

MAN ALIVE!

THE WORK-OUT



KEEP FOCUS

RELIGION

Why did I go to Mecca (in December 2008)? I reached a stage in my life when I felt it was getting out of control a little bit. Leading into the last fight, my friends will tell you, I was changing a little bit. And after I lost I had to go soul-searching and what better place to go than in Mecca? It wasn't that I was living a bad lifestyle but I needed to get in touch with God and find myself a little bit more and understand that in life I shouldn't want everything right then and there. I thought maybe I did fight for a world title too early because once you win a world title there's no going back anymore. When you're playing with the big boys you have to continue playing with them. And even if you can't beat them, you've got to stay there.

LOSING

It set me back at the start. I thought, "Oh my God, what am I going to do now?" But it's the best thing that ever happened to me, because now I'm looking at things in a more serious way. It's OK to lose title fights but I don't want to be losing regional title fights or contenders – I need to be up there fighting the tough guys. If I hadn't lost that fight, a lot of things would have remained the same. With the loss came a lot of changes, changes for the better, changes within the team and the way things were approached – you've got to be professional about the way you approach things, that's the most important thing.

INJURY

I had the motorbike accident just before the Athens Olympics (it stopped him going). I fell off my motorbike and tore a lot of skin off. But I just thought that everything happens for a reason; I'm very much that sort of a person. But then I realised that stupidity played a part – I was being an idiot. But it's OK, because I won't let that happen again.

HEAVY BAG

This exercise is more of a cardio work-out – high intensity, fat burning – you're going to be burning a lot of calories because it's continuous and keeps your heart rate up. We call it the unders and overs – 30 seconds under, 30 seconds over. With the unders, you have the left leg in front – if you write with the right hand, you need to lead with your left hand, so it doesn't feel awkward. You go in a circular motion and the thing is you don't just want to be standing upright and doing it, you really want to bend your knees and really get the shots in. You want to be punching from the core and swinging your hips – not just from the shoulders. With the overs, keep good form, make sure you're turning your knuckles over, bending your knees, although not to the point where it's uncomfortable, but bending where you know you're generating more of a work-out. Depending on how fit you are, you could start off with one minute and have a 30-second break and do another minute, then another break and so on.



MEDICINE BALL

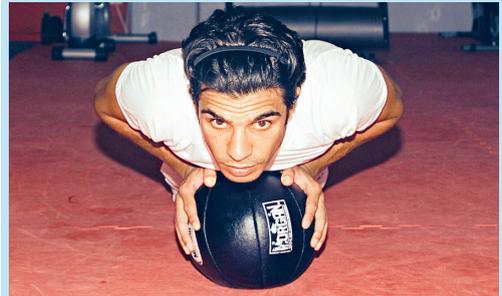
SIT-UPS

This is good for core strength but it's also the most vulnerable place to get punched. You can recover from a head shot and get yourself together. But in the stomach, if you get hit in the right spot, you get winded and it takes a lot more than 10 seconds to recover. You hold the ball against your chin, and by curling you keep your body tense, and that'll give you great definition. Start with sets of 10, depending how fit you are. I always start with 10 when I'm back training. As you're going down, you take in a deep breath, and as you come up you want to be breathing out, keeping your stomach tense.



PUSH-UPS

The aim is to get stronger and more defined. By using one arm, it tests both arms to the maximum. You've got to keep your core strong and stay stable. With both hands on the ball, if you lean to the right or the left, you're going to roll over. You've got to hold yourself in the centre, come down and possibly touch your chest on the ball and come back up.



PHOTOGRAPHY: JAMES DEMITRI (MAIN); SAM RUTTYN (TOP LEFT); BRETT COSTELLO (BOTTOM RIGHT).



**A Boxing Week In
The Life Of Billy Dib**

MONDAY

7AM Get up and take my time before running
7.30-7.45AM On the road, running 5-8km
8.45AM Do 200 sit-ups in sets of 25, then stretch
9AM Breakfast: focus on carbs and protein
1PM Lunch
6PM-8PM Gym for a sparring session
8.30PM Dinner: steak, chicken, fish but no alcohol
11PM Stay up late because fights can be late

TUESDAY

7AM Get up
7.30-7.45AM Run
8.45AM Sit-ups and stretching, shower
9AM Breakfast
1PM Lunch: chicken, greek salad, keep fluids up
6PM Gym
8.30PM Dinner
11PM Bed

WEDNESDAY

7AM Get up
7.30-7.45AM Run
8.45AM Sit-ups and stretching, shower
9AM Breakfast
1PM Lunch
6PM Gym: sparring session
8.30PM Dinner
11PM Bed

SKINS
BEYOND REASON

It's only unfair if