

# ALL THE RIGHT GROOVES

Run, don't walk! There are diverse new ways to break a sweat and power past our plateaus. By Andrew C. Stone



A BOLLY OLD TIME

We're looking to Bollywood for the next-level, high-intensity, cardio-dance experience: BollyX ([bollyx.com](http://bollyx.com)). These 50-minute classes bring the engaging choreography of Bollywood together with bass-heavy beats. According to cofounder and president Minal Mehta: "BollyX resonates with class participants so strongly for two reasons. First, the workout, which incorporates interval training, is challenging and effective, burning 500 to 800 calories. Second, the combination of the Bollywood music and dance moves makes participants feel very bad-ass." BollyX classes are taking place in many U.S. cities, with more on the way—and if your area is still without, trainer certification can be applied for online.



Instant relief! Mission Athletecare's EnduraCool Instant Cooling Towel (\$15, [missionathletecare.com](http://missionathletecare.com)) cools to 30 degrees below body temperature in under 60 seconds when wet, wrung, and snapped in the air.

When it comes to looking like a knockout, Danny Musico, a top celeb trainer and the former World Super Middleweight boxing champion, always knows the latest and greatest.

→ "The **Cybox Bravo**—one of the finest fitness machines in the world, allowing you to easily transition between and perform a large number of exercises."

→ "From **Rage Fitness** comes the R1 Speed Rope (\$30), the fastest jump rope in the world. This is the rope you'll find me using every day."

→ "I've gotten into **Barney Butter**, an all-natural almond butter, in place of peanut butter. It's a clean source of protein that tastes amazing."

→ "Formulated by world-renowned nutritionists, **Zing Bars** are an ideal nutrition bar that includes healthy proteins, carbs, and fats—without anything artificial or unnecessarily fattening."

## RUNWAY-READY LEGS

Becca Pace, a master trainer at Equinox Fitness in New York, shares her tips for top-model gams and perfect posterior.

### BECCA, WHAT'S THE KEY TO RUNWAY-READY LEGS?

Mix things up and put in the time. I teach the ballet-influenced Barre Burn class—all about repetition yet can be switched up with different rhythms and ranges of motion.

### DO YOU GET MOSTLY FEMALES IN THAT CLASS?

The core audience is female, though it's very beneficial for men because it is all about balance and flexibility.

### HOW KEY IS FLEXIBILITY TO GETTING THE RESULTS WE'RE ALL AFTER?

It's so key. I also teach Deep Extreme, which was developed by a panel of great trainers and moves your body through the various planes of motion. You start sweating 10 minutes in, and don't stop until the class is through.

## FEEL THE BEET

We're hearing a lot about the energizing power of beet juice—unparalleled at boosting blood nitrate levels, which provides much-needed oxygen to taxed muscles during exercise. Beet Performer ([beetperformer.com](http://beetperformer.com)) delivers the benefits of 100 percent beet juice without added sugar, color, preservatives, or flavors. You'll notice a marked reduction in fatigue and inflammation. Worry not—this is not a drink-your-veggies chore. It tastes totally refreshing and cooling. You'll be hooked before you know it!

