

Short Circuits

The Hollywood trainer who chisels leading men shares his secret fitness plan

No one is ever completely satisfied with the way he looks. My clients include men who are A-list celebrities, guys who are famous for their fitness. But even men like that will always view their bodies as works in progress, and they'll always be struggling to find time to exercise. That's why they keep coming back to me: I've put together a one-hour circuit-training program that attacks the entire body. (There's nothing I ask of my clients that I don't do myself; I am my own guinea pig.) The problem with most gyms, in my opinion, is that people find them boring. There's too much standing around. By combining strength training and cardio in a single workout, you kill two birds with one stone. You also move around the gym with purpose, so your heart rate doesn't drop much; at times it will probably feel as high as an SAT score. For this workout, I typically create three weight-centric stations that target three separate muscle groups. After I've done a few sets at a given station—doing pull-ups, plyometrics, and curls, for instance—I'll use a cardio machine for two minutes. Compared with the grind that preceded it, being on the treadmill feels like a vacation. And even though you're buying yourself a moment of rest, you're still working, which is the definition of active recovery. If you integrate this hour-long plan into your weekly fitness routine (go to BestLifeOnline.com/gunnar for complete descriptions), you'll be fired up about your body. AS TOLD TO JOEL WEBER



Gunnar Peterson, 46, owns a 5,000-square-foot gym in Los Angeles, where he trains Hugh Jackman, Bruce Willis, and Jennifer Lopez, among other high-profile clients.

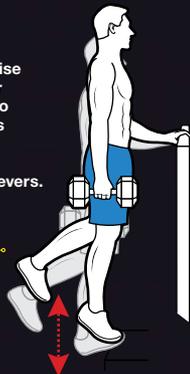


PICK ME UP
Welcome to no-wait training.

STATION A Legs and Shoulders

Do 8 to 12 reps of each exercise for one circuit; complete four circuits. Before proceeding to Station B, spend two minutes on an Airdyne bike, a type of stationary bicycle with a fan wheel and moving hand levers.

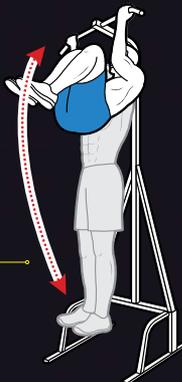
- 1 | Squats
- 2 | Calf Raises
- 3 | Medicine-Ball Chops
- 4 | Rear Deltoid Machine
- 5 | Sit-ups
- 6 | Stair Climbing



STATION B Back and Biceps

Do 8 to 12 reps of each exercise for one circuit; complete three circuits. Before proceeding to Station C, jog on a treadmill for two minutes. Set the incline to 2 percent and maintain a pace of 3 to 4 miles per hour.

- 1 | Gorilla Pull-ups
- 2 | Vertimax Jumps
- 3 | Fat-Bar Curls
- 4 | Crossrobics



STATION C Chest and Triceps

Do 8 to 12 reps of each exercise for one circuit; complete three circuits. Then punch a heavy bag for two minutes, stretch, and take a shower.

- 1 | Standing Cable Fly
- 2 | Standing Cable Press
- 3 | Standing Triceps Extensions
- 4 | Wood Chops
- 5 | Barbell Push Press



Get Lean Fast!

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