

HOW TO GET FIT, STAY FIT AND BE IN TOUCH

# ultraFIT

magazine

**READY,  
SET,  
START!**

**TRIATHLETE  
TRAINING  
PROGRAMS**

**NEW YEAR  
NEW LOOK**

- ✓ new workouts
- ✓ new diets
- ✓ new ideas

**TRI-READY  
PILATES**

Improve your swim,  
cycle and run

**NUTRITION  
LESSONS  
FROM  
HUNTER-  
GATHERERS**

**CHECK OUR  
NEW LOOK  
and NEW  
WEBSITE**

**AWESOME  
EVENT  
PLANNER  
FOR 2011**

**MAN  
IT UP!**

▲ killer  
pull-up  
training  
program

**THE  
BASICS  
ON  
YOUR  
BACK**

**6 TOUGH  
BEACH-FIT  
EXERCISES**

**Barefoot Running Controversy**

**TRIATHLETE FEVER** ↑

We talk to FELICITY ABRAMS on an Olympic mission

training + body + fuel + head + fitness

ULTRAFIT MAGAZINE ISSUE 129

SUMMER FITNESS SPECIAL

ULTRAFIT.COM.AU

Issue 129  
Jan/Feb 2011  
AU \$8.95 (inc gst)  
NZ \$9.95 (inc gst)



ultrafit.com.au

