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David Chang's Kitchen >How Not to Eff Up Lobster



→ Lobsters may be synonymous with luxury in America today, but 200 years ago there were so many sea bugs crawling around on the ocean floor that it was considered cruel to overfeed them to your servants. But that hasn't changed a basic truth about lobster: Most cooks fuck it up. And it's so simple not to.

• Don't boil. I've sent thousands of lobsters to Valhalla in my day, and I've found that baking or, better yet, grilling them over indirect heat yields tastier, more tender results. Undercook them slightly, like steaks, and let them rest when they come off the heat; there will be some carryover cooking.

less. Bigger beasts are tougher and less sweet. Alive is great, but frozen will do—just make sure to defrost them before cooking.

• Don't serve lobster alone. A 1.5-pound lobster will yield only four to six ounces of meat, so offer sides of corn, potatoes, maybe some sausages, and coleslaw. Forget clarified butter—just use melted unsalted butter. Add a touch of lemon or vinegar to the butter and have plenty of lemon wedges on hand.

• Break the rules. I always season my lobsters with Old Bay, which I know might sound like blasphemy to some, but if the fragrant spice blend makes

Better Beach Edition



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The 12-Month Body Tune-up

The Seventh in a Series

Your New Workout Is a Total Beach

You spent the first half of the year training for this very shirtless moment, so don't squander it by loafing through vacation. Every beautiful stretch of sand doubles as a gym

→ We get it: You go to the beach, and the only exercises you're looking to do are a few twelve-ounce Corona curls. But there are two good reasons to make it your temporary sweat zone. For one, a beach burn means breathing fresh air, not your gym's sweat-fog. And two: You'll actually get a better workout.

"The resistance you get from moving through heavy, uneven sand takes your endurance and strength to a whole new level," says certified personal trainer (and lifeguard) Jimmy Minardi, who's gone so far as to create an entire beach regimen for his East Hampton clientele. "You're burning more calories, and the unstable surfaces strengthen muscles and soft tissue around your joints, which helps prevent injuries."

That said, working out on the beach can also increase your chance of looking like a preening jackass—nothing screams "I'm desperate for attention" like doing wind sprints during peak tanning hours. So Rule 1: Exercise in the morning, when the coast is clear save for dog-walking grandmas and sun-saluting yoga girls. And Rule 2: Be quick. This is vacation. Start Minardi's three-pronged full-body workout at 9 A.M. and you'll be done by 9:30. Then go park your ass on a blanket.—NICK MARINO

Decline Press-up

Basically, it's a push-up with your feet propped up on something: a large rock, a dune, your cooler, whatever. Do ten regular push-ups (keep your back flat). Then do ten triceps-burning diamond push-ups (with hands together so your thumbs and index fingers touch, Jay Z-style). Feeling badass? Do ten alternating one-arm, one-leg push-ups (your right leg and left arm outstretched, then vice versa).

Jumping Jacks

What is this, kindergarten PE? Not so fast—step into the surf until it's up to your ankles, then do thirty jumping jacks. Hurts, right? This is a full-body burn. Now do thirty squat jacks. (As you land, drop into a deep squat, then jump.) Unlike kindergarten, here you're allowed to swear.

Donkey Kicks

Return to your decline-push-up spot. Put your hands on the rock/dune/cooler with your legs extended so that this time your body's on an incline. Without breaking your elbows, hop forward so your knees tuck into your chest and you're crouched in a ball. Then kick back out into a full extension. You should land like you started: legs out, back flat, neck straight. Do two sets of ten. Then go to work on your tan.



Best Beach in the Heartland

Lake Michigan, Chicago



→ Of course it's a beach. It has sand (better than parts of Cali) and water (but it's fresh and clean-feeling) and all the stuff you care to do at any other beach (unless you surf). There's volleyball, the famous Ferris wheel at Navy Pier, and—oh yeah—one of the greatest cities in the world literally right across the street. The sand is so integrated