



SPEED DIAL

Top 10 personal trainers

Need your rear whipped into gear? Sally Hunwick sweats it out all over Australia in a bid to find the best of the best personal trainers.

VICTORIA

4. Tory Trehwitt. Contact: 1300 137 422; www.trewhhealth.com.au

Tory Trehwitt's base at the Melbourne Sports & Aquatic Centre means he has the latest fitness equipment at his fingertips, including an Olympic swimming pool. His friendly but firm approach makes him a favourite with athletes (think Michael Klim and Craig Mottram) and Melbourne A-listers such as *Getaway's* Jules Lund and news presenter Livinia Nixon. Trehwitt, who has a degree in applied science, is not a fan of facts and figures, and keeps his female clients "accountable" with coloured ribbons to plot their decreasing hips and stomachs.

Cost: \$80 per hour.

5. Donna Aston. Contact: (03) 9827 8671; www.donnaaston.com

With five books on dieting and fat loss, a sportswear line, sports supplements, two fitness studios and a multimedia company under her belt, Donna Aston doesn't just crack the whip on the gym floor. She is a mentor and motivator to clients including Sigrid Thornton, Vince Colosimo, Peter Alexander and Simon Cowell, but also trains mere mortals, bless her soul. Her training method — Cirq, a modified form of acrobatic training — is both fun and "very effective for shape, tone and strength".

Cost: \$295 for a private consultation; workouts from \$165.

6. Craig Harper. Contact: (03) 9553 8857; www.harpers.com.au

After 23 years (40,000 sessions) as a personal trainer, Craig Harper knows fitness. His 930-square-metre HQ, Harper's Personal Training, is one of Australia's biggest private training centres, with some 25 personal trainers. Harper is the master motivator and a favourite of TV personalities such as Kim Watkins, as well as athletes and corporate types. He's written four books (including *Fattitude*) and appears regularly on TV. Be prepared for some life lessons: Harper says key to weight-loss is a shift in thinking.

Cost: \$250 per hour.

NEW SOUTH WALES

1. Lee Campbell. Contact: (02) 9331 8200; www.bfirm.com.au
When celebrities need to get into shape, they phone Lee Campbell, who is renowned for his tough, yet effective approach. Simon Baker, Lisa Wilkinson, Ita Buttrose, Jodhi Meares, Peter Morrissey and Pat Rafter are just some of the VIPs he puts through their paces. The ex-paratrooper, military fitness instructor and Sydney Swans player incorporates both indoor and outdoor training, boxing and bodyweight training (instead of weights) into his workouts. Campbell's B. Firm business in Sydney's Paddington also offers adventure treks (Kokoda Trail, anyone?), corporate training, boot camp, low-oxygen altitude training, Pilates and yoga.

Cost: \$85-\$150 per hour.

2. Peter Theochari. Contact: 0433 353 053; www.unleashedfitness.com.au

When Nicole Kidman and Keith Urban rock into town, they speed-dial Peter Theochari for a fitness session. Whether the goal is weight loss, toning or motivation, Theochari offers a long-term approach to fitness and nutrition — some of his clients, such as Todd McKenney from *Dancing with the Stars*, have been sweating it out with him for years. Theochari is an advocate of creating a strong core, so clients can expect to log time on the TRX Suspension Trainer ("It's great for total body and core conditioning," he says), boxing and lugging around kettlebells.

Cost: \$110 per hour.

3. Michael Ryan. Contact: Ask your agent — they'll have his details. No agent? Umm

Between training Hugh Jackman full-time (he goes wherever Jackman's movie set is) and managing his fitness advertising business, Michael Ryan is not your regular personal trainer. He's a favourite choice for getting actors looking buff for a movie role — you only have to glance at Jackman in *Australia* to see that his methods are effective — and is responsible for the enviable physiques of both *Notebook* star James Marsden and *Superman Returns* main man Brandon Routh. Ryan focuses on functional training, core strength and good nutrition, and says his methods are lifestyle-based so his clients can maintain results.

Cost: \$300+ per hour.

QUEENSLAND

7. Ian O'Dwyer. Contact: 0418 577 519; www.fitnesspersonally.com

Bored to tears by the thought of clocking up kilometres on a treadmill or monotonous weight-training sessions? Ian O'Dwyer is a big believer in keeping things fun (we didn't say light). He has even made three entertaining DVDs, sold to trainers worldwide. At his Noosa studio, O'Dwyer forgoes treadmills and rowers with his clients, who range from athletes to full-time mothers. "I can do everything with cables, medicine balls, foam rollers and dumbbells," he says. Clients rave about his ability to take cutting-edge sports science and make it user-friendly.

Cost: \$150 per hour.

WESTERN AUSTRALIA

9. Larry Hook. Contact: 0431 953 306

Want a bargin' bod? Larry Hook's your man. He's shaped the physiques of four Miss Worlds, four Miss Universes and seven Miss Australias. It's also a good thing he loves Perth, otherwise he'd be in LA keeping the likes of Cindy Crawford in shape (the supermodel asked Hook to join her entourage as her trainer — he said no). The veteran trainer has been sculpting bodies for nearly 20 years and counts John McEnroe and Janet Jackson's personal bodyguard among his past clients. Expect lighter weights, a high heart rate and Hook's invented exercises to "torture you".

Cost: \$70 per hour.

10. Roger & Tracy Gott. Contact: (08) 6467 7337; www.covehealthclub.com.au
Husband and wife team Roger and Tracy Gott think outside the square and aren't interested in just quads and pecs. They care more about body movement, strength and stability, and strive to create a friendly environment. The couple craft enviable physiques through a mix of Kinesis (a flowing training method that boosts flexibility, balance and co-ordination) and Kilates (a core-focused all-over muscle conditioning program). Need proof? They're the preferred trainers of Cirque du Soleil acrobats and have worked their magic with some of the best athletes in the country.

Cost: \$150 per hour.

SOUTH AUSTRALIA

8. Tanya & Kristin Lewis. Contact: (08) 8227 0722; www.lifept.com.au

When sports dietitian/personal trainer Tanya Lang married champion road cyclist Kristin Lewis, a formidable fitness duo was formed. The pair own two Life Personal Trainers studios, in Adelaide and Unley, offering a personalised setting in which to shape up. The Lewis's encourage clients to front up at least twice a week to be put through a combination of boxing, cardio, interval training and weight training.

Cost: \$580 for 10 one-hour sessions.