



Total Gym delivers plenty of grunt

DEFYING GRAVITY

Functional training systems for the time-poor gym-goer

If you've ever found yourself in a motel room just off The Strip watching infomercials at four in the morning while crying into a tub of Häagen-Dazs, chances are you probably stumbled across a certain ad. It features Chuck Norris sweating through his ginger beard onto a cumbersome piece of moving metal called the Total Gym (apparently there's also a less-aggressive version featuring Christie Brinkley trying not to mess up her blow dry).

While the Total Gym has been a resounding success in the States, most UK homeowners don't have room for a variable inclined plane in a 500sq ft North London flat. And so the brains behind Chuck's *raison d'être* have introduced the Gravity Training System to the UK, a gym-based class that uses a souped-up version of the Total Gym to work every muscle in the body in an efficient 60-minute session.

Versatile enough for everything from

explosive plyometrics to controlled Pilates-style movements (and for beginners as much as gym rats), the GTS's true selling point is in the simple fact that it's truly time-efficient.

Where personal training sessions are largely made up of wasted minutes moving from one piece of kit to another, modifying settings and gossiping about what you did at the weekend, the GTS allows you to switch from a squat into bicep curl in one fluid, uninterrupted movement.

It's also a 'complete' workout inasmuch as it works strength, flexibility, coordination and balance in a way that prepares you for 'real world' tasks (as opposed to spending your afternoon on a bench press working those disco tits just for the hell of it). *Classes are available at selected Virgin Active and Nuffield Health Clubs; visit gravityuk.net for a complete list of participating gyms*

33.3%
Percentage of sleep-deprived men in the UK, according to research by Loughborough University's Sleep Research Centre.

FITNESS FAD THE SKORCHER

What is it? A toning machine offering 'the world's best butt exercise' by way of suggestive hip-thrusting exercises. Looking like a cross between a leg extension and a Pilates barrel, the machine comes in three different models - Standard, Xtreme and Pro - depending on how scorched you like your ass.

What does it to? It's '300% more effective' than traditional squats, deadlifts and lunges. The Skorchers target and sculpts glutes and thighs to make your 'maximus, mdeius and minimus the sexiest' (sic). Or you could just use a Swiss ball and a mat.

Who does it? Reportedly used by J.Lo post-twins (natch) and Daniel Radcliffe in the run up to his nude scene in *Equus*. The founder managed to sneak several Skorchers into the swag suite at the Tony Awards, making it an instant hit with Hollywood's magnificent asses.

Where can I do it? Being a 'gym replacer', you'll have to shell out up to \$2000 (around £1,350) for one of these babies. Or you could just pop round to J.Lo's. skorchers.martzonline.com

