



FASHION BOSTON

JANUARY 2010 | FBLOVES.COM

# A DRAMATIC TURN

THE 10 BIGGEST LIFESTYLE TRENDS OF THE COMING YEAR

## 9 FITNESS The Helix/Helix Classes

>> We've heard it called the machine that "kicks your butt," but after seeing its nigh-immediate results (and unusually shapely fan base), we're ready to call it the "cure for the common butt."

The Helix, a lateral trainer created by Boston fitness guru Lenny Snyderman (it took him close to a decade to create and bring it to market), is arguably the piece that's been missing from the cardio machine spectrum for women. It addresses those problem areas we've been specifically, uh, blessed with — namely, inner and outer thighs — via pedals

that rotate sideways, both clockwise and counterclockwise. "You can do surfing and leg pump moves that isolate the outside of thighs and saddlebags," says Mike D'Angelo, head trainer at Revolution Fitness — the first gym in town to position the machine as the centerpiece of a new spinning-style class. "Or you can use it to do squats for your glutes and core. Or instead, sprints for some serious cardio. The point is, it builds your strength and firms muscle in real trouble areas, but then it also does double duty by adding a cardio element that burns fat and helps to reveal

those muscles. So the results we're seeing are incredible."

The classes' crowds (and their backsides) are tough to contest: The new three-times-weekly classes at Revolution Fitness are constantly packed, and every last one of their participants seems unfathomably fit. Meanwhile, the machines themselves are selling out as fast as they come off the assembly line. "This is the kind of solution that comes along only every so often," says D'Angelo. "And it's the kind that can make a considerable difference in the human body."