

• GETTING SPECIFIC

Trainer to the Stars

How a Beverly Hills fitness guru homes in on his clients' most bankable body parts **By Lisa Altobelli**



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 under- or overdeveloped part." Here Peterson demonstrates his greatest hits.



Jeff Garcia's Shoulders

• One-Arm Dumbbell Twisting Press



Drill Stand holding a 25-lb. Twist body to the left and repeat six to 10 times. **Peterson** "This is an over-shoulder [the Eagles quarterback]. When he substitutes been down that road before. Working his nonthrowing



Pete Sampras's Hamstrings and Shoulders

• Resistance Band Step and Press



Drill Anchor resistance bands behind you and hold end handles at shoulder height (left). Step forward into a lunge with left foot, punching right arm overhead and punching left arm down in front of shin. The bands form a V shape. Return and repeat 10 to 20 times on each side. Two to four sets.

Peterson "This simulates him reaching for a shot and helps him stabilize; if he steps into the lunge without control, the bands snap him back. After 20 reps he'll drop those things and start saying things about my parents."



Antonio Tarver's Core and Shoulders

• Two 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 overhead 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."



Penélope Cruz's Thighs

• Slide with Crossover Touch



Drill Wearing booties, stand on right end of a 10-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 10 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."



JOHN W. HELLWEGH/RETNA; STALLONE: BOB MASTIN (STARR); JOE SWYPER/RETNA; TRAVEL: CAROL ALVAREZ/RETNA; SMARCS (CROSS): SHAWN DENNIS/RETNA; SMR (MAGGETTE): SHAWN DENNIS/RETNA; (CROSS)