

LAX

magazine

L.A.'s Hottest Beach Bodies, Las Vegas Pool Parties, Microsoft Project Natal



L.A.'s Best Beach Bodies

Las Vegas Pool Party Bound

Microsoft
Project
Natal

Please be kind, don't put me to waste,
pass me on or put me back in my place.



How to Stay in Shape While Traveling

So you finally got in shape, but you're worried about staying that way. Don't fret!

Even if you've got a high-stress, travel-heavy job, there are numerous simple ways to stay in shape without going to the gym or carrying weights in your suitcase. Our favorite trainer Nick Nicholson of Boxing Training 4 Fitness offered up some of the best ways to stay in shape on the road and at home.

1. **Single Leg Lunges** — “You can do these standing still. Try to do 15 on each side. They're very good for the butt, quads and hands.”
2. **Squats** — “You can do these on any chair in your hotel room or any place you may be traveling.”
3. **Push-ups** — “Definitely try to do 30 push-ups. For ladies, do them from a kneeling position.”
4. **Crunches** — “Do crunches with some resistance. Don't do those very small crunches, but think of your crunch as being between a small crunch and a sit-up. They should be about halfway between the two.”
5. **Dips** — “Put your hands on a chair with your knees out in front, get in a sitting position and dip down. These are good for your triceps.”
6. **Shadowboxing** — “Since jumping rope in a hotel room wouldn't be very welcome, you can shadowbox. Move around throwing punches and combinations. It surprises people with how winded they get even if they're not hitting anyone or anything. You can also box in the speedbag position with one hand over the other.”

If you're in Los Angeles you can train with Nick at 310-849-0837 or email nick@nicksboxing.com. He'll give you the best workout in town, and he'll come to you for a reasonable cost! www.nicksboxing.com

By Rick Florino



Lucy Clothing

We all want to look great while we get in shape so grab yourself some workout clothes from Lucy. We love their low-key, female friendly attire. It's comfortable with just the right amount of sass that has the effect of making you workout harder, longer and with more strength. We especially love the cotton yoga collection coming out fall 2009. It features India inspired prints and clever cuts that that will make you the envy of yoga class — not that you are supposed to be thinking of such things as you downward dog. Also look out for the Gym Collection and the Sexy Hoodie that hugs your body in all the right places.



Z-Coil

Z-Coil has engineered a shoe that specifically relieves foot, leg, and back pain. They're great for athletes, travelers, waiters, expecting mothers, or anyone looking for great comfort and relief. Truly an amazing shoe, the Z-Coil shoes have appeared on “Good Morning America” and the daytime talk show “The Doctors.” There is a shock-absorber in the heel of the shoe and it greatly reduces the force of impact. It distributes pressure more evenly across the foot than conventional shoes do. The spring also provides some form of energy in return — helping some individuals run or walk faster and farther.

www.zcoil.com