



EXERCISING DEMONS NUNS ON THE RUN

Ever wonder what a woman of the cloth looks like in spandex? Perhaps not, but through a series of workshops, New York fitness guru Debbie Mandel has been spreading the word about exercise to elderly nuns. And they're so pumped about it that Mandel plans to publish a book, *Changing Habits: The Sisters' Workout*, in the near future. "When

they come into a room now, they evaluate the wall space so they can do wall push-ups," Mandel told Reuters news service. Holy wow.

RECORD-BREAKER PUSHING IT — 3,669 TIMES

Rest easy: The record for push-ups in an hour is back in American arms. At a Murfreesboro, Tennessee, karate studio, 40-year-old Tim Sikes grunted his way to 3,669, smashing the Guinness record of 3,416 set by Canadian Roy Berger in 1998. Sikes, who trained 18 hours a week for nearly a

year, did sets of 75 reps with 15-second breaks.

"[When I was 12] my father asked me how many push-ups I could do, and then

he beat me," Sikes told the Associated Press. "I guess that's how it all started."

