

PRODUCTS

## GearHead



## How to Choose Cycling Shorts

**YEAH, BIKING** on the trail or in Spin class can make you buff like Lance Armstrong. But it's hell on the nether regions. Bike shorts ease the pain via interior butt pads called chamois, once sewn from carwash leather and now made of synthetics. Cushions range from wafer-thin to plush. "The longer you're on the bike, the more padding you want," said Gold's Gym indoor cycling instructor Natalie Crane. She likes road-bike styles by Sugoi (sugoi.com); they're those Flash Gordon-shiny "skins" with elastic leg "grippers" to keep them from creeping up and chafing. Look for wicking fabrics, and consider donning two pairs at once for comfort, though this could make anyone's booty look J. Lo-esque. Sigrid Haines, chair of Potomac Pedalers Touring Club, prefers Bellwether's "baggies," loose-fit shorts with hidden pads (bellwetherclothing.com). "Tour de France riders like Lycra, but President Bush and I both wear baggies," she said. "They look better, and you can wear them into the store without people staring at you." JENNIFER BARGER (EXPRESS)

## VITALSTATS

2

THE NUMBER OF TIMES PER WEEK WOMEN SHOULD LIFT WEIGHTS TO PREVENT "MIDDLE-AGED SPREAD" ACCORDING TO A UPENN STUDY.

# Get a Kick Out of Yoga

Budokon melds yoga poses with vigorous martial-arts moves

Celebrity trainer Cameron Shayne plants his arms on a yoga mat and proceeds to levitate his body with his legs artfully akimbo. It's a jaw-dropping move, one that probably impressed celebrity clients like Jennifer Aniston and Courteney Cox. Magical movements like this have allowed Shayne to transform himself from just another hard body (and Charlie Sheen's ex-bodyguard) into a fitness guru.

And it's his collection of movements, which he has dubbed Budokon ("way of the spiritual warrior" in Japanese), that now promises to be the next exercise sensation.

Boiled down, Budokon is a blend of yoga, martial arts and meditation. But Shayne shies away from calling it a fusion workout. It's a system, a technology, a philosophy. It is *not* Tae Bo. "You don't wake up in the morning doing Tae Bo," Shayne said, while visiting D.C.'s Flow Yoga Center last week to train teachers and give a public workshop. His

**"It's like yoga times two, it's so energizing and a great release."**

belief system extends from the way people feed their hunger and treat one another to the way they move, which is what he focuses on during his conditioning classes.

Whether the actions come from Tae Kwon Do, Hatha Yoga, Jiu-Jitsu or another member of the fitness techniques smorgasbord, it doesn't matter to Shayne, who developed Budokon in 1999 as a "technology" that can be applied to everything: "It has to be useful and functional. That's our objective." So, one doesn't just do a sit-up. Instead, one rises up completely from a supine position using both abdominal and leg muscles, ready to fight or just keep on walking.



**DOGFIGHT:** Mimi Rieger, top, D.C.'s only certified Budokon instructor, kicks back. Cameron Shayne, above, helps a student with her downward dog pose.

Classes begins with yogic movements that stretch the muscles and open the body, but Shayne isn't afraid to borrow. As he instructed students on how to extend their arms while puffing out their chests, he invoked dance legend Martha Graham. Then, he innovated by leading the group in "slow motion mountain climber." The step starts in the standard yoga position "downward dog," with hands on one end of the mat, feet on the other and

butt perched high in the air. In his twist, one picks up a leg and moves it beside one's hand. Next came floating lunges, in which one bends a leg in front of the body and extends the other straight back, then by rounding the shoulders and almost going into a handstand switches lunged legs. There's no need for weights

when one is lifting the bulk of one's own body.

Quickly, the class progressed into "floating frogs," "dancing Brazilians," "scaredy cats" and "fighting crocodiles" — no one can fault Shayne for not coming up with entertaining names for his moves — and generally jumped, kicked and sweated while raising their heart rates. For Mimi Rieger, who's taught yoga for four years and just became the first Budokon certified instructor in the D.C. area, it's this aspect that's appealing: "It's like yoga times two."

While modifications exist for those who aren't capable of Shayne's more complex moves, Budokon requires a great deal from students. "I'm sick of these practices that tell people not to work for mastery or perfection," Shayne explained. "It's not supposed to be easy." And it's not, except maybe for Shayne. "He looks like a superhero," marveled Rieger. Newbies are more likely to thud, especially those lacking in core and upper-body strength. But with practice, comes mastery, and with mastery comes a better body. VICKY HALLETT (EXPRESS)

■ **BUDOKON BASICS:** Get a taste with the Beginning Practice DVD (\$15, budokon.com). Rieger works with private clients and kicks off classes in April, starting with a workshop at Sport & Health Northwest April 1.