



San Francisco

+
**SHOW
TIME**
DESIGNER KEN
FULK'S LATEST
MAGICAL MOVE

**CREATURES
OF HABIT**

JERRY RICE &
SAN FRANCISCO
SUPERSTARS REVEAL
THE SECRETS OF
MIND-BODY WELLNESS

PHOTOGRAPHED
AT SHARON
HEIGHTS GOLF AND
COUNTRY CLUB

SANFRAN.COM
MODERN LUXURY

GLADOW NEAD
COMMUNICATIONS

SAN FRANCISCO MAGAZINE
MAY 2022

BY MICHAEL MCCARTHY

Yotam Israeli

President, LuxFit SF
luxfitsf.com

In the middle of the pandemic, Yotam Israeli had a revelation: Since many professional trainers had to figure out new careers, why not head to the great (and safe) outdoors to stay fit? Specifically, an outdoor gym as an alternative to a big-box gym. LuxFit SF, located in Hayes Valley and The Crossing at East Cut (eastcutcrossing.com), was born. "Everyone was happy to finally have a place to be able to work out safely," says Israeli, who has led multiple studios, including Fitness SF and Equinox. "I start every single day with a greens supplement, a joint-by-joint mobility routine, five minutes of writing in a gratitude journal, followed by meditation and 20 minutes of reading." Israeli says the best workout begins and ends with the flow of kettlebells. "Most of us lose the ability to move naturally and freely. Kettlebells have always allowed me to stay in shape while still allowing the creativity of flow to continue to thrive."

Yotam Israeli launched LuxFit SF during the pandemic.



PHOTO: JEFFREY LEE / GETTY IMAGES



Clockwise from top left: Yotam Israeli says one of his desert-island essentials would be a jump rope; Israeli typically wears Nike Metcon and Frees 2.0; Israeli lives for kettlebell workouts; another desert-island essential for the fitness pro: an endless supply of books; for his go-to uniform, Israeli says it's always white shoes.

WAKE-UP TIME:

5AM every single morning

DIET:

I have an 80/20 split of healthy, home-cooked food versus dining at restaurants.

NEMESIS:

A good time (did someone say a 4AM DJ?)

ESCAPE:

A kettlebell and working out

WEAKNESS:

Egg custard lava buns

UNIFORM:

Off-White sneakers, Lululemon pants, LuxFit hoodie

HOTEL:

Four Seasons

WORKOUT:

A heavy trap bar deadlift followed by kettlebell flow and kettlebell conditioning

SUPPLEMENTS:

Athletic Greens (athleticgreens.com) daily supplement

WELLNESS APP:

Headspace (headspace.com) for meditation

MENTOR:

My brother

WORKOUT SHOES:

Nike Metcon x Frees 2.0

WORKOUT OUTFIT:

Sneakers, shorts and shirtless for vitamin D

WORKOUT PLAYLIST

Housewerk on Spotify

BEST ADVICE:

Your health depends on your mind and body.

PHILANTHROPY:

LuxFit has teamed with multiple organizations and held fundraisers for Huckleberry Youth (huckleberryyouth.org) and Stop Asian Hate (stopaaphate.org), and I'm a mentor for Big Brothers Big Sisters (bbbs.org).

MANTRA:

Train your mind, and the body will follow.

SOULMATE:

Amber Woolcock

BEDTIME:

10PM

ON MY NIGHTSTAND:

The Premonition by Michael Lewis

3 DESERT ISLAND ESSENTIALS:

A utility tool, an endless supply of books and my jump rope

YESTERDAY:

Was another amazing day. I was able to work outside and help those in our community.