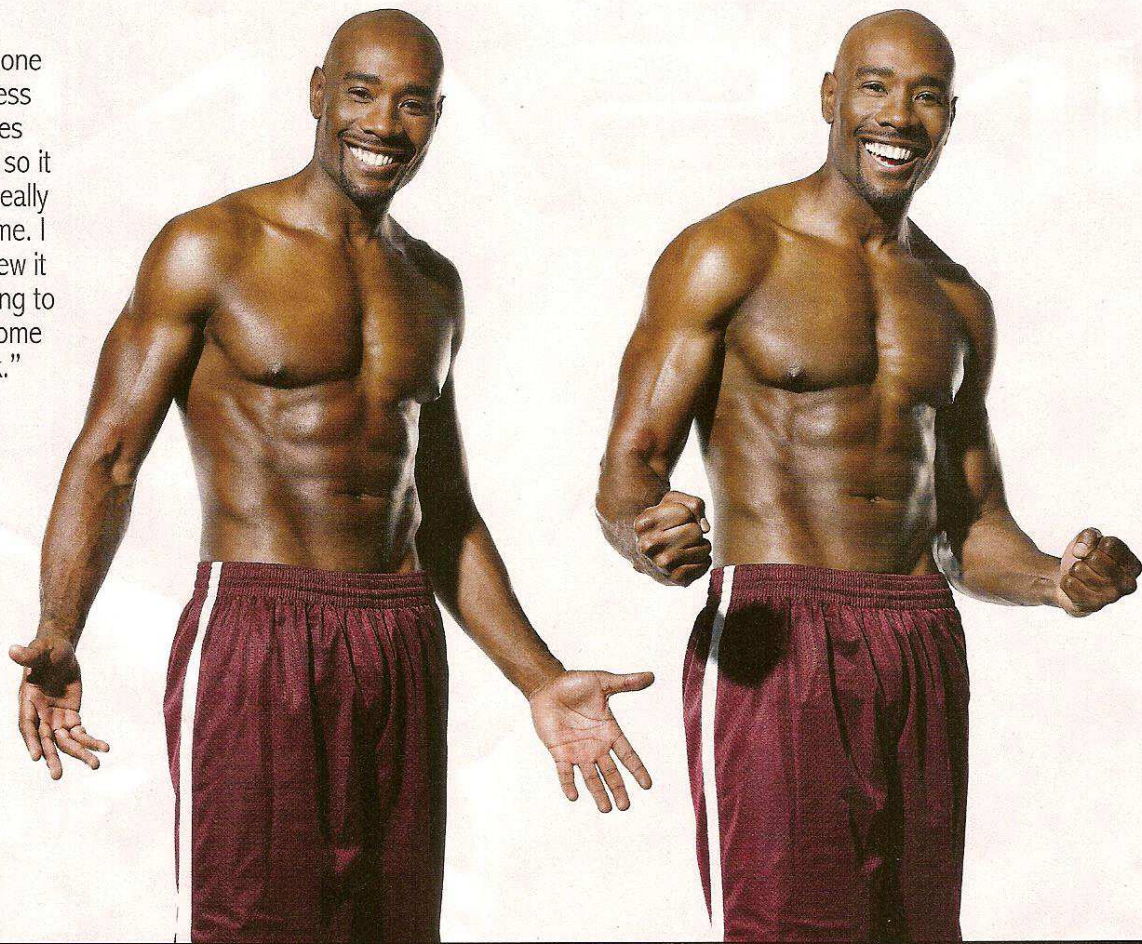


"I've done shirtless scenes before, so it didn't really scare me. I just knew it was going to take some work."



HELP WANTED

Step one was finding a trainer, someone who would not only push Chestnut hard but also serve as a model of his ideal physique. Through a mutual friend, he came across Obi Obadike, a well-established trainer, fitness personality and model with more than 40 magazine covers to his credit (one of those being the March 2012 issue of *Muscle & Performance*). Chestnut happened to see one of those covers, which is what initially piqued his interest in hiring Obadike. "His abs were crazy," Chestnut says. "So I started to inquire about Obi, asking about his background. After I did some research on him, I felt he was the right person for the job."

The two began working together in late January. "Morris came to me in the worst shape of his life," Obadike says, "and he had to get ripped for the movie. He's playing a running back, and he's got multiple shirtless scenes — more shirtless scenes than even Taye Diggs.

The producers wanted to see abs, so he was about 30 pounds from where he needed to be."

Obadike worked with Chestnut one-on-one for about 10 weeks, putting the actor through the ringer with high-intensity lifting, exhaustive cardio and a high-protein, moderate-calorie diet. (See sidebars for training and dieting specifics.)

"The training was definitely a lot tougher than I thought it would be," Chestnut says. "When Obi and I had our first call, I had a pen and paper because I was ready to write down all his advice. I asked him what supplements to pick up. He said to pick up some protein, a multivitamin and some fish oil. And once we started working out, I really loved his approach because it was pretty much just discipline and hard work, which I'm not afraid of. And a lot of cardio. I always hated cardio, but there was a lot of it."

If Chestnut still abhors cardio, it's not

EATING WELL

Morris Chestnut was as diligent with his diet as he was with his training. Obi Obadike pushed a high-protein diet with a macronutrient ratio of 50 to 55 percent protein, 35 percent carbohydrates and 15 percent fat. Calories were kept in check, too. "I had Morris on a 10- to 12-calories-per-pound [per day] diet," Obadike says. "I started him off at 2,200 calories a day and then slowly started to take it down 100 calories every week. I think his lowest was probably 1,600 calories per day. He had to do some promo work for *The Call* when we were working together, so it was challenging for him to stay with the program while traveling and working with Halle Berry. But he did really well."