

Buddy workouts are a great way to meet up and heat up.



## Let's get physical!

For heavy-breathing fun on Valentine's Day (or anytime), make a date at the gym. SELF tried the latest fitness classes for partners (to some you bring one; in others you might find one) and rated their romance-enhancing potential. No need to send us flowers. —Holly C. Corbett

**FIT-A-SUTRA** Boston; Washington, D.C.; Philadelphia; and New York Sports Clubs, [www.mysportsclubs.com](http://www.mysportsclubs.com)

**What's hot** This BYO Mate class develops core strength, balance, flexibility—and steamy windows. Expect low lighting and mood music. Moves include legs-entwined crunch kisses (shown above) and hand-in-hand lunges. Awww.

**What's not** Your temperature may rise, but not from exercise. The class is slow-paced; the moves are low-intensity.

**Cupid rating** ♥♥♥♥

**REVOLUTION** Crunch gyms, [www.crunchfitness.com](http://www.crunchfitness.com)

**What's hot** A cardio-strength blend of martial arts, yoga and tai chi, this workout pairs exercisers who hold either end of a special two-grip weight disk for added resistance. Tug-of-war toning and stretching moves let you ogle at a safe distance without actually touching.

**What's not** Your partner yanking you too far as he overestimates how much pull you'd like. "Back off!" is a buzz kill.

**Cupid rating** ♥♥♥♥

**KWANDO SPAR** Bally Total Fitness, [www.ballyfitness.com](http://www.ballyfitness.com)

**What's hot** In this intense cardio mix of tae kwon do, karate and boxing, you take turns trading punches with a classmate. (You aim at gloves, not body parts.) All the kicking and jabbing gets you two into a sort of dance rhythm.

**What's not** Meeting your new pal, then hitting him. Although his gloves are up and ready for the punches (uppercuts, hooks, jabs), one errant throw could make a bad, er, impression!

**Cupid rating** ♥♥♥♥

## Gadgets galore

The newest calorie-burn counters can track your every move with impressive precision—like Big Brother, but friendlier. We tested three that make computing a breeze. —Liz Neporent

### 1 Polar F11 heart-rate monitor

This wristwatch-and-chest-strap combo is one of the best devices for tracking your exertion during exercise. It will monitor beats per minute and calculate calories burned, including what percentage of those comes from fat. \$140; [www.polarusa.com](http://www.polarusa.com)

### 2 Apex Weight Manager

Strap this deck-of-cards-sized unit to your right upper arm, and its sensors track skin temperature, heart rate and movement to count every calorie, whether you're sitting or sprinting. Sync it with your PC to see your daily total. \$200 to \$230, plus \$15 to \$25 per month for online log; [www.apexfitness.com/armband](http://www.apexfitness.com/armband)

### 3 Sportbrain iStep X pedometer

Wear it, pager-style, all day to count your steps, then upload data to your PC. Ta-da! See charts onscreen that tab calories burned, plus how far you walked. \$100; [www.sportbrain.com](http://www.sportbrain.com)



## STEAL THIS MOVE

### Sexy shoulders in a snap

Trainer David Kirsch uses this signature move from his just-released *The Ultimate New York Body Plan* DVD with swimsuit-model clients like Heidi Klum and Bridget Hall. "Women want to be shapely, sexy and toned—and this exercise will do that for shoulders," Kirsch says.

Go sleeveless with this celeb-tested sculptor.



- Lie on right side on stability ball, hugging right arm around ball for balance.
- Scissor legs for a wider support base.
- Hold a 3-pound dumbbell in left hand, arm bent with dumbbell directly in front of ball, palm facing ball.
- Maintaining slight bend in elbow, lift dumbbell to ceiling until arm forms right angle with left side (as shown).
- Lower. Do 20 reps. Switch sides and then repeat.