

Famously Fit

Ever wondered how Angelina Jolie got so fit for 'Tomb Raider'? Alexia Rumley finds the answer on the Sunshine Coast.

Russ Price is a personal trainer with an impressive client resumé that includes some of Hollywood's hottest A-list celebrities such as Angelina Jolie who enrolled with Russ before filming the first *Lara Croft: Tomb Raider*.

"I worked with Angelina for three



months before the first *Tomb Raider* movie doing her fitness and weapon training," Russ says.

But Angelina is only the tip of an extensive list of exclusive and famous celebrities that have employed Russ to get them into shape. Vin Diesel used

Russ before filming *Pitch Black* and the *Chronicles of Riddick*.

"I was the guy to get him in shape for the movies," he says.

Jennifer Lopez also used Russ as her trainer before many of her music videos and Kate Moss employed Russ before strutting her stuff on the catwalk. Awe inspiring but the list does not stop there. Russ has also worked with Jean Claude Van Damme, Jackie Chan, Bruce Willis and Sting. But not all of these A-list celebrities

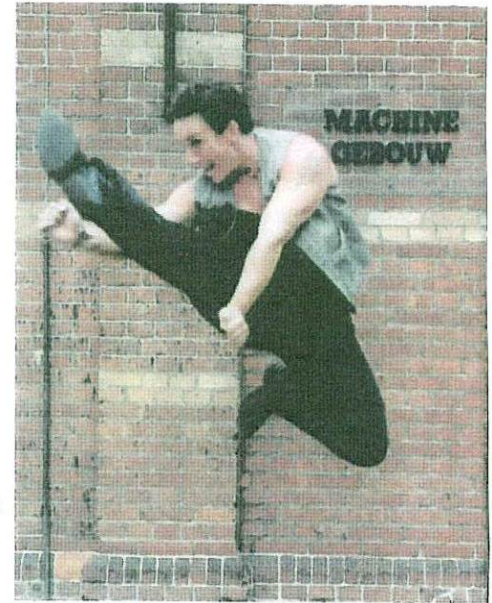
employed Russ as their personal trainer. Russ was the executive bodyguard for Bruce Willis, Demi Moore, Charlie Sheen, Sting and Kate Moss.

"I became Kate Moss' bodyguard after we met through an opening at Calvin Klein," he says.

At one stage, Russ was in charge of bodyguard security in Hong Kong where he also worked not only behind the big screen but on it as an actor and stunt man.

"I worked with Jackie Chan as a stunt double and choreographer in *Who am I*, *Thunderbolt* and *Rush Hour*."

Have you ever seen the scene in *Universal Soldier* where the soldier is running down the huge concrete dam wall? Well, that's Russ. He played the



part of that soldier alongside Jean Claude Van Damme. But that is not the only time Russ has worked with Van Damme. Russ was also involved as an actor and stunt man in Van Damme's box office hit *Double Impact*. In fact, Russ' career as a celebrity personal trainer started with Van Damme in the early '90s.

"Jean Claude Van Damme was the first celebrity I worked with. I was

working predominately in Hong Kong at the time. It was after this that I became involved as an actor and stunt man."

Russ may have an impressive client resume but he also has an impressive experience in personal training. It all started in the Royal Marines where Russ was a commando training other soldiers. It was after his military service that he moved to Hong Kong and became involved with stunts and acting and the dazzling world of movies and celebrities.

Since his military service, Russ has clocked up 25 years of experience as a personal trainer, not to mention he is also a sixth dan Shotokan karate black belt.

But now he brings his experience to the Sunshine Coast to share his secrets to losing weight, cutting fat, getting fit and looking like a celebrity through his eight-week extreme interval training course.

But be warned, the course is tough because it is also designed to build confidence, self-discipline and a sense of empowerment, just like the celebrities, although Angelina Jolie was

quoted as saying: "I was crying the first few nights. I thought I'd joined the army!"

But don't let that be a deterrent because look at how amazing Angelina, Jennifer, Vin and Jean Claude all look, all thanks to Russ Price.

For more information phone Russ Price on 5447 6142 or 0421 278 211; email thepriceys@optusnet.com.au; or send a postal letter to 10 Kelly Court, Lake MacDonald, Cooroy 4563.

