

# Training & Diet Secrets

## Get a "Tomb Raider" Body and J. Lo Booty with Gunnar Peterson



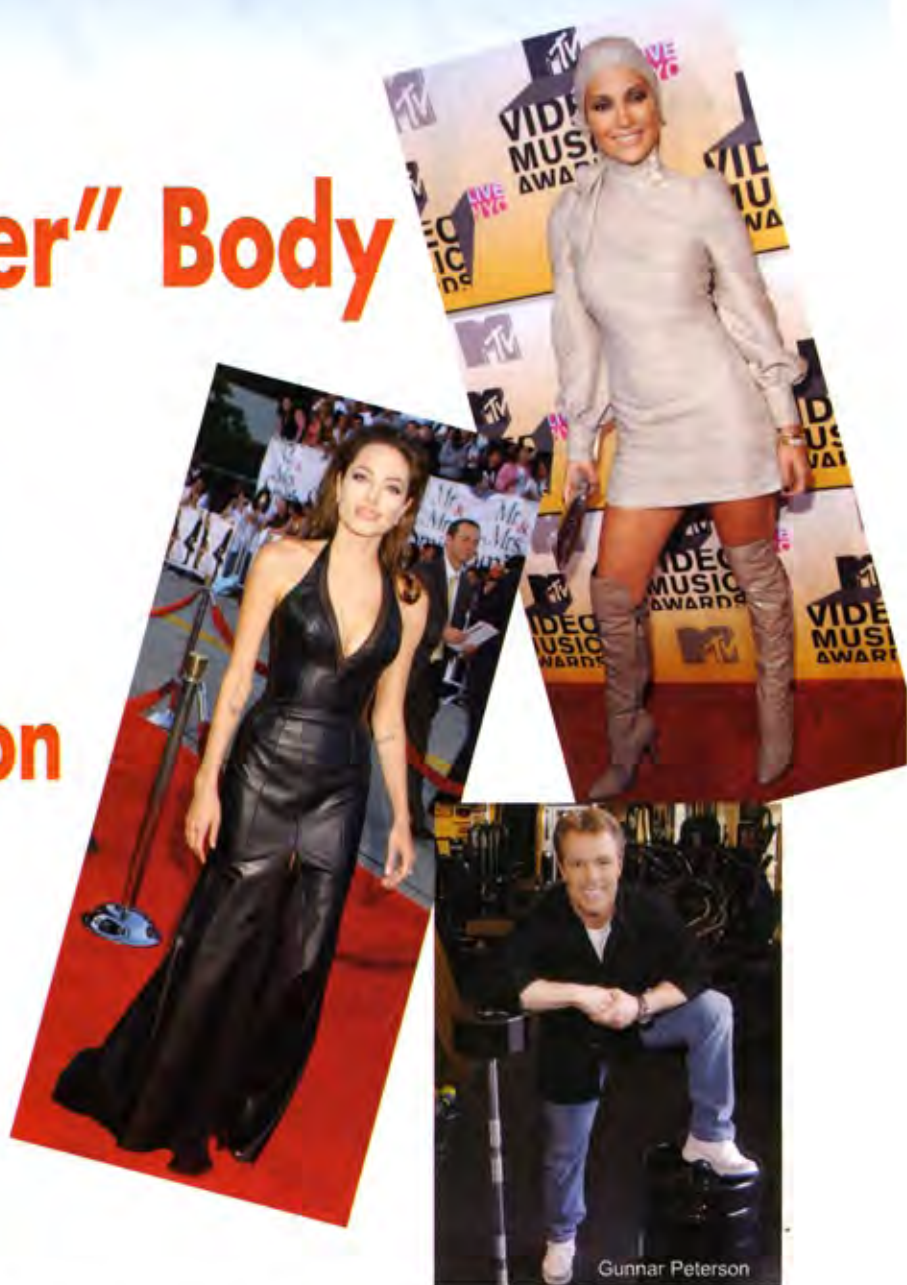
**T**he first thing you notice about the Beverly Hills-based trainer Gunnar Peterson is that he's definitely not into the Hollywood scene. Kind of strange for a trainer-to-the-stars, but here's how he sees it. "It's so important to be cool around the celebrities. I've never asked a celebrity to put me in a movie, or let me come on the set or produce my song or read my screenplay," says Gunnar with a hint of dry sarcasm. "I know my place. I'm not needed there."

However, the 44-year-old Swedish American does admit to taking his kids to the premiere of the animated film, "Over the Hedge," at the invitation of two of the stars he just happened to train— Bruce Willis and Avril Lavigne—who gave them special attention from the red carpet. "But that was for my kids," he adds emphatically.

His "keeping it real" style is no doubt why Gunnar con-

tinues to attract the most beautiful people in the business. His coolness takes it in stride that superstars like Angelina Jolie, Jennifer Lopez, Mary J. Blige, Sylvester Stallone, Penelope Cruz, Ben Affleck and Brooke Burke have all passed through the doors of his Beverly Hills studio; because for him, it really is about the workout. "I get e-mails from trainers all over the world asking me how they can get celebrity clients. I tell them what's obvious to me: a celebrity still has two arms, two legs and a torso. If you use them as a stepping stone to your own fame that's one thing. But what you should be doing is taking fitness to the top level you can. Learn as much about health and fitness as you possibly can, then set out to share it with as many people as you possibly can."

Long before his first star client Kelly McGillis came to



Gunnar Peterson

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him for help in preparing for an upcoming film, Gunnar decided (more than 18 years ago) that if he was going to be a trainer, it was to be his career. This required certification, studying and practicing the various training modalities, and learning what was most effective in getting people in shape. "I wasn't going to be on the fringe as a part-time trainer. I wanted to go all the way."

Peterson admits that a few stars on his training resumé do help his business, and he's used the publicity to garner worldwide attention for several major training programs, including "Core Secrets" (check out [www.coresecrets.com](http://www.coresecrets.com)) and a series of three programs: 1) "Reduce and Renew," which was designed to support your weight loss program; 2) "Stronger by Design," created to strengthen and build muscle mass; and 3) "Ready to Go," a routine for greater energy and stamina when you're active throughout your day, as well as 70 exercises from which you can create your own custom workout plan. Go to [www.workoutwithgunnar.com](http://www.workoutwithgunnar.com) for more information. (Note: This website is free and you can download a video of Gunnar taking you through the workout onto your video iPod then take him with you to the gym. Very cool.)

As for taking fitness to the top level, just think about Angelina Jolie's physique in her "Tomb Raider" movies a few years back. Gunnar worked with her for six months in the United States and then in London while she was preparing for the Lara Croft role. Workouts were an hour a day, and he employed a potpourri of training equipment and exercises, including the stability ball, weights and interval training with different intensities, all designed to keep her heart rate up and her body fat down. His training also enhanced her prowess in executing her own stunts. Gunnar says that Angelina is one of the best human beings he's ever worked with, and she threw herself wholeheartedly into the workouts. Well, if you've seen either of the movies, it shows.

Peterson is still training the "bootylicious" Jennifer Lopez, with whom he has worked for more than nine years. He works with her anywhere from two to five times a week for an hour each session. "We do anything and everything you can think of, different intensities, aerobics and weight training, bodyweight exercises, machines, barbells and dumbbells, stretchy bands, interval training and vibration technology." (Gunnar says his vibration equipment of choice is the Vibration Plate, although there's other equipment with similar technology.)

When I asked if he could help me get a derriere as hot as

J. Lo's, Gunnar chuckled (I guess he's gotten this question before) and gently stated that genetics do play a part, but with consistency and hard work on my part, he could definitely help.

Gunnar's basic training philosophy continues to expand and change, as he's always adding new pieces of equipment and training strategies. He also tailors each workout to his individual client's needs. "I buy just about everything new that looks good to me and am always taking seminars and classes."

His basic premise is this: "Constantly put the body in a position where it has to adapt to the training demands. You could call it organized confusion or an eclectic workout. I think the body adapts on a muscular and neurological level faster than others think it does, so I mix it up every time. I think if the person is bored mentally, the body is already bored. I love to give my clients things they didn't know were coming."

Well, judging from the bodies who walk into his gym and onto the big screen, they just keep coming back for more.

For more information go to [www.gunnarpeterson.com](http://www.gunnarpeterson.com).

## Gunnar Peterson's "Core Secrets" Workout

Many celebrities, including model/TV host Brooke Burke, swear by Gunnar's "Core Secrets" workout, which includes a core training ball, several DVDs, a training game plan and Gunnar's "Guide to Effective Eating." Here's a one-week sample plan:

**Day 1:** Accelerated core training: 45-minute workout circuit-style with four exercises performed consecutively followed by 30 minutes of cardio exercise (treadmill, walking, stair climbing, stationary bike, jump rope, elliptical trainer)

**Day 2:** Cardio training: 60 minutes (a 5-minute warm-up followed by 50 minutes of training followed by a 5-minute cool down)

**Day 3:** Accelerated core training: 45-minute workout video followed by 30 minutes of cardio interval training (a 5-minute warm up followed by 2 minutes of high-intensity work followed by 3 minutes of lower-intensity work; repeat for 20 minutes then take a 5-minute cool down)

**Day 4:** Cardio training: Same as Day 2

**Day 5:** 25-minute fitness flash cards followed by 25 minutes of high-intensity cardio training

**Day 6:** Cardio training: 60 minutes of moderate-intensity walk/hike

**Day 7:** Off

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Here's a sample exercise from the 25-Minute Fitness Flash Cards:

## **The Elvis** (modified rear lunge)

*Setup:* Stand up straight holding the core ball at chest height.

*Action:* Step one foot back as you lean your body forward and tap the ball on the ground in front of your foot. Return to the standing position and switch legs. Complete 16 repetitions.

*Note:* Bend forward only as far as feels comfortable.

*Breathing:* Inhale down, exhale up.

*Muscles trained:* Quadriceps, hamstrings, adductors, abductors, gluteus maximus, core muscles.

For more information go to [www.coresecrets.com](http://www.coresecrets.com).

## Gunnar's Guide to Effective Eating

### **On Protein**

Consuming the proper amount of protein is important because it helps maintain the body's lean body mass. Always decide the type of protein you're going to have with a meal first. Then complete the meal with carbohydrates and fat.

#### *Protein Unit Indicator\**

Females: 3-4 units per meal; Males: 4-5 units per meal

\*A unit is the quantity in ounces of a specific type of nutrient

For examples of unit portions for protein:

- 1 oz. per unit: chicken, filet mignon, pork, soy, tofu, turkey
- 1 1/2 oz. per unit: ground meat, fish or cheese

### **On Carbohydrates**

Carbohydrates are important because they give the body the energy it needs to go from one meal to the next. All fruits and vegetables are carbohydrates, and all carbs are broken down by the body as sugar. Fruits and vegetables break down slower than starchy carbohydrates like breads, pastas, rice and potatoes. Avoid white flour and refined sugar altogether.

#### *Carbohydrate Unit Indicator*

Females: 3-4 units per meal; Males: 4-5 units per meal

All carbs are 1 oz. per unit.

Always have a vegetable (grilled, sautéed or steamed) with every meal. If having a starch with a meal, make it whole grain or whole wheat. If adding sauce to a protein, add this as 1 unit of carbohydrates. Enjoy a side salad with all the fixings with every meal. Portion size per unit: 2 handfuls of lettuce plus fixings. And have fruit for dessert. It's just as sweet as sugar.

### **On Fat**

Fat doesn't make you fat—sugar does. Note: the first 15-25 minutes of cardiovascular exercise are devoted to burning excess sugar out of the body, not fat.

#### *Fat Unit Indicator*

Both males and females: 2 tablespoons per salad, 1 teaspoon per snack

Cook with extra-virgin olive oil and limit to 1 teaspoon per serving. Put olive oil in a clean spray bottle and use a couple of squirts to coat the bottom of the pan.

### **On Portion Control**

The "hand method" is used to ensure you're eating healthy portions relative to your body size.

*Salad:* The size of both hands put together.

*Meat & Poultry:* The size and thickness of the center of your palm.

*Fruits & Vegetables:* Handful.

*Fish:* The thickness of the center of your palm, the length of your hand and the width of three fingers.

### **Snack Portions**

Females: 1/2 cup fruit, 1 oz. protein, 1 tsp. fat; Males: 1 cup fruit, 2 oz. protein, 2 tsp. fat

### **Balanced Meals**

A balanced meal contains protein, carbohydrates and fat in the portions described above. Eat three balanced meals a day and at least two snacks between meals. Eat one-half hour after waking, one-half hour before going to bed, and eat every 3 to 5 hours throughout the day. Also, drink plenty of water— at least five 8 oz. glasses per day. ■

