

NO GYM REQUIRED! 10 minutes to sexy, sculpted legs

SHAPE
YOUR
LIFE

FREE!
\$10 WORTH OF
WORKOUT
MUSIC
YOU'LL LOVE
P. 131

FEEL BETTER FAST!

DETOX YOUR BODY

- ✓ Kick your sugar habit
- ✓ Beat the bloat
- ✓ Banish stress

**THE HIGH-FAT
FOOD**
that slims
you down

**GOT THE WORKOUT
BLAHS? The fix, p. 150**

March 2009

My Name Is Earl's
Jaime Pressly
"My kick-butt home workout," p. 54

YES, YOU CAN!

BLAST BELLY FAT FOR GOOD

**LOOK
RICH**
FOR LESS THAN
\$200

PLUS!

Sculpting secrets of the stars
Get Halle's arms, Cameron's butt,
and more, p. 182

5-MONTH COUNTDOWN

THE EASIEST BIKINI BODY PLAN—EVER!

This step-by-step cardio and sculpting routine will get you two-piece-ready in plenty of time for summer. You'll see results in just four weeks!

THERE'S NO TIME LIKE THE PRESENT, PARTICULARLY WHEN it comes to getting your body in shape for beach season. Sure it's early, but that's the point. Start now and instead of worrying about baring it all poolside when warm weather hits, you'll be showing off your sleek form and feeling fit, sexy, and confident. In fact, our third annual Bikini Body Countdown will help you nail your dream physique way before summer. Over the next five months we'll give you toning moves and fat-melting cardio routines—created by top New York City trainer Dominique Hall—even beginners can do. We'll also provide you with a monthly to-do list to help you stay motivated. Stick with us and there's no way you won't look great when you hit your first pool party (or spring break). Oh, there's just one more thing: You'll be needing a new bathing suit!

BY HOLLY ST. LIFER PHOTOGRAPHY BY CHRIS FANNING

THE PLAN

HOW IT WORKS

Do this 45-minute workout two or three days a week (not on consecutive days). Warm up with 15 seconds each of jumping jacks, squats, and running in place, followed by 15 seconds of rest. Repeat the series four times. Then do 3 sets of 15 to 20 reps (unless otherwise indicated) of each move in order. Rest for 45 seconds between sets. Your muscles should feel challenged by the last few reps in every set. If they don't, check your form or switch to heavier weights.

YOU'LL NEED

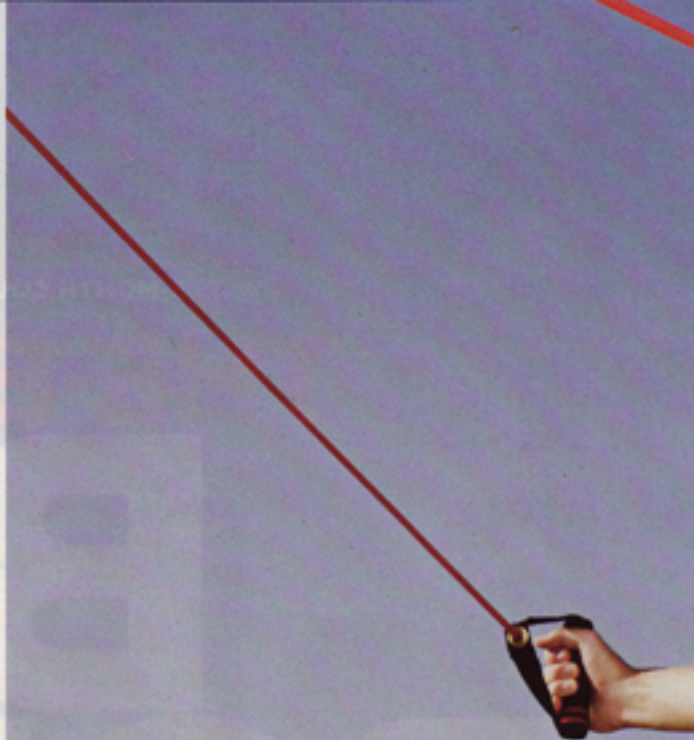
A 5- to 8-pound dumbbell, a handled resistance tube, and a stability ball. A mat is optional. Find gear at a sporting goods store or performbetter.com.



1 Swinging reverse lunge

WORKS BUTT, LEGS, SHOULDERS, AND CORE

Stand with feet hip-width apart, arms at sides, and hold a dumbbell in right hand. Keeping abs tight and chest lifted, lunge back with right foot so left knee is aligned over ankle [A]. Step right foot up to left as you lift arms to chest height, switch dumbbell to left hand [B], then lunge left foot back, lowering arms to sides (swing arms if you want), to complete 1 rep. Do 12 reps.



2 Squat with fly

WORKS BUTT, LEGS, AND BACK

Secure the center of a resistance tube around a sturdy object at chest level or higher. Stand with feet shoulder-width apart, toes slightly turned out, and hold a handle in each hand at chest height in front of you, elbows bent and palms facing each other. Squat low, keeping chest lifted and back neutral [A]. Stand up as you bring arms out to each side to shoulder level [B]; squeeze shoulder blades together. Return to squat and repeat.

SPLITS 52 BRA, ELISABETTA ROGANI SHORTS, ASICS SNEAKERS



YOUR SUCCESS CHECKLIST

Whether you need to revamp your diet or jump-start your motivation, these healthy tactics will help you see results faster.

✓ SET SHORT-TERM GOALS

You've already established your long-term intention: You plan to look hot in a bikini by summer. Now designate a smaller objective each month, such as losing a pound a week, nailing 10 "boy" push-ups, or cutting out your daily vending machine raid. "When you're working toward a goal that's simple, specific, and attainable in just a few weeks, you're more likely to stay committed," says Kara Mohr, Ph.D., an exercise physiologist in Louisville, Kentucky.

✓ **EAT YOUR SPINACH** To drop pounds, munch on veggies every time you chow down. "They contain mostly fiber and water, so you feel full faster and stay that way longer, which will keep you from reaching for junk," says Jae Berman, R.D., a dietitian at the San Francisco Bay Club.

✓ **CHAT YOURSELF UP** "Stay on track by asking, 'What can I do today to succeed tomorrow?'" says trainer Dominique Hall. "Whether it's getting your gym bag packed the night before or drinking enough water, answering that question each day will keep you focused."

✓ **GET BIKINI-READY SKIN** Cold, harsh winds and dry indoor heat can leave you feeling rough and itchy. Smooth and soften your skin with a weekly at-home body polish. Bliss' Blood Orange + White Pepper Sugar Scrub (\$36; blissworld.com) is made with exfoliating sugar crystals.



3 Hip extension

WORKS BUTT, HAMSTRINGS, AND CORE

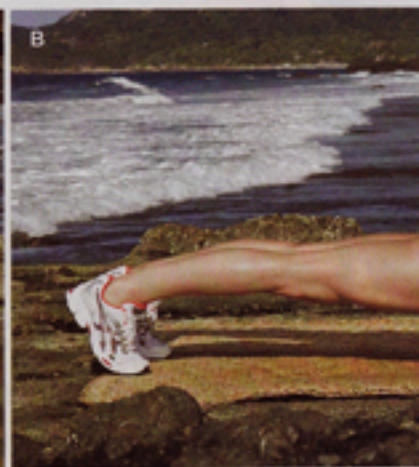
Lie faceup with knees bent about 90 degrees, feet on the ground with toes lifted, and arms at sides. Lift left knee so thigh is perpendicular to torso and raise hips a couple of inches [A]. Tightly squeeze glutes and slowly lift hips, without arching your back, until your body is straight from shoulders to knee [B]. Lower hips to within an inch or two of the ground and repeat. Switch legs to complete set.



4 Push-up

WORKS CHEST, SHOULDERS, TRICEPS, AND CORE

Get in push-up position with hands slightly wider than shoulders and tighten abs so body is straight [A] (rest on knees if necessary). Lower chest to the ground [B], then push up; repeat.



5

Band biceps curl

WORKS BICEPS

Stand with feet staggered and place front right foot on the center of a resistance tube. Hold both handles in right hand at side, palm facing thigh [A]. Keep upper arm still as you draw right hand up, turning palm to face shoulder [B]. Lower and repeat; switch sides to complete set.



KICK UP YOUR CARDIO

Do each of these routines once a week but not on consecutive days (find a third workout at shape.com/bikinibodycountdown). On two other days, do 30 to 60 minutes of moderate-intensity exercise.

THE KEY TO A SEXIER BACKSIDE

Stair running does double duty as both a thigh and butt slimmer and a mega-calorie burner. **DO IT** Find a staircase with at least one flight. Run up and down for 15 minutes (walk if you need to; that's fine also!). Take it slow at first to warm up. After two weeks, increase the time by 30 seconds each week.

BELLY-FAT BLAST

Interval training, where you alternate hard and easy bouts, turbocharges your calorie burn and keeps your metabolism humming long after you cool down. New research shows that intervals are particularly good at melting belly fat. Just one more reason to love 'em. (Do this with any activity.)

MINUTES	WHAT TO DO	RPE*
0-5	Warm up	4
5-5:30	Increase intensity to very hard	9-10
5:30-6	Decrease to moderate	4
6-7	Increase to very hard	9-10
7-7:30	Return to moderate	4
7:30-8	Increase to very hard	9-10
8-13	Return to moderate	4
13-29	Repeat minutes 5-13 twice	4-9
29-32	Cool down	4

*See page 235 for RPE chart.

6

Reverse curl

WORKS ABS

Lie faceup and hold onto a sturdy object behind your head, elbows pointing up. Raise legs and bend knees so they're aligned over hips [A]. Keeping same bend in knees, contract abs and lift hips, bringing knees toward elbows [B]. Slowly roll hips down and repeat.

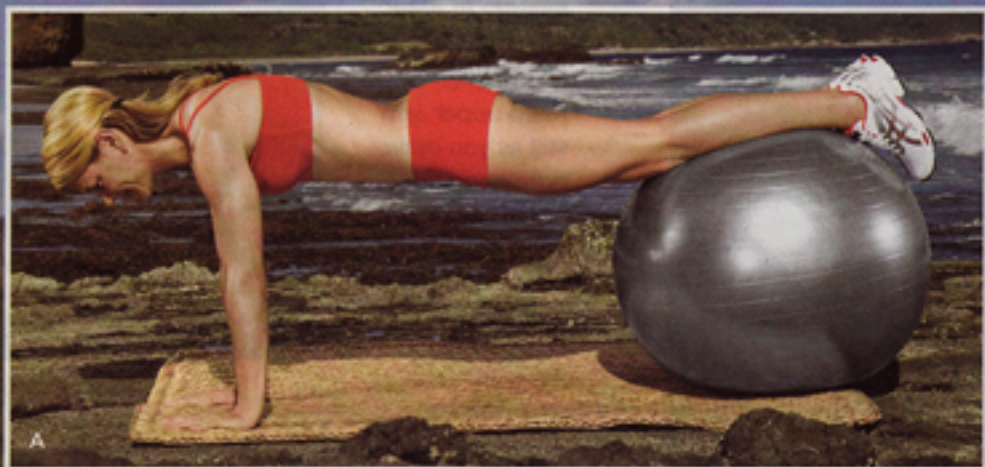


7

Ball plank

WORKS CORE

Get in push-up position with shins on a stability ball, wrists aligned under shoulders, and body straight from head to heels [A]. Contract abs as you roll ball forward, drawing knees toward elbows [B]. Straighten legs to return to starting position and repeat.



B



REV UP YOUR CALORIE BURN

Add a cardio hit by doing 12 to 15 reps of the first four moves without stopping. Rest for 2 to 3 minutes, then finish the remaining moves without resting. Repeat the entire workout twice.



Accommodations
provided by
the St. Regis
Punta Mita Resort
(stregis.com)



8

Superman squeeze

WORKS BACK AND BUTT

Lie facedown with arms and legs extended slightly wider than shoulders [A]. Keeping head in line with spine, lift head, chest, arms, and feet as you draw elbows down to each side; squeeze shoulder blades together [B]. Return to starting position; repeat.

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