

Fitness

September 17, 2010

Circuit City


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Burn fat and build muscle with LA's latest circuit training workout.

Popular Beverly Hills personal trainer **Mike D.** (aka Mike Donovanik) goes public with a brand new fat-blasting class launching today at **Crunch**. Throughout the fall, the gym's Sunset location will offer "Training Day" on Thursdays at 9:30AM and 5:30PM.



Bring your A game and some H₂O; the class provides the rest, including **Battling Ropes**, **TRX Suspension Trainers** and kettlebells. During the high-intensity circuit-training workout, you'll move into small groups and go through eight stations at a fast pace...four times. (Hence, the A game.)

The goal of circuit training is simple: to exercise each muscle group and to keep up your heart rate. At each station, you'll work hard for 45 seconds, then recover for 15, boosting your cardio while burning fat.

Not sure if you're ready for 50 minutes of intense training? Check out Mike D.'s five-minute mini-circuit video [here](#).

Watch and burn.

Training Day at Crunch, Thursdays, 9:30AM and 5:30PM, 8000 Sunset Blvd., (323) 654-4550, [MAP](#)

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