

HILARY ACHAUER,
a freelance writer and editor
living in San Diego, was the
Southern California regional
women's amateur boxing
champion in 2003 and still gets
in the ring for fun and fitness.

Girl FIGHT

GET IN SHAPE, IN AND OUT OF THE RING,
AT THESE BOXING AND MARTIAL ARTS GYMS.

As more women turn to boxing and martial arts for fitness, self defense and the thrill of competition, the phrase "fight like a girl" has taken on new meaning. Ten or 15 years ago, boxing gyms were bare bones, sweat-soaked warehouses without a woman in sight. Now, as women enter this male-dominated world, martial arts gyms have turned full-service, offering everything from juice bars to saunas—along with a good ass-kicking. Thanks in part to the popularity of films like *Million Dollar Baby* and *Girlfight*, boxing and martial arts gyms are popping up all over San Diego. Whether you're looking to get in shape or enter the ring, try one of these female-friendly gyms to release the fighter within. Guys, be prepared to fight like a girl or get beaten by one.

ALL STORIES THIS PAGE AND OPPOSITE BY HILARY ACHAUER

ADDITIONAL SELECTIONS:

- » **THE BOXING ZONE**
1351 Palm Ave.
Imperial Beach
619.429.8BOX
theboxingzone.com
- » **AMERICAN BOXING**
2710 Garnet Ave.
Pacific Beach
858.581.2694
americanboxing.net
- » **SAN DIEGO FIGHT CLUB**
941 Broadway, El Cajon
619.447.1100
sdfightclub.com
- » **BLACK TIGER GYM**
8670 Miramar Rd., Ste. P
San Diego
858.549.4050
blacktiger gym.net
- » **THE STRONGHOLD
CROSSFIT & BRAZILIAN
JIU JITSU**
2176 Chatsworth Blvd.
Ocean Beach
619.674.4677
thestrongholdsd.com
- » **THE BOXING CENTER**
106 B Ave., Coronado
619.522.0988
martialartsboxing.com
- » **WHITE DRAGON
MARTIAL ARTS**
7127 University Ave.
La Mesa, 619.461.2760
whitedragonmartialarts.com

1

THROWDOWN
3666 Midway Dr.
Point Loma
619.223.5581
throwdownsandiego.com

Throwdown is a brand new, two-story gym that's a playground for martial arts and fitness enthusiasts. The gym offers a women-only Jiu Jitsu class and 12 separate training areas for everything from boxing to yoga. Trainer Tony is committed to taking female boxers to the next level, whether that's losing 20 pounds or competing as an amateur or pro fighter.

2

**UNITED STUDIOS
OF SELF DEFENSE**
1749 Garnet Ave., PB
858.274.1229
ussd.com

The techniques taught here are designed to give you control over every area of your life—from your weight to your career. Owner Bill will get you excited about using Kempo karate techniques for fitness, self-defense and discipline. Learn how to apply the physical to the mental and get in shape, curb your spending habits or grow your business... through karate!

3

UNDISPUTED
3038 University Ave.
North Park
619.299.BOXX (2699)
sdundisputed.com

Known for its family atmosphere (they don't have membership cards and they greet everyone by name), Undisputed combines a gritty authenticity with amenities, including a sauna and tanning beds. The gym features world-class trainers, including the number one female black belt in Brazilian Jiu Jitsu. This is a friendly—but serious—place to get involved in martial arts-based fitness.

4

CITY BOXING
1059 14th St.
Downtown
888.FIGHT.08
cityboxing.com

Most women come into City Boxing for conditioning and fitness, but those who take martial arts seriously find highly specialized trainers from all over the world. This 6,000 square-foot facility features a 20-foot ring, a 13-foot sparring ring, 40 heavy bags and a full weight room. Classes include boxing, kickboxing and Jiu-Jitsu—all great ways to burn fat and get into peak physical condition.

5

THE BOXING CLUB
5850 El Camino Real
Carlsbad
760.603.0882
theboxingclub.net

The Boxing Club's signature is a high level of personal involvement in the group classes—the instructors act as motivators and friends, giving members specific instructions and encouragement. Now with five locations in San Diego, including their new 20,000 square-foot Carlsbad location, the local chain has changed its name to LAVA Sport & Fitness, featuring The Boxing Club.

6

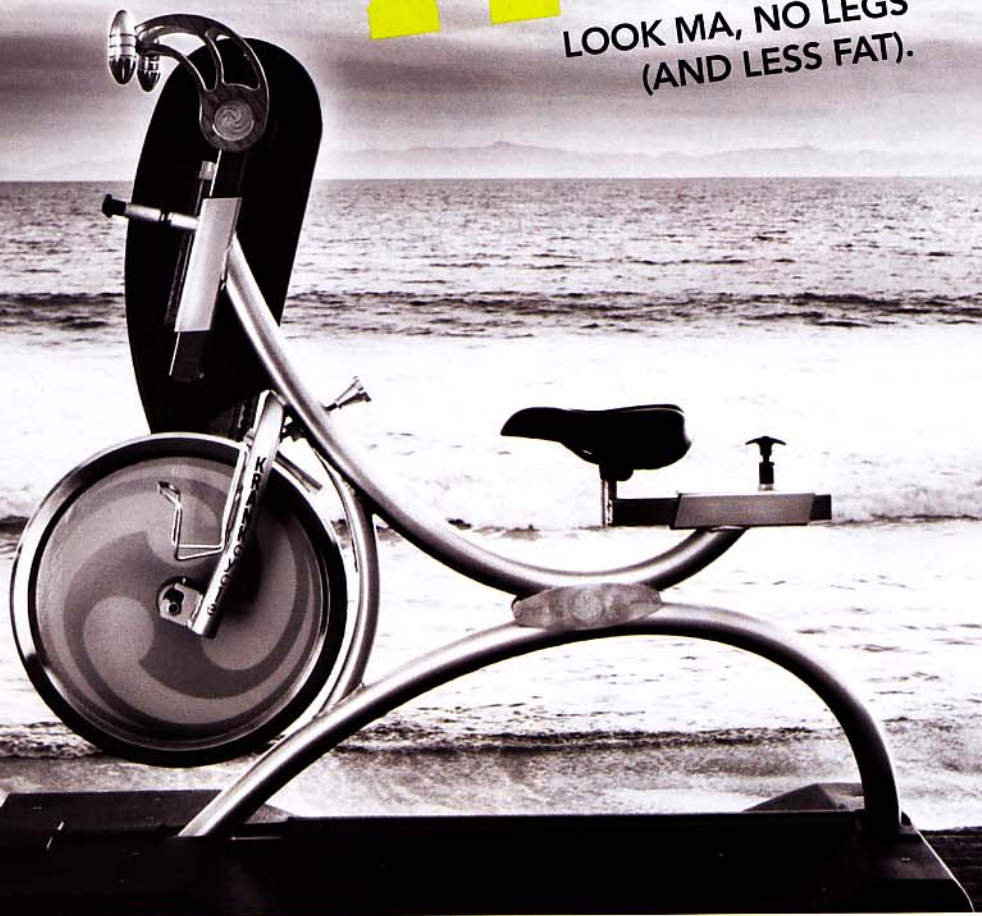
**ENCINITAS
BOXING AND FITNESS**
613 Westlake St.
Encinitas
760.436.8682

Here the focus is on boxing form and technique. Boxing classes use traditional training techniques to whip fitness enthusiasts and boxers into shape. Amateur and professional female fighters train here, and the gym has its own amateur boxing team. Offering yoga and cardio classes, it's a great place to learn the fundamentals of boxing and tighten those abs.

KRANK

IT UP

LOOK MA, NO LEGS
(AND LESS FAT).



The newest innovation in fitness training was born right here in San Diego. In 2002, the creator of Spinning, Johnny Goldberg (a.k.a. Johnny G.), was in La Jolla attending the Challenged Athletes Foundation's annual fundraiser, the Tour de Cove. Out of curiosity, he rode one of the athlete's handcycles. Though he's a world-renowned fitness expert and seasoned athlete, he was exhausted just ten minutes into riding. The experience inspired him to begin a five-year journey to find a way to use the upper body to fuel a cardiovascular workout.

Johnny G.'s invention is

called a Krankcycle; the workout is Kranking. The Krankcycle is like a Spinning bike but with pedals for the hands. You can either sit or stand, moving your arms together or independently to turn the height-adjustable crank. Kranking gives you a fast power workout for the upper body and core, and it's a great way to retain cardiovascular fitness when the legs need a rest.

If you've ever been sidelined by a leg injury, you know that 90 percent of the cardio equipment in gyms exercises the lower body. Kranking is the first fitness program to use primarily the arms and

shoulders for cardio training. This is great news for anyone who can't use their lower limbs, as well as for people who are bored with the same old options for upper body conditioning. Research shows that well-developed upper bodies build strength and endurance, and increase your metabolism—not to mention making you look great in a tank top.

The Krankcycle was unveiled in 2007; Kranking classes are exclusively available at Frog's Fitness locations in Carmel Mountain Ranch, Encinitas, Solana Beach and Long Beach.

FOR MORE INFO, VISIT FROGSFIT.COM OR KRANKCYCLE.COM



WALK this way

LET THE ANTI-SHOES DO THE WORK.

The Masai are a group of semi-nomadic people in Kenya and northern Tanzania—an unlikely inspiration for a hot new footwear trend that's flying off the shelves at \$249 a pair... and up.

The Masai are known for their long, lean bodies and excellent posture. Masai Barefoot Technology (MBT) shoes are meant to emulate the Masai experience of walking barefoot on soft, uneven ground, which the manufacturer says will lighten and tone your feet and ankles, calves, hamstrings, upper and inner thighs, buttocks, stomach and back.

MBT shoes were invented in 1997 by a Swiss engineer, Karl Mueller. The shoes have a thick, convex sole, a soft heel and a hard center under the arch. The curved, layered sole lengthens the body into an upright posture and encourages use of neglected muscle groups. Walking or jogging in MBT shoes engages weakened muscles and burns more calories, which helps tone and strengthen rarely-used muscles. Even when you're standing still, MBT shoes make your muscles work to maintain a center of balance.

Although the shoes have been available in the United States since 2003, they have only recently become a hot item among those who care about style as much as function. The spring 2008 line features a modern twist on the Mary Jane and a sandal with a Nubuck leather upper, microfiber lining, split leather insole and the signature one-and-a-half inch sole.



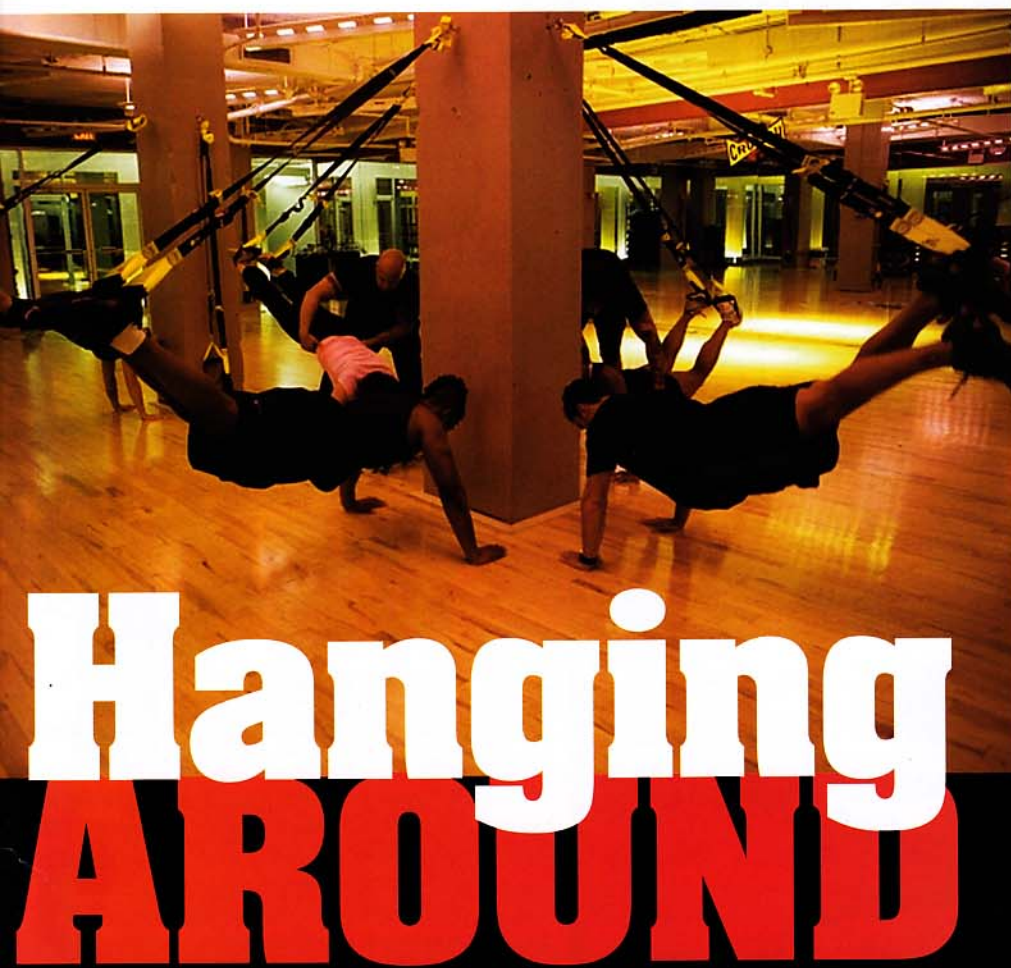
MBT SHOES AVAILABLE AT:

Foot Solutions / Clairemont
858.272.3668 » footsolutions.com

The Walking Company / UTC, Fashion Valley
thewalkingcompany.com

Lady Foot Locker / Horton Plaza
ladyfootlocker.com

JCarl Shoes / Del Mar
jcarlshoes.com



Hangging AROUND

WITH THE TRX SUSPENSION TRAINER

BY REBECCA CHAPPELL

If you can spare 20 minutes a day, three days a week, you can pump yourself up one glistening, rock-hard body. Must be true – the voice on the TV commercial says so. And all this for only \$14 a month (for 37 years) plus shipping and handling and a little cursing when you can't decipher the assembly instructions.

Finally, there's a simpler, cheaper way to reach peak fitness. Just ask LaDainian Tomlinson. The Chargers superstar can probably afford more expensive equipment, but he frequently works out with an ultra-portable TRX Suspension Trainer, available for about \$200.

The efficient and versatile TRX is made of plastic handles attached to industrial-strength nylon straps, which hang by

interchangeable anchors from a variety of overhead structures, including door frames, park equipment and trees. Developed by a Navy SEAL, TRX builds strength, balance and flexibility, creating resistance by harnessing the user's own bodyweight. Its simple design allows users to transition easily between hundreds of exercises that involve gripping the handles or hanging lower limbs through the straps.

"TRX is a form of bodyweight training," explains Todd Durkin, personal trainer and owner of Fitness Quest 10, a gym with two Scripps Ranch locations. "Since it's suspension training, it recruits a lot more of the smaller muscles that must remain stabilized while working the large muscles." TRX's efficacy in building core muscles,

improving range of motion and increasing strength makes it one of the primary tools Durkin uses to train Tomlinson and 30 other NFL players. "As football players, they get pounded on all the time," he says. "They love TRX because it's really challenging, but it's not hard on their joints."

Even Gunnar Peterson, personal trainer to the stars, employs TRX to tone up his A-list clientele, which includes Gwen Stefani, Angelina Jolie and David Beckham. So if you want to bend it like Posh's husband, consider strapping on a TRX – hang it by the TV so you can watch Bowflex commercials for inspiration.

TRX: fitnessanywhere.com
Fitness Quest 10: 858.271.1171
fitnessquest10.com

Body By NIN-TENDO

VIRTUAL EXERCISE, REAL LIFE WII RESULTS.

BY HILARY ACHAUER



[Wii Fit Screen Shot]

Think all video gamers are overweight and out of shape? Nintendo is trying to change that with Wii Fit, a new product unveiled on May 21 that turns your Wii into a personal trainer. An accessory to the incredibly popular gaming system, the Wii Fit comes with a disk and a balance board about the size of a bathroom scale. The board not only measures your weight and Body Mass Index (BMI), but also shows you your exact center of balance.

"It's a great way to insert a fitness routine into your day," says Andrew Urbanek, owner of Games On video game store in Pacific Beach. "Wii Fit really brings your weight and fitness to the forefront of your mind. It becomes a game to watch how your weight fluctuates and to see what you can do to drop a few pounds."

The disk comes with four main categories of games: strength training, aerobics, yoga and balance games. Jump on the balance board to practice slalom skiing, join a soccer game and head or kick balls that come your way, do pushups while the board tells you if you're leaning to one side, or swing a virtual hula hoop along with the computer-generated people on the screen. You can also run in place, while the Wii Fit acts as a pedometer and tracks your progress.

» Wii and Wii FIT are available at GAMES ON, 953 Garnet Ave., 858.272.4212. gameson.us