



CRUSH WORTHY

Sought-after trainer

*Joe Ardito keeps Wall Street's
top earners in fighting shape.*

BY BRYN KENNY

»» When the wolves of Wall Street want to maintain their beach body while relaxing in the Hamptons, they hit up veteran trainer Joe Ardito, owner of the private training collective Fit Crush. Ardito, who counts executives on some of the top trading desks among his long-time clients, specializes in simple, performance-driven training that supports posture, flexibility, and muscle strength. "I create routines that build the body's strength and flexibility, with 20- to 30-minute workouts that don't take up too much time," he says. His Hamptons-friendly workout consists of squats, lunges, planks, push-ups, and burpees, done in sets that can be increased as the client gets stronger. "I've been coming to the Hamptons for years and have a great fondness for the East End. The Hamptons offer a convenient, healthy, stress-free release from the grind of daily life in