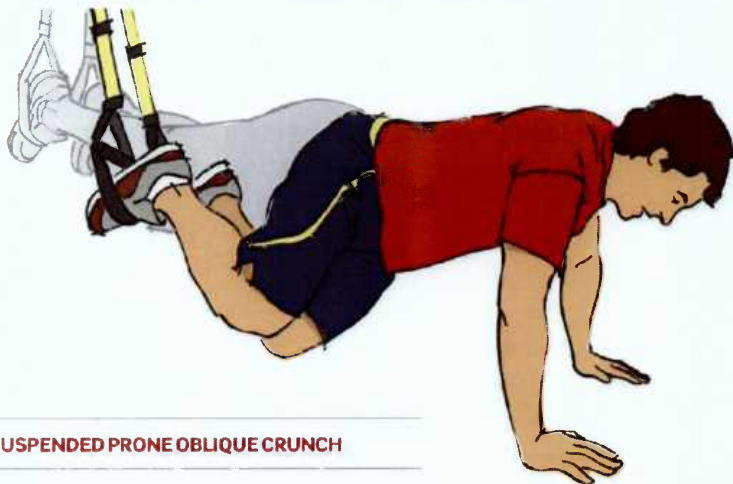


REACH YOUR PEAK • FITNESS [STEEPS]

Workouts Suspended

Steeps demand balance and rotational stability, which come from your easy-to-overlook obliques. Target yours with suspension training, and give your standard core workout a twist.



SUSPENDED PRONE OBLIQUE CRUNCH

To target the internal and external obliques crucial for stability on the steeps, Hess recommends the suspended prone oblique crunch. Adjust the TRX straps so the handle loops are eight to 10 inches above the floor. Kneel in front of the straps, facing away from them, and slip your toes through the loops. Walk your hands forward until you're in a plank position, with your feet suspended, your body parallel to the floor and your hands directly under your shoulders. Keeping your upper back flat and without twisting your shoulders, slowly pull both knees toward your right elbow. Return to the starting position, then pull your knees toward your left elbow. Continue crunching, alternating sides, for 30 seconds, then rest for 30. Do two to three sets.

GEAR

Forza Fitness in downtown Denver is brimming with fancy, state-of-the-art workout machines. But who needs them? Gym owner Steve Hess, who is also the Denver Nuggets' strength and conditioning coach, uses an inconspicuous pair of webbing straps called TRX to train his clients—Nuggets point guard Chauncey Billups and recreational skiers alike. Known as suspension training, the body-weight, multiplanar exercises performed with the TRX improve functional strength, flexibility, power and balance.



Developed by a Navy SEAL, the TRX quickly caught on with military troops who used it in barracks, on remote outposts and even inside submarines. Now it's gaining traction with athletes and fitness pros. Gyms offer private and group suspension-training classes, but you can use it on your own at home, in a hotel room or at the park—all you need is a door or overhead attachment point, such as a pull-up bar. The TRX Suspension Training Pro Pack (\$190) comes with the suspension trainer, a basic training DVD and a workout guide. fitnessanywhere.com

Body Monitors

Body monitors are like virtual personal trainers that give you instant feedback about your performance. Track your progress and tailor your workouts to meet your goals. Here are a few options.

 <p>POLAR RS800CX TRAINING COMPUTER</p>	 <p>BODYMEDIA FIT MULTI-SENSOR ARMBAND</p>	 <p>NIKE+ SPORTBAND AND SHOE SENSOR</p>	 <p>ADIDAS MICOACH PACER</p>	 <p>BODYBUGG CALORIE MANAGEMENT SYSTEM</p>
<p>Measures your training intensity to keep you on track in achieving your fitness goals.</p> <p>\$440; polarusa.com</p>	<p>Measures your activity, calories burned or even your sleep patterns. A food log lets you track calorie intake on your computer or smartphone.</p> <p>\$200-\$260; bodymedia.com</p>	<p>Records your distance, pace, time and calories burned while running on the built-in USB drive; store and track your progress on your computer.</p> <p>\$59; nikerunning.com</p>	<p>Provides heart-rate, speed, distance and stride data; delivers audible coaching. Sync your results online to track progress and plan workouts.</p> <p>\$140; micoach.com</p>	<p>Records motion, steps and skin temperature to determine calories burned. Track calorie input and output with web and smartphone interface.</p> <p>\$200-\$260; bodybugg.com</p>

ILLUSTRATION BY ARTHUR MOUNT

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