

DETAILS

THE REAL CELEBRITY FIT CLUB

HOW TV'S MOST RIPPED STARS STAY IN SHAPE.

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■ YOU PROBABLY HAVE TO squeeze in your workouts when you're not bogged down with actual work. Or maybe you're the type of guy who can't bear to go to the gym when you could be out with friends or catching up on sleep. But, like the reality-TV stars featured here, you want to stay in fighting shape. Here are their exercise habits, and some additional diet and lifestyle tips, so you can crib from their routines and keep your body—as well as your career and social life—at its best.

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3. DAVID BROMSTAD, 36

The winner of HGTV's *Design Star* (and now the host of *Color Splash*, which is also on HGTV) has a fitness philosophy that's pretty similar to that of the average guy. The designer, who lives in Miami Beach, Florida, would like to get to the gym five or six times a week but usually finds himself there closer to three. "It's a challenge sometimes," he says. "When there's a lot going on in my life, I'll realize I haven't been in a week."

The Basic Routine: Bromstad is so slight that he doesn't do any cardio exercises, only weight-bearing ones. "I would like to do cardio," he says, "but I'd waste away." Usually he concentrates on a muscle group a day—for example, chest one day and shoulders and back the next—usually in the evenings between 6:30 and 8:30. But he tones his abdominal muscles for about 45 minutes at the beginning of his gym session. "That's my warm-up," he says. "Who wants to do abs at the end of the workout?"

The Beginning: In college, Bromstad decided he was sick of being scrawny. Frequent workouts—and a diet of peanut-butter-and-jelly sandwiches and ramen noodles—helped him gain 30 pounds of muscle. "That's how I did it back then," he says. "I doubt it would work now."

The Motivation: He likes the visual effects of exercise, but he also appreciates the mental results. "I feel better about myself," he says. "I'm more confident, and everything just goes better."

The Diet: As much protein as possible. Bromstad drinks a protein shake in the morning and eats protein bars throughout the day. He works in some real meals as well. "I eat a sandwich for lunch and a salad or a buffalo burger at night," he says.

The Downfall: French fries and potato chips. "You can put a chocolate cake in front of me and I wouldn't care," he says, "but you put a bag of Checkers French fries in front of me and it's all over."