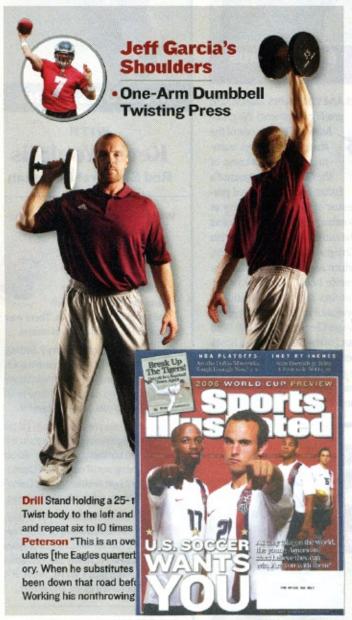
• GETTING SPECIFIC

Trainer to the Stars homes in on his clients' most bankable body parts By Lisa Altobelli

How a Beverly Hills fitness guru

PERSONAL TRAINER Gunnar Peterson works out up to nine clients a day at his Beverly Hills gym, and they're often a mix of pro athletes and movie stars. J-Lo says he's the best trainer she's ever had, Sly Stallone (above) was so grateful for Peterson's help he cast the trainer in Rocky VI, and after

Pete Sampras won the 2002 U.S. Open he gave Peterson a racquet signed THANKS FOR EXTENDING MY CAREER. "My main focus is function," says Peterson, 43. "I make sure their bodies are balanced so they don't have one underor overdeveloped part." Here Peterson demonstrates his greatest hits.





Antonio Tarver's Core and Shoulders · Iwo Jima Corner Squats Drill Load 35 pounds on one end of a barbell and put the unweighted end in a corner. Squat parallel to bar at the weighted end with the left hand gripping the bar underhand on the outermost edge and the right hand placed overhand next to the plate. Lift bar and twist toward corner where end is anchored. Six to eight times on each side. Three sets. Peterson "This is like a [boxer's] left cross. The twist works his core. I call it the core-nerstone."



Slide with Crossover Touch Drill Wearing booties, stand on right end of a IO-foot slide board. Push off with right foot, glide to far side. Reach right arm across body and touch ground in front of left foot while left arm swings behind. Slide to the right. Do 30 to 50 times.

Peterson "These are essentially one-legged squats with an explosive push." (Cruz firms her legs for action films like 2005's Sahara.)



Corey Maggette's Glutes . Keg Lunge and Twist with Lean

Drill Hold a standard keg, filled one-fourth with water, horizontally at the waist. Step right leg back in a lunge, twist to the left, and put keg down in front of left foot. Pick keg back up, return to start and do a slight backward lean. Six to IO times each side. Three to five sets. Peterson "This simulates a basketball motion in which he has the ball and steps back to lean into defenders before standing up for a shot or a pass. And the water moving in the keg forces his core muscles to fire in an attempt to stabilize the keg."

