

# YOUR *body* *makeover* STARTS HERE!

## You hit the gym regularly but aren't seeing results?

Our self-test will help you pinpoint your better-body roadblock. "We tend to focus our exercise efforts on what we're good at," explains SELF's fitness director, Meaghan B. Murphy. "But revealing weaknesses, then improving on them, is the secret to changing your shape." Ready for her own workout wake-up call, Murphy headed to E, Equinox Fitness Club's exclusive Manhattan gym (members pay \$25,000 to join, use a retina

scan to get in and change in private cabanas!), for an eye-opening assessment. Turns out, the self-professed cardio queen needs to spend less time in Spin class and more in Downward Dog—Murphy's cardio level was close to "elite," but her flexibility was labeled "poor." Now it's your turn to spotlight strengths and ID downfalls with a DIY version of the fancy-pants assessment, created by David Harris, vice president of personal training at Equinox. It evaluates the three traits of true fitness: endurance, strength and body mobility. See how you rate, and use our expert tips to make your workout work for you. Then forget about retinas. Everyone will be scanning your ridiculously fit body!

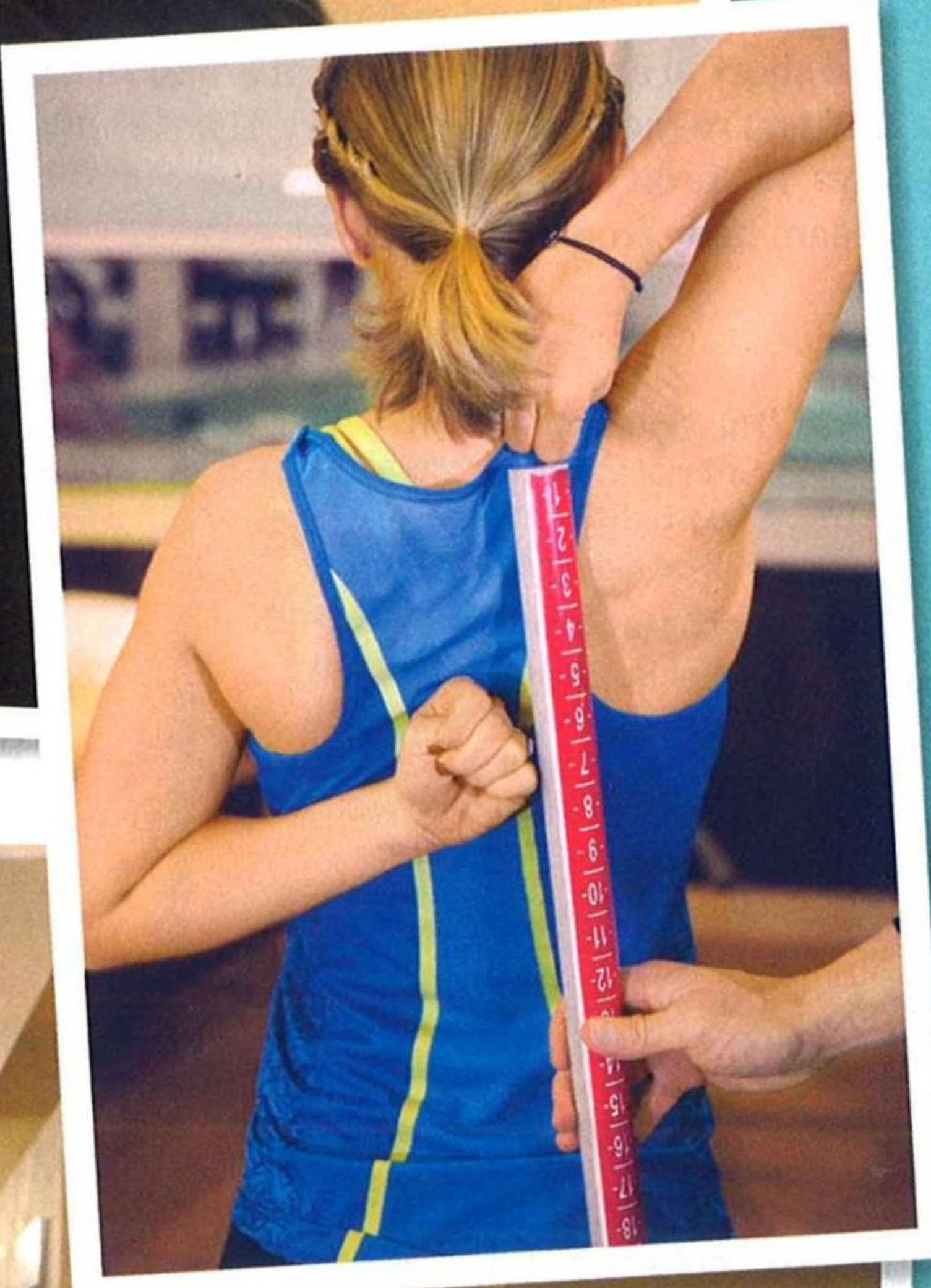


Fitness director Meaghan B. Murphy Photographs by Larsen & Talbert Still lifes by Devon Jarvis

POST-ITS: WORKBOOKSTOCK/GETTY IMAGES, HAIR AND MAKEUP, FLORA KAY. NEXT SPREAD: STYLING, LIDA MOORE MUSSO; HAIR, KATSUMI MATSUO FOR REDKEN; MAKEUP, JOY FENNELL FOR DIOR BEAUTY. SEE GET FIT GUIDE.



**Futuristic fitness**  
This Hannibal Lecter-like mask measures how efficiently the body uses oxygen (your VO<sub>2</sub>Max), which is a good gauge of endurance, explained test administrator Josh Stoltz.



**Body balance**  
Hold this pose! Wobbling is a tip-off that your balance and flexibility need fixing!  
**RIGHT** A reach-back test reveals shoulder mobility: crucial for lifting, putting away groceries and more.



**Start your test on the next page!**