

Women's Sports Fitness

the
perfect
10 moves for
your abs,
arms,
back, butt
and legs

Workout
for the
Worn-out

Resolutions
Don't Work
(Find out what
does on page 82)

Extreme
Women
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push their luck

the new
body
ideal

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TOP 10 LIST

the exercisers

Molding your body isn't enough. Today's fitness gurus want to whip your soul into shape too. You follow?

1 Bryan Kest This Santa Monica, California, yoga-meister (he's the one in the back—shirtless, of course—pulling his disciple's shoulders into position) wants you to do in class as you do in church: "Practice acceptance without judgment." (It's his version of the eleventh commandment.) In other words, don't hate yourself if you can't pull off a perfect prayer-balancing twist. And don't compete with celeb clients like Jodie Foster: It's a sin.

2 Chris Imbo This New York City-based trainer claims his 10-week fitness program (complete with meal plans and at least seven hours of training a week) can guide you to an "awakening," wherein you derive bliss from being fit. But you'd better be committed: Miss more than five days and you risk excommunication. It also helps to be rich: His fee starts at \$10,000.



6 Ken "Tesh" Scott This yoga instructor counsels his disciples, who include Demi Moore and Woody Harrelson, to "open up their spine organs intuitively. That brings joy." The trick: actually *finding* your spinal organ.



Gabrielle Roth "God is the dance," insists this New Age movement instructor and author of *Sweat Your Prayers*. Her "trance dancing" workshops teach followers to express emotions through bodily movements designed to "free the soul." We're guessing that moshing at a Beastie Boys concert doesn't have quite the same effect.



7 Ange Buckingham "You may not go to church, but your spirit needs satisfaction," says this gospel aerobics instructor at Hollywood's Crunch gym. Is that why she teaches only on Sundays?



8 Ray Kybartas Madonna's trainer and the author of *Fitness Is Religion: Keep the Faith* emphasizes outdoor workouts—soft-sand running, paddleboarding—because "they can calm the mind and help you get to a spiritual place" (not to mention really, really tan).

4 Johnny G Before leading a class at Mad Dogg Athletics, his Los Angeles headquarters, Spinning's inventor lights votive candles and runs his hands through a bowl of rice. "It's all about ritual," he explains. It also adds a hell of a lot of mystique to pedaling nowhere on a stationary bike.



9 Janet Fitzgerald "Pain instructs," preaches Hollywood's hottest Spinning instructor, who is famous for her jam-packed sweatathons at Todd Tramp's in West Hollywood. Students there are reportedly so moved by her words that they actually weep. Fitzgerald is planning to open her own gym and name it—what else?—Body & Soul.

Paul Virtue This New York City-based trainer's hard-core workouts are steeped in monklife asceticism. Quitting is forbidden, "no matter how much discomfort you feel." Six hundred to 1,000 postworkout crunches are also mandatory. What's next, a vow of celibacy?



10 Isabel Lorca This L.A. personal trainer assesses a prospective client's overall energy before agreeing to work out one-on-one. Apparently Lisa Marie Presley and Brad Pitt put out the proper vibes required to join her order: They pay Lorca \$150 a session to break a sweat doing everything from sport-specific training to ballet.

