



Mean Machines.

We ask two of the toughest men in fitness today to reveal their strengths and (one) weakness

INTERVIEWS RACHEL FARNAY JACQUES

Steve Willis
 He may be the taskmaster trainer on *The Biggest Loser*, but "Commando Steve" also owns and runs his own CrossFit gym south of Sydney and is training to compete at his second World CrossFit Games. Now the former Australian Special Forces counter-terrorism commander is launching his book. *NO EXCUSES!*

How did a tough guy like you become a personal trainer?
 I needed a change and helping others to better themselves seemed a worthy challenge.

What is most rewarding about your job?
 Seeing people transform their lives.

What elements of your training are military-inspired?
 Self-discipline and mental toughness. The more hardship you endure, the greater your self-confidence and the more you can undertake.

Do you have any exercises passengers can do easily while onboard the plane?
 Exercises like ankle rotations, flexing and extension movements help blood circulation.

What surprises your students most about your gym sessions?
 How hard you have to work to achieve the correct technique.

What's your most effective fat-busting move?
 Constantly varied functional movement executed at a high intensity is key to build muscle.

How has being a personal trainer changed your life?
 It's helped me to develop a new set of skills that I can utilise to help others change for the better.

How do you keep in shape when travelling?
 CrossFit training has many different elements, enabling me to train anywhere.

Being fit is, for me, all about....
 testing one's body both physically and psychologically. It builds confidence, teaches me that there are no boundaries and keeps me humble.

Your one weakness?
 Coffee is my vice: I can't live without my double-shot ristretto.



Duncan Peak
 After summer training the Manly Sea Eagles and Waratahs rugby team, the founder of Power Living, Australia's busiest yoga studio, is now ready to open his second studio in Sydney and launch his book, *A Guide to Power Living*, and a clothing line. Meet former SAS elite paratrooper and first-grade footballer turned Power Yoga guru.

How did a tough guy like you become a yoga instructor?
 I have developed self-discipline. I got into yoga when I was a teenager, dealing with grief and the pressures of being a young egotistic male. Years later I got seriously into a more physical practice after years of rugby and intense military training.

What is most rewarding about your job?
 It's very rewarding watching people learn to un-identify from their minds and experience their more spiritual side.

What elements of your yoga classes are military-inspired?
 The discipline to get up each day and get to your yoga mat or

meditation cushion. Also, things like leadership, mentoring and holding space as a speaker in front of people.

What's your most effective fat-busting move?
 Teaching people to breathe fully using the diaphragm, not shallow chest breathing; and also teaching them about comfort eating due to emotional cravings.

How do you keep in shape when travelling?
 All I need is mat space to practise. If I can go surfing, running, swimming or occasionally the gym, I love that too.

Do you have any exercises passengers can do easily while onboard the plane?
 Try to meditate with music and do go for walks up and down the aisle of the plane.

Being fit is, for me, all about....
 being in tune with my body and listening to what it needs.

Your one weakness?
 Sundays and coffee would be right up there! You've got little chance of me being a guru on Sundays.