

>> LIVE LARGE WITH THE BEST IN GEAR, SPORTS & ENTERTAINMENT

IN BASEBALL, they call guys like Tyrese Gibson five-tool players because they're outstanding in all the areas needed to be a great ballplayer. In Hollywood, the equivalent could be someone who excels as a singer, actor, producer, writer and model. But Tyrese also raps and is a former MTV VJ, so he may actually be a seven-tool performer, if such a thing exists. Either way, after coming off a starring turn in last summer's blockbuster *Transformers*, Tyrese is poised to take over the box office again with his new film *Death Race*, in which he co-stars with Jason Statham. He also talks about the importance of staying in shape, his love of Twix candy bars and, of course, how he's a big fan of MUSCLE & FITNESS.



TYRESE GIBSON

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BIRTHDATE:
Dec. 30, 1978

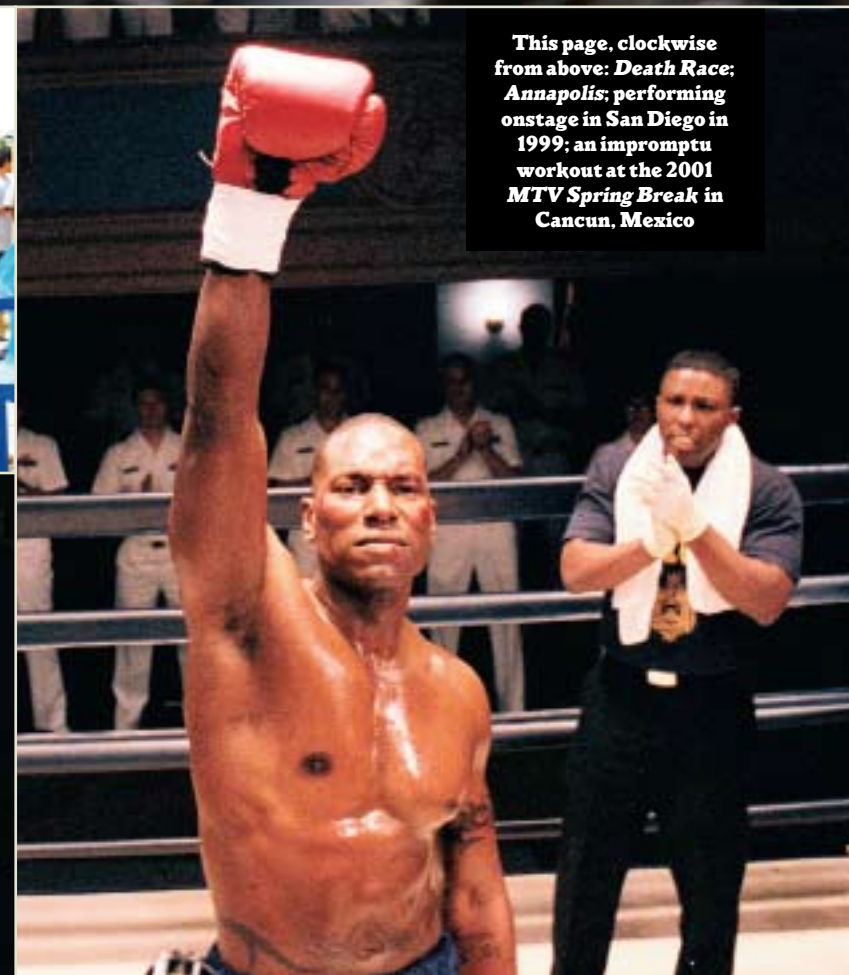
BIRTHPLACE: Watts, California

CURRENT RESIDENCE:
Los Angeles

HEIGHT: 5'10½"

WEIGHT: 185 pounds

OCCUPATION: Actor



This page, clockwise from above: *Death Race*; *Annapolis*; performing onstage in San Diego in 1999; an impromptu workout at the 2001 MTV Spring Break in Cancun, Mexico

Lights, Camera

MUSCLE

Q Between making hit movies and hit records, how do you find time to go to the gym?

A It's not easy with the shooting schedule I usually have. Sometimes we film in the day, sometimes at night...so I put a full gym in my bedroom so I can hit it right when I wake up, whenever that is.

Q What kind of workout do you try to get in with limited time?

A I'm big on arms and chest — I love using free weights for those. I'm a big fan of MUSCLE & FITNESS, so I'll look at workouts in there. I'm really into

for lunch with broccoli and spinach, but I do cheat — I sneak a Snickers bar when I can, or a Twix. The mini Twix bars are my favorite. I could eat two or three of those without thinking about it.

Q Those little Twixes are deadly... and (sorry for the lame segue) so is your character in *Death Race*.

A Yeah, I play a character named Machine-Gun Joe. He's an evil and devious guy. I actually lost 35 pounds to play the role, and it was worth it. I can honestly say this is the performance of my career. The energy



Gibson taps his dark side in *Death Race*

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training abs, too. You gotta work the abs to keep the love handles off. I actually bought the Ab Coaster and the Ab Lounger, and I try to jog about 5 miles a day.

Q You've got the workout thing taken care of, but the craft service tables on movie sets are notorious for their junk food. Do you eat healthy on set?

A It's tough, but I do eat well. They make me Chilean sea bass every day

Jason and I had was great. I am beyond excited for this movie.

Q That's awesome. Did you do anything different for this role as opposed to some of your other blockbuster roles?

A Usually when a director says “cut” I can go back to being myself, but with this character, I had to stay in it. I was still in Machine-Gun mode between takes because it was that intense.

Q What got you so pumped up about this role that you brought so much intensity?

A I really wanted this role, and it came with a lot of pressure. Will Smith has recently taken me under his wing, and since I'm a part of Team Smith, I want to do well. Plus, Tom Cruise is producing this movie and the character I'm playing was first played by Sylvester Stallone. So I might be watching *Death Race* at the premiere with Smith, Cruise and Stallone right next to me. I knew I had to step up my game.

That's a pretty good trio to be involved with. Good luck with *Death Race*.

— Jon Finkel

PGS. 60-61 (CLOCKWISE FROM LEFT): KWAKU ALISTON/CORBIS OUTLINE, TAKASHI SEIDA/UNIVERSAL PICTURES. SUPPLIED BY ES-GLOBE PHOTOS, WARRING ABBOTT/MICHAEL OCHS ARCHIVES/GETTY IMAGES. GETTY IMAGES. ABOVE: TAKASHI SEIDA/UNIVERSAL PICTURES

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PASCAL ANDRE; STYLIST: KIM WONG