

100 BEST TRAINERS IN AMERICA
PLUS OUR DREAM TEAM GIVES YOU THE ULTIMATE WORKOUT

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Armstrong**
Athlete of the Year

Heidi Klum
Woman of
the Decade

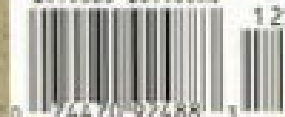
Tom Brokaw
Voice of
a Generation

**Tom
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The MJ Interview

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DECEMBER 2004

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100 BEST TRAINERS IN AMERICA

Peak Performance

100 best trainers

Monday

It's as if America's nine best trainers took you on as a client all at once. The first session: a combo of state-of-the-art upper-body and cardio drills. What are you waiting for? These guys are on the clock, you know.

Core Exercises 15-20 MINUTES



EVERETT AABERG

Everett Aaberg has mentored most of Dallas's top trainers, disseminated his expertise through books, videos, and lectures, and cofounded one of Texas's finest workout facilities, complete with outdoor pool and volleyball courts. Why, then, does he insist on maintaining a 45-hour-a-week personal training schedule? "Because it's my

passion, and because it's the only way to put exercise theory to the test," says Aaberg. Follow his patented core program (look: no boring crunches) and reap the research and development. Start by doing 2 sets of 12 to 15 reps of the following exercises with light weight. Gradually work up to 4 sets of 8 to 10 reps with heavier weights. (Texas Performance Center; 972-386-2582)



1 TRUNK ROTATION WITH PUSH

Grasp the upper pulley handle and step with your opposite leg into a lunge, keeping your back leg straight and your trunk leaning forward. With your head straight, rotate your trunk and press the handle down, keeping your elbow bent and pointed out. Do sets with each arm.



2 DUMBBELL HIP EXTENSION

While standing with a light dumbbell in each hand, lift one knee in front of you. Slowly begin to lower your leg and extend it straight back while leaning your upper body forward. Hold for a beat and slowly reverse the move to complete the rep. Do sets with each leg.



3 TRUNK ROTATION WITH PULL

Similar to exercise 1, but this time you'll be using a low pulley and pulling the handle out and up.

4 OVERHEAD PRESS

Raise your right foot to your rear. With a dumbbell, do a shoulder press with left arm. Do sets with each arm.

ATLANTA

Scott Hilburn *the Forum*
678-904-1940 Trains Olympic athletes and regular guys with fast, intense strength workouts.

Brad Hodgson *Peachtree Center Athletic Club*
404-523-3833 Emphasizes flexibility to transform the body from the core out.

Andrew Johnston *Independent*
404-431-2287 Focuses on posture and performance.

Paul Rodgers *10 Fitness*
404-869-8003 Uses full-body movements using cables for more traditional exercises.

Todd Townes *Independent, Alpharetta, GA*
678-467-0540 A golf specialist, he teaches flexibility and core stabilization.

BOSTON

Mike Boyle *Mike Boyle's Strength & Conditioning, Winchester, MA*
781-729-1333 The Hub's choice for sport-specific training

Anthony DiLuglio
Providence, RI See p. 68

Hank Drought *Personal Trainers Strength & Conditioning Consulting*
617-375-6911 Excels at injury rehab, power lifting, and plyometric training.

Roberta Lenard *Lenard Fitness*
617-666-1196 Specializes in keeping clients' muscles in balance.

Michael Wood *North Attleboro, MA*
See p. 72

CHICAGO

Mark Cibrario *the Trainer's Club, Northbrook, IL*
847-562-1611 So good at functional training that other trainers seek him out for advice.

CC Cunningham *Perform Dubance, Evanston, IL*
847-288-3870 Cunningham's expertise: prepping adventure travelers for their next extreme vacations.

Clint Phillips *Fit Chicago*
312-371-6107 Uses unorthodox techniques, such as having you push his car, to keep workouts varied and fun.

Michael Sena *Energy Training Center*
312-965-4506 Shows how to fit good nutrition and strength training into even the most hectic lifestyle.

Michael J. Sokol *One-On-One Fitness*
312-642-4235 A former tax lawyer, he focuses on creating doable,

Chest/Back/Shoulders 25 MINUTES



TODD DURKIN

— and even the kind of exercise — in the middle of a set. Start with the heaviest weight that lets you get through all of the following movements comfortably. (Fitness Quest 10; 858-277-1171)

You won't find many of Todd Durkin's clients at Fitness Quest 10 in San Diego doing textbook exercises, which, Durkin says, "turn off the nervous system." His job is to turn it on — and once it's on, he cranks it all the way to 11. Durkin, who was a leading association's 2004 personal trainer of the year, uses physio balls, steps, and strange positions to morph standard exercises into multimuscle tests of strength, balance, and joint stability. You'll note he's also big on switching weights

1 STANDING ARNOLD SHOULDER PRESS

With dumbbells at your shoulders, palms in, do an overhead press, rotating your wrists as you push so that your palms are facing away from you at the top of the movement. Do 8 reps; immediately drop 5-10 lbs and do 8 more. Do 3 8+8 drop sets.

