

// TRAIN FOR STRENGTH AND PERFORMANCE //

# oxygen

TRAIN SMART. EAT RIGHT. BE STRONG.

## SUMMER-READY CIRCUIT

by cover girl and #fitspo  
**MASSY ARIAS**

## HIT THE TRAIL

Unilateral Moves for Peak Performance

The Match-a-Snack Matrix

We  Burpees #OxygenBadassBurpees Challenge

GO WITH THE ANIMAL FLOW

PELVIC FLOOR 101



The 411 on Foam Rolling

2 New Moves for **Great Glutes**



# Take a chance

**S**hamelessly game. That is how a friend once described me and my willingness to try almost anything that involves athletics or movement. Indeed, I have no qualms about being the test dummy for all things physical, and unless there is a real danger of dying (yeah, I will never go skydiving), I'll probably give it a go.

Not that there is anything death-defying to try in this issue, but I did get a lesson in Animal Flow (and humility) from movement expert Venus Lau in conjunction with her article on the same (Page 66). As it turns out, what looked to be so



simple was in actuality really hard, and I tried my best to keep up with Venus as she performed each move with grace and power. Check out my tutorial for yourself, which has been posted online for your entertainment.

I have, however, opened myself up to punishment as part of our 15-day #OxygenBadassBurpees Challenge (Page 41), wherein participants can challenge the editor-in-chief (that's me) to

perform whatever heinous burpee they can concoct. Still not death-defying, but there will absolutely be many evil burpee renditions proffered for testing that will have me running for the bucket. And yes, my burpee attempts will be posted in various outlets — good, bad or ugly — for all to see. Yup, shamelessly game.

But in all honesty, why not try whatever is offered up to you? The world is full of unique challenges, and the more you expose yourself to the new, the fresh and the unfamiliar, the more you'll move forward as an athlete and a person. So going into spring this year, I encourage you to be shamelessly game — try a new sport, do a Spartan Race, join a running club, pick up boxing. Try something that pushes your limits mentally and physically. See what you can do and how far you can go, and raise the bar each time you succeed. Like they say, the only workout you regret is the one you didn't do, so don't let another opportunity pass you by, even if it sounds crazy. Grab a hold and go for it.

**Lara McGlashan**  
**Editor-in-Chief**  
 @LaraOxyEditor  
 @LaraFitnessEditor

## My May/June Obsessed-With List



**1**  
 ▶ **Swiss Diamond Nonstick Clad Fry Pan (8")**  
 I've had a ton of nonstick pans in my day, but this one — with a nonstick coating consisting of real diamond crystals — is by far my fave. It feels solid, cooks evenly and cleans like a dream.  
**\$130, swissdiamond.com**



**2**  
 ▶ **Humm Kombucha**  
 I love me some kombucha for a daily dose of probiotics and vitamins, and this one has 10 killer flavors such as pomegranate lemonade, lemon ginger and coconut lime.  
**\$3.30, Target, Costco, Walmart and other nationwide retailers**



**3**  
 ▶ **Primal Kitchen Coconut Collagen Fuel**  
 This take-anywhere collagen travels well, and it is the perfect addition to my morning coffee on the go. Plus, it has no preservatives or artificial ingredients, and — best for me — it's dairy-free.  
**\$35 for 12 packets, primalkitchen.com**



**4**  
 ▶ **Twila True Beauty Nail Lacquer**  
 My nails take a beating when I work out, but this vegan nail polish truly upholds its chip-resistant claim! It comes in cool, trendy colors, as well.  
**\$12, twilatruerbeauty.com**



**5**  
 ▶ **Lululemon Fast and Free Leggings**  
 Spring is the best time to go running, and these cool tights are lightweight with handy side pockets to stash my keys, tissues and phone.  
**\$128, lululemon.com**



**6**  
 ▶ **Reebok Fast Flexweave**  
 Speaking of running, this is the perfect shoe for speed training — stretchy, comfy and fast. Running 400's the other day never felt better.  
**\$100, reebok.com**

Photo by Kimberly Metz