

PACIFIC

magazine

JUNE 2008

the [**Body Issue**]

Body Language

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Hang AROUND

WITH THE TRX SUSPENSION TRAINER

BY REBECCA CHAPPELL

If you can spare 20 minutes a day, three days a week, you can pump yourself up one glistening, rock-hard body. Must be true – the voice on the TV commercial says so. And all this for only \$14 a month (for 37 years) plus shipping and handling and a little cursing when you can't decipher the assembly instructions.

Finally, there's a simpler, cheaper way to reach peak fitness. Just ask LaDainian Tomlinson. The Chargers superstar can probably afford more expensive equipment, but he frequently works out with an ultra-portable TRX Suspension Trainer, available for about \$200.

The efficient and versatile TRX is made of plastic handles attached to industrial-strength nylon straps, which hang by

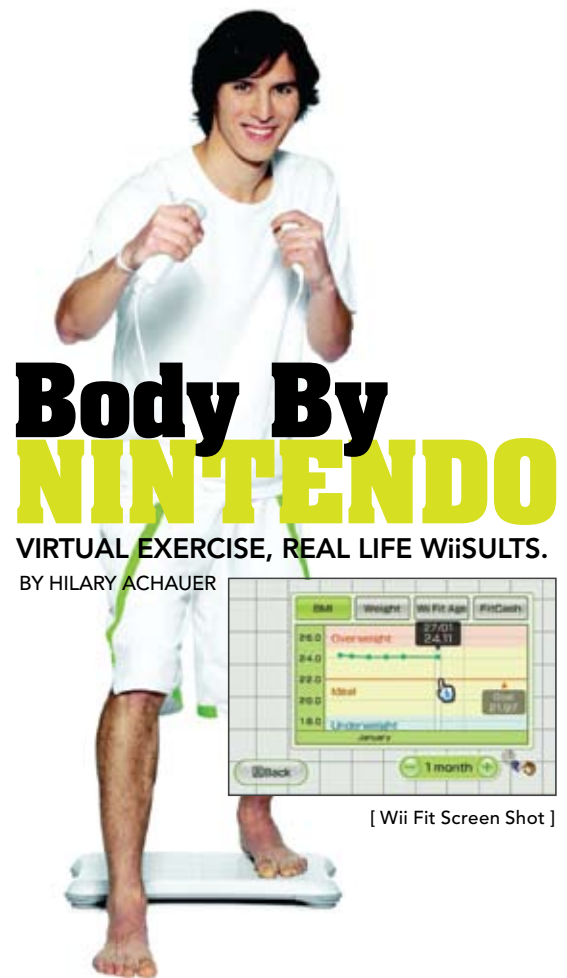
interchangeable anchors from a variety of overhead structures, including door frames, park equipment and trees. Developed by a Navy SEAL, TRX builds strength, balance and flexibility, creating resistance by harnessing the user's own bodyweight. Its simple design allows users to transition easily between hundreds of exercises that involve gripping the handles or hanging lower limbs through the straps.

"TRX is a form of bodyweight training," explains Todd Durkin, personal trainer and owner of Fitness Quest 10, a gym with two Scripps Ranch locations. "Since it's suspension training, it recruits a lot more of the smaller muscles that must remain stabilized while working the large muscles." TRX's efficacy in building core muscles,

improving range of motion and increasing strength makes it one of the primary tools Durkin uses to train Tomlinson and 30 other NFL players. "As football players, they get pounded on all the time," he says. "They love TRX because it's really challenging, but it's not hard on their joints."

Even Gunnar Peterson, personal trainer to the stars, employs TRX to tone up his A-list clientele, which includes Gwen Stefani, Angelina Jolie and David Beckham. So if you want to bend it like Posh's husband, consider strapping on a TRX – hang it by the TV so you can watch Bowflex commercials for inspiration.

TRX: fitnessanywhere.com
Fitness Quest 10: 858.271.1171
fitnessquest10.com



Body By NINTENDO

VIRTUAL EXERCISE, REAL LIFE WII SULTS.

BY HILARY ACHAUER



[Wii Fit Screen Shot]

Think all video gamers are overweight and out of shape? Nintendo is trying to change that with Wii Fit, a new product unveiled on May 21 that turns your Wii into a personal trainer. An accessory to the incredibly popular gaming system, the Wii Fit comes with a disk and a balance board about the size of a bathroom scale. The board not only measures your weight and Body Mass Index (BMI), but also shows you your exact center of balance.

"It's a great way to insert a fitness routine into your day," says Andrew Urbanek, owner of Games On video game store in Pacific Beach. "Wii Fit really brings your weight and fitness to the forefront of your mind. It becomes a game to watch how your weight fluctuates and to see what you can do to drop a few pounds."

The disk comes with four main categories of games: strength training, aerobics, yoga and balance games. Jump on the balance board to practice slalom skiing, join a soccer game and head or kick balls that come your way, do pushups while the board tells you if you're leaning to one side, or swing a virtual hula hoop along with the computer-generated people on the screen. You can also run in place, while the Wii Fit acts as a pedometer and tracks your progress.

» Wii and Wii FIT are available at GAMES ON, 953 Garnet Ave., 858.272.4212. gameson.us