

## BOSU BALANCE TRAINER

The medicine ball is so last year. The new kid on the block is the BOSU Balance Trainer. BOSU is an acronym for “both sides up”; the device also is affectionately referred to as a “doughnut” among workout junkies. On one side, the BOSU features a dome similar to a traditional medicine ball, but the other side forms a solid platform. It can be used with the platform side either up or down to improve balance through different body positions.

While the BOSU is only now gaining widespread acceptance among fitness enthusiasts, professional athletes have been using it for years. It is especially helpful in strengthening the core muscles of the body — those hard-to-tone areas around the abdomen and back. National Football League players and members of the U.S. Ski Team and the U.S. Snowboard Team count the BOSU among their workout tools.

“The BOSU Balance Trainer is a great tool for professional athletes,” says Chicago Bears linebacker and former UCLA football standout Brendan Ayanbadejo. “It has definitely benefited me by helping to strengthen and stabilize my core and

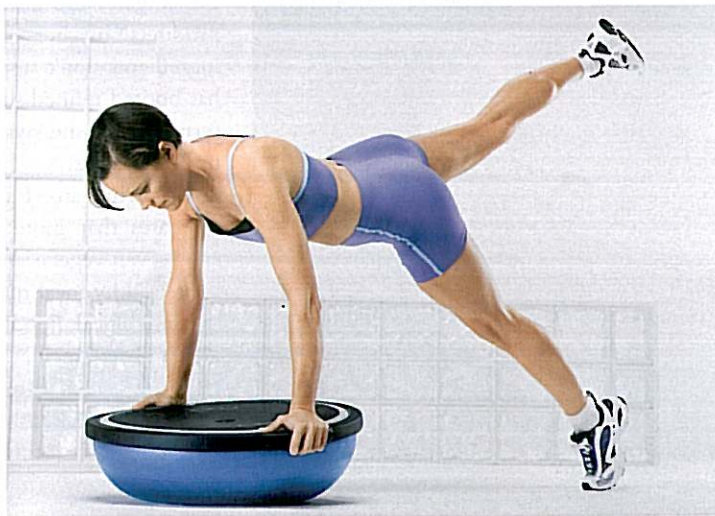
improve my balance, which are so important while performing on the field.”

Balance and stabilization training challenge the body when a pose is maintained; the muscles on each side of the joint begin to contract in order to steady themselves. The contractions that the muscles undergo increase strength and coordination and trim and tone the entire body. The BOSU provides a great workout because balance and muscle contraction play important roles in every type of movement.

The BOSU is available in two sizes, 45 cm and 55 cm, and offers a variety of configuration and stance options that can be

incorporated into numerous types of fitness training, such as sports conditioning and cardiovascular, flexibility and core training. Because of its manageable size and portability, the BOSU Balance Trainer is ideal for people on the go. —TTW

For more information or to order a BOSU Balance Trainer, visit [www.bosu.com](http://www.bosu.com). The 45 cm BOSU retails for \$59.95; the 55 cm BOSU retails for \$79.95. The BOSU Home Balance Trainer kit costs \$99.95 and includes a DVD or VHS workout.



## TRAINING DAYS

Tony Marino has a hard and fast policy for deciding which clients to take on and which to recommend to other trainers. “I only work with highly motivated people,” he explains unapologetically. “I’m looking for people who really want to make a change.” He says he interviews between three and four prospective clients per week, the majority of whom he farms out to other trainers whom he feels will better serve the clients and their goals. He admits that many potential clients are reluctant to adhere to his strict doctrine of personal discipline and obedience. “The only reason we become obese is because we choose not to be obedient to what is in our best interest. I can take someone — and as long as they are dedicated and committed — I can change their entire physique in 90 days.”

Marino’s credentials are impressive enough to support his confidence. He got his initial fitness training in the U.S. Army, where he completed a four-month Master Fitness Trainer program grounded in kinesiology, biomechanics, anatomy and physiology. After leaving the military and settling down in Los Angeles, Marino trained basketball coach Larry Brown and consulted for the Los Angeles Clippers. He followed Brown to Indiana and worked as a strength and conditioning coach for the Indiana Pacers before eventually moving back to Los Angeles.

In addition to training private individuals looking to improve their health and fitness, Marino has consulted with professional athletes and is involved in the development of a celebrity-golfing television series on which he will provide golf-related fitness tips. He trains clients in their own homes (and consults with many of them to help build top-notch home gyms), as well as in several local fitness clubs, with Elio’s Fitness for Success, an exclusive workout facility favored by personal trainers, as his primary stomping ground. He also works with clients on nutrition, emphasizing the higher-protein, lower-carbohydrate diet popular with so many fitness buffs.

As tough as his policies are, though, Marino is an exceptionally motivational presence on the workout floor. He is quick to praise when a particular exercise is going well and equally quick to step in with encouragement and specific instructions if things are getting off track. His services don’t come cheap (he charges \$125 per hour in the gym and \$200 per hour in clients’ homes), but for the person ready and willing to work hard on health, fitness and appearance goals, Marino is the one to call. —TTW

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