

FITNESS SPECIAL

Women's Workout Groups

GET YOUR FITNESS ON NOW!
By MARGENA A. CHRISTIAN

Women's workout groups have been sweeping the nation of late. It's no wonder, given that women are generally social creatures, and studies have proven that people enjoy the intensity and competition that comes with exercising with others. This month, EBONY looks at some exceptional ladies' groups, ranging from global boot camps to an intimate Bible-inspired group, all conceived by and designed with Black women in mind.

Black Girls Workout, TOO!
FOUNDERS:
ELLEN AND LANA ECTOR

Black Girls Workout, TOO! is a fitness movement started in 2011 by mother-daughter fitness duo Ellen and Lana Ector. The group's mission is to get women actively involved in an exercise regimen that leads them to a healthier lifestyle.

Best Tips: "For a full body exercise that tones thighs and glutes, do three sets of 20 squats at least four to six days a week," says Lana. To tone shoulders and biceps for First Lady arms, Ellen suggests: "Do three sets of 12 reverse bicep curls at least three times a week using three- to five-pound weights."

Inspiration: Black Girls Workout, TOO! was formed to fill a void in the market, because we recognized that African-American women have been overlooked by the fitness industry for many years.

Benchmarks: The debut of the Black Girls Workout, TOO! DVD has inspired women worldwide to join in a fitness revolution to reclaim their bodies, make better choices and take stock of their overall health. The support has been phenomenal and has allowed us to consistently maintain top rankings on Amazon since our debut. We've also received lots of celebrity support.

What sets Black Girls Workout, TOO! apart?: We've managed to spark a craze among Black women that is growing daily. Black Girls Workout, TOO! is leading change by helping African-American women develop other health-conscious fitness groups within their communities.

blackgirls-workouttoo.com



Bikini Booty Club
FOUNDER:
JANA STEWART

This international health, fitness and lifestyle group for women, founded in 2012, has as its goal inspiring and empowering ladies to live healthy, fit and successful lifestyles. Headquartered in Los Angeles, it has divisions in San Diego, San Francisco, Atlanta, Las Vegas, Detroit, Texas, Delaware, Finland and the United Kingdom.

Inspiration: "I am the youngest of three children with two brothers, so growing up I always wanted sisters to spend time with," says Stewart. "As I got older, I began to form groups for women to inspire and motivate each other. After competing in figure and bikini competitions for more than eight years and witnessing how women abused

[themselves] just to get the dream body, I decided to form a group for women to inspire each other to get in the best shape of their lives but have fun doing it in a healthy way."

Benchmarks: Clients have collectively dropped more than 1,000 inches of body fat, lost hundreds of pounds and inspired

1,000-plus women to pursue health and fitness as a lifestyle.

What sets the group apart?: "Not only do we do beach workouts, but we also bike ride together, run 5Ks and have girls' nights [during which] we sample healthy cocktails," Stewart says.

Fav Move: Do five to 20 laps on a large set of stairs, depending on height. Walk or run every other reps, three to five days per week. You're utilizing core and legs. This is the best way to burn body fat while defining legs, glutes and abs.

bikinibootyclub.com