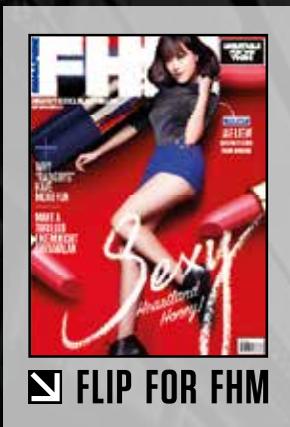


SINGAPORE

FHM UPGRADE

SEPTEMBER 2015 \$6.00



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MANLY MUST-KNOWS

BACK-TO-BASICS
GUIDE TO SEX

5 EASY STEPS TO
BEING SPARTAN FIT

PAUL HAINES

MEET THE PERFORMANCE COACH
WHO TRAINED F1 DRIVER DANIEL RICCIARDO

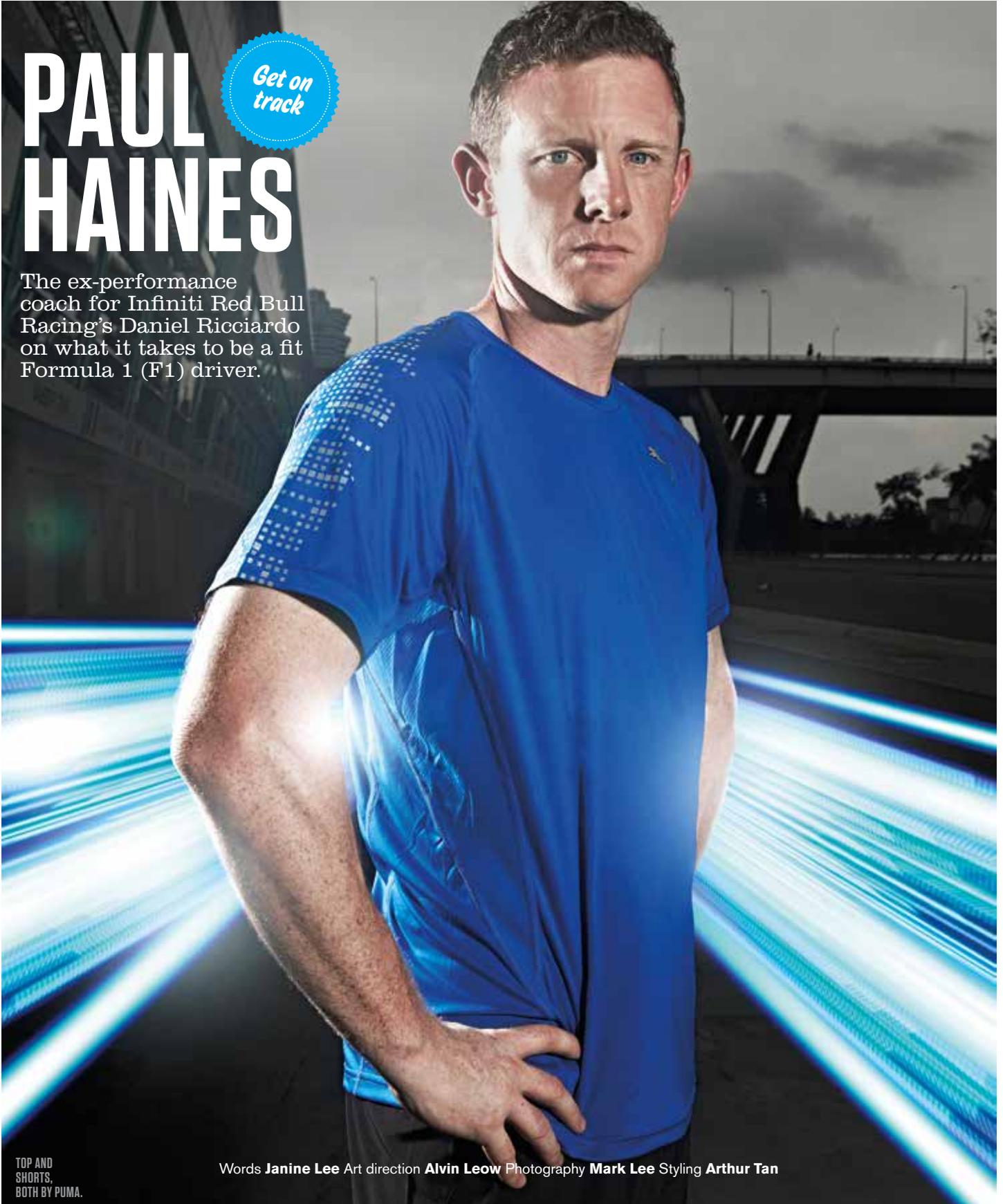
PULSE

TRAINING SECRETS OF A PROFESSIONAL TRAINER

PAUL HAINES

Get on track

The ex-performance coach for Infiniti Red Bull Racing's Daniel Ricciardo on what it takes to be a fit Formula 1 (F1) driver.



TOP AND SHORTS, BOTH BY PUMA.

Words **Janine Lee** Art direction **Alvin Leow** Photography **Mark Lee** Styling **Arthur Tan**



FAST FACT

WHENEVER THERE IS A PROBLEM, AN F1 DRIVER WILL ALWAYS GO TO HIS PERFORMANCE COACH FOR HELP RATHER THAN THE ENGINEERS OR MECHANICS.

TOP AND TIGHTS, BY REEBOK FROM ROYAL SPORTING HOUSE. TRAINERS, BY PUMA.



TOP AND TIGHTS, BY REEBOK FROM ROYAL SPORTING HOUSE. WINDBREAKER AND TRAINERS, BY PUMA.



From the moment he steps out of the cab, Paul Haines is ready and raring to go. Talking a mile a minute and never quite standing still, the performance coach exudes confidence, positivity and, most of all, seriously infectious energy. Having worked with elite athletes across a variety of sports including cycling, tennis, Australian football and F1, Haines knows a thing or two about achieving fitness goals. “Have a good time and be a good friend, but if you need to be disciplined and tell him that he’s not doing something correctly, you have to be able to do it”, he tells us, referencing his coaching relationship with F1 driver Daniel Ricciardo. Recently in town to film a video series featuring exercises unique to F1 drivers for the *Rev Up Singapore!* campaign, *FHM* got active with Haines, who now runs an exercise consulting business, Perform, that develops personalised programmes for athletes.

How did you get into the fitness industry?

I grew up playing all sorts of sports and studied sport science in university. I also love training people; I started coaching tennis before moving on to my passion, Aussie football. I was 19 when I was involved in Australian Football League (AFL) and have stayed in elite sport since.

How did your working relationship with Daniel Ricciardo start?

After 10 years in AFL, my wife and I decided to moved to England. I dropped my resume at different places and was fortunate that it landed in the hands of someone who knew Ricciardo. He was just starting out in Toro Rosso (end 2011). We spent a lot of time together travelling and working on his fitness. It was good fun.

What did being Ricciardo’s performance coach entail?

I was the person with him all the time. When we travelled, I’d work with the



F1 CAN BE QUITE A LONELY SPORT BECAUSE YOU’RE CONSTANTLY TRAVELLING. SO YOU WANT A TRAINER WHOM YOU CAN BE GOOD FRIENDS WITH.

Toro Rosso staff to make sure his flights fitted with his training schedule, and that he got to places on time. I made sure he was in peak condition during race periods; and looked after his conditioning, strength and recovery.

Do all F1 trainers play this role?

It’s a very personalised service. Whenever there’s a problem, a driver will always go to the performance coach for help rather than the engineers or mechanics, who are mostly only around during races. F1 can be quite a lonely sport because you’re constantly travelling. So you want someone whom you can trust and be good friends with — you need a mate.

So it wouldn’t work if a driver and his coach didn’t get along?

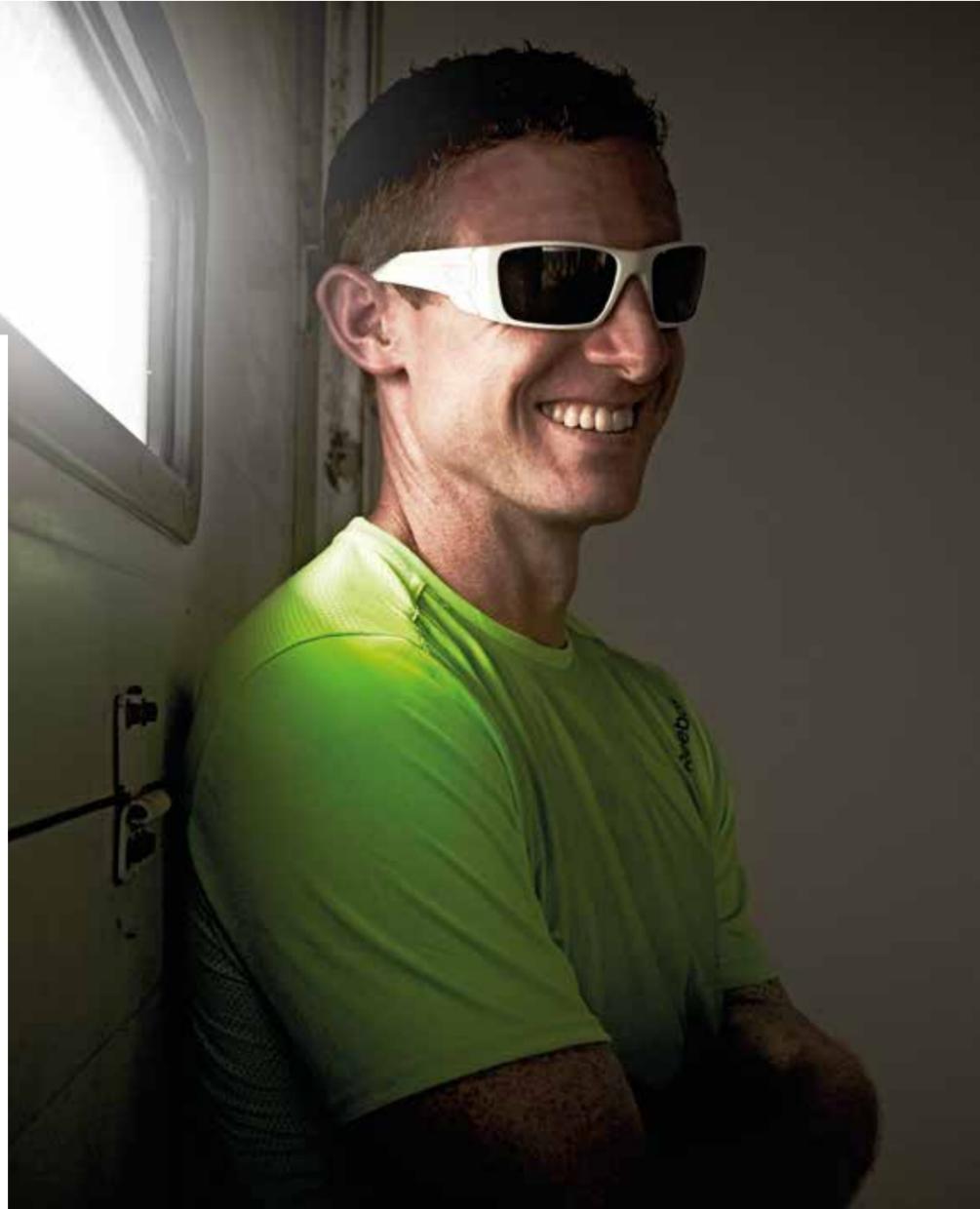
When Daniel and I met, we had to make sure we were going to get along. Having the Australian connection helped; we understood how each other ticked. His current trainer is also an Australian and they get along well.

What role did you play on race day?

I did a lot of recovery with him, oversaw his nutrition and made sure he ate and drank right. Before the race, I ensured he warmed up properly before getting into the car. During the race, most of the performance coaches are right at the track handling the pit board.

What are some unique challenges drivers face when driving cars at over 240kmh?

They’re exposed to great G-force when they accelerate, decelerate and turn at high speeds; drivers do a lot of neck strengthening work to make sure they can hold their head position. If their necks aren’t strong enough, they can’t see properly or make the right decision. They also need to have overall body strength, be lean and have minimal body weight and fat, and, at the same time, be very strong. Elite reaction and decision-making skills are imperative — comparable to fighter-jet pilots —



because they have to react instantaneously and multi-task. While driving, they're talking to the engineers and changing a setup in the car. They've got all this traffic around them and have to make sure they don't damage the car while racing. So I train them physically and mentally.

What kind of exercises did you focus on to help with these challenges?

I did a lot of neck work, conditioning and core strengthening; plus drills that tested concentration and reaction time, such as juggling tennis balls or using colour cards to test their peripheral vision (while they were doing something, they had to call out the colour of the card). As a result, most drivers are not only very fit but also have superb eye-hand coordination. Their travel schedule is gruelling; general health and wellbeing is two of the most important factors. If they're not healthy, it's very hard to perform.

Do drivers have to be on a particular diet?

We focused mainly on Ricciardo's health and body weight. Only if he was having a problem with his diet would I intervene. These guys have been racing in F1 for a long time; they know how to look after themselves.

What's the coolest part about being involved with F1?

It's one of the most professional sports. From the engineering of the cars to punctuality, everything has to be perfect. It doesn't matter which circuit you're at, everything has to be consistent. The pits look the same, the hospitality suites look the same, the people are the same. That impresses me. It's a very motivating sport.

How do you motivate a client who's having a bad day?

I see my role as a motivator; people feed off my energy. If you're positive, they'll be positive, too. Performance coaches are role models; people look to us for motivation and guidance, from personal to elite training. If I weren't fit and ate lots of junk food, I'll lose respect. I have to lead by example — do as I do and not do as I say.

What was the most difficult thing you've had to do as a trainer?

Doing competitive football drills with guys who were much bigger than me. I got smashed a lot.

What is your training philosophy: More encouragement or tough love?

A bit of both because it depends on the situation. If someone was doing something well, I'd tell them. I really like to encourage people but there's also a need to maintain some discipline as an authority figure. People look up to us as health professionals, so if someone were not doing the right thing, I'd need to tell them, "You have to do this better." **FHM**

The 2015 Formula 1 Singapore Airlines Singapore Grand Prix happens from 18 to 20 Sep. Tickets on sale now. For more details on the race, visit www.revupsingapore.sg.

F1 DRIVERS ARE EXPOSED TO GREAT G-FORCE WHEN THEY ACCELERATE, DECELERATE AND TURN AT HIGH SPEEDS, SO DRIVERS DO A LOT OF NECK STRENGTHENING WORK.



F1 DRIVER WORKOUT



SUPINE PULL-UP

WHY: F1 drivers need elite upper-body strength, shoulder strength, endurance and a strong core to control the steering wheel and hold correct body position while accelerating, decelerating and cornering at high speeds — all while maintaining a light bodyweight. This exercise results in great strength without adding extra bodyweight.
HOW: Keep glutes raised and touch chest to bar for each repetition. Combine upper-body strength with a high demand on core strength to maintain a neutral back curve while performing the exercise.
DO: 4 sets of 10 repetitions.



WALKING LUNGE WITH MEDBALL TWIST

WHY: Full body strength is essential for F1 drivers so their movements remain efficient when racing under fatigue. The stronger driver is, the more efficient his movements are without wasting excess energy when racing. This exercise requires full body coordination and works all muscles in the body to ensure correct body position is maintained during each repetition.
HOW: Maintain upright posture and twist torso with medball when performing each lunge walk.
DO: 4 sets of 20 steps.



FITBALL SINGLE LEG PUSH-UP

WHY: The driver needs to control the steering wheel while exposed to G-forces often exceeding 5Gs. This exercise strengthens the upper body while putting strain on the abdominals and core — similar to forces experienced during a race.
HOW: Maintain neutral back curve when doing each push-up repetition. Do not arch back. Activate glutes when raising leg off fitball and alternate leg lifts for each push-up repetition.
DO: 4 sets of 20 repetitions.



DUMBBELL CLEAN & PRESS

WHY: Full body coordination and strength is required to race an F1 car. This includes independently pushing the floor pedals with 60 to 90kg of downward force and controlling the steering wheel, all while holding correct body position when experiencing tremendous G-force. This exercise combines leg and upper-body strength while challenging core strength.
HOW: Maintain neutral back curve and active core muscles. Drive with legs to lift dumbbells.
DO: 4 sets of 10 repetitions.



CHIN-UP

WHY: You will find chin-up in every F1 driver's weight-training programme because it's a brilliant upper-body exercise to strengthen upper-body muscles while maintaining light bodyweight.
HOW: As an added challenge for more abdominal strength, keep knees at 90 degrees when performing each repetition. Full range of movement is essential to gain maximum benefit from chin-up. Keep arms straight at the completion of each repetition.
DO: 4 sets of 10 repetitions.



BARBELL TWIST

WHY: During a race when exposed to high G-force, F1 drivers need elite torso strength to hold their body position without being thrown around the cockpit. This exercise places load through the torso with the challenge of holding correct body position.
HOW: Maintain a 1/4 squat position. While activating core muscles, lower the barbell to the hip. Do not twist hips when performing each repetition.
DO: 4 sets of 12 repetitions.



FITBALL WHEELBARROW

WHY: A strong core allows F1 drivers to race more efficiently and operate an F1 car with more control without wasting excess energy. Core strength combines all torso muscles, which assist with the ability to hold correct posture.
HOW: Activate abdominal muscles and ensure back remains in a neutral back curve while performing each repetition. Do not arch your back and continue to breathe through each repetition.
DO: 4 sets of 15 repetitions.



DRIVING BOSU POSITION

WHY: This exercise combines upper body with core strength similar to when F1 drivers are racing. The challenge is to maintain the F1 driving position while on an unstable surface.
HOW: Keeping feet off the floor, use the weight plate as a steering wheel and aim to keep body position in the F1 racing position with minimal movement. Visualise 1 lap of a chosen F1 circuit and use the weight plate as a steering wheel to complete the lap.
DO: 4 sets of "1 lap" of a chosen F1 circuit.