

LECTURES TO LAPDANCES

UCLA Literature Professor Fakes It As A Chippendale



BEFORE: Adam Wasson,
UCLA Literature Professor

LOS ANGELES, CA -- Ever wonder what it would be like to have another profession? Well, you're certainly not alone. UCLA Literature Professor, Adam Wasson traded textbooks and term papers for stage lights and lycra thongs as he attempted to "fake it" as one of the world renowned Chippendales.

Now airing on The Learning Channel Sunday nights at 10 pm ET/PT, *Faking It*, recruits participants to learn a new profession in a matter of four weeks. With much guidance from professional mentors, contestants attempt to prove to a panel of unsuspecting judges that they're the real deal. Wasson's episode aired on April 18^t.

The professor was successful in proving that his brawn matches his brains in a final test before he headed back to school.

The transformation of Wasson's untoned and pasty body into the prime beefcake that Chippendales is known for was no easy task. And there was no dancing around Wasson's two left feet. Training him on screen are two of Chippendales' best, lead dancer Kevin "Doc" Cornell and choreographer Wes Sellick.

But behind the scenes Wasson worked with JJ Flizanes, founder/director of Invisible Fitness and a certified personal trainer and nutritionist. Even more important than convincing the judges that he was a Chippendale dancer was Wasson's concern with a previous back injury. He also has a condition called scoliosis, which is a curvature of the spine.

"After a serious lower back surgery in 2001, I hadn't worked out in almost two years. I had to transform into a Chippendale dancer in less than 4 weeks," says Wasson. "Obviously, my priority was not to re-injure myself or compromise my back in any way. I didn't want to shortchange balanced fitness for appearance.

To shape and tone a body correctly, especially with an eye towards injury prevention and avoiding joint degeneration, requires a level of education way beyond most fitness trainers. JJ showed me how to gain muscle while simultaneously losing fat, all the while protecting and strengthening my back. After several weeks of seriously intense training on her cardio, weightlifting and diet program, I not only looked like a Chippendale, I felt like one."

Wasson gained 10 pounds of solid muscle in his chest and shoulders, lost all the fat around his stomach, and had the physical ability to endure 4-hour long dance training.

To catch up to UCLA professor Adam Wasson and see how his experience on *Faking It* changed his life, visit online at:

<http://tlc.discovery.com/fansites/fakingit/episode/season2/episode201/update.html>

For those seeking a Chippendales-like physique, Invisible Fitness promises a makeover beyond the mirror. For more information on not only creating your best body, but also producing optimum health. Please call 1.800.571.5722 or visit online at www.invisiblefitness.com.



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Chippendale Dancer