

## Fit For Fall

Written by Christine Whitton

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While the rest of the country sports layered looks, Valley dwellers don tank tops and minis in the year-round sunshine. Since such miniscule clothing options render you helpless to troublesome areas, these Valley experts provide fitness routines and knowledgeable advice that will leave you feeling good and fit in time for fall.



### Raising the Barre

It's no surprise that many women look to celebrities for the latest fashions, so why not take cues from their fitness preferences as well? Thanks to the svelte bodies of Kelly Ripa and NBC's "Dancing with the Stars," a fitness method mastered more than 50 years ago by Lotte Berk—a German-born ballerina—now has a stage and audience.

Prior to Berk's death, she afforded only one woman the right to use her name in coining "The Lotte Berk" technique, but since then, many instructors have created alternate names to keep this leading lady's legendary technique alive.

Called Karve, Kendra Jordan (owner of the Valley's only Scottsdale and Mesa studios that practice this technique) became hooked when taking the class while vacationing in California. As a Pilates instructor, Jordan was searching for the perfect addition to her studio and was shocked by the muscle effects she felt. "I am in incredible shape being a Pilates instructor and it still made me sore," Jordan says. Karve classes incorporate the stretching techniques of Pilates and Yoga while targeting precise muscle techniques used in ballet.

Hailed for its amazing body transformations, this one-hour class works, stretches and defines every muscle group creating a longer, leaner-looking dancer's body.

**Karve Candidate:** Perfect for individuals looking to slim down and tone up using a blend of deep breathing and elongated stretching.

### To Learn More:

**Karve,**  
480.247.6725, [www.karvestudio.com](http://www.karvestudio.com).



### Forging Forward

While CrossFit Scottsdale may not be something you're entirely familiar with, you've probably heard the buzz. First developed to strength train and condition police, fire and military forces, today this high-intensity program has been scaled down for the likes of everyday ability. According to the CrossFit mantra, it is best described as "a fitness and conditioning system that takes both training and practice to master, that combines functional movements and high-intensity in a pattern that has no pattern."

Starting his professional career as a personal trainer in 1999, CrossFit Scottsdale owner Luke Kayyem has always been devoted to physical fitness—a short blip working in the mortgage industry reconfirmed his passion. After his family relocated to Scottsdale from Los Angeles in 2007, Kayyem decided to return to his roots and embark upon CrossFit, a technique he learned while visiting friend Chris LaLanne of LaLanne fitness in San Francisco. "The program is built on functional movements [push-ups, pull-ups, squats, lunges, walking and running] performed at high-intensity that is constantly varied. From ages 8 to 88, we teach our students how to use their body as a machine," Kayyem says.

Located in a North Scottsdale studio, the program starts with a one-on-one baseline workout where coach Kayyem tests your body's ability to complete a predetermined workout. Your time, fitness and skill levels help determine your class level. Once decided by coach Kayyem, it's off to your first workout. The classes' short, intense workouts help to quickly accelerate your body's individual results. With four advancing grades of fitness, one's own dedication can determine their overall progression. What's more, each membership comes with the nutritional advice of CrossFit Nutrition Coach Tiffany Divelbiss.

The biggest letdown of being physically fit is the possibility of steering off course. With the added support of CrossFit Scottsdale's Web site, members are encouraged to continue their exercise program from home with daily fitness routines and interactive videos posted by Kayyem.

**CrossFit Candidate:** Perfect for individuals who seek short, intense, circuit-like workouts that are led by a coach and taught to build strength

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and overall character.

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**CrossFit Scottsdale,**

480.922.3253, [www.crossfittestscottsdale.com](http://www.crossfittestscottsdale.com).

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### Smart Thinking

Phoenix-based Dr. Vincent “Ben” Bocchicchio, better known as Dr. Ben, has been fixated on fitness since youth. Growing up, he was surrounded by a family whose physical physique played a huge part in their everyday livelihood. His father was a firefighter and his uncle, Felix Bocchicchio, was the trainer and manager of 1940’s and 50’s heavyweight boxing champion Jersey Joe Walcott.

After graduating with his first of two doctorate degrees in 1974, Dr. Ben opened the first Nautilus fitness center, located in the Northeast. Determined to make the most of his investment, Dr. Ben soon realized the Nautilus machines’ maximum potential was best reached at zero gravity—in other words, when worked as slowly as possible. As a trainer, he began performing a seven-part exercise program—leg presses, leg curls, pull-ups, chest flies, decline presses, bicep curls and pull-overs—with his clients and found an overall increase in strength and bone density benefits. This method was quickly coined the SMaRT™ system and today is one of the most efficient techniques to date.

Taught at Qi Biosystems, a private wellness organization in Phoenix, the SMaRT™ program can be done anywhere, if the principals of exercise are followed. “Exercise has two components: aerobic (strength) and anaerobic (endurance),” Dr. Ben says. “With the Metabolic Makeover, we are trying to change people’s metabolism from fat-storing to fat-burning.” This program combines the SMaRT™ system’s seven circuit training exercises with a 30-minute vascular massage. Secured to an Enhanced Counterpulsation System (ECP), rhythmic, noninvasive waves pulsate at the same rate as the heartbeat, stimulating the body’s blood flow. This constant massage helps jumpstart the metabolism and is proven more beneficial than a cardio workout. Done twice a week, this method will change your metabolic makeup.

**Smart™ System Candidate:** Perfect for structured, independent individuals looking to lose weight using a tried-and-true method, who have two days a week to spare.

### To Learn More:

**The SMaRT™ System,**

602.751.1945, [www.qibio.com](http://www.qibio.com).