

THE NEW MEASURE OF SUCCESS™

THE 7% BODY FAT DIET

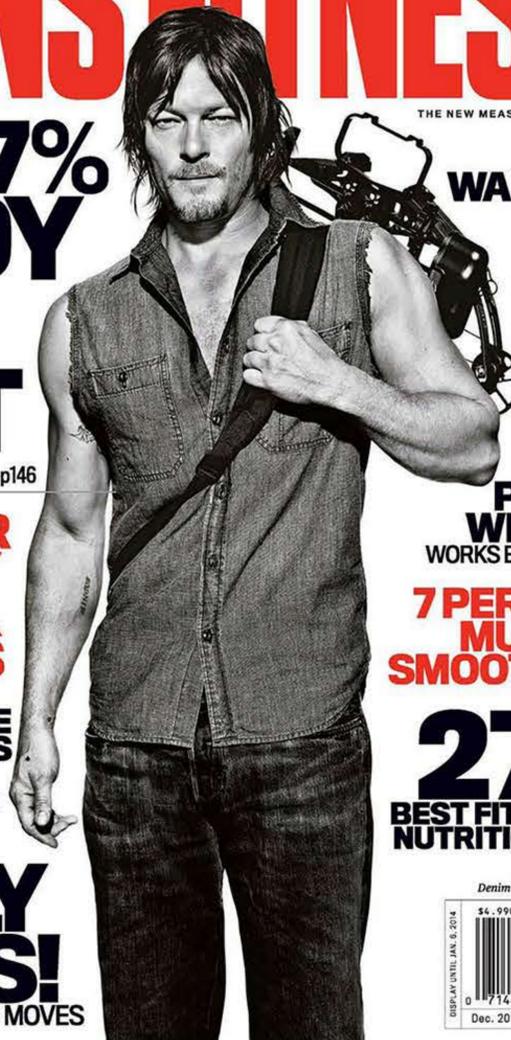
EAT TO GET LEAN p146

READ HER SEX SIGNALS

THE ULTIMATE BENCH PRESS

FLAT BELLY FIXES!

EASY ABS IN JUST 3 MOVES



THE WALKING DEAD NORMAN REEDUS SHOOTS TO KILL!

M.I.T.'S BIONIC HERO

FOOL- PROOF WEALTH WORKS EVERY TIME!

7 PERFECT MUSCLE SMOOTHIES

273 BEST FITNESS & NUTRITION TIPS

Norman Reedus wears
Denim & Supply Ralph Lauren



We hit fast-forward and saw the future. Now we're back to bring you an exclusive preview of the trends and technologies that are about to make your workouts a whole lot better.

BY ADAM BORNSTEIN
PHOTOGRAPHS BY PETER YANG



Ready, Set...

Virtual-reality gaming systems (such as the Omni, discussed in the following pages) will soon let you perform nearly any physical feat without even leaving your living room. Your movements will be translated to a world that appears just as realistically as the one you live in.

Shirt: ADIDAS
Pants: CW-X
Shoes: PUMA
Watch: IF
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rossFit. Spinning. P90X. These days, the new, new thing in fitness seems to pop up faster than you can say "Fitbit." Meanwhile, working out has never been so scientific, technologically sophisticated, and just plain engaging. And that, of course, is a good thing: The more workout options you have, the better those options are, the lesser the chance you'll burn out from boredom. (Just one...more...mile.) To help you make sense of this new, new world, we compared where fitness has been with where it's headed. Here, we present the most innovative workout trends and technologies most likely to succeed and help take your game to new levels—in 2014 and beyond.

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OFF FITNESS
What does the
future of fitness
hold for you? We've
got all the tech and
trends you need to
know about.

OLD CROSSFIT

NEW SELF-LIMITING MOVEMENT

Movement—simply, being able to move athletically and without restriction—is becoming one of the biggest buzzwords in fitness.

The better you can move, the more likely you are to have less fat, more muscle, better cardio, and impressive flexibility," says Mark Cheng, Ph.D., a human performance specialist in Los Angeles. Of course, all exercise involves movement, but most people have lost the ability to move correctly. Sitting at desks in front of computers causes muscle imbalances, poor posture, and, subsequently, bad movement patterns during exercise. As a result, you won't get as much out of your workouts and can injure yourself.

"Self-limiting" exercise is the prescription. These are movements that require "complete engagement," according to Gray Cook, the founder of Functional Movement Systems, a group that educates trainers on movement-pattern screening and assessment. Think about pushing a sled or performing an inverted

row (where you hang underneath a bar, body parallel with the floor, and pull yourself up). If you can't do the exercise with near-perfect form, you won't be able to do it at all. If your hips are too high pushing the sled, you won't be able to move it, and if your hips sag on the row, you can't pull yourself up far enough. So what happens? You recognize your weaknesses, work to correct them, and customize your training. Movement-focused exercise is already popular in adventure races and mud runs, and in the obstacle courses you see on hit TV shows like *American Ninja Warrior*. Those courses aren't just great tests of fitness, but look like something out of *Spider-Man*.

On a novice level, exercise classes are prescribing more movements associated with children's games: Bear crawls, tree climbing, and carrying logs are all functional ways to build strength, stamina, and mobility while making training feel less like work and more like play.

The New Gym

The next hot piece of workout equipment may be a wall

Many self-limiting exercises lend themselves to being performed outdoors. If that isn't an option for you in the dead of winter, there are facilities that allow for movement-based training inside. Fitwall—a new gym in La Jolla, CA, that plans to expand nationwide in 2014—utilizes a 3x7' wall with hand rungs and steps. Clients jump, pull, push, and climb it. "The wall increases the load on your muscles and their time under tension," or the length of time they spend working during a set, says Clifton Harski, the trainer who creates all of the programming for Fitwall. Workouts use a high-intensity-interval-training template, with multijoint movements (think squats and rows) done mainly on the wall, plus resistance-band and body-weight drills. They cycle through three full-body workouts a month; progress is measured by heart rate and density, or doing more total reps within a given time limit.

"The Fitwall does [self-limiting exercise training] quite possibly better than anyone else and reminds us that high intensity does not have to mean high risk of injury," says Joe DiStefano, co-founder of Spartan Race's SGX certification, which prepares trainers to coach people for Spartan Races.

OLD BOOT CAMPS

NEW CUSTOMIZED CLASSES BASED ON SKILL

People who feel isolated by personal training—or simply don't want to pay high prices for it—often sign up for boot camps so they can work out with others who have similar goals in a more playful group setting. But boot camps, which boomed through the past decade, are now on the wane. "We're already seeing the death of the fitness boot camp on every corner," says Pat Riggsby, CEO of the Fitness Consulting Group, a company that helps fitness professionals build their businesses. "The model isn't providing the best results possible, and those trainers providing low-quality programs are slowly disappearing."

The problem with boot camps is the one-size-fits-all approach. When everybody in the class more or less does the same workout, individual weaknesses are rarely targeted. That holds clients back from achieving their goals. "It will be replaced by a blending of more thoughtful and specific evaluations and programming while still taking advantage of the group format," says Jonathan Fass, P.T., a physical therapist and strength coach who has lectured at Rutgers University.

What's next is a new, hybrid fitness approach that offers individualized group plans. The boot-camp format of big-group training will remain,

but participants will work on their individual weaknesses within it. It's a system more akin to what martial arts dojos have done for hundreds of years already. Everybody trains in the same room practicing punches, kicks, and holds, but the white belts work with one another while the black belts do more advanced training.

Whichever level you're at, the goal is still to focus on what you need to do to ascend to the next level.

"We are redoing all of our gym floors and creating space for a variety of training approaches, from kettlebells to yoga," says Liz Miersch, editor of Q, the editorial site for the gym chain Equinox. The franchise now offers Animal Flow, a class combining body-weight disciplines like Parkour, break dancing, gymnastics, and circus tricks that cover the spectrum of fitness goals and can be easily tailored to any fitness level. Such customized classes will reduce the cost of personal training while fostering a team atmosphere.

One Giant Leap

Exercise classes will transition from the boot-camp approach to teaching real-life athletic movements that blend multiple fitness disciplines. Instead of following the same curriculum, students will do what it takes to address their body's own unique weaknesses.