

THE BEST **FREE** WORKOUT SPOTS IN L.A.

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L.A.'s hottest trainers reveal their favorite local spots to get fit without spending a dime.

HOLLYWOOD

Trainer: Zen Gray, host of *The Skinny*

Spot: "By far, one of my favorites is **Runyon Canyon**. I enter at the Fuller Street gate and go right up the hill, which leads to steep stairs and a brief resting place that overlooks L.A. If, when you enter the gate, you turn left instead of right, you can walk or run up the [easier] concrete path and walk back down. I try to pet as many dogs as I can!"

BEVERLY HILLS

Trainer: Andrea Lawent, owner of **Made in LA Fitness**

Spot: "I do a window shopping run! I start at Neiman Marcus (**9700 Wilshire Blvd.**), go east on Wilshire, pass Saks and continue down to Barney's. Turn left on Rodeo, and go north past Louis Vuitton, Dior, Stuart Weitzman, Gucci and Fendi. Cross the street to the Ralph Lauren store, run up and down the stairs at Ralph Lauren and go south on Rodeo to Hermès, Cavalli and Chanel. Veer off to Versace and Jimmy Choo. Cross back to Wilshire, and jog back to Neiman's."

*Never spun with Andrea? **Mention Vital Juice for a free class!***

THE VALLEY

Trainer: Dove Rose, creator of **Dove's Bodies**

Spot: "Through Fryman Canyon, going from the San Fernando Valley base to the top of the Hollywood hills, one can find a wonderful, three-mile hike through **Lila Wilacre State Park**. The trailhead is at **3431 Fryman Road near Studio City**, a half-mile south off Ventura Blvd. (down Laurel Canyon Blvd.). Parking is free on the street (look for the parking signs) or \$3 in the lot, but be sure to check the top of the pay station, because frequent attendees leave their already-purchased parking passes – and they're good for a day."

Trainer: Kit Rich, owner of **The Real Body Café** and Pilates-based trainer

Spot: "Closed to motor vehicles from Encino Hill Drive to **Santa Maria Road in Woodland Hills**, unpaved or 'Dirt' Mullholland runs about seven miles at the top of the mountains between the San Fernando Valley and Topanga State Park. It is my favorite place to run, walk or bike. To get there, go to the **southern end of Reseda Boulevard in Tarzana to Marvin Braude Mulholland Gateway Park**. Go up the hill and hike west toward Woodland Hills or east to Encino."

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WEST SIDE

Trainer: Jess Park, creator of **Playa Del Rey Boot Camp**

Spot: "On Admiralty Way in Marina del Rey, there's the **Yvonne Brathwaite Burke Park** walking path (it intersects with the bike path), which has parcours stations along it. There are chin-up bars, balance beams, parallel bars and a sit-up station, and if you bring a bike, you can cool down by taking a ride south through the marina or north to Venice."

Trainer: **Tandy Gutierrez**, trainer, Pilates Director and Group Fitness Manager at Equinox Century City

Spot: "**Penmar Park in Venice** is a sweet spot with parallel bars and rings for hanging, swinging, push-ups and more – your own private gymnastics space."

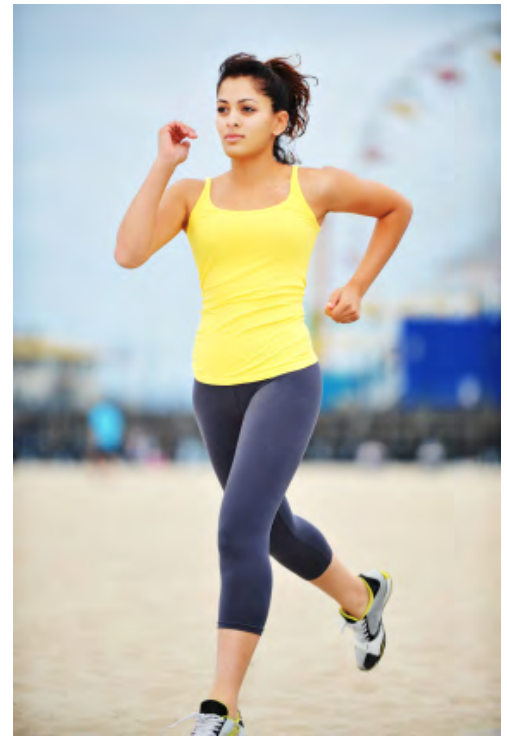
Wanna try Pilates with Tandy? **Email tandygutierrez@gmail.com and mention Vital Juice to set up a comp!**

Trainer: LaReine Chabut, trainer and co-host of **Focus on Feeling Better**

Spot: "When I'm not doing **the Santa Monica steps**, which is good for your butt, I **bike the path along the beach from Marina del Rey to Manhattan Beach**. It's a great workout and good for people watching!"

Trainer: Jennifer Cohen, creator of the **No Gym Required** program

Spot: "I really like **Mandeville Canyon** for bike riding. It's a gradual incline that takes about 25 to 30 minutes to get to the top, and about 15 minutes to come back down – the perfect amount of time. I enter right off Sunset."



Trainer: Amy Cheryl, creator of **Flexxation**

Spot: "I start at **10th St. and San Vicente Blvd. in Santa Monica** and take an "urban hike" on San Vicente Blvd., down to Ocean Ave. I do "the stairs," then walk down to the beach, crossing PCH. Jogging on the sand is great for the glutes and calves – I actually jog into the water. On my way back, I stop for some push-ups and lunges."

Trainer: **Daniel Laga**

Spot: "In Marina del Rey, off Admiralty Way: **Burton Chace Park** (at the end of Mindanao Way). There's a great running path and clean, grassy areas where you can exercise. Best of all, there's stretching and exercise equipment there: wooden logs, rings, pull-up bars and more, so you can do drills."

Want to try a kettlebell workout with Daniel? Purchase 10 sessions, and take home your kettlebell for free!

Trainer: Bob Harper, trainer on **The Biggest Loser**

Spot: "I like the rings and workout equipment on **Muscle Beach**. I took the *Biggest Loser* contestants out there. The rings are difficult, but the pull-up bar is even better – I love old-school ways of fitness when it comes to strength. Pull-ups, push-ups and utilizing your own body weight make a great workout."

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SAN PEDRO

Trainer: Clarita Bassett, trainer and creator of Mambo Mania

Spot: “San Pedro’s Royal Palms Beach has two rock trails where you can walk right on the water. And there’s Point Fermin Park – you can run or walk the paved path that surrounds it, and there’s also a playground for kids.”

MALIBU

Trainer: Sebastien Lagree, owner/creator of Pilates Plus

Spot: “I like to hike the dunes at Point Mugu in Malibu. It’s super intense as you climb up a hill of sand! You get a total body workout; the sand absorbs the impact that your knees otherwise would; you exercise with the fresh air from the ocean. It’s very unusual, effective, safe and fun.”



EAST SIDE

Trainer: Ashley Marriott, creator of Burn n’ Firm

Spot: “The Silver Lake reservoir is a great run, and for extra leg and cardio exercise, I finish with the stairs – it’s brutal!” Ashley shared these maps:

- * **Outdoor Urbanite map**
- * **Trails.com map**

CENTRAL L.A.

Trainer: Mike Donovanik, owner of West Coast Strength and Conditioning

Spot: “Many people have heard of the Santa Monica stairs (which can get crowded)...but have you heard of the Culver City stairs? They’re super challenging because they’re big and uneven. It’s almost like you’re doing lunges vertically all the way to the top. Once you’ve conquered them, you’re rewarded with a gorgeous view of the city.”

Trainer: Steve Jordan, owner of Steve Jordan Acceleration

Spot: “I like to go to UCLA Drake Stadium: The track is brand-new, soft and forgiving on the joints. There are also stairs there, so you can challenge yourself by going back and forth between the stairs and track. To top it all off, there are boxes, dip bars, ropes, and pull-up bars.”



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