



**3 things the NAKED COWBOY wants women to know**

A living landmark in New York City, the Naked Cowboy (aka Robert Burck) stands in Times Square dressed in just his tighty whities, boots and hat. The 37-year-old is, as he puts it, "ripped to the freaking bone." What's behind the physique of steel? Naked, as he prefers to be called, shares the details.

**1** "I lift weights for an hour and run for nearly two hours every day, but I would never call exercising 'tedious.' Once you do that, you'll be pitting it against what you'd rather be doing, and a kingdom that is divided cannot stand. I think of my workout only as fun—the most fun there is."

**2** "My goal is perfection: to be supreme at 199 pounds for the rest of my life. Why settle for what's reasonable? If you want to have an unbelievable body, then you should strive for an unbelievable body."

**3** "Any improvement you make to your body will wash into other areas of your life, because when you feel better, you are better."

"I'M REALLY ENJOYING...NOT BEING SO SELF-OBSSESSED AND CONCERNED ABOUT MY THIGHS." —GILLIAN ANDERSON, ON THE BENEFITS OF GETTING OLDER

**FITNESS on Facebook:**

**How did you exercise today?**

These six women share a name—and a healthy love for their body.



**1** "I did 20 push-ups and 40 minutes on the elliptical trainer at my law school gym." **San Francisco, 31**

**3** "I take regular ballet and jazz classes—today was Theater Jazz Class and Advanced Preprofessional Class at Joffrey Ballet School." **New York City, 18**

**5** "I worked out at my local YMCA—30 minutes on the elliptical and 45 minutes of strength training." **Boulder, CO, 27**

**2** "I spent 30 minutes on the cross-trainer at level 6, then did three sets of 8 to 10 pull-ups (with help from a machine), three sets of 10 hyperextensions and three sets of 8 to 10 knee lifts." **San Diego, 24**

**4** "I went to the gym and lifted—working my chest and back—then followed it with an hour-long kickboxing class. Good fun!" **Hillsboro, OR, 22**

**6** "I ran a 10-minute warm-up, then eight quarter-mile intervals on my gym's mini track to help me reach a 7-minute-per-mile 5K goal. My 5-minute cooldown probably should have been longer, but I was toast." **New York City, 32**  
—Rachel Sturtz

**Unlock Your Motivation** The Wordlock (\$10, amazon.com) isn't just ideal for non-numbers types. As editors at FITNESS discovered, the new lock, whose five-letter combo you create, also has built-in inspirational power: Each of us chose a code with an affirmative bent. Here, some staffers' words up. —Alice Oglethorpe



**WHOLE** "My day doesn't feel complete unless I exercise." —Lindsey Emery, fitness editor



**BELLE** "Beautiful! I never feel more ready to conquer the world than after a workout." —Rachel Sturtz, editorial assistant



**WINIT** "You have to be in it to win it—put in the hard work to get the payoff." —Julia Savacool, articles director



**FLIRT** "When I'm at my fittest I feel confident and will chat up cute boys at the bar." —Kimberly Daly, associate beauty editor



**TRUTH** "If you're honest with yourself, you are open to growth and change." —Kathy Green, managing editor