

SOUTHERN CALIFORNIA'S AFFLUENT ENTERTAINMENT MAGAZINE

BRENTWOOD



AUGUST 2005

WWW.BRENTWOODMAGAZINE.COM

BEN VEREEN
TAKING HIS SECOND CHANCE

JEWELS OF THE
SOUTH PACIFIC

SEAN BEAN
UNDERCOVER GOOD GUY

**SCORCHING
SWIMSUITS**
ON CABO'S SUNSET BEACH

U.S. \$3.95 / Canada \$4.95



ON DISPLAY UNTIL SEPTEMBER 2005

BEST OF SUMMER • HEALTH AND FITNESS GUIDE

HEALTH & FITNESS



Linda Cole of 4 Ideal Fitness

KEEPING IT SLOW AND STEADY

Offering a healthy antidote to the frantic pace of urban life is a unique fitness system called SuperSlow. At 4 Ideal Fitness, fitness professional Linda Cole's state of the art studio, you can achieve the results you want in only 30 minutes a week. We were understandably skeptical of such a claim, but after doing only a few repetitions the SuperSlow way, meaning taking eight to 12 seconds to complete each motion, we were convinced. By eliminating the explosive, ballistic quality of traditional repetitions, SuperSlow makes the muscles work rather than the joints, increasing results and decreasing the risk of injury. In fact, Cole allows a maximum of two sessions per week because it's between these high-intensity sessions that the muscles make "adaptive changes," which translate into visible results. And it's not just the workout that's different. 4 Ideal Fitness has no mirrors, no music and no cell phones. Your session is truly private—just you and your highly skilled trainer and no one else. Your progress is charted and recorded, and the program is specifically tailored to your needs, whether you want chiseled abs for summer or to strengthen a specific part of your body after an injury. Even the equipment is highly specialized. You won't find typical workout equipment here, only top-of-the-line machines made by Medex, a company whose equipment is often found in physical therapy offices. Cole's clients are diehard fans; they include Emily Procter of *CSI: Miami*, Tony Shalhoub of *Monk*, and Richard Schiff of *The West Wing*. ~SLB

4 Ideal Fitness, 1554 S. Sepulveda Blvd., Suite 109, West Los Angeles, CA 90025; 310.231.8228; www.4idealfitness.com.