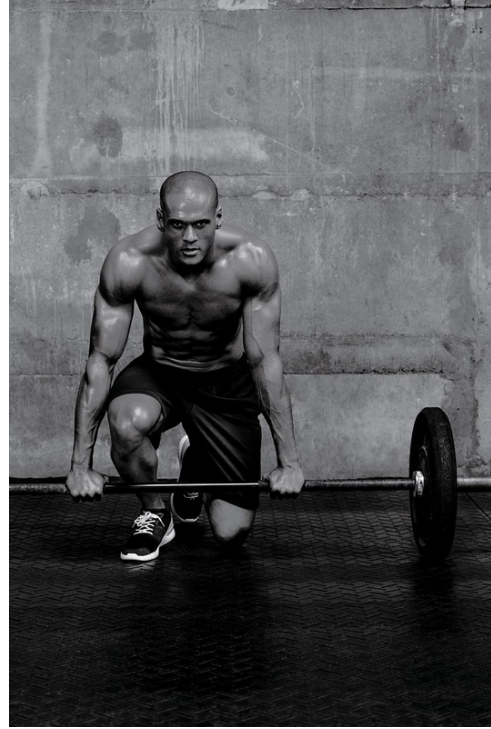


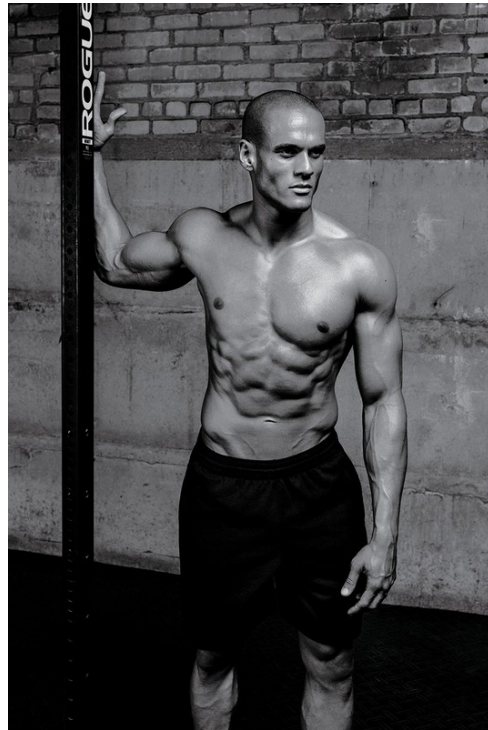
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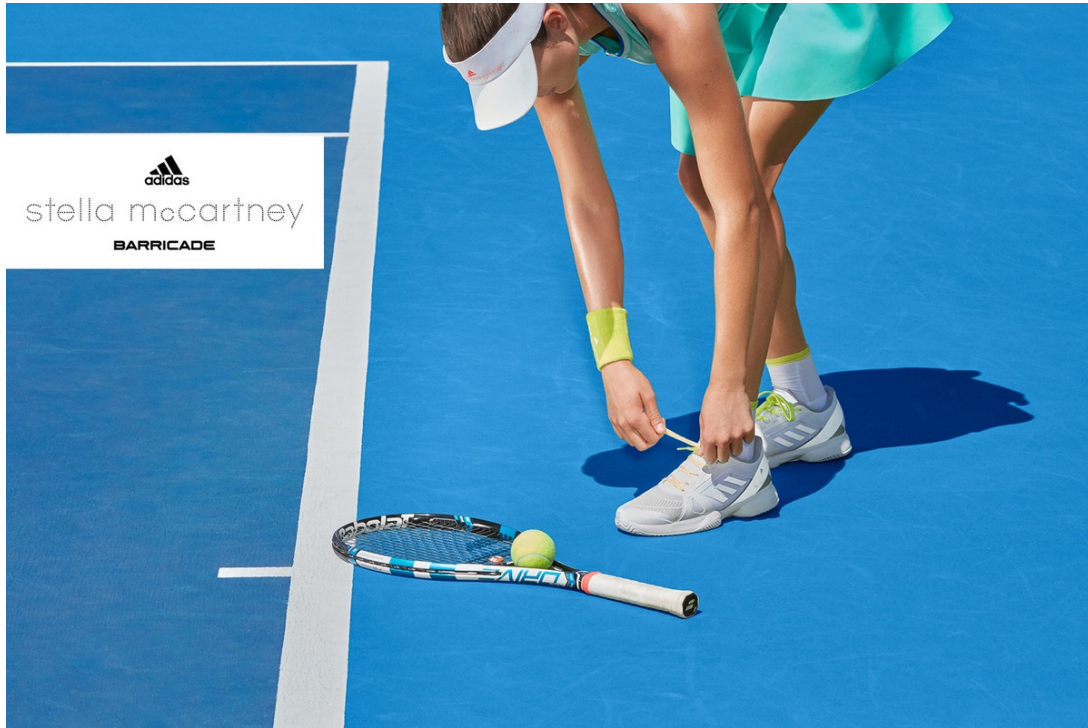
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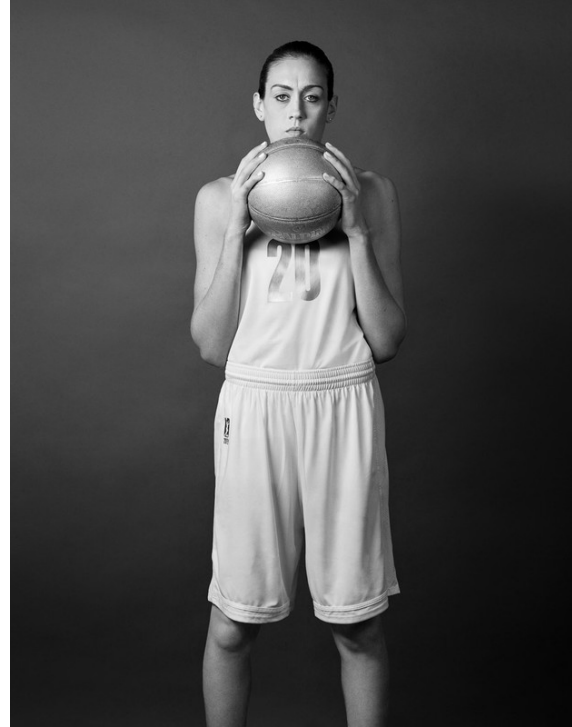
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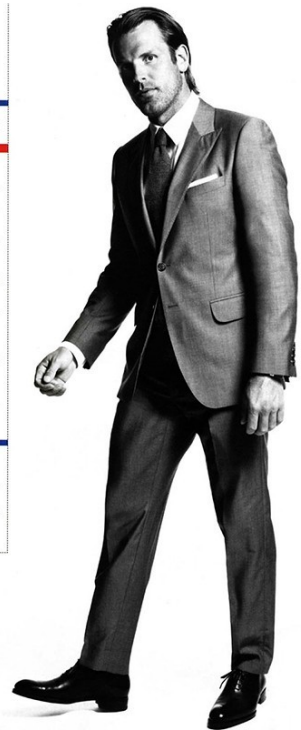
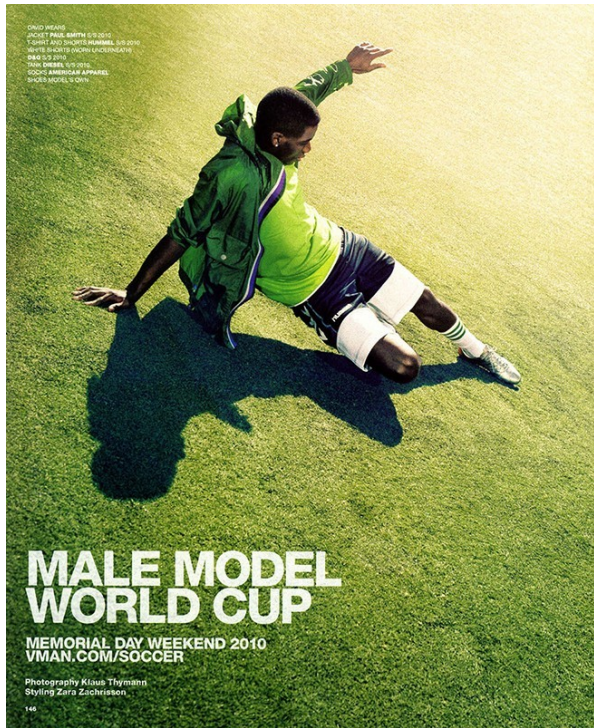
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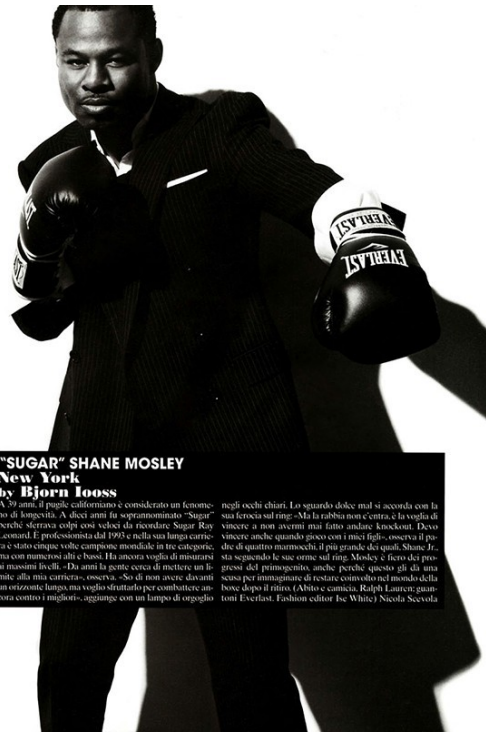
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**"SUGAR" SHANE MOSLEY**  
New York  
by Bjorn Tooss

A 39 anni, il pugile californiano è considerato un fenomeno di longevità. A dieci anni fu soprannominato "Sugar" perché si batteva con i vecchi del mestiere. Sugar Ray Leonard. È professionista dal 1993 e nella sua lunga carriera è stato cinque volte campione mondiale in tre categorie, ma con numerosi altri titoli. Ha ancora voglia di minimarsi ai massimi livelli. «Da anni la gente cerca di mettere un limite alla mia carriera», osserva. «So di non avere davanti un orizzonte largo, ma voglio sfruttare per combattere ancora contro i migliori», aggiunge con un lampo di orgoglio

negli occhi chiari. Lo sguardo dolce ma si accorda con la sua ferocia sul ring. «Ma la rabbia non c'entra, è la voglia di vincere a non avermi mai fatto andare knock-out. Devo vincere anche quando posso con i miei fight», osserva il padre di quattro marzemecchi il più grande del quindici Shane Jr., sta seguendo le sue orme sul ring. Mosley è figlio dei progressi del primogenito, anche perché questo gli dà una scusa per immaginare di restare coinvolto nel mondo della boxe dopo il ritiro. (Abitare e cantare. Ralph Lauren guanti Everlast. Fashion editor Joe White.) Nicola Savona



## WHEN IT'S NOT YOUR WORKOUT

Sometimes it's your attitude that needs a spiffy cleaning. Find your mood below and learn how to get (or keep) your mental mojo in tip-top shape.

### YOU'RE PUMPED

You finish Flywheel invigorated and have spirit to spare. You feel like a gazelle on your run and can't wait for your strength session tomorrow. You swear you're channeling Misty Copeland as you pit in burrs. Who are you? No, seriously, props to you. Make the most of your motivation by setting a goal and writing it down. Chart your miles logged, yoga inversions conquered, or squats completed on a calendar—and set it somewhere you'll see it daily. Check your progress each week, month, and season, says sports psychology expert Vince Granito, Ph.D. This helps you notice what strides you're making and when you might need a tweak.

### YOU'RE STABLE

Mid-Bikram, your mind wanders to bills you've gotta pay. While on the treadmill, you're more focused on the plot line of *This Is Us* than your speed. Something's better than nothing, but ditching your distractions will help you get more out of your gym time. Create reminders to put

you in the mood to exercise (like photos of your marathon-running idols or quotes from your favorite yogi) and post them on your bathroom mirror or the dashboard of your car, suggests Granito. And focus on the small wins. Putting too much emphasis on results, rather than the process, can sap your motivation. "If you have a disappointing workout or run, think about ways to make it better," says Granito. "The only bad workout is one that you never do."

### YOU'RE BURNED OUT

You leave CrossFit feeling stressed. You catch yourself snapping at your friends all the time. You're still sore five days post-bombing. You're mentally and physically drained—and it's time for something new. "One of the best ways to overcome burnout is to switch up your routine," says Granito. Try swapping out your go-to run or bike ride for an MMA or boxing class, suggests Justice; you'll tone your arms and back and get a cardio boost. If you're into yoga or barre, try a different studio. "A change in your environment or routine helps change the way your brain processes information," says Granito, "so it reduces boredom and increases motivation."

## HOME-GYM REFRESH

Donate the stuff hiding in your closet (peace out, dusty ol' ThighMaster) and actually score a solid workout within your walls. These efficient updates will spruce up your workout world.

**For Faster Results:** 35-Pound Rogue Kettlebell Ditch the two- and three-pound dumbbells and pick up a weight that'll make your muscles burn after just a set or two of swings and squats. \$27.99, [roguefitness.com](http://roguefitness.com)

**For a Well-Rounded Routine:** TRX Duo Trainer The latest suspension tool has a second anchor point to double your exercise options. You can now use the straps for hanging moves, like pullups, dips, and knee raises. \$200, [trxtraining.com](http://trxtraining.com)

**Just for Fun:** Dot Mat themed yoga mats A mat covered with the thing you love most (cats? pizza? caprese salad—Oo) may be just what you need to stay focused and find your calm. \$40, [lookatdotmat.com](http://lookatdotmat.com)



## LET'S TALK CLOTHES AND KICKS

When, exactly, should you go out with the old and in with the new?

**Running Shoes** Every 300 to 500 miles. If you're a regular runner, that might be every six months or so.

**Sports Bras** Toss 'em when you start to chafe or the bra rides up when you raise your arms. Usually one year—less if you're doing high-impact workouts.

**Compression Garments** Six months to one year. If it's becoming easier to slide them on, or if fibers are coming out of the material, you're likely not getting the full benefits.

**Heat-Resistant Tights** Most synthetics are chemically treated or have technology woven in that's good for 25 to 50 washes. Depending on the type, it can last anywhere from six months to five-plus years.

**Swimsuits** Six months to two years. When you start to see faded spots and tiny white fibers popping out, it's time to let it go. ■

## A DIFFERENT KIND OF CLEANING

Gross! A recent study found that 70 percent of bacteria on gym equipment is potentially harmful (causing skin infections, pneumonia, and more). So wipe down everything—free weights, cardio dashboards—before and after you use it, and always sanitize your hands.

# Rebecca Plymate

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## 5 SPRING-CLEAN YOUR... YOGA ROUTINE

You've committed to a practice to tone up and Zen out. Yet you're reaping neither. Roll out your mat and let's spot-treat three key areas:

### YOUR FOCUS

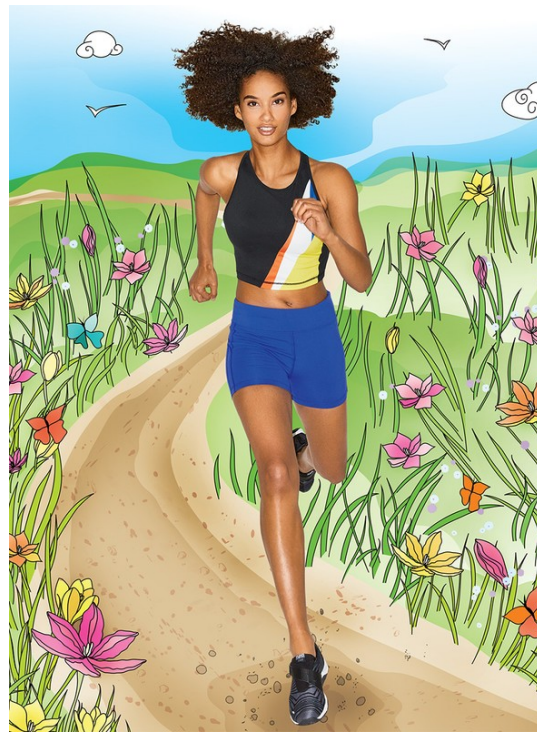
As soon as you hit the mat, pay attention to your breath, advises Ashley Turner, a yoga and meditation instructor and founder of Yoga Psyche Soul. "Notice what comes up for you, where you feel it in your body. Ask yourself what you need right now—and let intuition be your guide."

### YOUR SPACE

Turner honors the change of seasons by sprucing up her practice area—with a new mat or props in poppy colors, and a lemon-essencey essential oil (her fave: Saje Natural Wellness) that she dabs on students' temples after class.

### YOUR PACE

"Because we are often rushing through our days, I notice that when my students arrive on the mat they are often moving at that same frantic pace," Turner says. That's an issue. Every minute you're not "all in" is a minute you're not maximizing your session. The same goes for the end of class. Resist the urge to skip savasana to get on with your day faster, she says. "Though many people do yoga for the workout aspect, savasana is what allows for the true integration of the practice."



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