

ROBERT IRVINE

MAGAZINE

FALL 2022

NOTHING IS IMPOSSIBLE

CRAIG MORGAN

THE COUNTRY STAR
ON HIS NEW MEMOIR,
"GOD, FAMILY, COUNTRY"



ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

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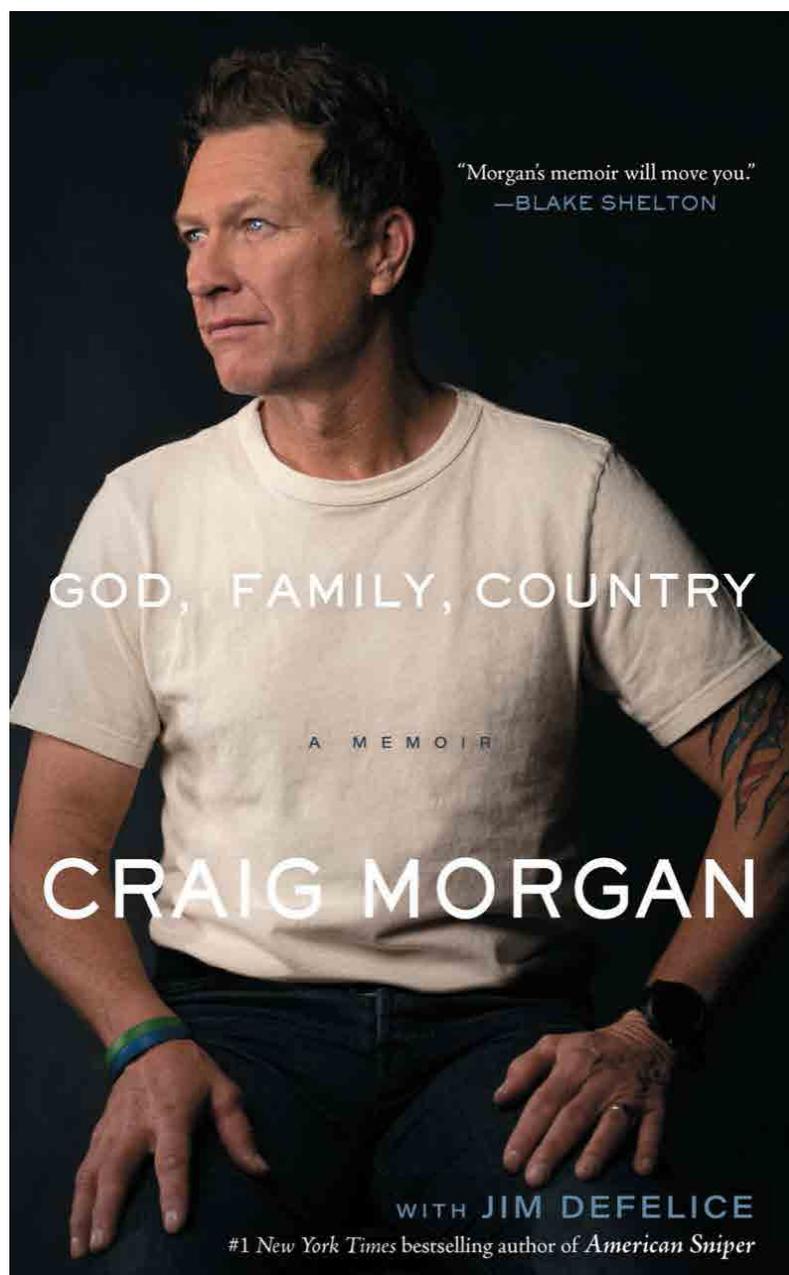
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Pre-orders are now live for Robert's new book, *Overcoming Impossible*. If you own a business, aspire to own one, or work in any leadership position, this is the book for you.



We get the story behind the story of Craig Morgan's fantastic new memoir on Pg. 17

THE BIGGER MAN

Craig Morgan always puts others first.
That's why I'm proud to call him a friend.

In our cover interview beginning on Pg. 17, you'll learn a lot about Craig Morgan and quickly understand why I love this guy so much. For one thing, he's a veteran. For another, he dedicates a ton of his free time to entertaining the troops with the USO. His music is brilliant, too; at times funny, at others gut-wrenching, but always genuine and true. In his terrific new memoir—*God, Family, Country*—which shares its title with his latest album, I learned even more about this patriot and family man which makes me admire him even more. Craig has endured unimaginable heartache in his own life and rather than let it conquer him, he saw it as an opportunity to let God's light shine through him and give hope to millions of fans worldwide.

A funny thing though: at the end of the interview, you'll learn that Craig and I didn't start off on the right foot. He tells the story of that first meeting, and I remember it pretty much the same way: Two military veteran alpha males both acting like they were the ones in charge of the same USO show. In so many words, Craig told me to back off and that he had the reins and we'd do it his way. Was I taken



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ROBERT'S LETTER

aback? Of course. But I'll tell you today—just as Craig does—that the moment made us fast friends. Why? Because we both recognized the thing in the other person responsible for such bullish behavior: A deep desire to give back to the men and women who wear the cloth of our nation. Craig's comments about the British Royal Navy being akin to the Boy Scouts notwithstanding (and yes, that comment did make me chuckle) he's a guy who puts others first and knows that the incredible freedom he has to pursue the life and career of his dreams wouldn't be possible without our best and bravest working around the clock to secure that freedom.

Craig also recognizes that the toll these men and women pay is too high, and it's incumbent on every American to give back to them. You may not be able to travel to combat zones to entertain the troops like we do, but there's plenty you can do right now from where you sit. I'll have more to share in the coming weeks about The Robert Irvine Foundation's special Giving Tuesday program, but for the moment, that's somewhat beside the point. Think more locally; specifically, think about the people in your life that you've found yourself at odds with over one thing or another. Maybe, perhaps probably, it's a friend or loved one who—thanks



The values I share with Craig Morgan, specifically, a love for our veterans, made us fast friends—despite a rocky first meeting.

to social media—you now realize is the polar opposite of you politically. I beg of you to look past this and think instead of what you have in common, what brought you together to begin with, and what you might be able to accomplish together in the future if you don't let petty differences get in the way.

If Craig and I had both been too proud to think of the other person's motivations and instead focused on perceived personal slights or disrespect, we wouldn't be friends today and we wouldn't be able to collaborate to do even more for our troops. We both bristled at each other when we met, then we remembered what had brought us together—a shared love and respect for veter-

ans. Our story has a happy ending, and it's a story I dearly hope you take to heart as it is one that can be replicated to endless good effect. When you have the guts to be the bigger man—and I think Craig and I both had that courage—there's no limit to what you can do.

Of course, this is yet another echo of the words I love by...

Nothing is impossible.

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SIT UP STRAIGHT...

...and learn how to use corrective exercise to fix your posture, relieve pressure on your joints, and live pain-free.

BY STEVE WRONA, C.S.C.S.

The typical sedentary American is plagued by a host of physical ailments. We spend more and more time in a seated position, slouching in front of a TV or computer. Even when standing we bring our chins to our chest as we stare down at our smartphones. Some of us have long daily commutes and spend hours in a car or travel frequently by plane. If the conditions of daily living weren't bad enough for our posture, we make matters worse by doing too many of the wrong exercises in the gym, overdeveloping the muscles we can see in the mirror (chest, quads, biceps, abs) and underdeveloping the muscles of the posterior chain (lats, spinal erectors, glutes, and hamstrings) leading the muscle imbalances that further wreck our posture.

I always find the example of the man hell bent on developing his chest to be somewhat hilarious because ironically if he were to



just open up his shoulders and stand with better posture his chest would appear much bigger. Instead, his relentless pursuit of pectoral dominance leads his shoulders to cave inward and his posture to suffer.

All major muscles have opposing muscles which take the opposite action on the joint they create

movement in. For example, the biceps flex the elbow and bends the arm while its opposing muscle the triceps extend the elbow and straighten the arm. In the example of the chest acting on the shoulder joint to bring the upper arm forward and toward the front of the body, the muscles of the shoulders, and the upper back

TRAINING: PRO ADVICE

help pull the arm the opposite way. Both an agonist (the chest in this example) and an antagonist muscle group (the upper back and shoulders) need to have a certain balance of strength between them for the joints to be positioned correctly to maintain proper posture and joint function without pain.

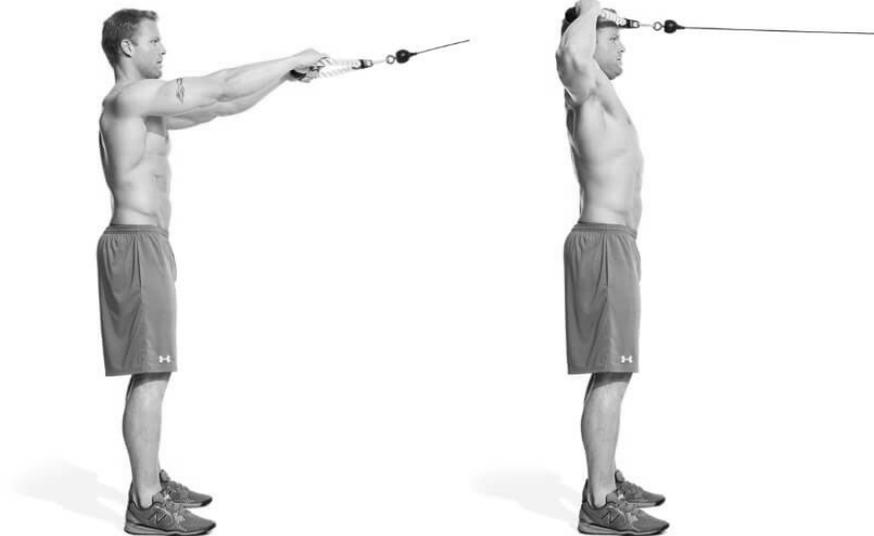
One of the other muscle groups where this becomes a big issue is in the hips. Muscles in the front and the back of the body pull on the pelvis from above and below to keep our hips level and in the correct position. Strong abdominals pull the pelvis up in the front while the hip flexors counter the abs by pulling the pelvis down.

This is an issue because most people have tight hip flexors from spending so much time in seated positions every day without doing anything to open them up. These same people usually have weak abs because they don't train the abs to perform their vital function of stabilizing the spine and pulling the ribcage down into place. The seated upright position also typically involves lengthened abdominal muscles as we relax them to erect our torso. On the other side of the body, the glutes (butt muscles) pull the pelvis down into place while the lower back attaches to the top of the pelvis and pulls the opposite way. To have healthy hips we need to have strong glutes to pull the pelvis down from behind while strong abs pull the pelvis up from the front keeping it in its correct position. Unfortunately, the seated upright position puts the glutes in a lengthened and stretched

position while the lower back stays tight to erect the spine and help you sit upright. This seated position basically tightens the two muscle groups (hip flexors and lower back) that you would want to have flexible and lengthens the two muscle groups (abdominals and glutes) which you would want to have strong. Now I'm not telling you never to sit down. In fact, it's really not so bad as long as you understand that we need to do certain exercises to restore

balance to the hips and combat the time we spend seated. The issue is most people do not do any corrective exercise or stretching to balance things out, or if they do exercise, they do not do the correct movements to address these issues.

Most corrective exercise is going to address issues in either the hips or the shoulders since getting these two major joints functioning correctly can fix many issues in the upper and



Above: The Face Pull. Working the rhomboids, rear delts, and upper lats, the face pull is an effective exercise to improve posture. With a rope attachment set to a high pulley, stand holding the rope with your arms fully extended, retract your shoulder blades and bend your elbows to pull the rope to your face. Slowly return to the start. At left: The Glute Bridge. Lie on your back with your knees bent and feet flat on the ground. Extend your hips toward the sky, hold for a second, then slowly return to the start.



TRAINING: PRO ADVICE

lower extremities. Most of the time elbow pain starts in the shoulder, and knee pain starts in the hip. This is because when a shoulder does not have good range of motion and cannot fulfill its normal responsibility it may ask the elbow to help out by bending in a way that the elbow was not meant to bend. The same is true for the knee. Elbows and knees are simple hinge joints. This means they pretty much move only one way, like a door opening and closing. Just try to rotate your

elbow or knee and you'll quickly discover that it can only happen by rotating the shoulder or hip. If too much force is placed on the elbow or the knee because the shoulders or hips aren't moving properly, and they are asking the elbow or knee to rotate or handle too much lateral force, this is where damage can occur. Worst case you could tear a ligament or tendon. Best case you'll have tendonitis or inflammation that flares up after a workout. You may even have chronic nagging pain in

these areas. In the paragraphs to follow I will give some simple and practical exercises and stretches to help get the shoulders and hips functioning properly. I will also touch on the neck and the core as these two areas also require attention.

Starting with the shoulders we need to look at what muscle groups are tight that are causing the shoulders to lack mobility and function. Many men have tight shoulders from overtraining the chest, biceps, and shoulders,

and though it is less common in women poor posture is still often seen due to a lack of strengthening the muscles of the upper back and slouching at work. Women with breast implants will also have tight shoulders because the chest muscle is being stretched over the implant and this often pulls the shoulders forward. A tight chest will prevent the shoulders from pulling back into place and can easily be addressed with a simple pec stretch.



The Hip Flexor Stretch is your best defense against overly tight hips from sitting too much at your job. Simply take a knee with one foot forward and thrust your hips forward. Shown above is a stretch for the left hip flexor. Switch sides and stretch for an equal amount of time on both sides. For questions on how to do any other exercises in this piece, send an email to matt@chefirvine.

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Two of my favorites are the classic “doorway” stretch and a “wall” pec stretch. To really get the chest to open up I would recommend holding each one for at least a minute while breathing and relaxing, trying to get the front of the shoulder to open up as much as possible. Two other muscles that often limit shoulder mobility are the front delts and the biceps. Clasp your hands behind your back and lifting your arms is a great way to stretch these.

Once you’ve gotten the shoulders and chest to loosen up a bit now it’s time to work on strengthening the muscles that pull the shoulders back into place. Two of my favorite exercises to accomplish this are face pulls and dumbbell rows. The face pull works great for strengthening the rotator cuff (muscles behind the shoulder blade) while getting good shoulder retraction (pulling the shoulder blades together). The row works most of the big muscles in your back while also strengthening shoulder retraction. I would recommend starting out with about 12 to 15 reps per set with the face pull using a light weight and about 8 to 12 reps per set for the dumbbell row using a moderate weight. Never use so much weight that it becomes difficult to maintain good form; 2 to 3 sets of each should do the trick.

Next let’s look at some stretches to help open the hips. As I mentioned before tight hip flexors and a tight lower back can contribute to poor posture with the pelvis. To stretch the hip flexors I like

to do a simple half-kneeling hip flexor stretch. It is important to flex your glutes and abs during this stretch to roll the pelvis into the right position and enhance the stretch on the hip flexors. Just like with the chest stretches I would recommend holding this stretch for at least one minute while breathing deeply and relaxing the hip flexors. For the lower back I like to grab onto a pole or a nearby object and sink down into a deep squat while rounding my back and letting my tailbone tuck down between my legs with my feet close together. While holding this position take 5 to 10 deep breaths to decompress the lower back. Another stretch to open the hips and work on better hip rotation is the 90/90 stretch. This stretch may also take some pressure off the lower back while relaxing the glutes and engaging the muscles that rotate the hip. I like to hit the 90/90 position 3 to 5 times on each side. With practice it becomes easy to smoothly transition between the legs in a fluid

Now that the hips are loosened up its time to get to work strengthening the muscles that will keep them in the correct position. To strengthen the glutes and abs one of the best exercises we can do to build foundational strength and function is the glute bridge. You can do these as isometrics where you squeeze and hold for a set time (say 30 or 60 seconds) or you can do reps. I would start by doing 2 sets of 12 to 15 reps followed by 1 set of an isometric hold for 30 or 60

seconds. Always begin each rep by pulling down your ribcage and engaging your abs, then you can squeeze the glutes and lift off the floor. If you don’t engage the abs and pull the ribcage down, you will end up flexing the lower back and losing engagement from the abs. Another excellent exercise for building a strong core and strengthening the abs is a dead bug. The dead bug works by getting you to practice bracing the core super tight as you extend your limbs away from your body. This is an essential function of your core and will bolster your stability for pretty much all other exercises. I would start by performing 2 to 3 sets of 5 reps per side. As you get better at them you can work towards 10 reps per side. Never sacrifice the quality of your reps in an effort to do more. If you’re not deeply engaging the core with each rep this exercise will not be as effective. One last exercise to add to this mix that strengthens a different function of the hips and the core is a cable woodchop. Cable chops are great because they train rotation of the hips and trunk which are two essential functions if we want to remain pain free. Remember hips that don’t rotate put your knees and low back at greater risk for injury and pain. This is also a great exercise to include if you play sports that involve rotation like golf or tennis. Start out with 2 to 3 sets of 10 reps per side with a manageable weight.

I don’t think this basic overview would be complete without

TRAINING: PRO ADVICE

including an exercise to address forward head posture which is extremely common throughout the entire population but most prevalent in the elderly and those who work desk jobs. Forward head happens when we lose strength in the muscles of the neck that pull your head back into place. This happens from constantly looking down or slouching over when we sit, walk, or stand. It's super common because standing completely straight doesn't even feel natural to most of us. The real issue with having forward head posture comes from the damage that can occur to your cervical spine when

this posture isn't corrected. It can cause neck pain and a slew of other problems including headaches, pain in the shoulders, back, and chest, also it can cause numbness or tingling in the arms and hands. If you see a chiropractor this is one of the most common issues that they address. Without their equipment however it is still possible to make some improvements on your own by being more mindful of your posture and practicing exercises to put things back in place. My favorite exercise for correcting forward head posture is a wall chin tuck. All you need is a wall, and it can be

done anywhere... which is good because you'll probably feel awkward doing it at the gym. Personally, I do 15 reps every night with my back against the wall in the shower. Consistency with this one is important so for me the simple habit of doing it every day when I shower ensures that I don't neglect it. I also add 15 reps of neck rotation to each side just to make sure I'm maintaining that function. Try it for yourself and with time you'll see improvements.

Steve Wrona is a Tampa, FL-based personal trainer whose newest client is our very own Robert Irvine. Follow him on [Twitter](#) and [Instagram](#).



To do a two-arm DB row, you don't need your torso parallel to the ground. Just bend at the hips as much as you can while keeping your back flat. Let your arms fully extend toward the ground, then retract your shoulder blades to lift the weight. Hold it for a second or two at the top, then slowly return to the start.

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TRYARMRA.com



JOYFUL KITCHEN

The kitchen is a place that can be overwhelming or inviting, intimidating or a place for creativity to flow freely. For some of us, cooking comes easily. Perhaps cooking was something you did with your family or friends regularly and had the chance to experiment with different ingredients. Or it was a place that you knew well and could accomplish easy meals in no time. For others, the kitchen might intimidate you. Maybe you didn't do a lot of cooking while growing up because time was spent elsewhere or maybe your parents burnt everything they attempted. There are tons of resources and videos on the internet to help you, however we've identified a few keys to a joyful kitchen that can help kick start (or further prove) your love for the kitchen.

ORGANIZATION

First things first: organize. It doesn't matter if you rent or own your home, organization in the kitchen is key. Where are your most used countertop appliances? Where are your utensils and cooking gadgets? For the most part, these items should be easily accessible, unobstructed and only what you need. Tempted by a time-saving gadget or another spatula to add to your collection? While these items are nice to have, they only work if you use them. Invest in pieces that will



You want to lay out your pantry in the same way a store stocks their shelves; the most-used pantry items and cookwear should be at eye-level, with rarely-used serving trays and other ingredients on top or bottom shelves.

encourage you to use them or will help to make your life easier. Don't just buy because you think it's what you need. This method will help you reduce clutter and

leave you with quality items to build your kitchen arsenal.

LEARN YOUR BASICS

What are the basics you ask?

JOYFUL KITCHEN

The most common ingredients in kitchens range from eggs, butter and flour to baking soda, baking powder and vanilla extract. But maybe not for you! What you end up using on a day to day basis is determined by the recipes that you'll create. Read through the recipes that you're planning and purchase what you need. You'll begin to notice that most of what you like will begin to use a few of the same ingredients, especially if you align your diet a certain way or have an eating restriction. From there, you'll begin to collect the items that you need the most without having to purchase the things you don't. Sure, you might buy cornstarch for one recipe and it might sit in the back of your pantry, it happens!

MEAL PLANNING REDUCES STRESS

Meal planning sounds like a no-brainer, right? But it's not always possible in our busy lives. You might have hectic evenings full of after school activities with the kids or a packed social calendar. But, when it comes to your kitchen, you're in control! Know you're going to be busy for the next three nights? Cook extra taco meat so it's easy to reheat, add your ingredients and eat in just a few minutes. On the go all day? Keep easy snacks on hand (prepared or prepackaged) to toss in your bag as you're out the door. The key is to not feel overwhelmed and think you have to create a five-star meal every time. Do what is right for your schedule.

ENJOY THE EXPERIENCE

Now that you're organized, you're able to quickly navigate your kitchen with ease to create your next meal. No longer will you have to open each cabinet to find what you're looking for, you'll know exactly where your favorite spatula is or you won't have to go digging for the teaspoons. Next time you have a few hours, try giving your kitchen a quick once over and determine what could be organized and simplified.

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Weekly meal prep can transform your life and make you think of your kitchen in a totally different way. If every time you're cooking, it's a harried, stressful experience where you're racing against the clock, then the heart of your home loses the calming sense of magic it ought to provide. Basic, no-fuss meal prep takes the stress out of your kitchen—and your life.

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The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit RobertIrvineFoundation.org



ON THE COVER

CRAIG MORGAN



With a new single and a new memoir out, country music superstar Craig Morgan reflects on personal tragedy, the greatest lessons from his life and career, and... his contentious first meeting with Robert.

BY MATT TUTHILL

CRAIG MORGAN

**ROBERT IRVINE
MAGAZINE:** Congratulations on the memoir. What do you hope people get out of it?

CRAIG MORGAN: I'll start with the fact that I'm still not sure I should have written it. I always thought that a memoir was something that you did when you were done, pretty much. But during the pandemic we had so much time off, and through the years I've been encouraged by friends and family that I should tell my stories so that we would have them documented because some of this stuff that I write about in the book has never been public knowledge.

And in the process of writing this book with Jim DeFelicis, I realized that a lot has taken place. As I've done things in my life, I just shelve them and then I move on to the next project, whatever it may be. But I've come to learn that this is something a lot bigger than that and I think that, and my hope is, that its impact will

be as big as or even more so than maybe even my music.

RI: It's instructional and inspirational. Not "Hey, look at me. These are the things I've done."

CM: That's my hope. It wasn't a pat me on the back as much as it was an attempt to communicate to other people that no matter what

happens in your life, you can experience everything from greatness to tragedy. And through faith, you can deal with whatever comes into your life, and in spite of all of the things that may happen in your life, we have the opportunity as human beings to do good and be good, and so my hope is that this book will do that.



CRAIG MORGAN

RI: Military service has been such a big part of your life, not just the time you spent on active duty, but your continued work with the USO and Stars and Stripes. What inspired you to serve and what keeps bringing you back?

CM: I don't really know what inspired me. I do believe that people who serve in the military, regardless of branch, regardless of even country, they share a gene with law enforcement officers, first responders, that requires us to do those kinds of things. That's the same person—the law enforce-

ment officer who's willing to put himself in harm's way, the soldier who's willing to die for his country. It's not an adrenaline gene, it's a service gene.

They don't do it for awards or rewards, but just for the feel that they get when they have done something for someone else. And that gene doesn't go away when your time and services over. You still do that. You'll see, those soldiers are the ones that they may be retired but they're the ones that will step up in an uncomfortable situation and attempt to do the right thing and to help others. So

what inspired me was something that was in me. I don't think it was an external thing, it was something that's always been there.

RI: We speak to so many veterans, and invariably we talk about the suicide rate within that community and why it's so high. Folks back home, especially ones who don't have family or friends who serve overseas, what do you think we don't understand about the military life and the toll it takes on soldiers and their families, and what can regular folks do to help?



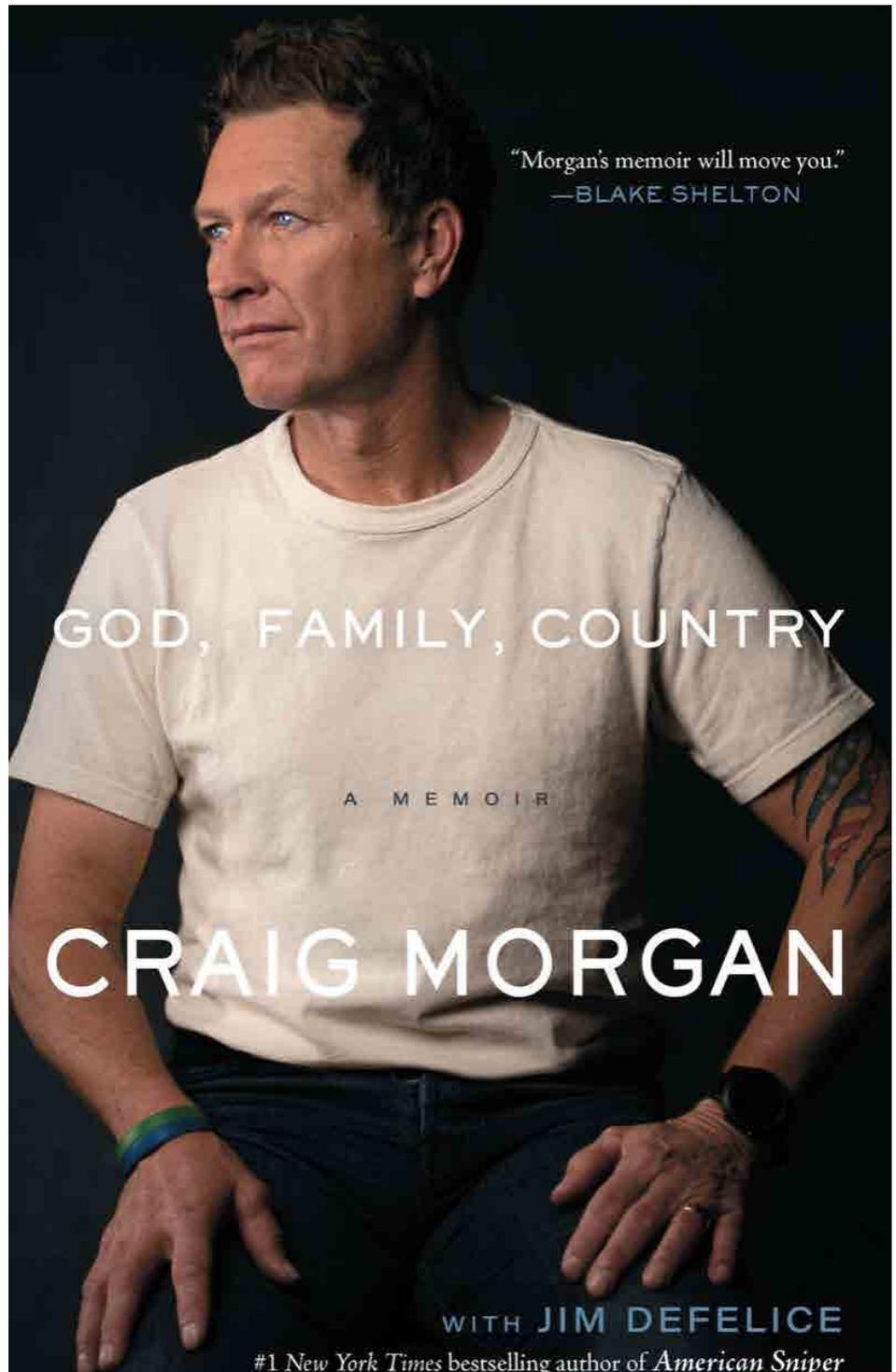
Craig Morgan (far left) performing on tour with the USO in 2016.

CRAIG MORGAN

CM: It's hard for the average person to comprehend the ugliness that soldiers in particular—and I would also say law enforcement officers—deal with regularly. It can be such a dark place. Sometimes, some of those individuals just aren't mentally equipped to process it. But what the average person can do is assisting, donating time—efforts, energy, finance—to the organizations that are helping those men and women because it's almost impossible for me to have a conversation with someone about the trauma that takes place in some of these third world countries.

It's next to impossible for me to have someone comprehend the depth of ugliness that takes place in human trafficking. It's next to impossible for me to translate the emotion that you experience when you have witnessed—maybe secondhand, or the aftermath of—beheadings. They just can't comprehend. Not everyone in this world wants to be good and do good. There are very dark humans in this world, and again, the average person just can't handle that. They just can't process it.

RI: You mention human trafficking; there is an incredible story in your memoir about working undercover to help girls in the sex trade in Thailand. And you did this after you were out of the military and must have been in your early fifties at the point... so I am tripping on the thought process that got you there. How did you decide to do it, and what on earth was that conversation



Morgan's terrific new memoir is out now. You can buy it now at [Amazon](#) or [Barnes & Noble](#).

like with your wife?

CM: My wife is so used to me doing this kind of stuff that it wasn't abnormal. First of all, what

drew me to it was again, that gene, I think. I had an opportunity to do something good and had the opportunity to work with an or-

CRAIG MORGAN

ganization that I believe is trying to make a difference in this world. And that I think all of us as humans should be trying to make this place a better place, and that's not easy because we have to, again, deal with ugliness. That conversation with my wife was no different than when I said, "Hey, I'm not going to be home for Christmas because I'm going over to Iraq to spend Christmas with the service members," and my wife said, "Well, we can do Christmas anytime." So when I told her I was going over to do this, she says, "Okay. Well, just check in when you get back or check in when you can and let me know you're okay." She's used to it.

RI: Talk to me about creativity. You've had a long, fruitful career in music. Setting aside the success that you've been able to achieve, what's the inherent value of any creative pursuit? Because I think sometimes people who don't play music or write or make art for a living, they tend to think of creative pursuits as something that's either for professionals or for children. There's no

in between. If you're not making money, then it's just a nice activity for kids. But there is inherent value in doing creative things, is there not?

CM: Absolutely, 100%. I tell people all the time, "You should absolutely pursue some form of

creativity, whether it's take a piece of wood and carve on it." It doesn't matter if it's the perfect piece because it does invoke a sense of a good feeling. There's certain hormones and enzymes and that are released when you're doing that, and it's not necessarily for the



Morgan has released nine studio albums from his 2000 self-titled debut to his latest, *God, Family, Country*. Listen on [Spotify](#).

CRAIG MORGAN

end product that you're messing with, for example, as a songwriter. I've written a lot of shitty songs, but in the process of writing that shitty song, I got better and I also felt better. It does something to you personally, and it's not really about the song as much as it is the process in the same way with a clay potter. It's not as much about the pot as it is the process of that creation, and in the process of creativity and playing with that, you're helping yourself.

You're making yourself, whether it be in your personal, spiritual, financial, emotional, that creative process might affect some other part of your life.

RI: I want to talk about your song *The Father, My Son, and The Holy Ghost*. You've spoken so much about that song (which Morgan wrote to honor his son, who died in a boating accident) which is so beautiful and so perfect. In my search to ask you something that maybe you haven't been asked, I came up with this: Can you describe the value of facing big, heavy, terrible emotions head on and just letting yourself feel that, making no attempt to push it away or distract yourself? Because one, I don't think it's possible to write something like that—with that kind of power and clarity—without just letting it all hit you, and two, I don't think anyone is born knowing how to properly mourn.

It's something you have to learn how to do while you are in it. So how did you know you just had to let it all hit you and have its way with you before you could stand back up?

CM: Well, I think mourning is biblical. It is a process that we are all faced with at some point in our lives and we must do. I personally rely on my faith, and I do believe it is important for us to mourn, but I also think it's important to

“When you get your heart broke, it makes you a better person. It makes you a kinder person.”

understand that the tragedies in our lives may not always be for our own growth. I truly believe that. I believe that sometimes the pain, heartache, aggravation and tragedy that we experience in our life, God places on us for others because he knows. He has confidence. I believe that God had enough confidence in me and he knew that I would rely on him so much so that he allowed that tragedy to happen. I don't think God did that. I think the devil did it and God allowed that

tragedy happen, knowing that he would be glorified.

And that tragedy took place and I had to deal with that in order that other people could come to know him in some way. I've had so many people talk to me about that song—and by talk to me I mean through various social posts and so on—and how they had given up on their faith, and this song inspired them to get back into their faith.

There are so many stories, which gives me confidence to know that this tragic thing that happened wasn't directed at me. And so it was important that I maintained my faith and everything so that other people would come to know that. Just like sometimes we get hurt and that hurt makes us stronger. If you break a bone, that bone is now stronger in that broken spot than any other part of the bone.

I think the same thing happens in our faith and in our lives, but it's not always just for us. We have to experience pain for others sometimes. You think about our military. These are people that experience heartache, pain, and even death, but not for themselves, for their country. And we as humans, some have to experience that on an individual and personal level, and that's what that song was, and that's what that experience in my life was. I believe that wholeheartedly. I don't believe that God was punishing me by allowing my son to die. I believe that God was being glorified, and I do

CRAIG MORGAN



In his memoir, Morgan writes about going undercover—many years after his military service had ended—to help take down a sex trafficking ring in Thailand.

believe that other people will not have to experience something so tragic, or hopefully won't and have come to know him because of that experience in my life.

RI: Is that an accurate way of describing how you dealt with it? You don't strike me as someone who would seek distraction. It seems like you really just took time to be with these emotions, to let them hit you, and then eventually the song came out somewhere down the road.

CM: Oh, absolutely. I absolutely took time off, but I will tell you the time was off was not for me. Here again, I get back to that desire for others. I took time off to make

sure that my wife and that my children were going to be okay. The last thing I needed was for my kids to think that I was so focused on having lost my son that I forgot about them, and that was my way of dealing with it was being with those that who needed me. Now, having said that, I still wake up some days crying because I miss my son so much. He's still a part of my life, I just don't get to talk to him every day and that's frustrating. Actually, I do get to talk to him, I believe he's in heaven now, but I just don't get to hear him back yet.

I'm not one of these guys who sit around and freaking try to ponder and process. I think you'll go nuts

if you try to question how did this happen? Why did this happen to me? On and on. What is the truth is it happened, and now we have to live with what happened. And that thing that happened, as hard as it is to deal with, it is a truth and it's done. It happened. And so now we just try to live.

RI: Well, let's talk now about the new song, the new single, How You Make A Man. That's going to be included on the deluxe edition of your latest album. What was the inspiration there?

CM: Well, it's not a song I wrote. It was pitched to me and the instant that I heard it, it felt like it was something that I had writ-

CRAIG MORGAN

ten because every line in this song was what I believe. In particular, “Through this course, you run, you crawl, you rise, you fall. You hit your knees until you learn to stand. That’s how you make a man.” And I’m sure I’ll get some flack from some of the various organizations out there. They’ll probably call me a chauvinist or some crap. I’m a guy who still believes you should open a door for a lady. I’m a guy believes he still should shake a man’s hand, and when you give someone your word, you should do everything you can to adhere to that. And I don’t think that’s a chauvinistic statement, I think it’s a very human and kind and loving thing.

I think men are still supposed to take care of women, and I think women are still supposed to take care of men. In a relationship, we’re supposed to take care of each other. We’re supposed to be kind to people, and we’re going to experience heartache and hardships, and those are the things that make us better people. At 22, I thought I knew everything. And when you get your heart broke, it makes you a better person. It makes you a kinder person. All of the things that are in that song I felt that I could easily relate to, and more importantly, I believe that the majority of the people in this country and even in this world feel the same way. We might not all say it. We might not all know how to say it, but I do believe we all feel that.

RI: Well, the shutdowns are over, you’re back on tour, and

you’ve got a new album and new memoir. It’s got to feel pretty good to be you right now, does it not?

CM: I’ll be honest, it always feels good to be me. I’m a very fortunate and blessed man, and there’s not a day that goes by that I don’t recognize that. In spite of my heartache and tragedies, I know that I’m a very blessed person. And you alluded to the coming back after the pandemic. I very vividly recall September 11th and the awakening that we had as a people after that, especially in this nation. And now after the pandemic, I feel as though we have had this second awakening, and there’s a recognition of a need for kindness and love amongst each other.

RI: Any parting thoughts?

CM: Well, I want to make sure that everyone knows that I was in the United States Army, unlike Robert, who was in Her Majesty’s Army [Editor’s note: The British Royal Navy], which is kind of like the Boy Scouts. [Laughs] I’m just kidding. You know what? I love Robert. Our first encounter was one that was a bit abrasive and I will never forget it, and because of that initial encounter, we have become dear friends.

RI: I’m afraid I don’t know the back story. What happened when you two met?

CM: Oh, we were on a USO tour and we had just got into DC where we were discussing basically the

run of show. Robert for whatever reason thought he was in charge, and for whatever reason I did too I guess, I think mainly because I was in the Army. I served in the United States Military and we were entertaining our men and women, and these were my brothers and sisters, some of which I had actually served with. And Robert started talking about how things were going happen and I was like, “Hold on a minute, Hoss. You’re not in charge here. This is a group effort, and by the way, I’ll be the one that’s finishing. You’re going to cook at the beginning and then I’m going to sing at the end. That part I do know. Now, let’s all figure out how we do this together.” And I’m telling you, oddly enough, we became best friends, man. It’s one of those weird moments, and we both looked at each other like this is going to be awesome.

When you put two Type A personalities, former military people, in a room together and they can manage to come together and go out and do what I felt like was great things for our men and women of Armed Forces, and we continue to do that today separately and together, it’s just proof that no matter who you are or where you came from, you can still work together and accomplish a lot.

Follow Craig Morgan on [Facebook](#), [Twitter](#), and [Instagram](#). Pre-order the Deluxe Edition of his latest album, *God, Family, Country*, featuring the new hit single *How You Make a Man*, [HERE](#).



PUMPKIN EVERYTHING

Sweet and savory fall
delights featuring the
incredible, versatile pumpkin.

PUMPKIN EVERYTHING

PUMPKIN AGNOLOTTI

SERVES 4

YOU'LL NEED

4 tbsp butter
1 medium Spanish onion minced
1 cup pumpkin puree
1/4 cup whole milk ricotta
3 tbsp fresh goat cheese
1 bunch Italian parsley, finely chopped
1/4 tsp lemon zest
Salt and pepper
1 lb basic pasta, (recipe follows)
3 oz unsalted butter
1/4 cup grated parmesan
4 oz chopped bacon
2 tbsp green onion sliced very thin
4 tbsp toasted panko bread crumbs
1/4 cup grated Parmigiano-Reggiano

FOR THE PASTA

3 1/2 cups "00" or All Purpose flour plus 1/2 cup
4 extra large eggs
1/2 tsp olive oil

MAKE IT

1) Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and oil. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well.
2) As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when half of the flour is incorporated.



Knead the dough with both hands, using the palms of your hands for 5-10 minutes, wrap in plastic and let sit overnight in the refrigerator to relax dough.

3) Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14 inch saute pan, heat butter until foam subsides, add onion and cook until soft and golden brown, about 7 to 8 minutes. Remove pan from heat and allow to cool. Add pumpkin puree, ricotta, goat cheese, parsley, lemon and nutmeg and season with salt and pepper.

4) To form agnolotti, roll the pasta to thin sheets, cut into 3x3 squares. Place 1 tablespoon of filling in each, brush the top of the pasta sheet with water and roll each of them until sealed. Pinch each side and trim edges for presentations, place in the refrigerator for 2 hours to

firm up.

5) In a skillet heat the butter and add the small diced bacon, render the fat until the bacon is crispy, turn heat off.

6) Drop agnolotti into boiling water, cook at high simmer until tender and they will float, 2-3 minutes. Drain agnolotti and place in the pan with bacon. Sprinkle with Parmesan and toss over medium heat to coat, place the pasta evenly in bowls, coat with toasted panko and green onions. Serve immediately

THE MACROS

CALORIES: 533

PROTEIN: 21 g

FAT: 25 g

CARBS: 56 g

PUMPKIN EVERYTHING

PUMPKIN LASAGNA

SERVES 8

YOU'LL NEED

1 medium onion, chopped
4 to 6 garlic cloves, chopped
1 tbsp olive oil
1 lb spicy Italian sausage, casing removed
1 large zucchini, cubed
1 (28 ounce) can tomato sauce
1 cup red wine
Kosher salt, freshly ground black pepper and spices, to taste
1 lb ricotta cheese
1 cup shredded mozzarella cheese
1 cup shredded Romano cheese
2 eggs
1 ½ cups pumpkin puree
1 lb cooked lasagna noodles

MAKE IT

1) In a large heavy skillet, over medium heat, saute onion and garlic in the olive oil until translucent. Add sausage and cook until brown, breaking it up with a wooden spoon as it cooks. Add zucchini and cook for 5 more minutes. Set aside.
2) In a medium pot combine tomato sauce and red wine and bring to a boil over medium-low heat. Adjust seasoning with kosher salt, freshly ground black pepper, to taste. If desired, add more spices to your liking. (I usually add dry oregano, basil, and parsley). Reduce heat to low, cover and let it simmer for 15 minutes, stirring occasionally.
3) In a large bowl mixing together the ricotta, mozzarella and Romano cheeses. Add eggs, pumpkin puree and salt and pepper, to taste. Mix

very well. You can add a pinch of cinnamon to help emphasize the pumpkin flavor.
4) Preheat oven to 350 degrees F.
5) Build your lasagna in a large (9 by 12-inch) baking dish starting with a layer of sauce, a layer of pasta, a layer of half the sausage and a layer of half the filling. Add another layer of pasta, sauce, the remaining sausage and the filling. Finish with a layer of pasta and a layer of sauce. Sprinkle some mozzarella cheese on top and bake for 25 minutes. Let cool for 15 minutes before serving.

THE MACROS

CALORIES: 381
PROTEIN: 28 g
FAT: 14 g
CARBS: 35 g



PUMPKIN EVERYTHING



PUMPKIN-SPICED BREAD PUDDING

Serves 12

YOU'LL NEED

4 cloves
1 cinnamon stick
Zest of ¼ orange
1 tsp ginger powder
1 tsp grated nutmeg
2 ½ cups heavy cream
2 ½ cups half and half
4 large eggs
4 egg yolks
½ cup granulated sugar
½ cup dark brown sugar
1 whole pullman loaf brioche 12

inch loaf (cut into 1 inch cubes)
½ cup dried cherries
½ cup currants
2 oz bourbon

MAKE IT

1) In a small sauce pot add heavy cream, half and half, 4 cloves, cinnamon sticks, orange zest, and ginger powder. Bring to a simmer. Allow ingredients to steep for approximately 1 hour, then strain
2) In a mixing bowl, add egg yolks, eggs, granulated sugar, dark brown sugar, using a whisk mix together

3) Add the infused cream mixture and egg and sugar mixture together
4) Add cubed pullman loaf to cream and egg mixture. Allow the bread to soak up the batter.
4) In a 10 inch greased cast iron style pan, bake in a 350 degree oven for about 45 minutes.

THE MACROS

CALORIES: 465
PROTEIN: 9 g
FAT: 28 g
CARBS: 45 g

PUMPKIN EVERYTHING

PUMPKIN-SPICED BOURBON CIDER

SERVES 2

YOU'LL NEED

6 oz bourbon
1 cup apple cider
1 oz lemon juice
½ oz maple syrup
1 tsp grated nutmeg
1 luxardo cherries

MAKE IT

1) Fill cocktail shaker and a rocks glass with ice, bourbon, apple cider, lemon juice, and maple syrup.
2) Cap the shaker with the glass and shake vigorously.
3) Strain into the glass and garnish with grated nutmeg and 1 cherry.

THE MACROS

CALORIES: 299
PROTEIN: 0 g
FAT: 0 g
CARBS: 23 g



INTERVIEW:

SUSIE ABROMEIT

The star of *Love in Bloom* is a former top-ranked tennis player and *Sports Illustrated* Swimsuit model. Here she talks with *RI Magazine* about how an athlete's mindset comes in handy on a movie set, how to overcome any obstacle, and her hopes for unrigging the American political system.

INTERVIEW BY
MATT TUTHILL

ROBERT IRVINE MAGAZINE: What is your best advice for getting unstuck? So many readers who feel stuck in different aspects of their lives—relationships, jobs, money—write to Robert and ask this all the time.

SUSIE ABROMEIT: I would say that sometimes it's just that God has other plans, and you just have to release control and let go. Traveling also helps because it changes your state. But mostly, it's sort just allowing yourself to feel stuck. You can't fight the current, otherwise you're going to drown, so you have to let it take you out. You have to submit to the stuckness and surrender. I think that that's a big part of getting unstuck. Meanwhile, do everything else you can that you do have control over: working out, eating really healthy, trying to bet-



Click [HERE](#) to stream *Love in Bloom*, Susie Abromeit's latest starring role.

ter yourself. Creatively for me, that really helps with finishing projects, like writing projects that I'm doing. That's been a huge lesson for me.

RI: Speaking of healthy habits, you recently made a big decision to put your health first. What did that entail for you?

SA: You can optimize everything in your capacity to feel great. When you feel great, you have more en-

ergy and you can pretty much do anything. But if you're not working out, if you're getting injured more easily. For me, if I'm not working out, my back starts to hurt. If I'm not eating healthy, I feel like crap, and I just don't have the energy to do all the things that I need to be doing at a high level. So I look at the top athletes in the world, I look at people who are killing it life—they all work out. They all eat

INTERVIEW: SUSIE ABROMEIT

super healthy. Get the best nutrients and you're able to do more and have more of a balanced life. If you don't have your health, you can't do anything.

RI: Talking about elite athletes, that conversation includes you. You were a very serious one for a long time, one of the top ranked tennis players. Are there any similarities between acting and athletics? I know you're not competing when you make a movie, but you do have to summon a tremendous amount of energy to get that job done.

SA: One hundred percent. I think being an athlete has really prepared me to be an actor because I think I can come at roles with a very disciplined mindset. And you have to have a really great work ethic, especially if you're number one on the call sheet, and everything's on your shoulders. It's also prepared me for being under serious pressure where you have to get the last shot. If the sun's going down and we don't get it... that's a lot of pressure. Being in those situations for 10 plus years in tennis taught me to do everything in my power to be prepared, to be disciplined for game time. That translated to

another 10-15 years of being on set. If there's a lot of chaos on set, if people are arguing or whatever, it doesn't matter. Whatever's happening is happening, because you have mental toughness and you can identify the variables you can't control versus your preparation and performance, which are under your control.

“Every time you want to point at someone, ask, ‘Well, where do I do that in my life? How am I like that person?’”

RI: How did you decide to transition out of tennis and into acting?

SA: I was always an artist as a kid. I was telling stories, writing stories, and painting, and my mom and teachers really encouraged me to do acting. But I was also an athlete. I was ski racing. I was playing tennis. And so I think that sort of took precedence when I was young, and that was taking up most of

my time. But I would always go back and forth. I would audition for the lead in the play and then I would book it. And then I'd have to turn it down. So there was a lot of back and forth between deciding between tennis and then deciding between acting. And ultimately in college is when I would continue to get all these opportunities and

things. My mom would put me for contests for Sports Illustrated, and I would get to the finals and ultimately into Sports Illustrated Swimsuit Edition... So this constant battle of being an athlete but knowing that I was always an artist, I finally realized this was always my calling in life. And I think at the time, I thought that it was impossible to be an actor and especially to be a working actor and to make a lot of money.

Initially with acting I thought, “Oh, that's just for famous kids.” I thought it was impossible to get into. And then in college, I was just brave enough to say, “I know this is my calling. I know this is what I'm meant to do.” And then I finally just pursued it, and I haven't ever looked back.

RI: You advocate for a charity called Represent Us. Why get involved with them?

INTERVIEW: SUSIE ABROMEIT



Abromeit has thrown her energy behind two of the causes closest to her heart, supporting survivors of human trafficking through the non-profit [Not For Sale](#), and rooting out government corruption through the organization [Represent Us](#). Learn more and get involved in the hyperlinks in this caption.

SA: First, it's nonpartisan. I think we can all agree that politics is sort of a rigged game; a lot of politicians are bought and sold. And it's sort of shoved down our throats of, okay, well here are our options. And it's this untenable situation. The people who started it were just really unhappy with the lifelong politicians. It was legal to bribe to get things done and in all these loopholes. There is just a lot of nonsense in politics, especially with gerrymandering and special interests. So even if you're promising Y, you can't deliver on this Y, the letter Y, because you've now promised the people who funded your campaigns something else. So Represent Us advocates for anti-corruption laws so we can have more of an honest system where it's not legal to bribe and get things done. We, the people, should be able to choose, and it shouldn't be such a situation that feels untenable.

RI: And you're big on another charity, Not For Sale.

SA: Not For Sale is an organization that helps survivors of human trafficking. And I had a friend who was involved in helping survivors, and I was so inspired by what she was doing. And so I started working with Not for Sale, and I went on a trip to Vietnam and Peru. Human trafficking is one of the worst things ever. And it was so unfathomable to believe how rampant it was and just how I didn't know that it's happening everywhere. When I started to hear that it was in LA,

INTERVIEW: SUSIE ABROMEIT

New York, Houston, just that there was all these hubs that I totally, I started hearing this in 2013. And I had a friend who was a survivor of human trafficking who's really successful. And she was telling me about like, Oh yeah, this is in major cities. It's happening under your nose. You think maybe that's happening somewhere else, that it can't happen here.

My motto is love is the greatest thing of all. I really think it is. And I think we need more love in the world, more now than ever. Because I think everyone wants to point a finger at other people, but always know that three of those fingers are pointing back at you. So as much as I feel like we're polarized right now, I think it's so important to—every time you want to point at someone—ask, “Well, where do I do that in my life? How am I like that person?”

RI: Anything else coming down the pike our readers should know about?

SA: I'm writing something that's moving forward in a really, really huge way I can't talk about just yet. But that was sort of the genesis of seeing how polarized

the world was. And when I was writing, it was sort of semi-auto-biographical project. But then, I mean it turned into something so much bigger than that. It was really interesting as I was exploring this polarization of everyone feeling really angry and not in control of

their lives, while there's so much that you can control. There's so much that you can look within yourself and change. It always starts within.

Follow Susie Abromeit on [Twitter](#) and [Instagram](#).



INTERVIEW:

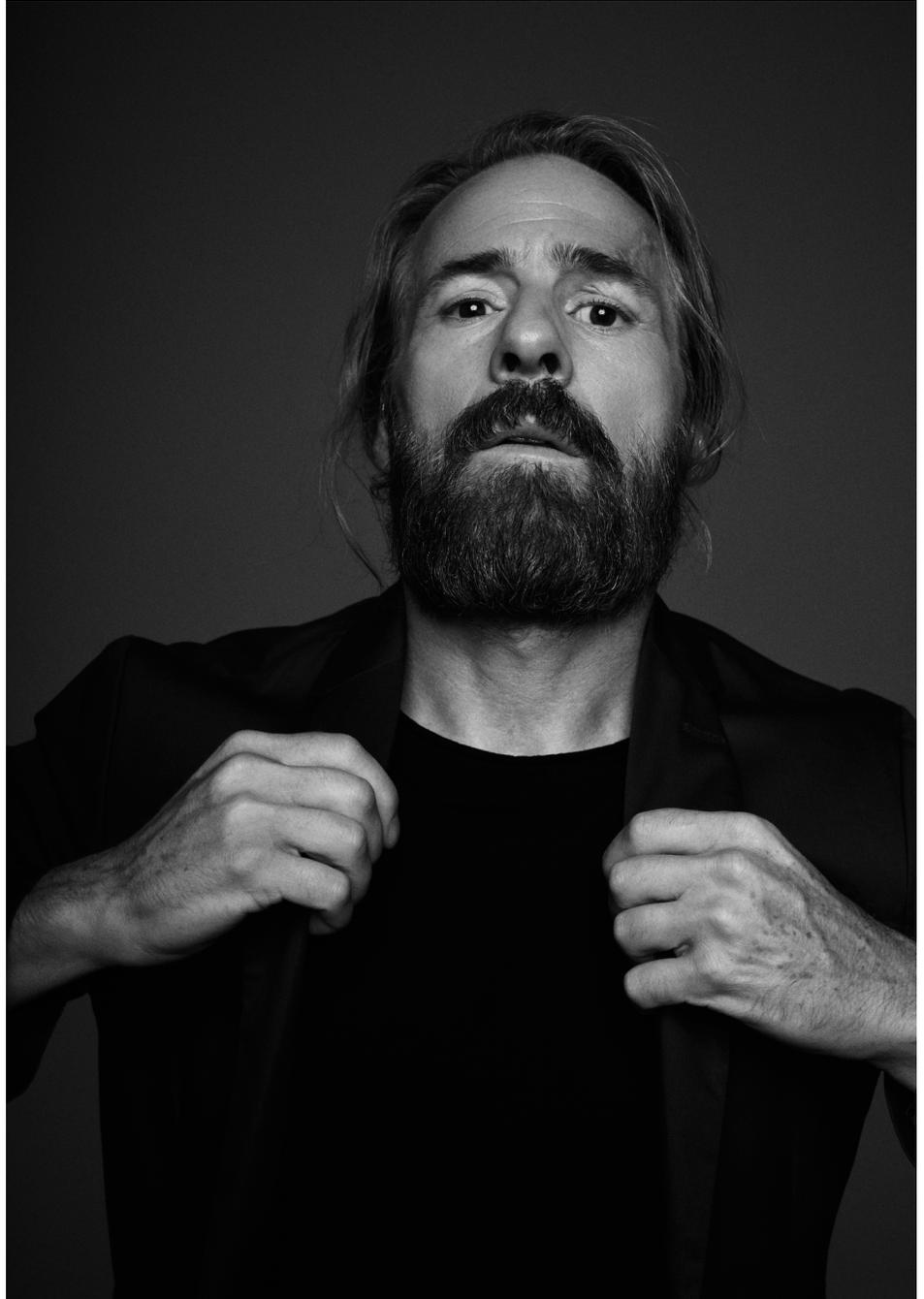
TROY MUNDLE

After Troy Mundle landed a role in the *Predator* prequel *Prey*, global audiences got a taste of the French-speaking Canadian actor and learned what he's always known: He can do pretty much anything. Here, he dishes on how he gets unstuck, the importance of being vulnerable, and his veteran-focused short film, *My Name Is*.

INTERVIEW BY
MATT TUTHILL

ROBERT IRVINE MAGAZINE: *Predator* is a franchise that has had a couple of beloved entries and a few that are, to be kind, less beloved. But *Prey* is now in the bona fide beloved category. You can't know going in that fans will love it, but you read that script and made a bet that it could be great. What was it that sold you and why do you think audiences have embraced it?

TROY MUNDLE: What sold me was the direction that they were going in. It's the completely fresh take on it. Number one, we're going back a couple of hundred years, so it's a period piece. And the guys had said that they wanted to put a couple of drops of Revenant-esque atmo-



Follow Troy Mundle on [Twitter](#) and [Instagram](#) and don't miss *An Amish Sin* on Lifetime, premiering Oct. 29.

sphere into it. So that all appealed to me because I'm a big fan of the *Revenant* as well, and the strong

female lead, Amber Midthunder. There was no way that I was going to pass this opportunity up.

INTERVIEW: TROY MUNDLE

RI: Your next project is *An Amish Sin*. Can you tell me about that?

TM: I play the father and the daughter is trying to escape the harsh and very stringent lifestyle that is Amish culture. And she goes to a neighboring town and she decides whether to explore a different lifestyle and then makes her decisions which one is best for her moving forward.

RI: Can I make a guess that your character is not cool with that?

TM: Well, the answer to that will be revealed on October 29.

RI: You've had a nice long career. You've enjoyed success on so many levels. Do you have a go-to piece of motivational advice or maybe something you turn to when you're approaching something big?

TM: I was actually going through a period of lack of motivation. I think it was the onset of COVID. I had just come off a pretty good year, and then COVID hit and the industry kind of closed down, and I got into a funk. And what I started doing is watching CrossFit videos, the big tournaments that they have. Watching what those athletes do and how they mentally prepare was very inspirational for me. So listen-

ing to their quotes, listening to how they train, it kind of gave me a bit of a pep to put in that extra work to work through my funk and it actually got me through early 2020 into 2021.

RI: So is it then observing people doing something at a high level that you'd want to emulate?

TM: Absolutely. And then watching inspirational movies and then

“I have always felt strongly about supporting veterans. We have become desensitized to seeing them homeless. We have to remember they had a life and need our help.”

researching the actors who have worked in those movies, and then understanding how much work and preparation they put to get to where they are, I find that also very inspirational as well.

RI: What's an inspirational movie that gets you going?

TM: I would say any Denzel Washington movie, any one of the

Brad Pitt movies. Denzel's got a lot of inspirational quotes if you research him. Those are my go-to guys and I'll listen to those quotes and I'll write them down somewhere and they'll be on my wall for a period of time. And then again, realizing how much work these people put into their craft in order to achieve the level of excellence that they're striving for really puts a little boost into me to push through whatever emotional state I may be in and to drive through to keep aiming for success or for betterment.

RI: Talk to me about being vulnerable. Acting doesn't seem like a profession you can do very well if you don't have the total courage to be completely vulnerable and let it all hang out. And if that's right, is there a lesson there for non-actors who could be reading this? Is there value

in being vulnerable in all areas of your life, pouring your whole self into it and just letting the chips fall where they may?

TM: I do agree with that. For actors, one of the major blocks is to allow yourself to be vulnerable in front of people, in front of the crew that you're filming with. Because some people are like, “Oh my goodness, how does my face look during

INTERVIEW: TROY MUNDLE

this shot? How does my voice sound?”

But when you're connected to a true emotion and you're allowing that to come out of you authentically, it gives the viewer an opportunity to connect with you. So if you're an actor and if you can't truthfully connect to the material, then the audience can't connect to you. It's just a basic fact. So by allowing yourself to be vulnerable, you are allowing the audience to go on that trip and experience those emotions with you. So that's why it's kind of hard to be vulnerable because a lot of people don't want to go down that route or maybe find it hard to do. As actors, we have to be vulnerable. It's kind of a job requirement, you have to be able to go to those places.

RI: You play hockey. What's a piece of fitness advice you could give to our readers?

TM: I guess just do it. You're not going to achieve your goals by sitting on the couch watching TV, hoping for them to happen. You've got to actively make those choices. And it's a combination of everything. It's a balance. It's a nutritional balance, it's a workout balance, it's a rest balance. Instead of setting this huge lofty goal at the start, you need to break it down. Have the goal, but make sure you have milestones so you can celebrate those little milestones when you get to them and realize

that it's a life change and not some quick fix. If you look at it as a life change, then you'll accept those steps forward that you make. And if you do take a step backward, it's not a big deal because it's a life change that you're trying to make as opposed to a crash diet. Sometimes people get out on them and they kind of fall off because they're not working as fast or as good as they want them to.

RI: What's your favorite healthy meal?

TM: I'm kind of lucky because I'm a very simple eater. I'm a very clean eater, and I never get bored of eating the same thing. So my breakfast has been the same breakfast

for three years: an ounce of oats, one banana, a couple blueberries, two full eggs, two egg whites, and blended spinach—a cup of spinach in just water and that'll be my breakfast.

RI: That's hardcore. You're not cooking the oats?

TM: Oats with just a hint of hot water to loosen them up a little bit.

RI: I saved my most important question for last. If we shipped you off to a deserted island, and you could only take the discography of one Canadian artist with you, who would it be? Rush? Gordon Lightfoot? Neil Young? Leonard Cohen? Nickelback?



Mundle played Spyclass in the HULU exclusive *Predator* prequel, *Prey*. Some fans did a double-take, but soon learned this was not, in fact, Ryan Reynolds. Click [HERE](#) to watch.

INTERVIEW: TROY MUNDLE

Who you got?

TM: Oh my goodness. It has to be Canadian?

RI: Yes. You're Canadian so you can only take one Canadian artist with you. But you get the whole discography.

TM: That's an extremely tough question to ask a metalhead, because my favorite band of all time is Metallica. I listen to those guys daily.

RI: I am a crazy Metallica super fan. We could go on for another few hours about that. But the confines of my question demand that you only take a Canadian artist with you.

TM: Okay. Fair enough. I will go with I, Mother Earth.

RI: You wrote and star in a short film called *My Name Is*. What's it about?

TM: Well, first off I do have to say that I was really impressed with the direction and support that the Robert Irvine Foundation is doing with veterans, first responders, and their families. I think that's really commendable because that is one of the things that I've been researching because it is a cause that I want to get behind myself.

My Name Is—that's going into the film festival circuit now. It's actually about a vet who's come back after serving in Afghanistan who is addicted to pain medication because of the wounds that he sustained in combat and once back Stateside, unfortunately, the pain medication addiction kind of spirals and it

leads to other things and he ends up homeless and on the street. So the film picks up while he's in group therapy and having challenges opening up to the rest of the group. And you see some of his previous

life through flashbacks and it's basically his struggle trying to get over his demons and then get his life back on track. Hopefully that will be somewhere online or somewhere in the next say, six to eight months.



INTERVIEW: TROY MUNDLE

THE TROY MUNDLE WORKOUT



A former competitive hockey player who played at the AAA provincial level in Canada and later parlayed that into work on The Tooth Fairy and Mark Messier's Lay's commercials, Mundle still trains like an athlete, using high-intensity short duration workouts to stay lean and strong. Sample below:

UPPER CIRCUIT x 3

Warm Up - Same as circuit, using light weight only

No rest is taken until full circuit is complete.

15 Incline Dumbbell Press

15 Incline Dumbbell Flyes

15 Dumbbell Bent Over Rows

15 Triceps Bench Dips

15 Dumbbell Curls

15 Front Raises (25 lb plate)

15 Side Bends (45 lb plate)

15 Push-ups (set 1)

Pushup Sets 2 and 3: 10-15 Plyo Pushups, add 5 more standard afterward)

REST

LOWER CIRCUIT x 3

No rest is taken until full circuit is complete

25 Sumo Squats with Front Raises

25 Dumbbell Stiff-Legged Deadlifts

25 Side-Step-Up Leg Lift (on aerobic step)

25 Fast Steps (on aerobic step)

15 Side-Single-Leg lunges (on aerobic step)

15 Dumbbell Curls

10 Burpees

15 Crunches

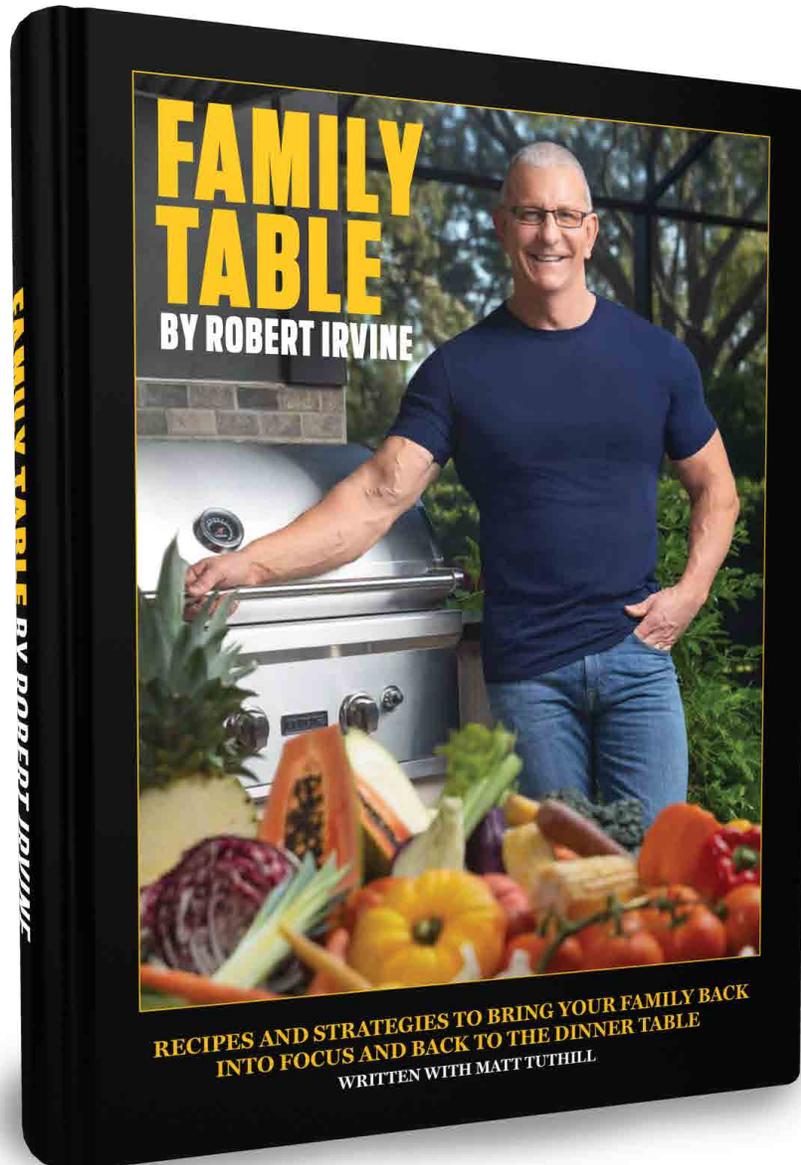
REST

Questions about how to do anything in this workout?

E-mail editor Matt Tuthill at matt@chefirvine.com

FAMILY TABLE

THE NEW COOKBOOK BY ROBERT IRVINE



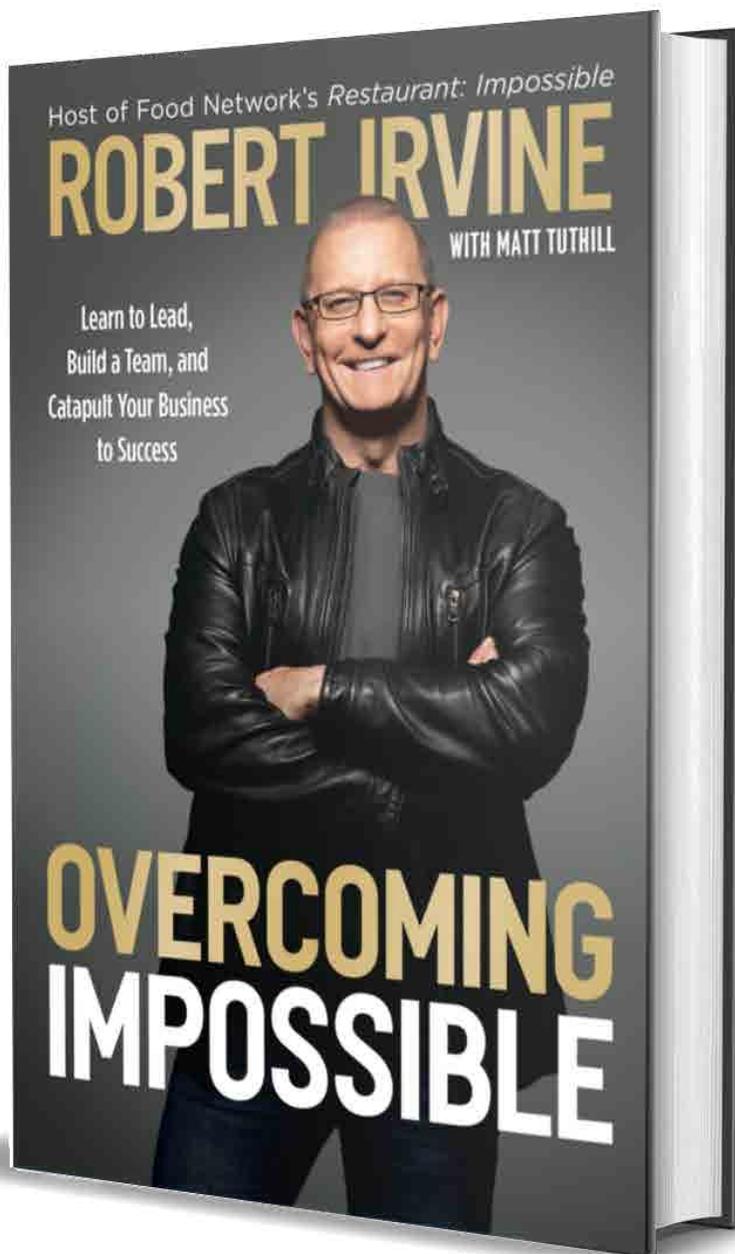
72 EASY-TO-MAKE FAMILY-STYLE RECIPES
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OVERCOMING IMPOSSIBLE

Robert's next big thing is finally here.



The cat is finally out of the bag. Pre-orders are now live for Robert's fifth book, and his first non-cook-book, which is a passion project in the truest sense. Robert has been saying for a while now that business and business leadership have surpassed the culinary arts as his number one passion in life. Over the past few years, he has sought to distill a lifetime's worth of lessons not only in building his own flourishing businesses, but in helping struggling restaurateurs save theirs, into *Overcoming Impossible: Learn to Lead, Build a Team, and Catapult Your Business to Success*. Filled with actionable advice for everyone from the CEO level down to aspiring entrepreneurs and every shade of manager in-between, *Overcoming Impossible* will teach you how to lead by example with empathy and surety to get the most out of your team and reach uncommon success. We'll share much more about the book in the next issue, so be sure to check back. In the meantime, you can pre-order the book [HERE](#) and watch Robert's announcement video [HERE](#).

ALUMNI SPOTLIGHT

KEEPING UP WITH THE RI MAG FAMILY

The latest news on our favorite interview subjects and contributors.

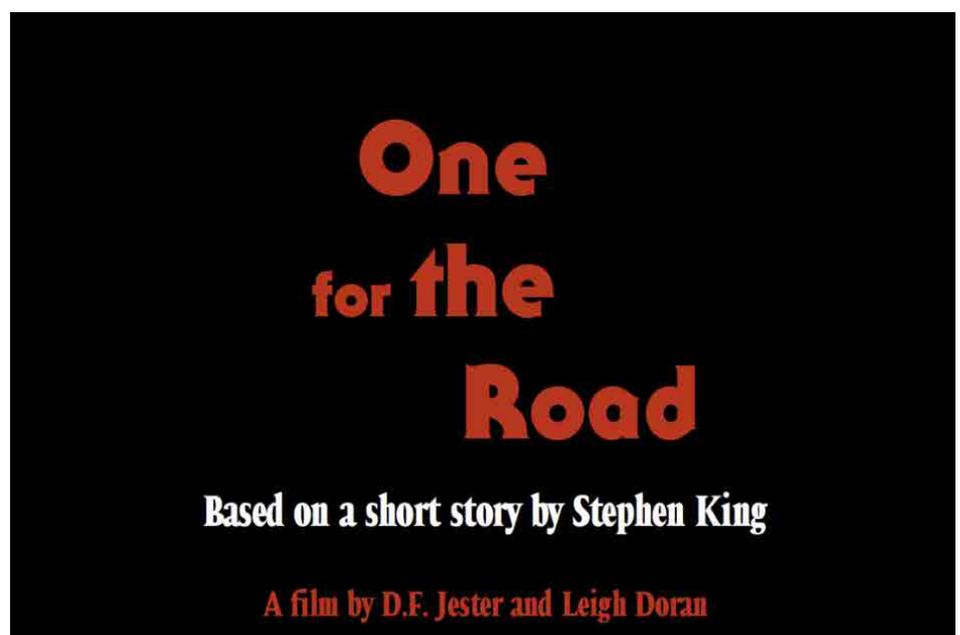


KATIE LINENDOLL

Linendoll has been extremely busy since the last time we checked in with her. One of the only Robert Irvine Magazine alumni to have appeared both as an interview subject (March 2017) and as a writer (she penned the Summer 2021 cover piece on Chase Rice), Linendoll's career as a recording artist has taken off thanks to her 2021 EP *Jericho Battle Cry* and a pair of singles in 2022: [Renaissance Lady](#) and [Miss Mary Mack](#). Click the links to watch the music videos on YouTube and be sure to follow Linendoll on [Spotify](#).

DAVID JESTER

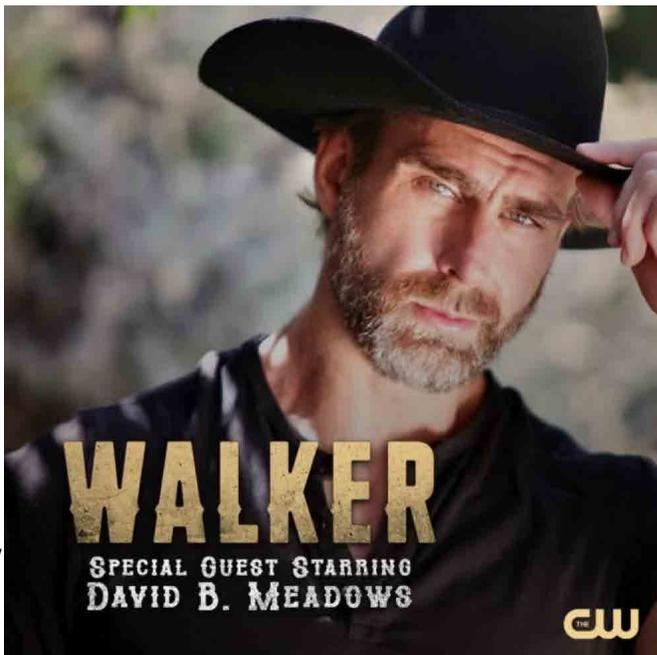
The author of our 2018 piece on Prolotherapy, Jester is unique multi-hyphenate: author-firefighter-paramedic and now: filmmaker. His latest project will be an adaptation of the Stephen King short story, *One For The Road*, which was part of his collection, *Night Shift*. A talented cast and crew has assembled to begin filming shortly. You can follow about this project and support it here at [Indiegogo](#).



ALUMNI SPOTLIGHT

KEEPING UP WITH THE RI MAG FAMILY

The latest news on our favorite interview subjects and contributors.



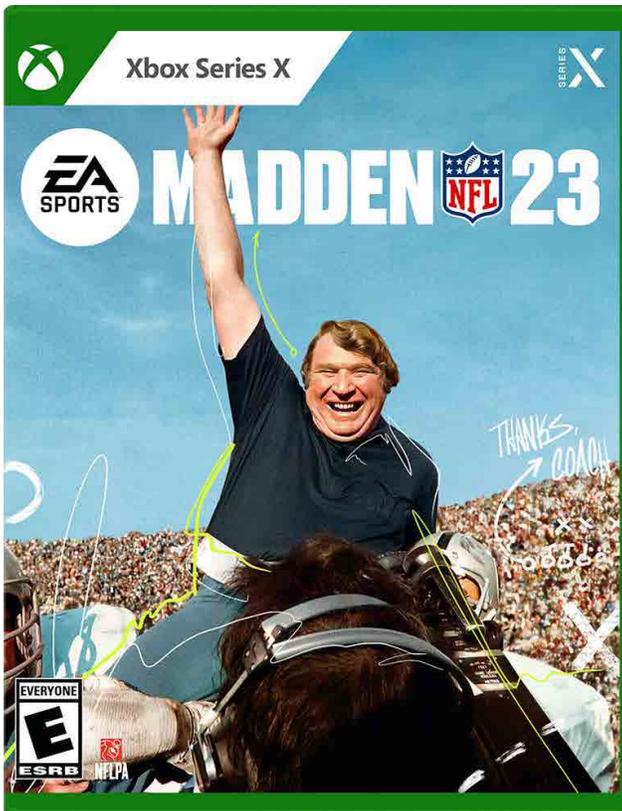
Courtesy CW
and Motion
Picture Pho-
tography

DAVID MEADOWS

There isn't much David Meadows can't do. The former Navy SEAL turned actor (*Captain Phillips*, *Banshee*, *TURN*) who we featured back in our Winter 2020 issue, recently landed a role on CW's *Walker*, bringing his special brand of imposing badassery to Episode 3 of Season 2, entitled "Sittin' on a Rainbow" where, as Marine Sergeant Cooper, he mentors a younger Walker in a series of flashbacks. You can watch that episode [HERE](#). Meadows is also producing an as-yet unannounced series that will deal with the world of crypto, and we'll have more news on that as it becomes available. In the meantime, here's to hoping there are more *Walker* flashbacks so we can see more of Sergeant Cooper.

BREATHING NEW LIFE

A couple of storied franchises get their best iterations yet.



MADDEN 23

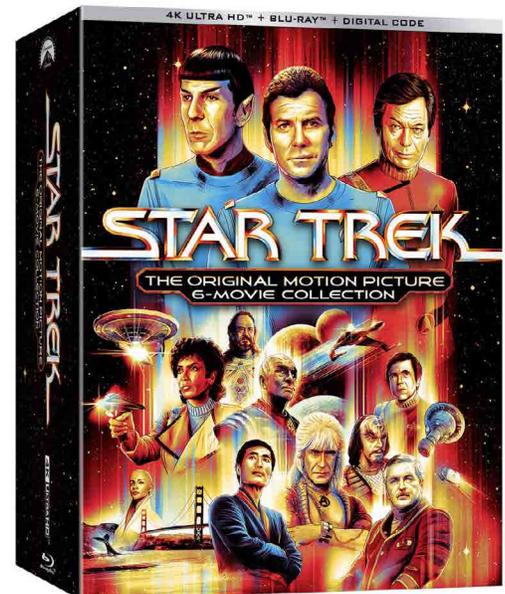
Whether you play every year or have been out of the game for a while, the first Madden edition to release after its namesake's death is a must-have. In addition to the customary incremental upgrades and tweaks to gameplay—which slowly but surely inches closer and closer to the real thing—Madden 23 gives you one of the all-time great video game openings, regardless of genre: You take control of one of two All-Time Madden teams, each coached by different versions of the man himself from separate eras, with rosters loaded with the players that made Madden gush on air. It's a surprisingly touching tribute to a man who revolutionized the game in every phase of his life: as a coach, broadcaster, and video game pioneer. There's not much left to say except the words that greet you on the title screen every time you load it up: "Thanks, Coach."

\$50, [Amazon](#)

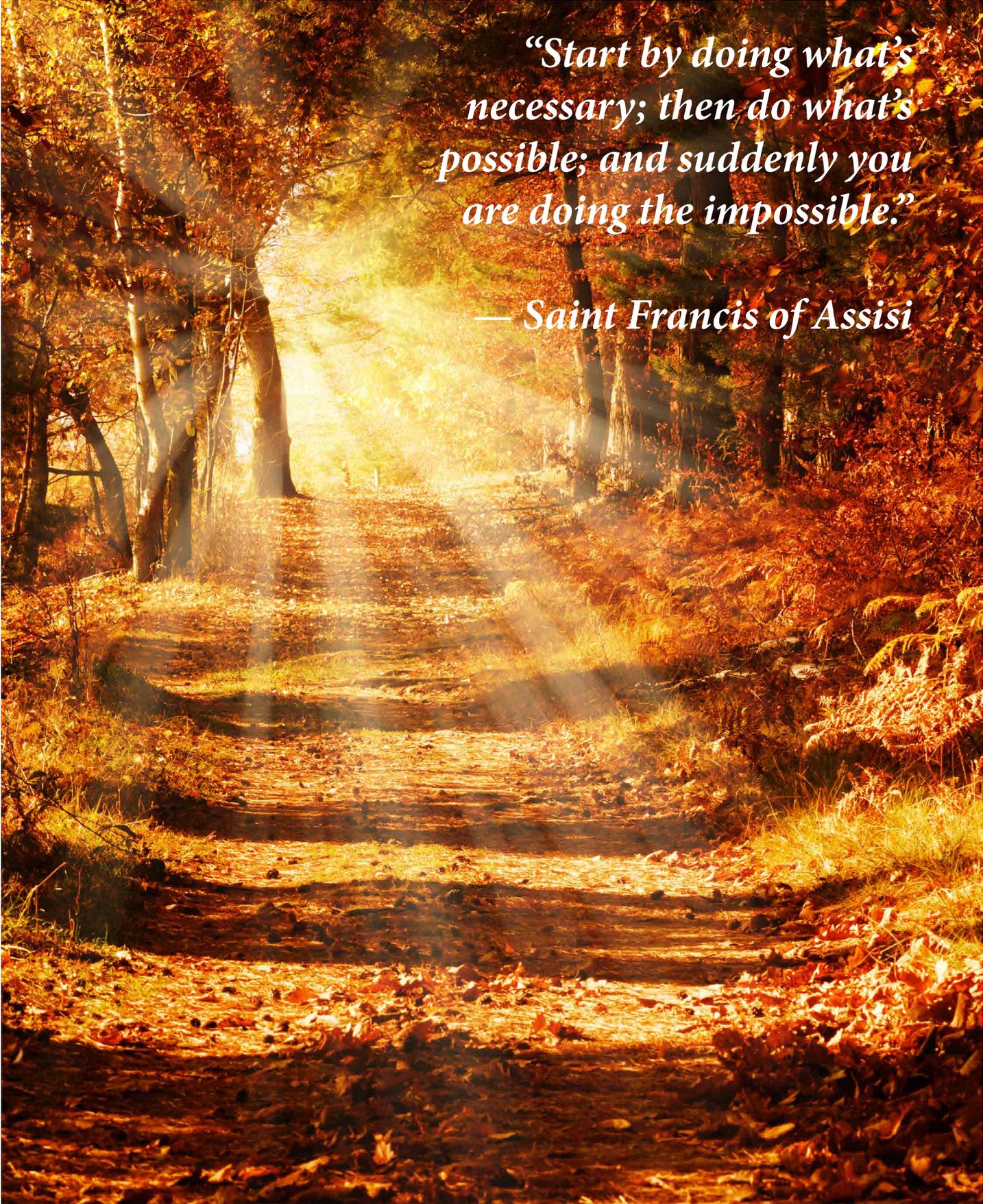
STAR TREK COLLECTION 4K

These movies have been bundled into so many different box sets and editions it's hard to keep track. Luckily there's no need anymore; the definitive 4K remasters have arrived in this handsome box set, with one clamshell case for the 4K discs and another for the standard Blu-rays. Digital codes for redemption on VUDU or iTunes are also included. Best of all, the Star Trek: The Motion Picture version included is Robert Wise's long-awaited definitive Director's Edition. Original Trek movie fans can look no further. Everything you ever wanted is all in one place.

\$96, [Amazon](#)



WORDS TO LIVE BY



*“Start by doing what’s
necessary; then do what’s
possible; and suddenly you
are doing the impossible.”*

— Saint Francis of Assisi