



## TRAINER SPOTLIGHT

# valerie waters

## THE BRAINS (AND BEAUTY) BEHIND OUR BRAWN

### CREDENTIALS:

Waters has been whipping celebrities into shape for 17 years, working with scores of A-listers like Jennifer Garner, Cindy Crawford, Matt Dillon, and Benicio Del Toro. She also invented one of the hottest pieces of fitness equipment on the market, the Valslide (visit [valeriewaters.com](http://valeriewaters.com)).

### PHILOSOPHY:

"We work out to look good," says Waters, "but more importantly, we work out to get more out of life." The L.A.-based trainer designs training programs that lead to functional gains and injury prevention.

### VALERIE'S TOP THREE TIPS:

1. Circuit train. "A perceived lack of time is everyone's No. 1 excuse for not working out," says Waters. Speed up your workout

and get a lot more done by doing a circuit like this: one lower-body exercise followed by an upper-body one, then repeat with a different exercise for each area, followed by an ab move.

2. Book an adventure. Plan a vacation or some event where you'll want to look good for three months from now. "It's easier to get psyched for leg training when you know you'll be skiing moguls in Aspen," says Waters.

3. Work core first. If your abs are a major weak point, hit them before you train the rest of the body. Too many guys do crunches as an after-thought; the best way to bring up a muscle group is to give it top priority.

Got a question for Valerie? Ask her at [mensfitness.com/valeriewaters](http://mensfitness.com/valeriewaters)

"We work out to look good," says Waters, "but more importantly, we work out to get more out of life." The L.A.-based trainer designs training programs that lead to functional gains and injury prevention.