



## Hanz und Franz

Rep. Dreier is getting workout advice from his favorite governor. His secret? Pushups.

THINK REPUBLICAN REP. David Dreier is looking particularly pumped up these days? There's a reason. Whenever Gov. Arnold Schwarzenegger calls one of his closest confidants in Washington, his fellow Californian offers political advice — and the two of them brainstorm about bodybuilding.

“Every time, I have to give him a report on my regimen,” Dreier says.

The 52-year-old chairman of the House Rules Committee is particularly proud of his push-ups, which he dramatically offered to perform in the ornate Speaker's Lobby, just off the House floor, during an interview. Though he did not put nose to tile for a pair of

reporters, he recalled silencing a skeptic at a dinner party with an impressive display of gymnastic prowess. “That night I did 200, I think,” Dreier boasts.

As for his regular workouts, Dreier says he does two sets of 100 push-ups, plus crunches. He also lifts light weights and runs — a couple miles at a fast pace, he says. Meanwhile, Schwarzenegger rides a Lifecycle for 45 minutes in the morning, Dreier says, and lifts weights at night — presumably heavier ones than Dreier. Another of their shared passions necessitates all that exercise. “He likes to eat. And I do, too,” the trim-waisted Dreier says.

— JONATHAN ALLEN