

to put Mr Keogh on trial for a third time. Bravely, Mr Keogh elected to set aside a jury trial and be tried by a judge. The Crown rejected this challenge and discontinued the prosecution in November 2015. Keogh's defence was an unusual but not an unprecedented one. He argued there had never even been a murder, as the deceased had died of natural causes.

Roseanne Beckett, formerly Catt, was convicted by a jury in the Supreme Court in 1991 for attempting to kill her husband. She was sentenced to twelve years gaol with a non-parole period of ten years and three months. Her appeal was dismissed. Ten years after going to gaol, she was released on bail when evidence came to light that she had been framed. It was a hollow victory. Her non-parole period was weeks away from expiry and, thus, she was due for release anyway. A new trial was ordered, but this time the DPP hoisted the white flag. Roseanne Beckett sued the government for malicious prosecution. She won. In 2015, the Supreme Court awarded her \$2.3 million plus costs, which will exceed \$1 million. Over \$3 million for all those wrongful years in gaol. Adequate compensation? No. Ten times that amount and more would not be enough for what she suffered. As Justice Harrison so succinctly and eloquently put it, there is no way of knowing what Ms Beckett's life would have been had she not been charged. That applies to all those unfortunates to whom justice has been denied, with Colin Campbell Ross the ultimate, tragic victim.

It was the famous jurist Sir William Blackstone who wrote in the eighteenth century: 'It is better that ten guilty escape than one innocent suffer.' It must be remembered that this presumption in favour of the innocent is never absolute.



## The RBG Workout

By Bryant Johnson

Forget the Atkins diet and pack away your Jane Fonda DVDs, 'The RBG Workout' is the authoritative fitness regime for barristers and judges.

This inspiring book is the workout regime of octogenarian United States Supreme Court Judge, Justice Ruth Bader Ginsburg.

In this book, the 'notorious RBG', as she is referred to fondly by admirers, proves that even with an enormous workload there is simply no excuse not to take care of yourself. Indeed, it is the very busy in intellectually demanding jobs who benefit most from exercise, giving them the physical stamina to complement the mental stamina necessary for their work. The indefatigable judge is 84 years old.

Justice Ginsburg has sat on the Supreme Court for 24 years. She trains twice-weekly with the book's author Bryant Johnson, and attributes her continued success and longevity on the court in part to her rigorous workout routine.

It has been reported that US President Donald Trump recently speculated that he would appoint RBG's successor during his administration. Not if the liberal judge has anything to do with it. She plans to sit on the bench for as long as she is healthy and able (unlike the Australian Constitution and other Australian legislation there is no prescribed retirement age for judges in the US).

Johnson, a court clerk, personal trainer and former member of the US Special Forces, has RBG completing overhead tricep curls, planks, one-legged squats and medicine ball push-ups, to name just a few of the exercises in her impressive regime. Remember, she is 84!

The book is full of fantastic illustrations of the judge doing her exercises and also explanations of how to do them properly. Many of

the exercises can be done in chambers (just like RBG does) and each exercise has variations to increase the difficulty as your fitness and strength improve.

On doing push-ups, Johnson says 'When I first started training with the justice, she wasn't strong enough to do regular push-ups (she now does 20!), so we began with this easier alternative (standing push-ups against the wall). If necessary, you can work your way up from push-ups against the wall, to push-ups while resting on your knees, to the full-on regular push-up.'

Johnson says, it doesn't matter what you can do or how much you can do, as long as you do something. 'It's not about how much RBG can bench. It's about making sure she feels good enough to stay on the Supreme Court bench. There's nothing wrong with setting specific goals, but the most important outcome of an exercise routine can't be quantified. It comes down to being healthy, feeling good and staying consistent.'

Johnson says 'The body is like a machine – it's made to move. If you don't move it, you will lose it.'

RBG is known for working long hours to get her judgments right. She says 'I am often consumed by the heavy lifting Supreme Court judging entails, reluctant to cease work until I've got it right. But when the time comes to meet with Bryant, I leave off and join him at the gym for justices. The hour-long routine he has developed suits me to a T. This book, I hope will help others to experience, as I have, renewed energy to carry on with their work and days.'

So whether you want to keep up with a US Supreme Court judge, or just reach your own fitness goals, RBG reminds us that it is never too late to start looking after yourself.

### Justice Ginsburg's contribution

In her 24 years on the Supreme Court, Justice Ginsburg has been a bastion of liberal thought. These are some of the important cases in which she has been involved.

### *United States v Virginia, 1996*

In 1996, the Virginia Military Institute (VMI) was the United States' last remaining all-male public university. The United States filed a suit against the school, arguing that the gender-exclusive admissions policy violated the 14th Amendment of the Constitution. The state of Virginia argued that women were not suited for VMI's rigorous training. The Supreme Court disagreed and struck down VMI's all-male admissions policy. Justice Ginsburg wrote the majority opinion that made it clear gender equality was a constitutional right. Her Honour held that '[n]either the goal of producing citizen soldiers nor VMI's implementing methodology is inherently unsuitable to women.' She

added ‘generalizations about ‘the way women are,’ estimates of what is appropriate for most women, no longer justify denying opportunity to women whose talent and capacity place them outside the average description.’

*Whole Woman’s Health v Hellerstedt*, 2016

In 2016, the Supreme Court ruled on the most significant abortion case since *Roe v Wade*. *Whole Woman’s Health v. Hellerstedt* considered Texas’s Omnibus Abortion Bill (known as H.B.2) which imposed restrictions on abortion providers, including a directive that doctors performing procedures have admitting privileges at nearby hospitals.

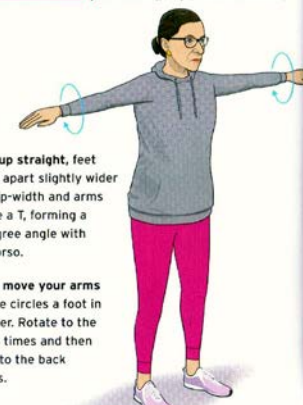
The Supreme Court struck down the bill 5 votes to 3. Justice Ginsburg was in the majority. She held ‘It is beyond rational belief that H.B. 2 could genuinely protect the health of women, and certain that the law would simply make it more difficult for them to obtain abortions...When a State severely limits access to safe and legal procedures, women in desperate circumstances may resort to unlicensed rogue practitioners...at great risk to their health and safety... laws like H.B.2 that do little or nothing for health, but rather strew impediments to abortion, cannot survive judicial inspection.’

Reviewed by Daniel Tynan

## ARM & SHOULDER ROTATION

3 ROTATIONS IN EACH DIRECTION

- Stand up straight, feet spread apart slightly wider than hip-width and arms out like a T, forming a 90-degree angle with your torso.
- Slowly move your arms to make circles a foot in diameter. Rotate to the front 3 times and then rotate to the back 3 times.




## HIP ROTATION

3 ROTATIONS IN EACH DIRECTION

- Stand up straight with your feet hip-width apart and your hands on your hips.
- Rotate your hips as if Hula-Hooping in slow motion.


"MAKE LIKE YOU'VE GOT A HULA-HOOP"



## AT-HOME ALTERNATIVE

3 SETS/10-12 REPS


- Sit on a chair or bench with a resistance band or tube wrapped behind your upper back, under your armpits, grasping one end of the band in each hand. Bend your arms so that your elbows are against your sides and your hands are close to your chest.
- With your hands just below shoulder height, push straight out until your arms are fully extended, but without locking your elbows.
- Return to starting position and repeat.




## LEGS (MACHINE) LEG EXTENSIONS

3 SETS/10-12 REPS

- Sit on the machine so that the foot pad rests just above your ankles.
- Extend your legs outward until they are nearly straight, but without locking your knees.
- Return to starting position with a steady, even motion and repeat.





## PALM-UP WRIST CURLS ON A BALL

1 SET/10-12 REPS

- Sit on a Swiss ball with your back straight, chest tall, and core tight. Stabilize your body by planting your feet firmly on the floor.
- Grasp a dumbbell in each hand and hold them with your forearms resting on your thighs. Hold the dumbbells horizontally, with your wrists facing up.
- Slowly curl your wrists up toward the ceiling. Return to starting position and repeat.