

EYE OF THE TIGER

FOR **STACIE CLARK**, IT'S ALL ABOUT THE THRILL OF THE FITNESS FIGHT, AND SHE CAN'T WAIT TO KICK YOUR BUTT INTO SHAPE.



“The rules of athletics do not change based on your age. Joy comes from the constant movement that allows you to free your mind and your body.”

STACIE CLARK and her husband, Chris, have three decades of personal-training experience between them, and, as Tiger Athletics, they've resolved to rock your body. Together, they've sculpted the bodies of Kevin Garnett, Bob Knight, and the Edina firefighters—and they'll do the same for you. Here are Stacie's tips for accessing your inner athlete.

There are no short cuts or quick fixes. You must do the work and make smart choices. No matter what, it's calories in, calories out.

I recommend a cardio workout five to seven times a week, 45 to 60 minutes at a time, plus strength training twice a week, focusing on the total body. We believe in using one's body as the machine. If you can't lift your own weight, how fit are you?

Your core extends from your shoulders to your knees, and is made up of 28 muscles and 59 attachments. All ages and levels should work their core two to three times a week.

There's no research suggesting that calories are burned more efficiently at

certain times of the day, but the time of day can influence how you feel while exercising. Choose a time that you can commit to. Doing an activity 11 days in a row, or 21 alternating days, makes a habit.

Recovery is the magic ingredient. Training does not make you stronger, faster, or fitter. Benefits come during recovery. The harder and more frequently you train, the more vital optimum recovery becomes.

Chocolate milk is the best post-workout recovery drink. One serving has the right carb-to-protein ratio needed for hydration, replenishment, and rebuilding.

One pound of fat and one pound of muscle both equal 3,500 calories. Muscle weighs more than fat, which is why it's possible to lose inches but not pounds. The more muscle you have, the more your metabolism burn-rate increases! After working out for 60 minutes, you begin to burn seven times the fat.

To book a session with Stacie Clark, call 612-695-8770 or go to tigerathletics.com

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THE SCOOP

RAISE THE BARRE

Get ballerina buff with this tough workout

It was once a tightly held secret that football players and actresses took ballet lessons for strong, lithe figures. Still, it's surprising that it's taken this long for barre studios to show up for us mere mortals. Now there's The Barre, Minnesota's first dedicated studio, owned by Rachel and Paula Warford. And you don't even need to know a grand jeté from a plié: just line up and follow as instructors lead fat-blasting routines that use your own body and weights. At last: get a dancer's physique without the tutu. 539 E. Lake St., Wayzata, 952-473-0109, thebarrestudio.com

