



## the martini method

Use a martini to improve physical conditioning? Well, sort of.

The Martini Workout ([themartiniworkout.com](http://themartiniworkout.com)), created by fitness trainer Jessica Athas, is a regimen that stirs core muscles into action through a hybrid series of movements that center on enhanced flexibility and strength.

To shake things up, a plastic version of the drink's iconic glass is set on the stomach, which draws attention to the abdominal muscles to help prohibit poor technique.

“The glass is a balancing tool to ensure the exercises are done correctly,” says Athas whose spirited workout is currently on the menus at the Ritz-Carlton and InterContinental hotels in Boston.

Her own signature martini - gratis to guests of the session - serves as fitting class chaser.

By: Viju Mathew, Associate Editor