

# Gas prevention in a Meltaway!

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• One Beano Meltaway prevents gas like two Beano tablets.\*



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## BEST SHAPE | Trend Watch

# Should I Try... CrossFit?

Big selling point: It whips you into shape in under 30 minutes.

By MAGGIE PUNIEWSKA

→ **REMEMBER, IN GYM** class, struggling to do pull-ups? Well, they're back, as part of the high-intensity workout CrossFit. This staple training program for Olympians and military personnel now attracts regular joes as well as superjocks, plus a surprising number of buff celebs such as Elizabeth Banks (shown at right). "Women like CrossFit because of the toughness factor," explains Charlotte Hilton Andersen, author of *The Great Fitness Experiment*. "It's an excellent way to get gorgeous muscles and build confidence in your own strength." Will you love it too? Here's how to tell.

### WHAT'S SO GREAT ABOUT CROSSFIT?

→ It's functional fitness, meaning workouts that serve a real-life purpose. "CrossFit focuses on moves that are relevant outside the gym, such as squatting, pulling and lifting," says Ty Vincent, owner of CrossFit Sunset in Los Angeles. Learning how to do a dead lift, for example, can help you pick up boxes properly by guiding you to engage your core and legs, adds Pete McCall, MS, an exercise physiologist.



A-list toner: Elizabeth Banks keeps her physique fit with kettlebell swings during a CrossFit workout.

### ARE CLASSES TOUGH?

→ Brace yourself: The workout of the day tasks you with completing a series of exercises in a set time, or doing as many reps as possible. Perhaps that doesn't sound *too* bad, but when you're on your 85th sit-up, you may think otherwise. "On a scale of 1 to 10, my first class was a 10," says Shauna Bain Smith, a regular at CrossFit City of Angels in Los Angeles (who dropped 12 pounds thanks to this workout). That said, if you're a beginner, the moves and weights can be modified to your level. Another newbie tip: Limit yourself to one or two classes a week, at first.

### WHAT ABOUT RESULTS?

→ This burner can shave off up to 800 calories per session, notes McCall. And it targets multiple muscles, for all-over toning.

### ANY SAFETY POINTERS?

→ Some moves are no-brainers (sit-ups, push-ups), while others require individualized instruction. Going slow, stretching post-workout and nailing your form can help you avoid injury.

### HOW CAN I FIND THE BEST CLASS FOR ME?

→ Go to [crossfit.com](http://crossfit.com) to find location options. Most offer a free intro class, but you'll typically pay \$25 to \$30 per class...a small price for a rocking body.

**LEARN THE LINGO** Nail this "box"—i.e., gym—talk so you're in with the CrossFit crowd.

#### For Time

Race against the clock to see how long it takes you to complete a set of exercises.

#### AMRAP

Stands for "as many reps as possible." Do all you can manage of a series or particular move in an allotted time.

#### Filthy Fifty

Do 50 reps each of 10 moves, including box jumps, jumping pull-ups, kettlebell swings and burpees.

#### Wall Ball

In a fluid move, hold a medicine ball and squat, quickly stand up, throw ball at wall, catch it as you're squatting again.

#### Benchmark Girls

Each given a woman's name, these 15 standardized workouts help measure your progress.