

SURREAL

FIT

TM

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Volume 35

**PRO
BOXER**

**"ONE
WORD..
HERBALIFE."**

**FIT
TIPS**

ON BODYBUILDING

**MASAI
RASHEED**

Photographer: **Ellen Stokes** @ellen.stokes.photography



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Photographer: [@alan_lloyd_photography](#)
Model: [@edakaymodel](#)
Via [@officialkavyar](#)

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SURREAL 6



SURREAL 7





SURREAL 9

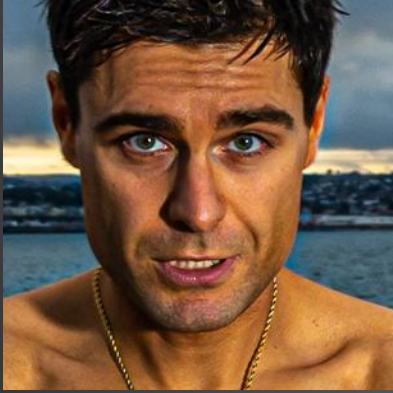


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TABLE CREDITS



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Page 31

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Model: **Masai Rasheed**

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Model: **Valerio**





FIT TIPS **ON BODYBUILDING**

Count your workout reps backwards. When you are at the end of a set, you will think about how many you have left to do instead of how many you've finished.

During a lat pull down instead of putting your thumb around the bar, place it on top beside your index finger. This will decrease the involvement of arm muscles, and focus on strengthening the back muscles.

Use dumbbells, barbells, and machines in that order. Stabilizer muscles fatigue from dumbbells before your larger muscle groups do, making your smaller muscles need less help as you progress to machines.

It may seem pretty straight forward, but it's often over-looked; when trying to build muscle one of the most important things is consuming enough calories to fuel both your exercise and the metabolic processes needed to build muscle.

When weight training it is imperative that you give your muscle tissue a chance to repair itself. During lifting you are actually tearing muscle fibers and each time they repair themselves they become stronger, but they can only recover during periods of rest.

The best rep range for gaining muscle size is between eight and 20 and at a weight that is between 60% and 80% of what you could lift for one and only one rep.

Keep a training or workout journal. Write down what types of exercises you're doing, how many reps at what weight, what time of day you workout, how you felt about the workout, and anything else you can think of. This will allow you to see what types of exercises work for you, as well as your progress.



Title: Persian girl in Denmark

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SURREAL 14



SURREAL 15



SURREAL 16



SURREAL 17

Low-Carb Pizza Crust

(Keto Friendly!)

INGREDIENTS

Cooking spray, for pan
4 large eggs
4 c. shredded mozzarella, divided
1/4 c. freshly grated Parmesan
Kosher salt
Freshly ground black pepper
1/2 c. pizza sauce
1/4 c. pepperoni
1/4 thinly sliced mushrooms
2 tbsp. thinly sliced black olives
Fresh basil leaves, torn

This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

GET INGREDIENTS Powered by Chicory

DIRECTIONS

Preheat oven to 425°. Grease a small baking sheet with cooking spray. In a medium bowl, stir together eggs, 3 cups mozzarella, and parmesan. Season with salt and pepper, and spread mixture evenly on baking sheet. Bake until lightly golden, about 12 to 15 minutes. Spread pizza sauce on top of baked crust. Top with remaining 1 cup of mozzarella, pepperoni, mushrooms, and olives. Bake until cheese is melted and crust is crispy, about 15 minutes more. Sprinkle with basil. Slice and remove from pan while still warm.

Fruity Yogurt Smoothie

Preparation Time 5 min

Cooking Time 0 min

6 servings

A smoothie made from milk, banana and yogurt.

Ingredients

3 cups cold fat free milk

1 pkg. (4-serving size) Vanilla Flavor Fat Free
Sugar Free Instant Reduced Calorie Pudding
& Pie Filling

1 cup plain low-fat yogurt

1 cup crushed ice

1 medium banana, cut into chunks



Photographer: **@robertjdeak**
Model: **@saraescarraga1**
Via **@officialkavyar**

SURREAL 20



SURREAL 21



SURREAL 22



SURREAL 23



SURREAL 24



SURREAL 25



SURREAL 26



SURREAL 27

Ways to Protect *Your Mental Health*

*Trying to keep things in perspective
— recognizing the positive aspects
in life can help retain hope for
the future.*

*Strengthening connections with
family members and friends
who can provide support.*

*Engaging in activities that relieve
stress and anxiety — such as
physical exercise, hobbies
and sports.*



Quick Fish Taco

Step 1

Mix sour cream and lime juice together in a large bowl; season with salt and black pepper. Reserve about half the mixture in another bowl for serving. Mince half the jalapeno pepper; save other half for later. Toss cabbage, green onions, and minced jalapeno half in remaining sour cream mixture until slaw is well mixed.

Step 2

Heat olive oil and remaining jalapeno half in a large skillet over medium heat; swirl oil to coat skillet evenly. Season tilapia fillets with salt and pepper. Pan-fry fish strips in the skillet in 2 batches until fish is golden brown and easily flaked with a fork, 5 to 6 minutes. Discard jalapeno half.

Step 3

Heat tortillas in the microwave on high until warm, 20 to 30 seconds.

Step 4

Serve fish in warmed tortillas topped with cabbage slaw, reserved sour cream mixture, and cilantro.

6 ways to maintain a healthy heart and help prevent heart disease

February is American Heart Month — a good reminder to take time to focus on heart health and heart disease prevention. Unfortunately, heart disease can strike anyone at any time, and certain factors can make some people more likely to develop the condition than others. Risk factors for heart disease include family history, certain lifestyle behaviors like smoking and an unhealthy diet, and health issues like high blood pressure and obesity.

Here's the good news: According to the American Heart Association, up to 80% of heart disease and stroke are preventable with simple lifestyle changes.¹ Try reducing your risk of heart disease by following these six steps that focus on a heart-healthy lifestyle.

Embrace a heart-healthy diet that includes more fruit, vegetables, lean protein and whole grains, while consuming less fat, sugar and salt. To make it easier to stick with healthier food choices, try setting aside an hour every week to plan healthy meals and snacks before creating a grocery list.

Keep moving by including physical activity in your daily routine. In addition to helping you maintain a healthy weight, regular exercise can help lower blood pressure, which is important for a healthy heart. Aim for at least 150 minutes of moderate exercise per week², or talk to your doctor about specific recommendations based on your health status.

Take care of yourself by getting enough sleep on a regular basis and taking steps to reduce stress. For a better night's sleep, try going to bed and waking up at the same time every day. Find healthy ways to manage stress like practicing deep breathing and setting aside time for activities you enjoy.

Say no to bad habits that can jeopardize your health, such as smoking, drinking too much alcohol and consuming unhealthy foods.

Take care of your teeth and gums since oral health is directly related to overall health. Be sure to brush and floss daily and visit your dentist twice a year for a routine dental exam and teeth cleaning.

Maintain regular checkups and health screenings and talk to your doctor about any unusual symptoms or health concerns. If a medical screening indicates anything outside of a healthy range, such as high cholesterol or blood pressure, ask your doctor about additional steps you can take to improve your heart health.

Did you know? The CareCredit credit card is an easy way to pay for doctor visits and screenings, including specialists. The CareCredit credit card is accepted at hundreds of thousands of healthcare providers and health-focused retailers nationwide. Use our Acceptance Locator or download the CareCredit Mobile App to find a nearby service provider or retailer who accepts the CareCredit credit card.

A man with short dark hair and a beard is walking on a large, curved concrete structure. He is wearing a white jacket over a dark patterned shirt and light blue jeans. The background is a dark blue sky with a grid-like pattern. The overall tone is surreal and artistic.

Photographer: **Ellen Stokes**
@ellen.stokes.photography
Model: **Masai Rasheed**
@masai_

SURREAL 31



SURREAL 32



SURREAL 33



SURREAL 34



SURREAL 35



SURREAL 36



SURREAL 37



SURREAL 38



SURREAL 39



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SURREAL 43



SURREAL 44

INTERVIEW

Masai Rasheed

Tell the Surreal Fit audience about yourself?

Such a basic question and always the hardest for me to explain.

My name is Masai Rasheed. I'm 26, practically 27. I'm a November Scropio.. I kind of take astrology seriously. I love working out and not just in my field of profession. I think it's important to cross train.

I box professionally and work as an Insurance broker if I'm not fighting, as well as volunteering for a couple organizations around my city (Colorado Springs) like MADD and CASA. But most importantly, I'm a father to my 3 year old son, Nyne(9). I'm a man of faith for sure and could probably write a book on how God changed my life, especially this year. I Like movies and ice cream, in that order and other than those core things, I'm kind of hard to figure out, even for myself. I love new. New things, new people, new places, new food.. Just new. Probably because I appreciate and understand the importance of time, if that makes sense... Overall I'm just me.

How did you get started in the fitness field?

The search for confidence got me started in the fitness field. Becoming healthy and fit was the path I chose to go looking for it and the struggle of pushing past the limits of my mind during workouts is where I found the answer. So if anyone is seeking confidence, you might find it there.

The long boring story of how I literally got started in the " Fitness Field " starts in my freshman year of college, when I became a boxing prodigy (some may say it happened overnight, and I usually agree because it just sounds cool). But seriously, me and a close friend just so happened to meet two legit bodybuilders and a world champion kickboxer in our school gym that year and they ended up training both of us full time and the seed to perform at a high level was planted.

What has been your biggest accomplishment so far?

My biggest accomplishment is my son, Nyne. Nothing comes close.

Please describe a typical day for you, what is your daily routine like?

A typical day for me is very much all over the place but in a peaceful way. I like to go with the "Flow" in every sense. If I have a day with nothing already scheduled, someone could definitely find me on some random adventure in some random place. I find when I let a higher power steer my life, I run into more opportunities and blessings. It's been working out so far, so I don't want to mess up the trick.

But there are some things that HAVE to be done daily, no matter what and in no specific order. That's mediation, running, writing in my journal, and talking to God.

What type of food or supplements do you recommend before and after workouts?

One word.. HERBALIFE.

Herbalife 24 for pre-workout.. watermelon. I know it's stereotypical but still.

Herbalife's Formula 1 Nutritional Shake Mix, cookies n' cream for after workouts. I might get some ish for that but you know, still..

And a gem no one knows about is Energy Renew. It's a dietary supplement for your heart. A lot of people neglect the strongest muscle in the human body in my opinion

What is the most challenging thing you deal with consistently for staying in top shape?

Living too fast, for sure. Different places, different food, different people. And procrastination slightly takes second place.

What is your favorite cheat food?

Ice Cream!!!

Superman Ice Cream that can only be found in Michigan would cause me to cheat anywhere, anytime.

Favorite form of Cardio?

Running in the mountains. Is something magical about it.

Where can we follow you?

I'm actually not big into social media but my IG is @masai_
Facebook is Masai Rasheed



SURREAL 46



SURREAL 47

Eggy Veggie Bake

Original recipe yields 4 servings

Ingredient Checklist

1 tablespoon olive oil

1 cup sliced halved zucchini

3 green onions, chopped

½ sweet onion, thinly sliced

2 roma (plum) tomatoes, chopped

½ cup chopped fresh mushrooms

3 cups chopped baby spinach

½ lemon, juiced

Worcestershire sauce to taste

hot sauce to taste

garlic powder to taste

salt and ground black pepper to taste

1 ½ cups liquid egg substitute

¼ cup shredded Cheddar cheese

Air Fryer Apricot- Glazed Chicken Breasts

Recipe Summary test

Prep:

10 mins

Cook:

15 mins

Additional:

5 mins

Total:

30 mins

Servings:

4

Yield:

4 servings

Nutrition Info

Ingredients

Decrease Serving

4

Increase Serving

Adjust

Original recipe yields 4 servings

Ingredient Checklist

3 tablespoons apricot preserves

1 teaspoon fresh ginger paste (such as Gourmet Garden™)

½ teaspoon minced fresh rosemary

2 (8 ounce) boneless, skinless chicken breasts

1 teaspoon vegetable oil

salt and ground black pepper to taste

ADD ALL INGREDIENTS TO SHOPPING LIST

Local Offers

ZIP 38501

Walmart

589 W Main St

COOKEVILLE, TN 38506

Marketside Antibiotic-Free Boneless Skinless Chicken Breasts

Stock up for fall. Everyday Low Prices.

ADVERTISEMENT

Great Value Vegetable Oil, 48 fl oz

Stock up for fall. Everyday Low Prices.

Step 1

Stir apricot preserves, ginger paste, and rosemary together in a small bowl. Microwave for about 20 seconds to make preserves easier to spread.

Step 2

Pound chicken breasts to uniform thickness and pat dry with a paper towel. Rub with oil and season with salt and pepper.

Step 3

Preheat the air fryer to 400 degrees F (200 degrees C). Spray the basket with cooking spray and add chicken breasts in a single layer.

Step 4

Air fry for 4 minutes. Flip and rotate the position of the chicken breasts. Brush with the apricot mixture. Return basket to the air fryer and cook until chicken is no longer pink in the center and the juices run clear, 8 to 12 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Step 5

Transfer chicken to a plate, cover loosely with aluminum foil, and let sit for 5 minutes. Cut chicken breasts into slices and serve.

I Made It Print

Cook's Notes:

You can use 1/8 teaspoon dried rosemary instead of fresh.

You will find ginger paste in a tube in the fresh produce section of your grocery store.

Nutrition Facts

Per Serving: 177 calories; protein 23.8g; carbohydrates 10.6g; fat 4g; cholesterol 64.6mg; sodium 101.5mg. Full Nutrition



TECHNOGYM

Model: **Valerio**

SURREAL 50



SURREAL 51



SURREAL 52



FIT TIPS

Hanging Knee Raise

Why it's on the list: There are many reasons to like leg raises, but top of the list is their scalability. You can start doing bent-knee raises in a captain's chair or with ab straps to focus on the lower core, work up to straight-leg raises, and then move to a hanging bar. By the time you're doing full straight-leg toes-to-bar raises, you've built unparalleled strength in your entire core.

Another point in their favor: You can increase the degree of difficulty and resistance by holding a medicine ball between your knees or ankles, allowing you to train in a lower rep range. Or you can add a twist at the top or graduate to full-blown "windshield wipers" to target your deeper rotational muscles and obliques.

No matter the variation, just remember to use your abs, not momentum, to get your legs as high as possible on each rep.

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SURREAL

