

fit



Guinea Pig | Eye Can't Sleep

"It only takes a few minutes before you feel relaxed and want to close your eyes and sleep," boast the makers of Glo to Sleep (\$40, Glotosleep.com), a foam mask with eight glow-in-the-dark lines inside it. "Feel relaxed"? No. "Want to close your eyes and sleep"? Yes — out of BOREDOM. The instructions say to stare at the glowing marks and take deep breaths. Snore — if only. Aside from this, the mask is soft, adjustable and comfy, if a little Devo.



See your weekly Gold's Gym Trainer Tip on the next page.



Moguls

Lift your heels, sink into a squat and start a small, controlled bounce. Then twist from the waist so your ribs turn one way and your knees the other. With your upper body, pull your arms (which move with your ribs) back in a row motion, so you're squeezing your shoulder blades together. Make it harder by holding light weights — Richardson suggests 5 to 7 pounds. Start by going for 30 seconds, then take a quick break before doing another 30 seconds. As you build endurance, try extending the



Snow Angel

Get into crunch position, then drop your knees to one side and your feet to the other. Alternate directions while reaching with your hands to touch your heels. "It's not a huge upper-body movement," Richardson says. Focus on the twist and using your obliques. Do 20 reps on each side.

SKI SCULPT

Prevent soreness, embarrassment and injury with these four exercises

Just because the slopes have snow — finally — doesn't mean your body's ready for them. "It takes a lot of strength and endurance to spend all day on a mountain," says Kathie Branitsky, group exercise manager at the Sports Club/LA (1170 22nd St. NW; 202-974-6600, TheSportsClubLA.com). So to get members ready for the remainder of ski season, the gym has added "Aspen Ascent" to the schedule. The class, offered Mondays at noon and Thursdays at 11 a.m., helps you to hone your speed, agility and strength, while getting you moving in every possible direction. The result is a solid workout, whether you're a black diamond expert, a bunny slope beginner or even a non-skier, says instructor Aimee Richardson, our model. Here's your lift ticket to four of her must-do moves. VICKY HALLETT (EXPRESS)

Mountain Mermaid

This Pilates move, Richardson explains, trains us in how to get up when we fall. Sit down on the ground, leaning to one side and keeping your feet staggered as if you're wearing skis. Then, using the arm on the side you're leaning on, press yourself into a side plank. Use a slow and controlled movement to lower yourself back down. Do 12 to 15 reps on each side.



GEAR UP:

Skis and poles won't work at home. So Richardson suggests using Gliding Discs (Glidingdiscs.com) to practice lateral movements and strengthen your thighs.



Chairlift Jumps

Start with hands by your sides and feet hip-width apart. Squat down and jump forward, making sure you land softly in a squat. Then reverse by jumping backward. "As you advance, put your hands behind your head," Richardson says. "That opens your chest and keeps it lifted so you won't fall on your face." Do it for 20 to 30 seconds, then take a break. Repeat two or three times.