

NBC's American Gladiator  
Tanoai Reed (aka Toa)  
works out 4-5 days a  
week with a mix of high  
repetitions, supersets and  
MMA conditioning.



**KeepActive**

# Toa's Gladiator WORKOUT

**How American Gladiator Tanoai Reed Maintains His  
Impressive Physique.** By Maria Kang • Photos by Ralph DeHaan

**H**is dark eyes, collared tattoo, stretched tongue, unique chant and powerful presence is unquestionably intimidating. At 240 pounds, Tanoai Reed, 34, is 6 feet and 3 inches of hard earned, nerve-racking muscle.

He plays a daunting character named "Toa" on the hit NBC show "American Gladiators," but his role isn't too far from the real life of this Hawaiian born Polynesian stuntman. Appearing in movies such as "Waterworld," "Daredevil" and "Half Past Dead," Tanoai has even used his masculine appeal in a fighting scene in Fergie's video "Pump It." For more than 13 years, Tanoai has trained, worked and fought his way as an "unsung hero" on many Hollywood sets.

Since he was ordained a Samoan Chief at only 20 years old, transitioning into an American Gladiator was a natural evolution in Tanoai's dynamic career. In high school and college he played football, where he was a 285-pound lineman focusing on eating, training and building size. His initial motivation to train hard came from his cousin, Dwayne "The Rock" Johnson. As Dwayne's stunt double, Tanoai worked hard to create a physique that resembled his cousin's size and strength. Ever since, he's included healthy dieting and cardio exercise to trim down his naturally large physique.



Tanoai's dedication and determination truly inspire. Watch him crush his opponents on NBC's "American Gladiators" every week on NBC. Check your local listings for dates and times.



### **What's in a Name?**

Unlike others with their invented character names, Toa's character was organically developed from years of physical training, brutal stunting and mental preparation for an opportunity to exert his raw strength on a national stage. Toa means "Warrior" in most Polynesian languages including Samoan, Hawaiian, Tongan, Tahitian and Maori. Like his name, Toa asserts that his character symbolizes strength, resilience and aggressiveness in every person's blood. According to his life philosophy, to confront life's adversities, one must be "warrior-like" and meet their challenges head on. >>

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## Pump and Prime

In accordance to the symbolism of his name, Tanoai's training routine mirrors that of a first class warrior. He changes his workouts every four weeks between a Pump and Prime Routine. His Pump routine comprises of training one muscle group hard and heavy, then performing one set of 30 reps of each exercise he plans on training the following day. His Prime routine is a high intensity, athletic workout consisting of supersets, high repetitions, controlled tempo and very little rest periods. Since his strength training is high intensity, he doesn't perform additional cardio unless he needs to lose weight and become more defined. When he needs more definition, he incorporates a 45-minute Mixed Martial Arts (MMA) conditioning program, which he performs every other day at Bas Rutten's Elite MMA gym in Thousand Oaks, California.

He couples his intense exercise program with a clean diet of complex carbohydrates, lean protein and vegetables. During preparation and taping of the show, Tanoai pre-cooks and prepares all his meals every two days. In addition to eating every 2 to 3 hours, he also supplements with post-workout protein shakes. He does have a cheat day, Sunday, on which he might enjoy pizza or doughnuts.

We will show you a glimpse into 3 days of Tanoai's intense, fast-paced workouts. If you want to see more, visit his Web site at [www.tanoaireed.com](http://www.tanoaireed.com).



## Day 1: Chest, Quads, Calves

Exercise	Sets	Reps	Tempo*	Rest
External Rotation	2	15-20	2/0/2	-
Low Pulley Cable Flies	2	15-20	2/1/1	-
Low Pulley Chest Presses (incline)	2	15-20	1/0/1	-
Push-Ups	2	6-8	4/2/4	60 sec.
Knee Extension	3	15-20	2/0/1	-
Leg Press	3	20-25	2/0/1	-
Calf Press One Leg	3	10	2/0/1	-
Knee Extension	3	15-20	2/0/1	-
Scorpions	3	10-15	2/1/2	30 sec.
10-Degree Decline DB Chest Presses	3	10 bottom 10 full 10 top 1/2	2/0/1	-
Jack Lalannes	3	15-20	2/0/1	30 sec.
Dips	3	10-15	3/0/3	-
Close Grip Push-Ups	3	10-20 or as many as possible	1/0/1	30 sec.

\*Tempo means the pace of the workout. For example: 3/2/1 means Eccentric / Stretched / Concentric



Close Grip Push-Ups



Scorpions



Jack Lalannes

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## Day 2: Back, Hamstrings, Traps

Exercise	Sets	Reps	Tempo	Rest
Leg Curls	2	8-10	2/1/1	-
Hip Extension	2	10-15	1/1/1	-
Crunches	2	30	1/1/1	30 sec.
Leg Curls	3	10-15	3/0/1	-
Leg Presses (feet high and wide)	3	10-15	3/0/1	60 sec.
Low Pulley Rope Upright Rows	3	10 bottom (shrug) 10 full, 10 top 1/2	1/0/1	-
Wide Grip Chins	3	6-8	3/2/1	60 sec.
Straight Arm Rope Pull Downs	3	10-15	2/0/2	-
V-Bar Chins	3	8-10	2/1/1	-
Scorpions	3	8-10	2/2/2	30 sec.
Seated Rows to Chest	2	10 bottom 10 full 10 top 1/2	1/0/1	30 sec.
Reverse Crunches	2	4-6	3/3/3	30 sec.
Leg Raises	3	8-10	2/0/2	30 sec.



Upright Rows

### MMA Condition Training



### Rope Pushdowns



To keep in top physical shape for the show, Tanoai performs MMA condition training, which includes an hour of shadow boxing, sit ups, jump squats, sparring, kettlebells, plyometrics, etc.



## Day 3: Shoulders, Triceps, Biceps, Forearms

Exercise	Sets	Reps	Tempo	Rest
Dips	4	10-12	3/0/1	-
Reverse Grip Chins	4	6-8	2/1/1	-
Close Grip Push-Ups	4	15-20	2/0/1	-
Inverted Rows	4	15-20	2/0/1	30 sec.
Rope Pushdowns	3	10-10-10	2/0/1	30 sec.
Cable Curls	3	15-20	2/0/1	-
Low Pulley Lateral Raise	3	8-10	2/0/2	-
Overhead Rope Triceps Extension	3	15-20	2/0/1	-
Low Pulley Rope Curls	3	15-20	2/0/1	-
Cable Crunches	3	10 straight 10 side 10 other side	2/0/1	-

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