

# Men's Fitness®

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## THE MF 25 THE FITTEST GUYS IN AMERICA

They're running for president, chasing Olympic gold, and cavorting with lions. They're acting, dropping rhymes, and cooking up healthy dishes. They're ballers, badasses, and one of them is even Bond. Whether in business, boxing, or on the big screen, each of these guys rule in and out of the gym.



**DIERKS BENTLEY, 32**  
**THE ROAD WARRIOR**

With 250 shows a year, the platinum-selling country rocker has been to almost every town in

the U.S.—and worked out in each of them. Committed to staying in shape on the road, Bentley says he's hit every chain and independent gym. "I've even worked out in church basements," says Bentley, who's lost 15 pounds since he started touring in 2003. The Nashville, Tenn., resident gets a pretty nice burn back home too, taking the ice every Monday with his rec hockey team, the Nashville Iceholes. "We all share the same passion for the sport," he says. "And for a good fourth period at the pub after the game."