

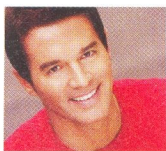
The

Essential exercises

We've zeroed in on the best ways to get fit, flexible and strong **By Erin Phelan**

For optimum results when working out, it's a must to include cardiovascular, strength and flexibility training each week. But what are the key exercises? A survey of 17,000 personal trainers by the American Council on Exercise determined seven essentials for your fitness program. Best Health assembled a panel of prominent fitness professionals and asked them why you need to do these tried-and-true exercises. (As always, check with your doctor before starting any fitness program.) →

PANEL OF EXPERTS *We consulted with some of the world's most prominent fitness experts*



Geoff Bagshaw is a personal trainer and award-winning fitness speaker based in Vancouver.



Jay Blahnik is an award-winning personal trainer from California, and a Nike product and programming consultant.



Frederic Delavier, based in France, is a personal trainer and the author of *Strength Training Anatomy*.



Sherri McMillan is a personal trainer and the owner of North-West Personal Training in Washington state.



Harley Pasternak is a California-based celebrity personal trainer and best-selling author of *5-Factor Fitness* and *5-Factor Diet*.



Lee Scott is a walking coach and personal trainer based in Toronto, and the founder of WoW Power Walking.



Helen Vanderburg is a personal trainer, and president of Heavens Fitness Club and Fusion Fitness Training in Calgary.