



Let's Get

PHYSICAL

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Now that summer is officially here, staying in shape is a top priority for so many people. Just as important as doing the exercises would be fueling your self up before and after a workout. We recently joined in on an exercise session with a few players from the NFL Championship winning team the New York Giants. Presented by Promax Nutrition, we sweated it up with players Antrel Rolle #26 SS, Henry Hynoski #45 FB, and Spencer Paysinger #54 OLB. Held at NYSC (New York Sports Club) in the heart of NYC, we burned calories and worked on muscles we didn't know existed. (Note to self: if working out isn't your thing, never try it with 3 key athletes!)





YRB: How does your workout routine differ on vs off-season?

AR: Off-season my workout regimen is a little more relaxed. For the first two months after the season I get away from everything, the game, working out, and all of it. In January and February I do nothing. At the beginning of March I start back with cardio and getting my breathing techniques on point.

SP: During the season its low intensity because you never want to burn yourself out. My first year coming to the NFL, I had to realize this is much different from the way it was while I was in college. During the season I have a steady more consecutive workout regimen, but off-season it is more about maintaining.

HH: Maintaining is key for me during the season. Because of the position I play keeping my numbers up is important. Off -season is about building for me. Getting stronger to peak at your best when the season starts. That is the time where I workout to increase my strength more and more. Once the season begins it is all about keeping it there.

YRB: What do you do to refuel yourself during or after a workout?

SP: While I'm working out I always keep a protein bar and plenty of water on hand. I start by drinking at least 20 ounces of water before I start, a protein shake, and a bar.

AR: Water and more water. I'm a guy that's always on the go, I'm not really into protein shakes but the protein bars are just what I need. You grab one throw it in your bag, get your boost of energy when needed and you keep it moving.

HH: I recently got involved with Promax, and it has been amazing. I take the energy bar before I start because it gives me the nutrients and things you need to start a workout and after I eat the protein bar because they are all about the recovery.

YRB: What music gets you pumped during your workout?

HH: Rock, Rock, and more Rock. With the team there's usually a mixture of things going. One day it could be Rock, the next day Rap, and another day Country.

AR: I'm eclectic, so I'm all over the place. Hip Hop, R&B, and Rock. You name it I'm into it.

SP: Hip Hop all the way for me! I gotta have Jay Z, Kanye, Lupe Fiasco, Nas, and Childish Gambino in my ear. Coming from Cali, I have to throw my west coast rappers in the mix as well. I also go for more R&B artists as well, because they tend to mellow me out when needed.

YRB: Are there really any short cuts to getting the perfect body?

SP: There really aren't any. People crave to have six pack abs and a killer body, but I tell people that it all begins with nutrition. Before you even think about exercising or working out, what you put into your body is the most important thing.

HH: There's the diet pills and thing like that, but they really do nothing for you in the long run. Exercise and hard work is what it takes.

AR: That's like saying there's a short cut to hard work. Some guys naturally have it, some guys have to work at it getting it. You have to do something one way or another.

YRB: What advice would you give a person just starting to workout?

SP: Embrace the sweat.

HH: There's no easy way out. If you want to be in shape and look good, you gotta work out. Find a way to make it fun for yourself. Don't make it a chore.

AR: Eating right is the first thing. Try to get in as many light meals per day as you can.

YRB: This year marks your 10th anniversary in the NFL. What does this accomplishment mean to you?

AR: For me it means one thing and one thing only, going after the Championship. That is the only goal in my mind.

YRB: What are you most looking forward to this summer?

HH: I'm looking forward to training and getting back to playing football. Due to my injury I didn't have the season that I wanted, so my focus this time around is to get back to where I was two years ago or even better.

SP: Training and getting ready for a stellar season.

