



Like the other Elev8 locations, the flagship studio in BGC features a modern, mirrored workout room that has within 10 state-of-the-art Megaformers. Below: Check-in and get ready for your body transformation journey at the Lagree front desk.

# Total Transformation

Get long and lean and have a mega workout at Elev8 Lagree

BY JUSTIN CONVENTO

PHOTOGRAPHS BY DANIEL SORIANO

OTHER PHOTOS COURTESY OF ELEV8 LAGREE FITNESS STUDIO

HERE'S A HOT, new, buzz-worthy workout in town and it sure isn't here to play games. Lagree, a super-popular fitness method that originated in Hollywood, has finally found its way to our side of the world through Elev8 Lagree Fitness Studio, which has celebrities such as Iza Calzado and Anne Curtis, as well as society girls such as Marianna Vargas-Morada among its regular clientele. International celebrities (like the Duchess of Sussex, Meghan Markle, no less) and top athletes swear by Lagree, too, and for good reason—it works.

Since the opening of the first Lagree studio in 2001 in Southern California, the method has delivered fast results and transformed thousands of physiques in over 300 licensed fitness studios worldwide. The high-intensity, low-impact method is continually cultivated and developed on by Sebastien Lagree, CEO and founder of Lagree Fitness and Megaformer, perfecting Lagree to an art and making it into one of the most innovative and effective complete body conditioning fitness methods out there.

“Lagree Fitness is a full-body workout that burns fat and sculpts lean muscle faster than any other fitness program,” explains Janie Hale, Elev8 founder, co-owner, and instructor. “The workout is based not on more time, but more intensity. Our classes combine strength, endurance, cardiovascular, balance, flexibility, and core training, saving you time and maximizing results. The method is a great way to gain muscle and lose fat by activating your slow-twitch muscle fibers throughout the movements.” The 45-minute workout is done on the Megaformer, a state-of-the-art machine that sculpts your body and improves dynamic fitness. Looking at the Megaformer, you may notice that the machine is a longer, wider, and much more versatile version of the Pilates Reformer. Hale adds that the Megaformer was designed to create easy transitions between each exercise, fully maximizing



From top: Slip on your grip socks and hang out on the cozy, aqua couch until your Lagree class starts; get a muscle-shaking workout all in 45-minutes with Elev8's licensed and trained instructors!

the time worked on the body.

There are ultimately eight core benefits to Lagree Fitness, and all eight will have you convinced. The method promises to improve body composition, muscular strength and endurance, improve core strength, reduce stress while simultaneously improving self-image, esteem, and confidence, cardiovascular efficiency, and metabolic rate. It also increases flexibility and balance, increases calorie burn post-workout, and bone mineral density, as it is safe on joints and connective tissues. To achieve maximum results and benefits, Hale suggests taking class two to four times a week. “You will begin to see changes in your body after one month by attending classes two to three times a week. The workout ideally should be done three to four times a week to feel and see the results of long, lean, and toned muscles. In each and every session, you will get stronger, as the workout combines strengthening, endurance, cardio, core, and flexibility.” Another plus? Lagree is for men and women of all ages because the method

is completely customizable for beginner to advanced. Each studio has up to 10 Megaformers and so there is a limit of up to 10 students per class, allowing Elev8's instructors to move throughout the room and be mindful of each student's abilities and necessary adjustments. Additionally, Lagree is so safe that it is the workout of choice for a lot of expecting mothers. “Lagree is safe for women up until delivery! Adjustments are made to offer the safest, most effective workout for these women.”

## Five differences between the Lagree Method and Pilates. Elev8's Janie Hale explains.

**The machine.** If you are familiar with the Pilates reformer you will see the difference instantly! The Megaformer has a wider and lighter carriage, adjustable handlebars for different exercises, shorter handles at the back for more movement versatility, and eyelets on the carriage for leg, core, arm, and back exercises. Additionally, the Megaformer was designed to create easy transitions between each exercise.

**Pace.** In both Lagree and Pilates you can expect a workout that targets the core muscles of the body, however, a Lagree class is based on slow, controlled movements to work multiple muscle groups at once. When you engage more muscles in a short period of time, your body burns energy longer, while utilizing the after-burn effect. The slow, controlled movement also activates the slow-twitch muscle fibers, giving you a long, lean body, versus fast movements that will result in bulking up. The slow twitch muscle fibers are also your endurance muscles, which help you complete a 45-minute class without taking any breaks.

**Transitions.** In Pilates, you typically take breaks between each set of exercises. In Lagree, you make fast transitions between each exercise, even though you want to perform the exercises themselves as slow as you can. Clients are encouraged to move quickly to the next movement to improve their cardiorespiratory endurance by keeping their heart rate elevated at a safe level during the whole workout. Short transitions lead to your heart rate dropping and a shorter class.

**Stability.** Lagree works wonders for stability and balance. With slower exercises, you can expect to use your core stabilizers more and your core muscles are activated for better balance, which will work wonders for long-term health.

**Muscle focus.** Pilates targets muscle groups one at a time, while Lagree classes target many muscles at the same time. For example, when you are in a lunge on the Megaformer, you can work your legs, core, abs, and arms all at once.