



TRIED & TESTED

PHYSICORE

marie claire's Melissa Drennan mounts the megaformer machine to test a souped-up Pilates workout

WHAT IS IT? Developed by LA fitness guru Sebastien Lagree in 2001, the 50-minute workout done on a mega-former machine was developed to incorporate Pilates with cardio and weights training, and claims to burn up to 2500kJ per session.

HOW MUCH? \$37 per class. Discounts apply for five or more sessions.

THE VERDICT? Dubbed “evil Pilates” and “Pilates on steroids”, I was super-eager to try this new workout, which is loved by celebrities such as Jennifer Aniston and Nicole Kidman. Promising to increase strength, burn fat, build lean muscle and improve endurance – while being low impact – I was ready to throw my runners to the wind.

On arrival at the boutique studio in Sydney's Paddington, we're asked by owner and trainer Cat Rose, “Has anyone worked out today?” Thankfully for me, I haven't, but now I'm trembling in my lycra.

Cat demonstrates how to operate the brand-new, state-of-the-art mega-former machines. These intense machines (a cross between a rower and a weights station for your arms and legs) use a system of adjustable springs

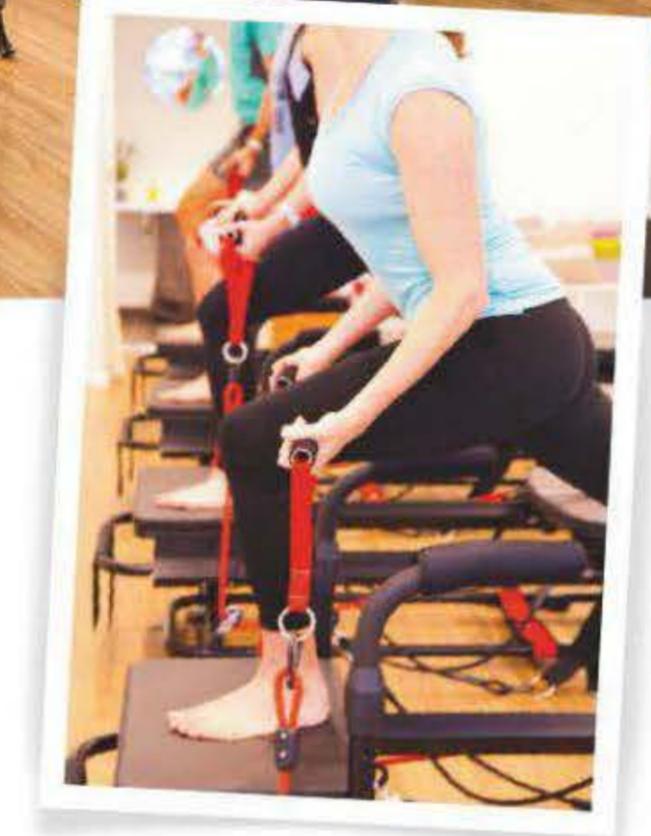
and your own body weight to give you an all-over workout. With no time to worry about learning my yellow springs from my blue, I dive straight in.

Each exercise lasts for one minute, with a countdown and words of

encouragement from Cat. Don't be fooled by the cute names for each pose – scrambled eggs might sound delicious, but the agony derived from this leg exercise is a long way from the enjoyment of a relaxed weekend breakfast.

Having only six people to a class means there's no hiding and no cheating. Cat closely watches my form and position, ensuring I'm activating all the correct muscles – I almost feel like I'm having a one-on-one personal training session. The range of exercises means my whole body gets attention.

We finish up our first class and I can't believe I have survived. My body



Cat watches my form, ensuring I'm activating all the correct muscles. I almost feel like I'm having a personal training session

is shaking, I'm covered in sweat and I feel battered, but happy.

Cat recommends the class twice a week for good results, or three times weekly for amazing results. I have to say, after just two classes my abs, butt and obliques feel slightly more toned already. Even my husband, who never even notices a new haircut, comments on my toned glutes. I've planned my next class and I'm heading back for more scrambled eggs, ice breakers, snow angels and spotted dogs.

FIND OUT MORE Visit www.physicore.com.au for timetable information and to book a class.