

Top Gunnar

Fitness king Gunnar Peterson helped give Angelina her abs and McConaughey his McMuscles

"I really do have a body under here," says a surprisingly modest Peterson (in his L.A. gym). "But you won't catch me in a tank top."

As the man behind Jennifer Lopez's fabled behind and Matthew McConaughey's enviable abs, fitness trainer Gunnar Peterson has a confession to make. Growing up, he suffered from an embarrassing case of "moobies." "Those are man boobies," he says, "and I had them."

With moobies now but a memory on his 9.5 percent body-fat frame, Peterson has Porsches lining up outside the hillside L.A. house he converted into a gym known simply as the Compound. Keeping the paparazzi-proof sanctuary stocked with Oribe hair-care products and monogrammed towels, Peterson, 42, leads clients such as Ben Affleck, Penélope Cruz and Debra Messing through intense custom-tailored routines. "When my clients are here, it's 60 minutes of pure go, go, go," says Peterson, whose new book, *G-Force: The Ultimate Guide to Your Best Body Ever*, details his take-no-prisoners philosophy. "There's no hanging around the watercooler chatting."

And no behaving like the chubby Houston-bred 10-year-old did when his mom enrolled him in Weight Watchers.

"At one meeting they announced I'd lost 5 lbs.,"



Peterson trained Angelina Jolie for *Tomb Raider 2* often using only one dumbbell at a time to promote strength and balance. "She has the drive and execution of an athlete," he says.

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Body

he says. "I celebrated by buying two ice-cream sandwiches." He dropped the weight after graduating from Duke University in 1984 and getting serious about fitness. Five years later he was working as a movie production assistant in L.A. when a fellow gym rat offered to pay him for

training—and a career was born.

Nowadays Peterson—who lives with wife Janet and their three kids—rises at 3 a.m. to train himself. By 6 he's punishing clients. "Everyone is an extremely hard worker," he says. "It's no coincidence that all of them are at the top of the food chain." ●

BODIES BY GUNNAR



JENNIFER LOPEZ

To tone her "dancer's legs" and rear, Lopez's routine includes lunges and squats—"every kind of squat you can imagine," Peterson says. One move for abs requires Lopez to sit on a stability ball to do crunches while holding a medicine ball overhead. With her demanding schedule, Lopez "makes the most of every minute" in the gym.



MATTHEW McCONAUGHEY

To play an adventurer in the upcoming film *Sahara*, McConaughey wanted to look athletic but not overly muscle-bound. Peterson had him do uneven weightlifting and rope climbing. Those fab abs? Partly from making wood-chopping motions with a medicine ball while standing on a wobbling "core" board.



KIM CATTRALL

Peterson preps Cattrall for awards shows with focused training. "If her arms are exposed, we work triceps, biceps and shoulders using dumbbells, cables and the medicine ball," he says. The actress also does cardio on a rower, an elliptical machine and a NordicTrack that can reach a grueling 50 percent incline.