

PEGS, ABS AND VIDEOTAPE

If you can't beat them, download them! Enter iCoreSports, the fitness class and workout video hybrid by Carlsbad-based personal-trainer-to-the-bros Alex Laws. All you do is log onto their website, pick your

video workout and load it onto your iPod, PDA or cell phone. The video demonstration shows you exactly how it's done, and

Laws herself gives you pointers too. There's a large following of professional athletes who swear by it, namely skateboarders like Robert Dyrdek and Colin McKay. And if the workout can keep up with those guys, that's definitely saying something. www.iCoreSports.com. -L.O.

