

# HOLLYWOOD HOTTEST

**Superfit Christopher Showerman  
Stays Chiseled for Leading Roles**

by Benjamin Aaron

**Y**ou're Christopher Showerman, an up-and-coming actor in Hollywood, and you've just nailed the title role in a major Walt Disney motion picture, *George of the Jungle 2*. You're going to be seen by millions of people worldwide, with dozens of scenes and close-ups galore. And one other thing—you'll be wearing nothing but a skimpy loincloth throughout. So a glistening, perfectly muscled physique is requirement number one.

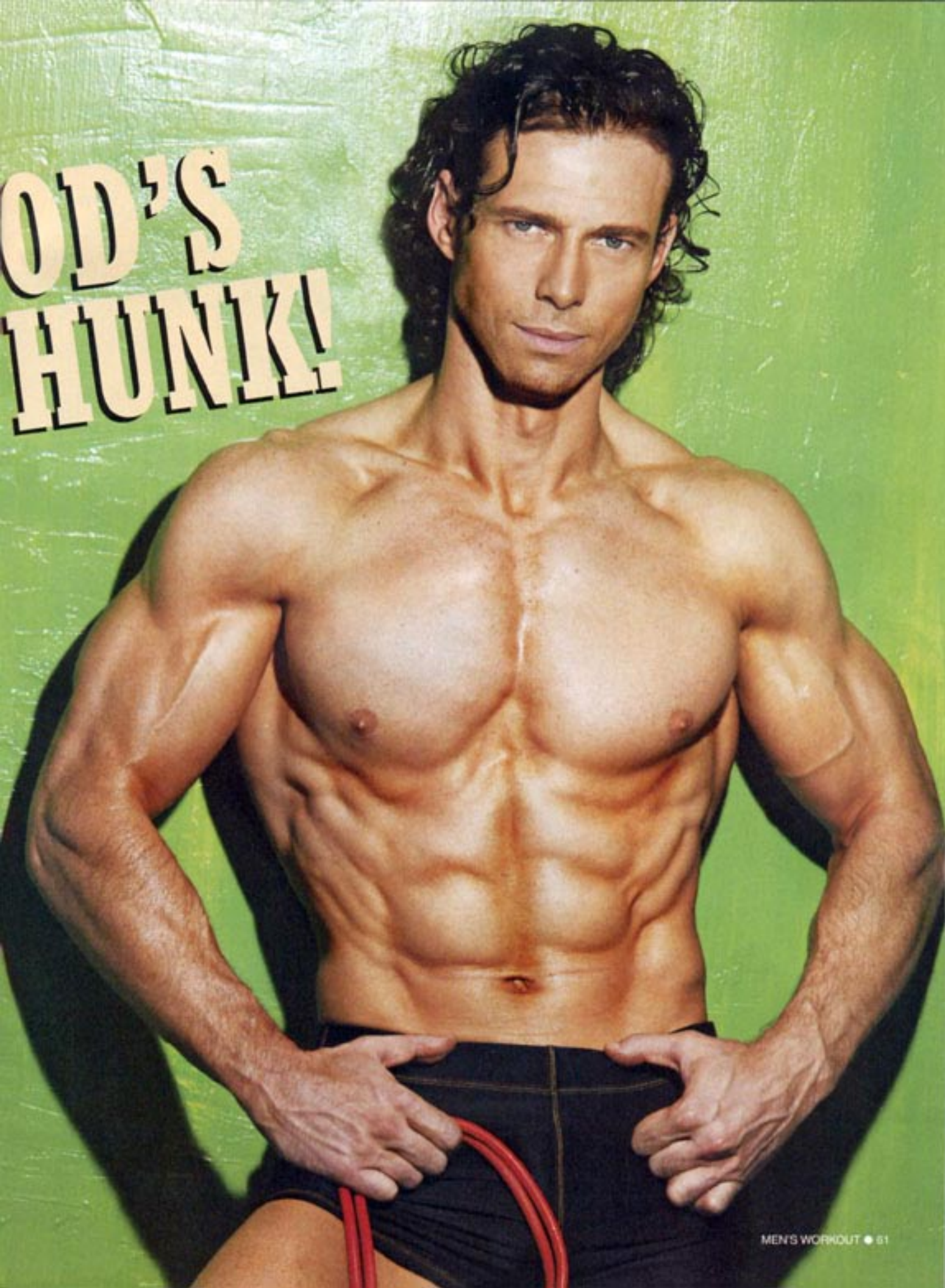
"That was a piece of cake," says Showerman, a ripped 6'-2" and 187 pounds. "I'd always been in great shape because I love to work out. I love finding new ways to keep workouts exciting and enjoying the feeling of total muscle fatigue. That's the key. And the fact that a lot of acting jobs require young guys like me to be in top shape motivates me in the gym."

A native of Stockbridge, Michigan, Showerman now lives in Los Angeles. He performs 45 minutes of cardio exercise and an hour of weight training four times a week. "I hit each body part once a week," he says. "And since movie and television roles require action I make sure to keep my joints in perfect working order by doing specific exercises that strengthen my knees, ankles, elbows and other hinges."





**OD'S  
HUNK!**







**D**iet is also a crucial factor. "I eat five or six times a day. Low carb and lots of green vegetables," he says. "When I was working on *George of the Jungle 2* it was ultra strict. Lots of leafy green stuff. Some oatmeal and a protein shake when I woke up, then an egg-white omelette on the set. A little later some raw vegetables, and for lunch some chicken and salad. Then a protein bar in the afternoon and an early dinner of more chicken and salad. And lots and lots of water throughout the day. I had to stay incredible lean but still muscular. And the days were incredible physical, running and jumping and swinging all over the place."

Showerman has had leading roles in several movies other than *George 2*. He recently completed *Sea of Fear*, and was seen in television shows like *The O.C.*, *Jack of All Trades* and *Fear Factor*. He says he was hooked on the life early. "My first role was in *The Three Billy Goats Gruff* in Kindergarten. I was hooked on acting from that point."

While staying involved in various acting pursuits, Showerman majored in music and song composition at Michigan State University. "I wanted to expand my horizons and get experience in something other than pure acting, which is why I studied music in college," he says. "And I used my degree. I taught music for a few years before heading to L.A. I studied acting and worked a bunch of 9-to-5 jobs before having any success auditioning for roles."

Of course Showerman continued to perfect his body. "Working out always has been like therapy for me," he says. "I know exactly what I'm doing, so I can go about training with no negativity. The life of a struggling actor is hard because there's constant rejection. You have to maintain a strong sense of self and get positive reinforcement from other sources. I always got it in the gym."

"People always have admired my physique and asked advice. I tell them you need to be clear with yourself on your goals and time frame. Work with personal trainers to make sure you're training correctly. Continue to renew your passion for why you are working out. It feels great to be lean and powerful. Every man should experience it, and it just takes time and effort to get it done. Money means nothing when it comes to fitness."



# CHRIS SHOWERMAN'S JOINTS WORKOUT

**M**ost men train hard to build up their strength and power, but what is it that gets injured more often than not? Their joints. Ankles, knees, shoulders, wrists and other articulations are what usually get strained, sprained or broken. So, maintaining muscular flexibility in these areas is crucial. Certain exercises simultaneously build strength and joint stability. Isolating and addressing these joints helps increase blood flow to the articulations and surrounding areas. A warming effect is created, allowing connective tissues, ligaments and tendons to stretch well without injury. In the following joints workout, the use of light weights is recommended.

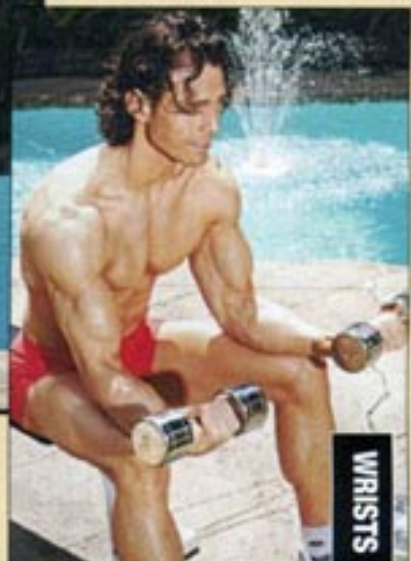


## ELBOWS (biceps)

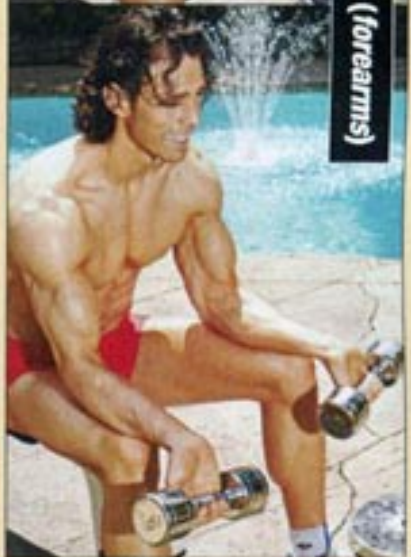


### Front Barbell Curls

Stand grasping a barbell palms up in front of the body, using a shoulder-width grip and with arms slightly bent. Proceed to curl the bar up until biceps touch forearms. Pause, then lower to starting position. Perform 15 repetitions.



## WRISTS (forearms)



### Palms-Up Dumbbell Curls

Sit grasping dumbbells palms up, with forearms on thighs and wrists over knees. Beginning with wrists bent down, proceed to curl them up as high as possible. Pause, then lower to starting position. Perform 15 repetitions.

## HIPS



### Lying Leg Raises

Lie on your right side with the left leg over the right. Keeping the left leg straight, proceed to slowly raise it up as high as possible. Pause, then lower to starting position. After performing a set, turn over to complete a set with the right leg. Perform 15 repetitions with each leg.



### Barbell Squats

Stand grasping a barbell palms up behind the back with a shoulder-width grip. Keeping the back straight and head up, proceed to lower until thighs are almost parallel to the ground. Pause; then rise to starting position. Perform 15 repetitions.

**KNEES (thighs)**



**ANKLES (calves)**

### Barbell Toe Raises

Stand grasping a barbell at the top of the back. Proceed to rise up on toes. Pause, then lower to starting position. Perform 15 repetitions.

**SHOULDERS**



### Lateral Dumbbell Raises

Sit grasping dumbbells palms in at sides. Keeping the arms slightly bent, proceed to raise weights out and up until at shoulder height. Pause, then lower to starting position. Perform 15 repetitions.



**NECK**

### Freehand Resistance

Sit with hands behind the head. Proceed to gently press forward, resisting slightly with the neck muscles (1). Then place hands on forehead and press back, again resisting slightly (2). Continue with the right hand pressing the head to the left (3) and the left hand pressing the head to the right (4). Perform 15 repetitions. ■