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Men's Journal

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Peak Performance

THE 100 BEST TRAINERS IN AMERICA

For the first time ever: the definitive list of America's top fitness gurus. Plus, our trainer dream team designs a weeklong program of personal training sessions just for you. **BY STEVE STEINBERG**

**Men's Journal
Readers Poll**

If money were no object, who would you prefer to work out with?

top personal trainer 51%

My wife/girlfriend	19%
A friend	16%
Myself	14%

If you've ever tried to pick a trainer, you know that there is no Zagat guide that tells you which ones are the very best. That is, until now. This summer *Men's Journal* polled 11,000 certified trainers in the 20 largest cities in the country. After we tallied the votes, we got off almost a thousand phone calls and e-mails to researchers, fitness

directors, gym managers, doctors, and physical therapists to double- and triple-check the nominees. Even then we weren't quite done. After finalizing the first definitive list of America's best trainers, we asked them to craft a regimen specifically for MJ readers. The result? On the next eight pages the best trainers in the country will accompany you to the gym. For free. >>>>

NEW YORK CITY

Rich Barretta *the Gym*
212-889-3003 A former bodybuilder who specializes in everything from hard-core conditioning to body sculpting.

Scott Berlinger *Chelsea Piers*
212-336-6000 Believes the mental aspects of training are as important as the physical.

Mark DiMuzio *the Sports Club/L.A. — New York*
212-355-5100 A leading advocate of the philosophy that diet, sleep, and stress relief matter just as much as heavy weight and rep count.

Mike Gostigian *Olympian Fitness* 212-560-7114 A former Olympic pentathlete, he preps clients for goals such as a marathon or a starring role in a big-budget action flick.

David Kirsch *Madison Square Club* 212-683-1836 Combines strength training, conditioning, nutrition, and a neo-Zen approach.

Pat Manocchia See p. 66

PHILADELPHIA

Jim Hart See p. 73

Pete Mattis *Sweat Gym*
267-251-3701 Designs programs integrating yoga, martial arts, weights — and trampolines.

Roger Schwab *Main Line Health and Fitness, Bryn Mawr, PA* 610-527-2200 Doctors love Schwab for his dedication to rehabilitation.

PHOENIX

Eric Bell *New Body Personal Training* 602-703-9007 Stresses active recovery, in which clients do a quick calisthenic or cardio exercise after sets.

Bob Lutfy *Independent, Scottsdale, AZ*
602-421-4760 A bodybuilder, Lutfy keeps it simple: lots of weights.

J.R. Rosania See p. 63

Dean Shallberg *Fitness West*
602-321-8984 Makes nutrition the cornerstone of every client's program.

Mark Verstegen *Athletes' Performance, Tempe, AZ* 480-449-9000 Nomar's trainer offers one-week Core Performance training programs to the public at his elite training center.

PITTSBURGH

Robert Fitzpatrick *the Rivers Club* 412-391-5227 The Steelers recently hired him to improve the running mechanics of their players.

Friday

Wrap up the week with an exclusive version of the radical full-body workout of the moment and a famously effective speed, agility, and quickness drill.



1A MANMAKER

For this four-part exercise, start in a push-up position with your hands gripping the handles of two kettle bells and do one full push-up. Then...

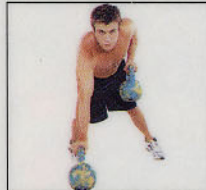
Strength/Flexibility 40 MINUTES



ANTHONY DILUGLIO

"You can't cheat this," says Anthony DiLuglio holding up a kettle bell, the suddenly trendy iron bowling-ball-with-a-handle that Russians have used to stay fit for

100 years. The explosive exercises done with these things demand strength, endurance, flexibility — indeed, everything you need to be in top shape. And DiLuglio, as owner of the nation's top kettle bell gym, is the guy to show you how to jump on the bandwagon without killing yourself. Pick up a set of bells (\$199 for two 44-lb bells; dragondoor.com) and do each of these exercises for two minutes, using the slingshot (see next page) in between as rest. Do three full circuits. (Punch! Gym, Providence, RI; 401-621-7474)



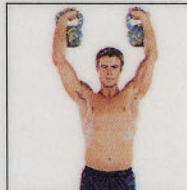
1B MANMAKER 2

...do a row with your right hand by lifting the kettle bell off the floor while keeping your body straight. Return the bell to the floor. Do a push-up; then do a left-handed row. Then...



1C MANMAKER 3

...with your hands still holding the kettle bells, jump to your feet so you're in a squatting position with the bells at your feet. Next, clean both kettle bells to your shoulders. Finally...



1D MANMAKER 4

...military-press both kettle bells. Return them to your shoulders and do a squat. Then lower the bells to the floor and drop into the starting push-up position. Repeat.