# Tom Cruise's Fitness and Stunt Dedication: A Look into His Impressive Regimen



Tom Cruise, 61, is known for his dedication to fitness and performing his own stunts. He first gained widespread acclaim with the 1986 film "Top Gun" and has maintained an impressive physique ever since. Over a recent weekend in Majorca, Cruise was seen flaunting his shirtless physique, showing that he continues to prioritize his fitness.

Cruise engages in a diverse array of physical activities such as sea-kayaking, caving, fencing, rock climbing, hiking, jogging, and follows a five-day workout plan. His regimen includes three days of weight training and cardio and two days of activities like fencing. Exercises such as one-armed barbell presses, weighted lunges, and deadlifts are among his staples.

Diet also plays a crucial role in Cruise’s health. Instead of three main meals, he consumes 15 small snacks daily, focusing on antioxidant-rich foods like fruits, nuts, and vegetables while avoiding sugary snacks, processed foods, and carbohydrates. He has reportedly followed diets with as few as 1200 calories a day and includes foods like salmon, raw oats, and spinach, prepared by his personal chef.

In addition to his fitness and diet routines, Cruise is well-known for his commitment to performing his own stunts. For the latest "Mission Impossible" film, he completed 500 skydives and 13,000 motocross jumps to prepare for a dangerous motorbike cliff jump scene. Cruise often trains extensively to perfect his stunt work, including rock climbing for his role as Ethan Hunt.

Other notable figures who follow rigorous fitness regimes include Dolph Lundgren, who also follows a five-day training program, and singer Sting, who adheres to a strict macrobiotic diet.

Tom Cruise continues to exemplify a high level of dedication to maintaining his physical health and performing impressive stunts, showcasing a disciplined approach to both fitness and diet.