

KRANK IT UP

LOOK MA, NO LEGS
(AND LESS FAT).



The newest innovation in fitness training was born right here in San Diego. In 2002, the creator of Spinning, Johnny Goldberg (a.k.a. Johnny G.), was in La Jolla attending the Challenged Athletes Foundation's annual fundraiser, the Tour de Cove. Out of curiosity, he rode one of the athlete's handcycles. Though he's a world-renowned fitness expert and seasoned athlete, he was exhausted just ten minutes into riding. The experience inspired him to begin a five-year journey to find a way to use the upper body to fuel a cardiovascular workout.

Johnny G.'s invention is

called a Krankcycle; the workout is Kranking. The Krankcycle is like a Spinning bike but with pedals for the hands. You can either sit or stand, moving your arms together or independently to turn the height-adjustable crank. Kranking gives you a fast power workout for the upper body and core, and it's a great way to retain cardiovascular fitness when the legs need a rest.

If you've ever been sidelined by a leg injury, you know that 90 percent of the cardio equipment in gyms exercises the lower body. Kranking is the first fitness program to use primarily the arms and

shoulders for cardio training. This is great news for anyone who can't use their lower limbs, as well as for people who are bored with the same old options for upper body conditioning. Research shows that well-developed upper bodies build strength and endurance, and increase your metabolism—not to mention making you look great in a tank top.

The Krankcycle was unveiled in 2007; Kranking classes are exclusively available at Frog's Fitness locations in Carmel Mountain Ranch, Encinitas, Solana Beach and Long Beach.

FOR MORE INFO, VISIT FROGSFIT.COM OR KRANKCYCLE.COM



WALK this way

LET THE ANTI-SHOES DO THE WORK.

The Masai are a group of semi-nomadic people in Kenya and northern Tanzania—an unlikely inspiration for a hot new footwear trend that's flying off the shelves at \$249 a pair... and up.

The Masai are known for their long, lean bodies and excellent posture. Masai Barefoot Technology (MBT) shoes are meant to emulate the Masai experience of walking barefoot on soft, uneven ground, which the manufacturer says will lighten and tone your feet and ankles, calves, hamstrings, upper and inner thighs, buttocks, stomach and back.

MBT shoes were invented in 1997 by a Swiss engineer, Karl Mueller. The shoes have a thick, convex sole, a soft heel and a hard center under the arch. The curved, layered sole lengthens the body into an upright posture and encourages use of neglected muscle groups. Walking or jogging in MBT shoes engages weakened muscles and burns more calories, which helps tone and strengthen rarely-used muscles. Even when you're standing still, MBT shoes make your muscles work to maintain a center of balance.

Although the shoes have been available in the United States since 2003, they have only recently become a hot item among those who care about style as much as function. The spring 2008 line features a modern twist on the Mary Jane and a sandal with a Nubuck leather upper, microfiber lining, split leather insole and the signature one-and-a-half inch sole.



MBT SHOES AVAILABLE AT:

Foot Solutions / Clairemont
858.272.3668 » footsolutions.com

The Walking Company / UTC, Fashion Valley
thewalkingcompany.com

Lady Foot Locker / Horton Plaza
ladyfootlocker.com

JCarl Shoes / Del Mar
jcarlshoes.com