

PERFECT

If you want to train like the world's most famous male model, you've come to the right place. David Gandy gives us his tips for working out and tells us about his bespoke home gym by Technogym.

WORDS GRACE CAIN

Has David Gandy been asked about his workout routine hundreds of times? Yes. Am I about to do it again? Also, yes. Can you blame me? I mean, Gandy is widely considered to be the most successful male model of all time.

You're likely to recognise his physique from its breakthrough role in Dolce & Gabbana's Light Blue campaign back in 2007, when he first floated from an idyllic Mediterranean fantasy into public consciousness. That was far from the start, however. "Everyone thinks I started training because I went into the fashion industry, but it's not true whatsoever – I was training for years before that," says Gandy, recalling how sport graduated from being an effective tool for "getting out of class" to an integral part of his life. "Tom Ford used to call me 'the big guy' because most models during that time were encouraged to be slim, and I could never fit in sample sizes. I trained like the models in the '80s and '90s, the ones who inspired me. I've never trained for anyone else – this is just how I feel most comfortable."

Back then, the average person didn't have access to the information (and misinformation) that is now always a swipe away. "All your references on what to do and what not to do came from a book called *Pumping Iron* by Arnold Schwarzenegger," Gandy grins. "I've never had a personal trainer, but over the past 25 years I've learned what's good for me and how to put it into my daily routine."

Of course, that's all become a whole lot easier since Gandy did some renovations to include a bespoke home gym by Technogym. He is now an ambassador for the brand, so is naturally keen to talk it up, but don't let that fool you: his interest and admiration for what the Italian company produces is longstanding and clearly genuine. "Some people dream about having certain things in their home; mine was always a gym. Now, I've finally got it," he says. "I used to take like 90 to 100 flights a year for work, and I'd always need to find hotels with a gym. But I wouldn't pick a hotel based on whether it was the best – I would pick it based on whether it had a Technogym. So, when I was thinking about what I wanted in my own gym, I knew what it had to be."

"The stuff Technogym is doing is so advanced," Gandy continues. "Especially with AI – like, they're going to the point where the app can tell you if you're not training hard enough, or if you should reduce your weight." It's essentially like having your own personal trainer, except you don't have to buy it an extra ticket when you're on your travels. "You can log in from anywhere in the world and it will know your workout routine and what you should be doing. I mean, the best athletes in the world use Technogym!" he enthuses. "It's been the official supplier for the past nine Olympics. You can't get better than that."

Obviously, having a gym approximately five seconds away from your kitchen is always going to make life easier when you're a busy father of two with a business to run and a garden to tend ("I don't really need to do much cardio – I've just planted 4,000 plants!"). And while Gandy says he prefers to work out at night "when everyone's fed and in bed", it's also been helpful to be able to dash in for a quick ab session whenever he's got an hour between meetings. "Well, when I can get in there," he smiles wryly. "I'd quite like to train now, but my wife's currently working out. She never used to come to the gym with me – she said it would be too embarrassing – but since we got the Technogym, she's in there three times a week. We're literally fighting over it!"



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THE NEW GYM COMMANDMENTS (ACCORDING TO DAVID GANDY)

Give yourself the weekend off

"Asking me how often I train is like asking how often I eat dinner – it's part of my daily routine. But I do rest on the weekends because you should always have a couple of days off. Resting and restoring is just as important as training, because the whole point of training is that you're ripping the fibres of your muscles and then you need to let them heal as quickly as possible."

Train smarter

"When you first start training, you think: the heavier the weights, the better. As you get older, you learn that it's actually about having the right equipment, choosing the right weights and having the right form. Your muscles are very clever things and they get used to exercises very quickly, so you have to shock them constantly. You can do that by continuously changing up your routine: lift heavier for a month; the next month come down in weight but do more reps; then do supersets."

Take progress pictures

"I have a friend who is an incredible runner, but he's only just started training in the gym for the first time. On the day he started, I told him to take a picture of himself in the mirror. Now he's about two months in, and he just told me that – although he's never ached so much in his life – he doesn't feel as though he's seeing any progress. I told him to go back to the same mirror and take another picture. We looked at them side by side, and you could see the difference: in his shoulders, his arms, his posture. And then he got excited about training again. So always take progress photos, because sometimes you won't notice those incremental differences, but it's good motivation once you do see it."

Find the balance

"We always joke that men love doing chest and arms, but the whole idea with training is balance – after all, you want your shoulders to match your legs. I train in a way that I hit every individual muscle group over five days, so I'll have a chest day and a shoulder day and so on. But there's always going to be exercises that you really enjoy and those that you don't. For example, I don't like working out my abs and legs, so I usually put all of that into one day to get rid of it. Then I can just enjoy the other days."

Get some competition

"Give yourself a goal. If you're a runner, for example, sign up for a 10k or a half-marathon, because it will make you train. Working out with other people can also be fun, especially if you are a competitive person – it adds an edge to what can ultimately be something really repetitive."

Do what you can

"I'm a massive believer in the benefits of exercise. Of course, sometimes it's the last thing you want to do, but the endorphins and the great feeling you get afterwards is worth it. You just have to get yourself down to the gym and start. Sure, you're not going to have an intensive training session every time, but at least you're doing *something* – so just make sure what you are doing is beneficial." □



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