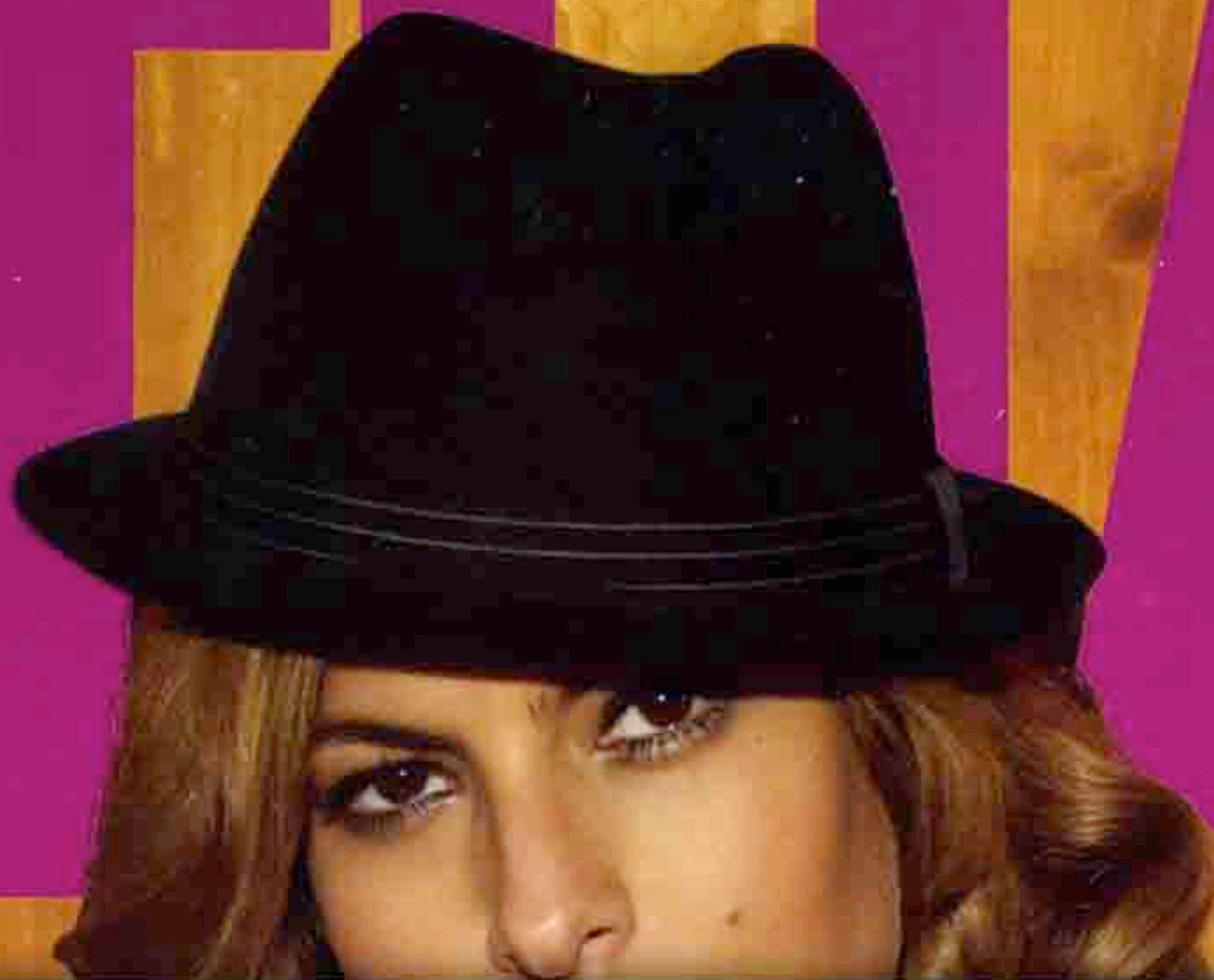


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## PUSH IT

Should you venture beyond the confines of the gym (gasp!) and try something new? Most definitely—nothing but good can come of it. *by Ingrid Skjong*

### FOR IRONMEN

**Stacy's Boot Camp** (212-531-3531; [stacysbootcamp.com](http://stacysbootcamp.com)) will get you out into the open with challenging group sessions held in various New York City parks (Central, Battery, Washington Square, and Prospect among them). Founder Stacy Berman focuses on cardiovascular training, strength, and flexibility via basic-but-effective moves like push-ups, pull-ups, lunges, squats, tricep dips, sit-ups, curb step-ups, step climbs, running, and jumping jacks. (Whew.) The added challenge? Environmental factors like heat, cold, wind, and uneven ground add up to a hard workout that's not always comfortable (dress in layers), and is anything but institutional.

### FOR FASHIONISTAS

Yes, it's a bit trendy and all the rage in Europe. But vibration training at **Station Vibration Studio & Spa** (675 Hudson Street, Suite 3N, 212-683-7869; [stationstudiosnyc.com](http://stationstudiosnyc.com)) is an interesting alternative to the norm. Initially developed by Russian scientists to help cosmonauts rebound physically from their time in space, vibration training is based on intense 15- to 18-minute sessions of traditional exercises—sit-ups, push-ups, and the like—done three times a week on a plate that vibrates 25 to 50 times

per second. The pulsing causes reflexive muscle contractions, which means you use nearly 100 percent of your muscle fibers (compared with 40 percent during traditional workouts). The studio offers more than eight different classes, and after your workout be sure to try the infrared sauna, which uses radiant heat that's believed to increase circulation and energy, help heal injuries, and detoxify.

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### FOR COUCH POTATOES

For those more inclined to tackle a workout if the modality in mind is less than 50 paces from the kitchen (one does, after all, need to refuel), **Gym Source** (40 East 52nd Street, 212-688-4222; [gymsource.com](http://gymsource.com)) is a godsend. This purveyor of gym equipment—the largest commercial retailer of fitness apparatus in the country—stocks the latest and greatest in workout stuff and makes browsing for the one best suited to you a snap. The place specializes in serving gyms (Equinox, New York Sports Clubs) and celebrities (Ralph Lauren, Twyla Tharp, Conan O'Brien) alike. Working out on the latest equipment? Excellent. Doing it in your own home? Perfection.

### FOR SPIRIT SEEKERS

An amalgam of yoga, Pilates, resistance training, and the Pilates-esque Lotte Berk method, the **Nalini Method** (48 West 68th Street, 212-787-5588; [nalinimethod.com](http://nalinimethod.com)) is a winning combination. Attentive and motivating, founder Rupa Mehta ("Don't talk yourself out of the move!") holds court in her Upper West Side studio, guiding her classes through an hourlong workout based on intense periods of exercise (rapid successions of push-ups, leg-burning pliés, core work, and one hell of a lower-body set that leaves muscles shaking), cut with ample stretching. Using weights, exercise balls, resistance bands, and ballet barres, Mehta, who named the method after her mother, gets your body moving in all directions, and you'll feel it working. [G]