

Are You Next?

What's your future?
Visit oxygenmag.com/futureoffitness for details

These readers are proof that *Oxygen's* advice works. Breaking a sweat and eating clean offer amazing results.

BY SANDY BRAZ

Do you train alone or with a friend?



ASHLEY: "I usually scare off my partner the first day, so for the past year, my iPod has been my workout partner."



TIFFANY: "Alone. Usually because I work out too early in the morning, before anyone is awake!"



AMY: "I like to train alone because it suits me — fast and intense. But a partner gets me out of my comfort zone."



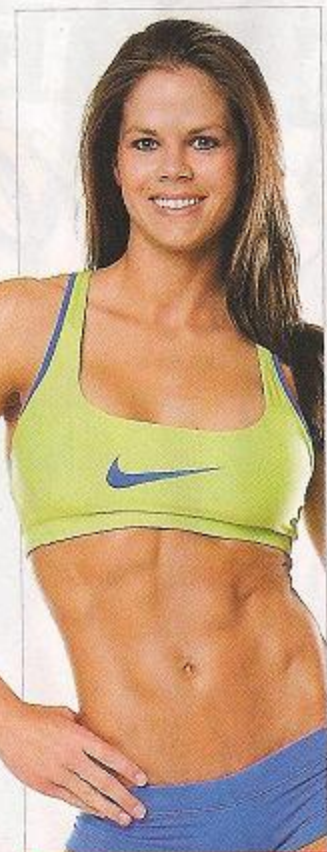
MARTHA: "I find it to be very motivating to exercise with a friend. But there are days when I like to work out alone."



LISA: "Alone or with my trainer only. I disconnect from everything else and focus on me."



LAURYN: "I usually try to train with a friend. She will push me harder and make me lift more."



ASHLEY GAY
SAN ANGELO, TX
STATS: 26, 130 LB, 5'5"
GIG: LEGAL ASSISTANT



TIFFANY JOE
FRISCO, TX
STATS: 34, 120 LB, 5'0"
GIG: PHARMACIST

Best move: "My favorite training move is the double walking lunge with 60 pounds on my shoulders," Ashley says. "Jamie Eason featured that move on her website and I tried it out in the gym. I love leg day and that move makes me sore every time!"

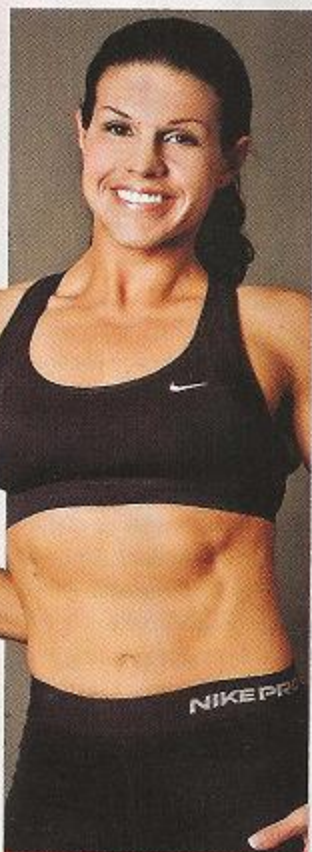
Her workout: "I exercise five to six days a week, focusing on a different body part each day," Ashley says. "When I'm not training for a fitness contest, I do more cardio. I still lift weights, but only three to four days a week."

Staying balanced: Ashley says that having a supportive family helps keep her time well managed. Also, she balances her life by training only during the week so she can spend time with her loved ones on the weekends.

Best move: Tiffany, a pharmacist from Frisco, Texas, says she loves doing leg presses. "There are so many moves you can do on the leg press that target different areas of your legs," such as your quads, hamstrings and calves.

Her workout: A figure competitor, Tiffany changes up her training depending on whether or not she's in "competition mode." "Off-season, I train five to six times a week with active rest on one day," Tiffany says. "I usually start my workout with heavy weights and end with my session of cardio for 45 minutes."

Staying balanced: "I always make time for workouts, which are usually at 5:00 a.m. before I start my workday and before my kids wake up," Tiffany says.



AMY ALEXANDER
LOCUST GROVE, GA
STATS: 35; 125 LB; 5'2"
GIG: FITNESS TRAINER



MARTHA VUCSKO
AURORA, OH
STATS: 47; 110 LB; 5'4"
GIG: SPA OWNER



LISA JAUREGUI
AUSTIN, TX
STATS: 27; 110 LB; 5'2"
GIG: ACCOUNT EXECUTIVE



LAURYN NICOLETTE KAZNOWSKI
KINGSTON, NY
STATS: 21; 115 LB; 5'2"
GIG: STUDENT

Best move: "Lunges," Amy says, "because there are so many variations that do wonders for my glutes." However, it's a love-hate relationship — "I hate to do them but I love the results!"

Her workout: Along with teaching up to three cardio spin classes per week, Amy likes to get in at least two days of running and a day of sprints. "During race season, I just train three days a week," says Amy, who trains with weights on alternating days.

Staying balanced: "Fitness is my career," she says, admitting that it's a smoother transition to go from work to exercising when you work at a gym. How does she get it all in? "My job gives me the flexibility to work around four kids and my husband's schedule."

Best move: "I have several favorite training moves," Martha says. "But I love to work my back. I love wide-grip lat pull-ups because they help give me that perfect V-shape!"

Her workout: "I work out six times per week," she says, adding that being committed to fitness since her teens has helped her stay disciplined in other areas of her life, including becoming a spa owner. "Each training session generally includes some type of core and abdominal workout coupled with training two body parts."

Staying balanced: "I need to have structure," Martha says. "I schedule my training sessions as I would an appointment," adding that this is her secret for keeping her workouts on track.

Best move: "I love walking lunges," Lisa says. "I have gotten great results from doing them after every cardio session." She adds that these have helped her tone her lower half, an area she has struggled with.

Her workout: Lisa balances her workout regimen between cardio and strength training — she does four 45-minute cardio sessions per week and three days of strength training. "I get to the gym at 4:30 a.m. It makes such a positive impact on my day."

Staying balanced: Lisa credits her husband for supporting and encouraging her. To make time for family, "it's a rule that Sundays are family days and for the days between, I keep a very detailed 'to do' list in a very full planner."

Best move: Lauryn says she can't pick just one favorite exercise, but admits that squats definitely stick out as one of the moves she enjoys most. "I like squats on a balance ball," Lauryn says. "They work your entire body."

Her workout: "I do cardio every morning for 45 minutes," says Lauryn, who hopes to get her master's degree in nutrition. "And in the afternoons I lift weights."

Staying balanced: "It's tough working, going to school and working out," Lauryn says. "I set a schedule in the morning and I try to stick to it. I write down everything I have to do for the day, including when I'll eat," says this full-time student, who is currently working toward her degree in exercise sciences. ☉