

SLASH CALORIES INSTANTLY! 25 sneaky diet tricks that get you slim, p. 162

"HOW
I FOUND
MY HAPPY
WEIGHT"
p. 40

SHAPE
YOUR
LIFE

NEW HOME WORKOUT!

BEACH READY ABS

Take your belly
from fat to flat
in just minutes

* The pants
that flatter
EVERY figure

The 5-calorie
flavor secret

June 2009

SUPER SEXY
INDY CAR DRIVER

**DANICA
PATRICK**

"My get lean
fast workout"

FREE! BONUS
DOWNLOAD, p. 57

YOU CAN DO IT!

4 WEEKS TO YOUR MOST AMAZING BODY YET

Drop inches & firm
up ALL OVER

**BLAST
350
CALORIES
AT LUNCH**

PLUS

Simple skin-saving advice
from top doctors, p. 72

MONTH 4

GET SUMMER SEXY BY JUNE 30

Greet the beach with sculpted arms, flat abs, and sleek legs. Our plan does it all in just four weeks.

BY HOLLY ST. LIFER PHOTOGRAPHY BY CHRIS FANNING

NOW THAT YOU'RE LEAPING FOR JOY because summer's almost here, we thought it only fitting that this month's routine include jumping moves! "Plyometric exercises, where you're using powerful motions, get deeper into the muscle than moves like squats and lunges do, so you get firmer faster," says New York City trainer

Dominique Hall, who developed this workout. And her calorie-scorching cardio routines will have you hopping right over to the two-piece rack as the pounds keep dropping. Keep your eye on the sexy prize: a sleek, strong you in your favorite swimsuit, walking down the beach with a little bit of swagger and a confident smile.

single
leg
bridge

WORKS

LEGS

BUTT AND CORE

(lie flat on your back)

lift one leg and hold

for 30 seconds

repeat with other leg

do 3 sets

total time: 15 minutes

difficulty: easy

equipment: none

tips: keep your core tight

and your back flat

on the floor

for best results

try this workout

3 times a week

for a toned

and strong

lower body

in just 15 minutes

per session

total time: 45 minutes

difficulty: easy

equipment: none

bikini body countdown

THE PLAN

HOW IT WORKS

✓ DO THIS WORKOUT

3 times a week (not on consecutive days) after warming up for at least 5 minutes.

✓ ON DAYS 1 AND 3, perform 3 sets of 16 to 20 reps (unless otherwise noted) of each move with lighter weights.

✓ ON DAY 2, do 3 sets but halve the number of reps and increase any weight you're using for resistance.

✓ COMPLETE THE MOVES in order and rest for 45 seconds between sets.

YOU'LL NEED

A bench or step (beginners, start with a step), a stability ball, a resistance band, and a pair of 5- to 8-pound and 10- to 12-pound dumbbells. Find all gear at a sporting goods store.

1 Squat jump-up

WORKS LEGS AND BUTT

Stand facing a bench or step with feet shoulder-width apart and arms in front of you. Squat [A], then jump onto the bench, using your arms to help propel you [B]. Jump or step down and repeat.



2 Single-leg bridge

WORKS LEGS, BUTT, AND CORE

Lie faceup with heels on a stability ball and arms at sides. Lift hips and bring right knee toward chest [A]. Keeping right knee bent and hips lifted, roll the ball in so left knee is bent 90 degrees [B]. Roll ball out and repeat. Switch legs to complete set.



3 Spiderman push-up

WORKS CHEST, ARMS, AND CORE

Get on the ground in push-up position, hands slightly wider than shoulders (rest on knees if necessary). Bring right hand forward several inches as you draw left knee toward left elbow [A]. Lower chest toward floor [B]. Press up and return to starting position. Switch sides on the next rep.

KICK UP YOUR CARDIO

You're realizing you're tougher than you thought! Prove it with this workout. Try it once a week and find 2 other routines at shape.com/bikinibodycountdown. On 2 other days, do 30 to 60 minutes of moderate-intensity exercise so you're notching 5 cardio sessions weekly.

METABOLISM BOOSTER

Repeat after us: You can do this. You'll be maintaining a high intensity for 5 minutes 3 times during this workout. It might take a few sessions to get there, but you are ready.

MINUTES	WHAT TO DO	RPE*
0-5	Warm up	4
5-7	Increase intensity to hard	8
7-8	Increase intensity to very hard	9
8-9	Decrease intensity slightly	8
9-10	Increase to peak effort	9-10
10-15	Recover at an easy level	4
15-35	Repeat minutes 5-15 twice	4-10

*See page 205 for RPE chart.



4 Bench hop

WORKS ENTIRE BODY

Stand to the right of a bench or step and place hands on the sides [A]. Keeping legs together and abs tight, hop both legs over the bench [B]. Jump back to where you started to complete 1 rep.



5 Fast band row

WORKS BACK, BICEPS, AND ABS

Stand on the center of a resistance band with feet hip-width apart. Hold an end in each hand and bend over from hips, keeping knees bent. Extend arms straight down, palms facing each other. Draw left hand to left side [A], then lower it and draw right hand up [B] to complete 1 rep. Quickly alternate sides.



6 Wobble dip

WORKS TRICEPS, CHEST, AND CORE

Sit on the edge of a bench or step and rest your feet on top of a stability ball in front of you. Straighten arms and lift hips slightly forward off bench [A]. Keeping chest high and hips close to bench, bend elbows and lower hips toward ground [B]. Press up and repeat.

YOUR SUCCESS CHECKLIST

✓ MAKE EACH REP COUNT

Get the full benefits from your workout—especially as you get tired—by being more aware of your form. “Focus on elongating your spine and pulling your abs in during each set,” says Hall. “Keep your chest high and your shoulders back and down.”

✓ GET ENOUGH SHUT-EYE

Researchers at the University of Chicago found that logging only 4 hours of sleep 2 nights in a row lowered levels of the satiety-signaling hormone leptin and spiked the appetite trigger ghrelin, leading to cravings. Aim for 8 hours a night.

✓ EAT CHICKPEAS OR OTHER BEANS

“They’re high in protein and fiber, 2 nutrients that stabilize blood sugar levels,” says Jae Berman, R.D., who works at the San Francisco Bay Club. “This helps prevent insulin fluctuations that cause your body to store excess fat, especially around your midsection.” Toss half a cup into rice and salads.

✓ PROTECT YOUR LOCKS

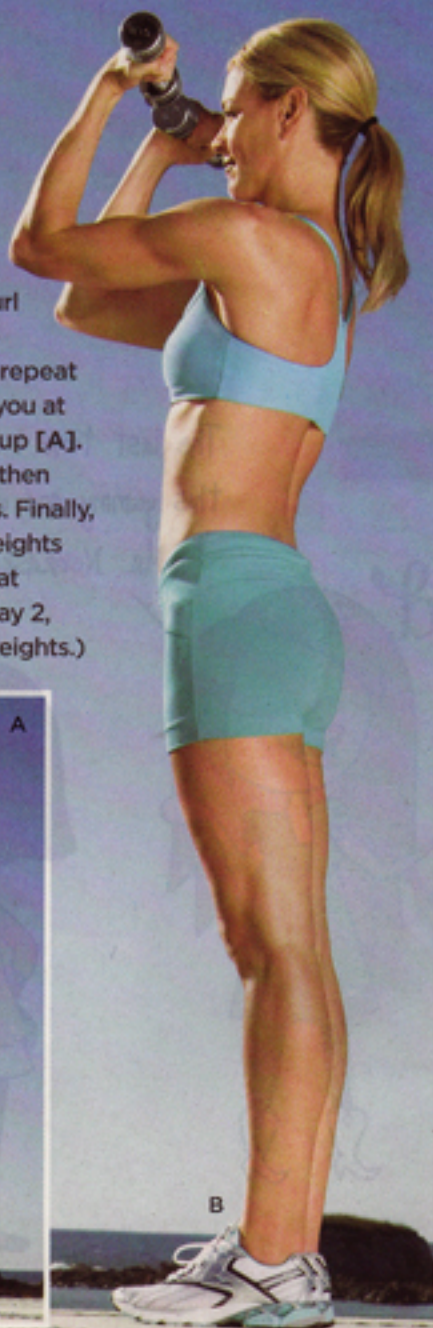
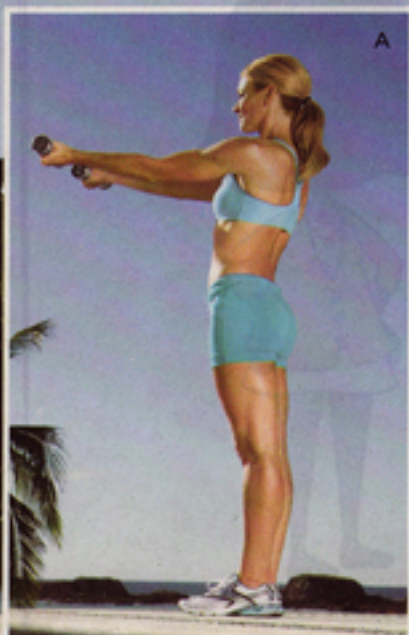
To prevent the drying effects of chlorine, saltwater, and the sun come summer, start deep-conditioning strands in the shower now. (The steam will help it penetrate the cuticle.) Once a week, apply the Aveda Sun Care After-Sun Hair Masque (\$26; aveda.com), which contains ultra-moisturizing coconut oil and shea butter as well as green tea extract and vitamin E.

bikini body countdown

7 21 curls

WORKS BICEPS AND SHOULDERS

Stand with feet hip-width apart and hold a dumbbell in each hand at sides, palms facing forward. Curl weights halfway, so elbows are bent 90 degrees. Lower, then repeat 6 times. Raise arms in front of you at shoulder height, palms facing up [A]. Curl weights toward head [B], then straighten arms; repeat 6 times. Finally, lower arms at sides and curl weights all the way up. Lower and repeat 6 times to complete set. (On Day 2, do 12 curls total with heavier weights.)



8 Alternating press

WORKS SHOULDERS AND CORE

Hold a dumbbell in each hand next to shoulders, palms facing forward, and stand on right leg. Press left arm up [A], then lower it as you press right arm up to complete 1 rep. Next, turn palms to face each other [B] and repeat on next rep. Alternate turning palms to face each other and turning them out; switch legs with each set.

9 Ticktock

WORKS CORE

Lie faceup with arms on the ground out to each side and legs extended straight over hips [A]. Keeping shoulders on the ground, lower legs as far as you can to the left [B], then the right. Lower them toward the floor and up to complete 1 rep.

HOLLY ST. LIFER is a freelance writer in Piermont, New York.

