

Men's Health

The 50 Fittest Male Athletes in the World
See how the world's top competitors dominate the competition

By Adam Caparell | July 29, 2014

36. Antonio Douthit-Boyd



Credit: Alvin Ailey American Dance Theater's Antonio Douthit-Boyd. Photo by Andrew Eccles

Modern Dancing

The modern dance dynamo is definitely one of the fittest athletes on this list—and probably the most graceful. Starring for the prestigious Alvin Ailey Dance Theater company in New York City, Douthit-Boyd is built like an Adonis and performs like a god on stages across America. He incorporates lifting, swimming, yoga, and karate into his daily workouts, on top of spending hours practicing and perfecting his intricate dance routines.