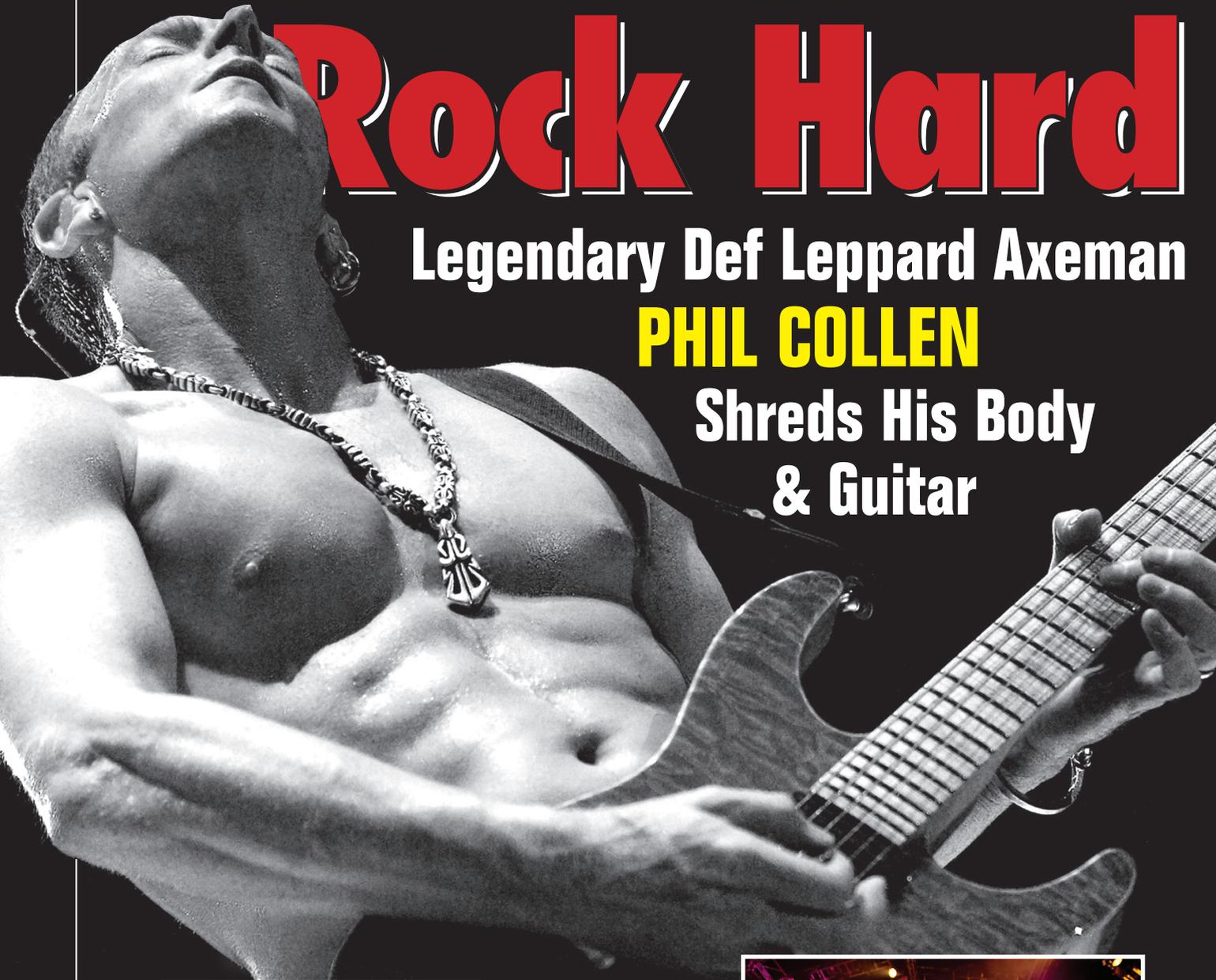


Rock Hard

Legendary Def Leppard Axeman

PHIL COLLEN

Shreds His Body
& Guitar



Rock Star!

Rock stars playing bare-chested is nothing new, but when a musician hits middle age it can be a dicey proposition. Not so for Phil Collen, ace guitar player for Def Leppard. Collen takes fitness as seriously as music, and so he's able keep his on-stage shirt wardrobe to a minimum.

Collen says his interest in fitness came about when he got into martial arts. "About five years ago I met Jean Carrillo, a former European and French muay thai kickboxing champion who coaches and trains a host of martial arts world champs," he says. "He has expertise in training and nutrition and as we became friends and trained together, he came up with amazing routines based on kick-ass muay thai concepts and bodybuilding. Jean has worked closely with a former Mister Olympia, and I think he viewed working with me as some sort of experiment. About 12 weeks before the 2005 tour, we decided on a crazy before-and-after concept. Jean had me working out three times a day for six days a week. My body changed for the better immediately."

Eating right on tour can be challenging, but Collen knows it's essential for long-term health and fitness. "Everything starts with what you eat," he says. "You can do a thousand crunches a day but if you have a layer of lard around your belly you are never going to see results until you burn some fat off. No rocket science here. Most people eat way too much and don't get enough exercise. There are many different ways to achieve results. On the beginning of the 2008 tour Jean had me eat more carbs and put on eight pounds

so I could bulk up a bit. I got up to bench pressing 330 pounds and leg pressing 1,000 pounds, all while weighing 155 pounds. I think I also put to rest the myth that vegetarians don't get enough protein.

"On tour we try to maintain a level of working out that includes kickboxing pad workouts to keep my legs and glutes solid. I'm also lucky that my wife loves to train. She knows all about proper nutrition and makes sure I eat right to keep my energy level high. And she is really supportive,

making sure I don't get lazy and making me great food. The latest workout I've been doing is based on dropping a few pounds after the U.S. leg of the tour. I was doing spinning classes and circuit training.

Eating Right. "Now people are coming up to me on tour for fitness and food advice," says Collen. "In a nutshell, if you want to lose weight but still eat healthy there are a number of things you can do. The first no brainer is to reduce your carbs after about 4 p.m., as, unless you go to bed at 2 a.m., there's no way your body will process it properly and it'll end up stored as fat. While you're at it, look at the carbohydrates. White bread, white rice and white pastas have very little

nutritional value, and as a rule of thumb anything man-made, processed, homogenized or concentrated is going to require a ton of energy to break down. And probably end up on your gut or your butt, as it makes it hard work for your body.

"The other real quick fix is letting go of the sugar. The number one sticking point for most people is the thought that they may have to give up booze. When I stopped drinking, I found that my chocolate consumption went through the roof. If being addicted to the alcohol isn't bad

enough then you've also got this sugar going too. Most people, if they booze and stop, can drop six pounds in the week, if they don't cheat. Another bonus of knocking out sugar is clear skin and losing nasty allergies, depending on what ails you. Drinking lots of water is key as well, to get the junk to flow out of your body.

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"And of course the other big part of losing weight is to exercise. Getting a regular sweat prevents your body from becoming a stagnant swamp and a host for some really nasty diseases." **E&H**

Photography by Helen L. Simmons-Collen & Ash Newell

