



May 6, 2013

## **Leafy Greens, Abs & Arms, and Jamie Eason LiveFit Trainer**

Hi Friends,

Hope you had an awesome weekend! Saturday, I visited [Alegria Fresh in Laguna Beach](#), which uses hydroponic vertical farming to produce locally grown, natural, fresh greens and fruit! I was invited to go on a tour of the facility, where I got to sample kale, arugula flowers (who knew they were edible!), and some of the best strawberries I've had in years. More on that coming soon!

The second part of the tour was supposed to be a visit to their off-site farm, but I got a lost and couldn't find it (something only I would do!). If you have ever been on a road trip with me, you know that under no circumstances should I be allowed to drive without GPS or a very good human navigator – unless you need to find a coffee shop, in which case I can direct you to every coffee house within a mile radius. Did I mention I like coffee?



I also went to the gym for an “A” workout – abs and arms. I’m now doing personal training at the gym two times per week instead of three, so I’m trying to supplement my training by creating my own workouts at the gym when I can’t meet with my trainer. Here’s what I came up with for abs & arms this week:

### **Ab & Arm Workout**

5 min. cardio warm-up

3 sets of 15 of the following:

Leg raises on the ab machine (for lower abs & obliques)

Reverse crunch with 10 lb. medicine ball

Leg lift with hold

Bicycle

Tricep push-downs – 25 lbs.

Bicep curls – 20 lbs.

5 min. cardio cooldown on the stairmill

I think it worked, since my abs are totally sore today!

I also signed up for [Jamie Eason’s LiveFit Trainer program](#) on [Bodybuilding.com](#) to help supplement my training – it’s a free, 12-week training and nutrition program designed in collaboration with fitness writer and model Jamie Eason – more on that in my first-ever YouTube video below!

What did you do this weekend to stay fit? Hope your Monday is off to a good start!