

Stretching, Sliding, Bonding: A Multitasking Mix

THE problem with most exercise classes is that right around 30 minutes the tedium sets in: Oh, joy, another right hook!

This can be especially galling for those afflicted with Fitness Attention Deficit Disorder. Luckily, the folks at the Fitness Guru, a studio with about 300 members in the Dumbo section of Brooklyn, have devised Bounce-n-Slide, a cross-training frenzy to combat the monotony. And it does.

The hourlong workout is evenly split among jumping on a mini trampoline, sliding on a 6-foot-by-2-foot plastic sheet that mimics ice, and abdominal mat work.

The first part features urban rebounding standards: jumping jacks, knee-ups and turns, but the pace was so accelerated it felt like aerobics in overdrive. The choice of music — the White Stripes, Missy Elliott and the Strokes — also helped “everyone kind of vibe off everyone else,” said Lawson Harris, the instructor and a founder of the six-month-old outfit. By the time we sheathed our sneakers with special sliding socks for the second part, we were chugging water as if it were air.

Ms. Harris first had us zip from side to side. (She held the hands of those at risk of zooming into the sunset.) Done correctly, this move develops inner and outer thigh muscles to stabilize knees, said Fabio Comana, an exercise physiologist for the American Council on Exercise. We were soon doing “mountain climbers,” where you assume the position of a sprinter in a starting block, pull one knee toward your chest and then extend.

“You want to vary the choreography so you don’t get Eric Heiden thighs,” Ms. Harris said. True enough. Speedskaters are amazing, but I don’t want tree trunks for thighs.

The finale included crunches, leg lifts and the side plank: hoist yourself on one side, leaning on a palm, arm extended, and balance for a good 45 seconds. It made me long for a good old-fashioned jab.

ABBY ELLIN

PILATES SYNERGY FLOW

The Sports Club/LA at 330 East 61st Street,
and the Reebok Sports Club, 160 Columbus Avenue.
\$35 guest pass when accompanied by a member.

IS a six-pack a six-pack if it is hidden under fat? Pilates mat work may strengthen core muscles, but the subtle moves that are often done lying down don’t exactly burn a lot of calories. That’s why many fans, myself included, supplement regular mat classes with cardiovascular exercise. How else to fit into skinny jeans?

To hear Jonathan Urla tell it, Pilates devotees no longer need to squeeze in cardio sessions on the side. Just take Pilates Synergy Flow, his hourlong workout that offers the toning of Pilates bookended by a brisk warm-up and a chaser of squats, lunges and arm work done at a heart-thumping pace. Four props also make the mat work far tougher than when just body weight is used.

Weights, in particular, up the ante. After holding 2-pound dumbbells midair while scissoring and circling the legs, my upper body ached the next day, a rarity in mat work, which has few arm exercises. But switching among a resistance band, a toning ring and two sets of weights complicated transitions and ultimately slowed my heart rate.

The most breathless part of class involved squats and lunges with dumbbells. No surprise there.

Patricia Bonitch, 27, who attends the class, explained the appeal of a multitasking workout: “This way you get at least some cardio in, and you get more of a workout from your Pilates.”

For me, 25 minutes of class time devoted to raising pulses wasn’t quite long enough to skip my jog the next morning, but I did take a shortcut.

JESSICA CASSITY

VETERANS AND ROOKIES

The Field House at Chelsea Piers
23rd Street and the Hudson River
(212) 336-6500. \$450 per duo for

a 17-week session.

MOST exercise classes are all about you and your body. Veterans and Rookies is about you and your child. This relaxed 90-minute class, one of the few parent-child workouts offered in the city, advertises itself as teaching “proper techniques in skill development” for ages 5 to 10.

On the Sunday I was there with my 8-year-old daughter, Anya, the parent-child duos evenly split their time among the basketball court, the batting cage and the rock-climbing wall. Given the sports focus, it wasn't surprising that the other parents were all dads — though a mom or two is known to participate, and there were a couple of daughters.

Joe Wagner, the teacher, worked on skills; the basketball drill of the day was boxing out and rebounding. But the emphasis was on encouragement and having a good time, not technical instruction.

As Mr. Wagner sees it, the class is an opportunity for parents “to bond and have some quality time with their sons or daughters.”

If money is no object, carving out this kind of active downtime may make sense. The batting cage and climbing wall are big draws and all the children were happily engaged.

As a high school athlete who now does mostly yoga and Pilates, I was delighted to spend a Sunday morning trying to scale the wall and hit a 65-mile-an-hour fastball with my daughter. ILENA SILVERMAN

About the Author

From www.nytimes.com:

Check with your doctor before you begin any exercise routine. Hold a dumbbell on inner thigh and, flexing the foot, lift the right leg up, leading. The Bun and Thigh Max is a simple and easy to use exercise unit, which is designed to exercise the inner and outer thighs, quadriceps, calves, buttocks.

Get to know your adductors or inner thigh muscles with this exercise. You can even get a few in before you take your chair at the evening.

Side Lying Inner Thigh Leg Lifts. One set is completed once both legs have performed the exercise for the prescribed number of reps on the workout.

Inner Thigh Lifts work your legs from your core abdominals. They tone the thighs and abdominals and stretch.

The Inner thigh press is yet another wonderful exercise to get the flab in shape. Hold on to a sturdy chair with your feet together.

Inner thigh exercises are used mostly by women and are very popular. When you do a weight training exercise and feel a burn in a certain.

This invention relates generally to body exercise apparatus. This procedure may be further facilitated by use of a medial inner thigh pad that positions.

Source: <http://www.productsherbal.com>