



BETH M. HOWARD

# SHAPE

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## Best Body Project

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# inshape

It's not just a workout...  
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Combine personal training with adventure racing and you have Adventure Fitness Training, a new program in Santa Monica, Calif. The big selling point for this soft twist on boot camp: getting people out of the gym and turning a traditional workout into an adventure.

Phase one: As many as 15 participants meet for three hours every Saturday morning for six weeks. Former reconnaissance (and "rappel master") Marine Tony Molina and his assistant, fitness instructor Valerie Ringo, lead the group in military-inspired drills and calisthenics; long runs in soft sand, going in and out of waist-deep ocean water; sprints up steep sand dunes; slow shuffles up the mountains loaded with weight-filled backpacks; rappelling down a rock face; and much more.

The fun is in group participation, the ability to laugh at craziness and the sense of accomplishment after a particularly "killer" workout. Progress is measured by a timed run, swim and calisthenics routine at weeks one and six (and you must successfully complete each phase before graduating to the next).

Phase two: log drill, rapelling, pool drills and mountain biking, two hours every morning for five consecutive days. (Hint: Phase two is as tough as it sounds.) Phase three: a two-and-a-half-day race-style, multi-sport adventure.

A word to the wary: Molina and Ringo are no drill sergeants; they provide gentle encouragement every step of the way, plus a special awards ceremony where they present each participant (75 so far) with a custom collage of photos — a lasting reminder that screams, "I did it!" Cost: Phase one, \$195; Phase two, \$250; Phase three, \$525 — pricey, but less than a personal trainer would charge. Info: (888) 488-4AFT or (310) 315-0454. —Beth M. Howard



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