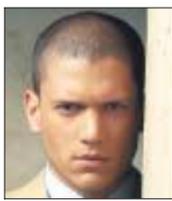


Critic's corner

By Robert Bianco



Miller: The guy can't catch a break.

Well, here we are: another season finale of **Prison Break** (Fox, tonight, 8 ET/PT), and Michael (Wentworth Miller) is racing against yet another clock to rescue his brother. Say this for Michael: He's loyal, if not exactly competent.

PBS' *American Experience* examines one of our country's most influential evangelists, **Sister Aimee** (9 ET/PT, times may vary). The one-hour film follows Aimee Semple McPherson as she blends religion, activism and celebrity to become one of the modern era's first media stars.

Faux romance rules tonight. You can start with the conclusion of **I Love New York** (VH1, 9 ET/PT). Then, if that doesn't depress you,

romantic urges, move over to **The Bachelor** premiere (ABC, 9:45 ET/PT). This year's rose-gatherer is a Navy doctor, which may strike some as a callous attempt to cash in on our affection for members of the military.

Seldom has what seemed at the time to be a bad idea — Monica sleeping with Chandler — proved to be a more inspired plot twist. And the episode that cemented that relationship's place in the show, and in sitcom history, was "The One Where Everybody Finds Out," which you can catch tonight on **Friends** (TBS, 9 ET/PT).

Chat with Robert Bianco today, 2 p.m. ET/11 a.m. PT, at life.usatoday.com.

Late-night talk

Conan O'Brien, NBC: Director Quentin Tarantino; actor Jesse L. Martin; comic Brian Kiley, 12:37 a.m. ET/PT.

Craig Ferguson, CBS: Actor Josh Brolin; actor Jason Segel; The Noisettes perform, 1:07 a.m. ET/PT.

Tuesday a.m. (7 ET/PT)
Good Morning America, ABC: Actor Richard Gere; authors Tim LaHaye and Jerry Jenkins (*Kingdom Come*), **The Early Show**, CBS: Author Mary Higgins Clark (*I Heard That Song Before*).
Today, NBC: Martina McBride performs.

Tuesday talk

(check local listings)
Live With Regis and Kelly: Actor Wilmer Valderrama; NASCAR Nextel Cup winner Jimmie Johnson; Ricky Martin performs.
The View: Comic Phyllis Diller; I Can't Believe a Kid Did It.
Martha Stewart: Lauren Hutton.
Tyra Banks: "Thick and Sexy Top Model" contest.
Ellen DeGeneres: Singer Jennifer Lopez.
Rachael Ray: Antiques challenge; the Keno twins from *Antiques Roadshow*.

For complete TV listings for your viewing area, visit tv.usatoday.com.

Get a head start on home improvement projects with USA TODAY.

See Friday's At Home section

For advertising information, call: 1-888-279-0030

usatoday.com

Network	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
ABC	Dancing with the Stars. (Live) (HD) (TVPG)		The Bachelor: Officer and a Gentleman. (Season Premiere) U.S. Navy Lt. Andy Baldwin looks for true love. (N) (TVPG)		Local news.	Nightline. (N)	Jimmy Kimmel Live. Amy Poehler; Josh Groban. (N)		
CBS	How I Met Your Mother: Marshall and Lily elope.	Two and a Half Men. (HD) (TV14)	College Basketball: NCAA Tournament Final -- Ohio State vs. Florida. From Atlanta. (HD) (Live)		Local news.	Late Show with David Letterman. (TVPG)			
Fox	Prison Break. (Season Finale) Michael races against time to rescue Lincoln and beat Mahone at his own game. (N)		24. Jack relays critical information about the Russian terrorist mastermind Gredenko. (N) (HD) (TV14)		Local news and programming.				
NBC	Deal or No Deal. An aspiring comic gets a special bank offer. (N) (TVPG)	Deal or No Deal. A Korean cowboy tries to win \$1 million. (TVPG)	The Black Donnellys. Jimmy and Tommy swap roles when Jimmy paints the bar and protects Sean. (N) (HD) (TV14)		Local news.	The Tonight Show with Jay Leno. Kurt Russell; Shia LaBeouf; Hilary Duff. (N) (HD) (TV14)			
PBS	Antiques Roadshow. Circa 1969 NFL jersey worn by Gayle Sayers; side chair; lithographs. (N) (TVG)	American Experience. Sister Aimee Semple McPherson, founder of Church of the Four Square Gospel. (N) (TVPG)	Terry Sanford & the New South. Sanford supports goals of the civil rights movement. (N) (TVPG)		Local news.	Charlie Rose. Liev Schreiber and Eric Bogosian. (N)			
CW	Everybody Hates Chris. Parenting-skills lesson.	All of Us. Robert grounds Bobby. (TVPG)	Girlfriends. Maya struggles with responsibility.		Local news.	The Game. Tasha finds Malik throwing a party.			
MyNet	IFL Battleground.				Local news.				
ION	Mama's Family.	Mama's Family.	Diagnosis Murder. (TVPG)	The Wonder Years. (TVG)	The Wonder Years. (TVG)	Time Life.	Paid program.	Pastor Scott.	
Telemundo	Marina. (TV14)		Zorro - La Espada y la Rosa.	Decisiones. (TVPG)		Noticiero Telemundo.	12 Corazones.		
Univision	La Fea Más Bella. (N)		Destilando Amor.	Cristina.		Primer Impacto Extra.	Noticiero Univisión.	La Hora de la Risa.	
A&E	CSI: Miami. A spoiled heiress is found dead. (TV14)		The Sopranos. (TVMA)		The Sopranos. (TVMA)	Driving Force.	CSI: Miami. (TV14)		
ABC Family	Kyle XY. Kyle wanders in traffic. (TV14)		Love Don't Cost a Thing. ★★ A teen hires a cheerleader to pose as his girlfriend. With Nick Cannon, Christina Milian. (1 hr. 41 mins.) (2003) (PG-13)		The 700 Club. (TVPG)		Kyle XY. (TV14)		
AMC	The Fisher King. ★★ A washed-up radio host befriends a homeless man on a quest. With Robin Williams, Jeff Bridges. (2 hrs. 17 mins.) (1991) (R)				A Bronx Tale. ★★ A youth favors a flashy mobster over his hard-working dad. With Robert De Niro. (1993) (R)				
Animal Planet	Buggin' with Ruud. (TVG)	E-Vet Interters.	E-Vet Interters.	Animal Cops Detroit. (TVPG)	Buggin' with Ruud. (TVG)		E-Vet Interters.		
BBCA	Whose Line? (TVG)	Whose Line? (TVG)	Silent Witness. (N) (TV14)		Whose Line? (TVG)		Benny Hill. (TVPG)		
BET	Don't Trip... He Ain't Through with Me Yet! ★★ With Steve Harvey. (1 hr. 30 mins.) (2006) (PG)		Soul Food. (TV14)		The Jamie Foxx Show. (TV14)		In Living Color. (TVMA)		
Bravo	Six Feet Under. Keith tries to protect David. (TVMA)		Six Feet Under. Beginning to heal. (TVMA)		Six Feet Under. Beginning to heal. (TVMA)		Six Feet Under. (TVMA)		
Cartoon	Ed, Edd n Eddy. (TVG)	Ed, Edd n Eddy. (TVG)	Camp Lazlo. (TVY7)	Gym Partner. (TVG)	Courage-Dog. (TVPG)	Futurama. (TVPG)	Futurama. (TVPG)	Family Guy. (TV14)	Robot Chicken. (TVMA)
Cinemax	Slither. ★★ Alien organisms infest a small town. With Nathan Fillion, Elizabeth Banks. (2006) (R) (HD)		MAX on Set: Disturbia. (N)		Twins. ★★ A genetically enhanced twin seeks his shortchanged twin. With Arnold Schwarzenegger. (1988) (PG)		Alabam Jones and the Busty Crusade. (Starts 11:45) (2005) (NR) (HD)		
CMT	Home Videos.	Tim McGraw: Insider Special Edition.	The Ultimate Coyote Ugly Search. Veteran coyotes compete.		CMT Giants: Reba. Singer/actress Reba McEntire is honored.				
CNBC	Fast Money.		Apprentice: Los Angeles.		The Big Idea.		Mad Money.	Apprentice.	
CNN	Paula Zahn Now.		Larry King Live. (TVPG)		Anderson Cooper 360. (TVPG)		Larry King.		
Comedy	Daily Show. The Colbert Report.	Chappelle's Show.	South Park. (TVMA)	Scrubs. (TV14)	Scrubs. (TV14)	Daily Show. The Colbert Report.	Reno 911! (TV14)		
Court TV	Most Shocking. (TV14)	Forensic Files.	Suburban Secrets. (N)	Til Death Do Us Part. (TV14)	Suburban Secrets. (TV14)	The Investigators. (TV14)	Most Shocking. (TV14)		
C-SPAN	Tonight From Washington.				Capital News Today.				
C-SPAN2	Commun.		Tonight From Washington.		Capital News Today.				
Discovery	Dirty Jobs. Water snakes. (TV14)		Futureweapons. (N) (TVPG)		Stunt Junkies: Go Big. (TVPG)		MythBusters. (TVPG)	Dirty Jobs. (TV14)	
Disc. Hlth	Inside the Criminal Mind. (TVPG)		Medical Incredible. Rare bone disease. (TVPG)		Mystery Diagnosis. Excessive drinking. (TVG)		Inside the Criminal Mind. (TVPG)	Medical Incredible. (TVPG)	
Disney	The Even Stevens Movie. ★★ The Stevens family's free vacation turns into a nightmare. With Shia LaBeouf, Nick Spano. (1 hr. 30 mins.) (2003) (TVG)		Life with Derek. (TVG)		Phil of the Future. (TVG)		The Suite Life of Zack & Cody. (TVG)	Phil of the Future. (TVG)	
E!	Mean Girls: The El True Hollywood Story. (TVPG)		101 Juiciest Hollywood Hookups. (N) (TVPG)		The Girls Next Door. (TVG)		El News. (TVPG)	The Daily 10. (TVPG)	Crazy Hollywood. (TVG)
Encore	Blade: Trinity. ★★ Blade and a pair of vampire slayers battle Dracula. With Wesley Snipes. (2004) (R)				Mindhunters. ★★ A serial killer targets FBI trainees on a deserted island. With LL Cool J. (2004) (R)			Enemy of the State. (TVG)	

Network	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
ESPN	College GameDay (Live)		Figure Skating: World Championships Recap.						SportsCenter (HD) (Live)
ESPN2	MLB Baseball: Baltimore Orioles at Minnesota Twins. (HD) (Live)		MLB Baseball: Texas Rangers at Los Angeles Angels of Anaheim. From Angel Stadium of Anaheim in Anaheim, Calif. (HD) (Live)						
ESPN Classic	Boxing	Boxing	2005 U.S. Poker Championships		Who's Number 1?		Bull Riding: PRCA Xtreme Bulls.		Boxing
FNC	The O'Reilly Factor. (Live)		Hannity & Colmes. (Live)		On the Record. (Live)		The O'Reilly Factor. (Live)		Hannity.
Food	Emeril's New Orleans Easter.		Unwrapped. (N)		Unwrapped. Candy.		The Secret Life Of... (TVMA)		Good Eats. (TVG)
FX	Man on Fire. ★★ (From 7:00) With Denzel Washington, Dakota Fanning. (2004) (R)				The Riches. (N) (TVMA)		The Riches. (TVMA)		That '70s Show.
Gala	Chespirito. (TVG)		La Jugada (TVPG)				Las Noticias por Adela.		Noticiero Con Joaquín López Doriga.
Golf	Monday Night Lights (N)				The Turn		Learning Center		Playing Lessons
GSN	World Series of Blackjack (TVPG)		High Stakes Poker		The Three Card Poker National Championship		High Stakes Poker		Be a Millionaire.
Hall	Walker, Texas Ranger. (TVPG)		Though None Go with Me. With Christopher Allport, Cheryl Ladd. (1 hr. 29 mins.) (2006) (TVPG)				A Painted House. ★★ With Scott Glenn, Arja Bareikis. (2003) (TVPG)		
HBO	Real Time with Bill Maher. Comic D.L. Hughley. (TVMA)		Rumor Has It... ★★ With Jennifer Aniston, Kevin Costner. (1 hr. 37 mins.) (2005) (PG-13) (HD)		Blades of Glory: HBO First Look.		The X-Files. ★★ FBI agents Mulder and Scully probe the existence of aliens. With David Duchovny. (1998) (PG-13)		
HGTV	Designed to Sell. (TVG)	Buy Me. (TVG)	Color Splash. (N)		Hidden Potential. (N)		House Hunters.		Open House.
History	UFO Files: Out of This World. (TVPG)		Digging for the Truth: Search for King David.		Egypt: Engineering an Empire. (TVPG)		Engineering feats.		Out of World.
IFC	Me Myself I. ★★ (6:40) (R)		Media Lab Uploaded.		A Midwinter's Tale. ★★ An out-of-work actor stages an unusual "Hamlet." With Michael Maloney. (1995) (R)		The Magdalene Sisters. ★★ (Starts 10:45) Nuns torment young women at an Irish convent. With Geraldine McEwan, Anne-Marie Duff. (2002) (R)		Nuns torment young women at an Irish convent. With Geraldine McEwan, Anne-Marie Duff. (2002) (R)
Lifetime	Reba. (ESP Part 1 of 2) (TVPG)	Reba. (ESP Part 2 of 2) (TVPG)			Wicker Park. ★★ A man searches obsessively for his former lover. With Josh Hartnett, Rose Byrne. (1 hr. 54 mins.) (2004) (PG-13)		Desperate Housewives. (TVPG)		Frasier. (TVPG)
Movie Channel	Judge Dredd. ★★ (Starts 8:15) A futuristic lawman battles a fiendishly clever criminal. With Sylvester Stallone, Armand Assante. (1995) (R) (HD)		High Tension. ★★ A collegian must save a friend from a killer. With Cécile de France. (2003) (R) (HD)				Amy's Orgasm. ★★ With Julie Davis, Nick Chinlund. (2001) (R)		
MSNBC	Countdown-Obermann.		Scarborough Country.		MSNBC Special.		Investigates.		Countdown.
MTV	My Super Sweet 16.	My Super Sweet 16.	My Super Sweet 16.		Hilary Duff: This Is Now.		The Hills. (N)		Taquita & Kauli. (N)
Nat. Geo.	Hunter and Hunted. (HD) (TVPG)		Hunter and Hunted. (HD) (TVPG)		Hunter and Hunted. (HD) (TVPG)		Hunter and Hunted. (HD) (TVPG)		Hunter and Hunted. (HD) (TVPG)
Nick	SpongeBob.	Drake & Josh. (TVY7)			Full House. (TVG)		Full House. (TVG)		Roseanne. (TVPG)
Oxygen	Two Can Play That Game. ★ (From 7:00) (2001) (R)		Two Can Play That Game. ★ (From 7:00) (2001) (R)		Two Can Play That Game. ★ (From 7:00) (2001) (R)		Two Can Play That Game. ★ (From 7:00) (2001) (R)		Two Can Play That Game. ★ (From 7:00) (2001) (R)
Sci Fi	Star Trek: Enterprise.		Star Trek: Enterprise.		Star Trek: Enterprise.		The Dresden Files.		The X-Files. (TV14)
Show-time	Annie Hall. ★★ (From 7:20) With Woody Allen. (1977) (PG)		Weeds. (HD)		Weeds. (HD)		The Tudors. Against counsel, Henry prepares for war with France. (TVMA)		The Tudors. Against counsel, Henry prepares for war with France. (TVMA)
Speed	Inside Nextel Cup (N)		Road Tour		Back in the Day (N)		Barrett-Jackson 2007: The Auctions (N)		Unique Whips (TV14)
Spike	CSI: Crime Scene Investigation. (TVPG)		Predator 2. ★★ Police officers lock horns with a bloodthirsty alien. With Danny Glover, Gary Busey. (1 hr. 49 mins.) (1990) (R)				CSI: Crime Scn.		CSI: Crime Scn.
Starz	Friends with Money. (TV14)		On the Set. (TV14)		Are We There Yet? ★★ A divorcee's XXX must thwart a plot to depose the president. With Ice Cube. (2005) (PG)		XXX: State of the Union. ★★ (Starts 10:40) Agent XXX must thwart a plot to depose the president. With Ice Cube. (1 hr. 40 mins.) (2005) (PG-13) (HD)		
Sundance	Ladette to Lady. (TV14)		One Punk Under God. (TV14)		Let's Rock Again! ★★ (1 hr. 7 mins.) (2004) (NR)		The Cruise. ★★ (Starts 10:15) With Timothy "Speed" Leitch. (1 hr. 16 mins.) (1998) (PG-13)		In Short. (TVPG)
TBS	Friends. (TVPG)	Friends. (TVPG)	Friends. (TV14)		Friends. (TVPG)		Family Guy. (TV14)		Family Guy. (TV14)
TCM	Francis. ★★ A dimwitted soldier claims to have met a talking mule. With Donald O'Connor. (1949) (NR)		Fearless Fagan. ★★ (Starts 9:45) A man takes his pet circus lion into the Army with him. With Janet Leigh. (1952) (G)				Gypsy Colt. ★★ (Starts 11:15) A drought forces a family to sell a beloved pony. With Donna Corcoran. (1954) (G)		
TLC	Little People.		Little People.		Surviving Sextuplets and Twins. (TVG)		One Week to Save Your Marriage. (N) (TVPG)		Little People.
TNT	Forrest Gump. ★★ (From 7:00) A slow-witted Southern experiences 30 years of history. With Tom Hanks, Robin Wright. (1994) (PG-13) (HD)		Law & Order. (HD) (TV14)		Law & Order. (HD) (TV14)		Law & Order. (HD) (TV14)		Law & Order. (HD) (TV14)
Toon D	Power Rangers.		Pucca. (TVY7)		Oban Star-Racers.		Super Robot. (TVY7)		Power Rangers S.P.D. (TVY7)
Travel	Food Wars: Barbecue.		Bizarre Foods with Andrew Zimmern. (N) (TVPG)		Anthony Bourdain: No Reservations. (TVPG)		Food Wars: Barbecue. (TVG)		Bizarre Foods. (TVG)
TV Land	Andy Griffith.		Andy Griffith.		M*A*S*H. (TVPG)		M*A*S*H. (TVPG)		Sit Down Comedy. (TVPG)
USA	Law & Order: Special Victims Unit. (TV14)		WWE Monday Night Raw		WrestleMania results. Which billionaire is shaved bald, Trump or McMahon? (Live) (TV14)		Law & Order: Special Victims Unit. (TV14)		The Dresden Files.
VH1	I Love New York. Meeting mothers.		I Love New York. Finalists. (N)		Acceptable TV.		The Agency.		I Love New York. Finalists. (N)
VS.	NHL Hockey: St. Louis Blues at Dallas Stars. From American Airlines Center in Dallas. (Live)				Hockey Central (Live)		NLL Lacrosse: Philadelphia Wings at Rochester Knighthawks.		
WE	Dharma & Greg.		Dharma & Greg.		48 Hours. (TVPG)		48 Hours. (TVPG)		48 Hours. (TVPG)
WGN	America's Funniest Home Videos. (TVG)		America's Funniest Home Videos. (TVG)		WGN News at Nine.		Sex and the Scrubs. City. (TV14)		Scrubs. (TV14)

Health & behavior

Moviegoers chase that epic, ripped '300' look

Not everyone can achieve a Spartan body

By Ryan Holeywell
USA TODAY

Gerard Butler and the other male actors in the blockbuster movie *300* did grueling exercise routines for several hours a day for weeks to achieve the look of Spartan warriors. Now, mere mortals are wondering whether it's possible for them to do the same.

On the social networking website Facebook are groups dedicated to people who seek Spartan bodies. Stories about the "300 workout" — a circuit of 300 reps of various exercises some actors went through — have appeared online and in *Men's Health* magazine. Yahoo reports that search terms like "300 workout" and "Spartan 300 training" are becoming increasingly popular.

But Mark Twight, the trainer who worked with the cast of the movie, says the "300 workout" was just one of many exercises actors and stuntmen went through.

The actors' body transformations came from an intense training regimen that lasted 90 minutes to two hours a day, five days a week, for seven weeks before filming began. Twight and colleague Logan Hood led them through full-body



Pushing herself: Kendra Goldstein, a law student at Denver University, tackles the 300 workout challenge for the second time with trainer Josh Hillis at 24-Hour Fitness. She completed it in 35 minutes.

workouts involving medicine balls, tires and kettle bells — weighted balls with thick handles — among other tools. The goal was to make them look "all sinewy and ripped."

This kind of transformation requires a change in diet, sleep patterns, stress levels and attitude.

"If you can't change your brain and your behavior, even the most

perfectly designed and adapted training program will not work," Twight says in an e-mail.

But even with diet and exercise, most people will never get the perfect pecs and six-pack abs they see on the silver screen, says Wayne Westcott, fitness research director at South Shore YMCA in Quincy, Mass. For about 90% of people, it is

impossible to develop the body of a movie-star warrior. "There's no way you can change your basic physique," he says. "You do the best you can with what you've got."

Though they might not wind up looking like Spartans, Westcott says, people can achieve up to a 50% increase in muscle strength in

The '300 workout'

The workout was done by 14 members of the movie's stunt crew and one cast member. Trainer Mark Twight says the workout was done under close supervision, and he does not recommend it for the public.

- ▶ 25 pull-ups
- ▶ 50 deadlifts (135 pounds)
- ▶ 50 push-ups
- ▶ 50 jumps (on a 24-inch box)
- ▶ 50 floor-wipers (lying flat, the person holds a 135-pound barbell overhead, keeps legs straight and lifts them side to side so that feet touch each weight plate)
- ▶ 50 clean-and-presses (36-pound kettle bell)
- ▶ 25 pull-ups (again)

In fighting shape: Gerard Butler has the warrior cut.

Warner Bros. Pictures

the first three months of a proper strength-training program.

As for the "300 workout" itself, Westcott says, it isn't practical for the average person.

Though he's glad the movie has inspired people to get fit, Bill Phillips, author of the 12-week

strength program book *Body for Life*, says he hopes they don't get hurt or discouraged in the process.

He says that by incorporating reasonable bodybuilding routines — 45 minutes of strength training, three days a week — people can see a change.