



TEST DRIVE

## Ki-Hara

With this new workout, your trainer becomes the weight machine

BY CHRISTINE VAN DUSEN

→ **IT'S DIFFICULT TO CARRY ON A CONVERSATION** while Estelle Harford digs her toes into the side of my thigh, using them like fingers to knead the tight muscles, so I just listen as she tells me about Ki-Hara Resistance Stretching. It's her expertise, and as the owner of Stellar Strength and Wellness in Atlanta, she's the only master trainer in the discipline in Georgia.

Oprah recently gave a thumbs-up to the safe and low-impact exercise, which uses concentric and eccentric movements to dynamically stretch, strengthen, and lengthen your muscles. In essence, the trainer becomes the weight machine, stretching and pushing down as you push up. Benefits, Harford says, include increased flexibility, better range of motion, better posture, and fewer injuries. Dara Torres—the five-time Olympian who, at 41, became the oldest female swimmer in the history of the Games—credits resistance stretching with helping to keep her competitive.

At the end of the one-hour session, I feel limber and loose. I might not be ready to give Ki-Hara an Oprah-sized endorsement, but I am sold. Prices range. [stellarstrength.com](http://stellarstrength.com)



## Intense Intervals

This MAD workout combines three types of training

**MADabolic**, a Charlotte-based athletic fitness studio, opened its first Atlanta location at Studioplex in July. Classes are based on the MAD formula, which stands for three different types of intervals—momentum-based, anaerobic speed, and durability drills. The 50-minute sessions blend functional movement training (think hitting a sledgehammer to the floor) and cardio for a metabolism boost through carefully calculated “rest-to-work” ratios. “Our workouts are very well structured with only five movements per class,” says owner Abby Closs. “They combine fat-torching intervals to carve a lean, athletic physique.” 661 Auburn Avenue, [madabolic.com](http://madabolic.com) —T.E.