

THE MAN BEHIND THE 21 BEST LIFTS



Julien Greaux: The Next Action Hero

BY JOE PIETARO
PHOTOGRAPHY BY PER BERNAL

"It's perfect timing. We need a new face ... a new badass hero."

That can relate to any number of things, but in this case, it refers to our cover model's assessment of his plying his trade in a new venue—the silver screen. And he is working with some big names in the industry that have had more than their share of success in the action film genre.

"I'm getting ready to shoot my first movie with French director Julien Seri," Julien Greaux says. "It's called 'Parabellum' and we will be shooting it in Paris." Through this film, Greaux has had the opportunity to meet and speak with others and he hopes to use that as a bridge for future roles.

"I met Luc Besson [a French film writer, director and producer] and he is very impressed with my potential and is interested in working with me," added Greaux, who also mentioned that Besson's credentials include major titles such as "The Fifth Element," "Columbiana," "The Professional," "Taken" (1 & 2) and the "La Femme Nikita" television series.

Greaux is also headed to Japan to shoot a still yet unnamed action film and is co-starring in it with Japanese superstar Tak Sakaguchi. But perhaps one of the biggest pats on the back that he received resulted from a sit-down Greaux had with Rene Besson, who produced Jason Statham's action thriller, "The Mechanic."

"Besson believes that I have what it takes to be the next action hero," said Greaux.

The single father is training up to six hours per day to look the part(s) and has been utilizing a plethora of methods to maintain his conditioning. "I have been doing everything from heavy weight training to explosive lifts for the martial arts," said Greaux. "I also do a lot of cardio to make sure that I am in top shape. People have no idea how much work is involved to shoot even one fight scene."

To keep up his endurance level, Greaux finds himself doing at least two hours of cardio every day, whether it is in the form of jump rope, bicycle or step machine. "It doesn't matter," he said. "I just need to make sure that my lungs are like a V12 engine." With the action roles, Greaux also needs to be well versed in the martial arts and he practices up to 1,000 kicks a day.

Because a six-pack is a necessity, Greaux makes sure that he reaches a certain goal every day with his ab training. "I never do the same thing, but at the end I have to reach 500 reps. That's why I am in this type of shape."

With so much going for him, it is hard to be humble, and Greaux has taken notice of that and what separates him from the rest of the pack. "Without being arrogant, I know that I don't look like many other fitness guys because I train like a professional fighter," he said with full confidence. "They said, 'train hard to fight easy,' so people can throw whatever they want at me. I am ready 24/7."

By climbing the ladder in life, Greaux has also branded himself in his new clothing line. RUDE: Nothing But Trouble (www.teamrudeboy.com) is made for all extreme and contact sports such as mixed martial arts, football, motocross and skateboarding.

"The word 'rude' has many different meanings," Greaux explained, "but it's also an expression from the West Indies—being a rude boy. It's a cool, tough dude with an attitude. So the message is—don't mess with a rude boy!"



STYLING BY TRISH STELLA; CLOTHING FROM RUDE