

Gabbing About Fitness

GABRIELLE REECE HAS MANY CAREERS, AND WHETHER SHE'S MODELING, WRITING, ACTING OR SIMPLY BEING A MOM, WORKING OUT IS AT THE CENTER OF THEM ALL | BY JON FINKEL



How's this for a hat trick? Gabby Reece was once named "One of the Five Most Beautiful Women in the World" by *Elle* magazine. She's also in the Florida State University (Tallahassee) Athletic Hall of Fame for volleyball and was the first female athlete to design a shoe for Nike. But that's only the tip of the icon iceberg for Reece. She has also appeared in sitcoms, starred in TV shows, created fitness videos and penned magazine columns. And her new website thehoneyline.com speaks directly to women interested in a fit, healthy lifestyle.

How has your training philosophy changed since you became a pro beach volleyball player in 1992?

I started out banging pretty heavy iron and doing plyometrics, and now it has turned into functional and multiplane training. I do circuits 3–4 times a week, combining cardio and weight-training elements. The longer you work out, the more educated you get; I went to college at 17 and I'm 39 now. That's a long time to be training, so I need to keep my workouts fresh so I don't get bored.

How do you keep things fresh?

Every circuit I do has 10–11 exercises and I always change them, switching between upper and lower body. The days of just doing legs are over for me. I like challenging one side of my body vs. the other. I hardly ever use machines.

How long is a typical workout?

If a workout is fast twitch-oriented like mine, you're not going to do it for two hours. I try to get a bang for my buck and get it done in 42 minutes.

Do you train outside the gym, too?

I'm doing a lot more street biking. There's a hill outside my house that I climb. Within that workout, I'll try to do fast intervals. Doing intervals on a hill can be very humbling! I'll also do soft-sand and sand-dune sprinting.

Have your eating habits evolved with your workouts?

I used to eat a lot more wheat products when I played ball. I ate a lot more in general, probably 3,500–4,000 calories a day. My dinners are much lighter; I feel better if I eat less at dinner.

What do you miss most about being a professional athlete?

Part of what I loved about volleyball was the discipline. To be able to work hard, you have to exercise some self-control. Whether you're winning or losing, that's what enhances your character.

Do you miss the camaraderie?

I train with a lot of women, so there's camaraderie in that. Working out with a group is critical: Creating an environment where you can be successful, and your friends kick you in the butt when you're down and vice versa is ideal.

What's the perfect training group?

It's important to be with people who aren't competing against you. People tend to get competitive and that's not what it's about. You push one another, but that's it.

What's one piece of advice you'd offer to women trying to stay in shape?

There's no secret. Fitness is for everybody, but it takes hard work. Anyone can do it if she's willing to get involved in controlling her body. **hers**

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