

the
edge



STAFF PHOTO BY PATRICK WHITEMORE

FEEL THE BURN: Helix creator Lenny Synderman, right, encourages Herald scribe Tenley Woodman as she tries out the Helix at Revolution Fitness.

Helix exercise machine gives fitness fans a leg up

By TENLEY WOODMAN

Hate your thighs? Despise your butt? Bay Village resident Lenny Synderman has a solution.

Synderman developed the Helix, the latest machine in the war against flab.

"We see products that work the inner and outer thigh, but they are in the weight room," said Synderman, creator of the Helix, a non-impact, lateral training machine.

"There hasn't been any innovation (in workout machines) since the early

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'90s," said Synderman. "Everything works in a sagittal motion, front to back."

The Helix launched this summer and is being used at Revolution Fitness in the Back Bay, BodyScapes Fitness in Brookline and One2One BodyScapes in Wellesley and Westford.

The machine forces users into a squatting posture, isolating leg and

abdominal muscles. The pedals move in a circular motion, both clockwise and counterclockwise.

Revolution Fitness began offering Helixing classes three times a week earlier this month. Derek Christensen, founder of Revolution Fitness, said the 30-minute workout designed around the machine's cardio and strength training uses has become so popular members need to sign up for it in advance.

Gym regular Rachel Sternstein, 31, has incorporated the Helixing class into her workout routine.

"I'm four-months pregnant and I'm still doing it. It's not jarring," said Sternstein, who lives in the Back Bay. "It's difficult, but it's only 30 minutes."

I tried the class, and my legs felt like lead after the first five minutes. This workout is not for weekend warriors.

Snyderman estimates a Helix workout burns 600-800 calories per hour.

"I like it because, especially for women, it lifts your butt," Sternstein said.

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