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SHAPE  
YOUR  
LIFE

**FLAT  
ABS  
WITHOUT  
CRUNCHES**  
p. 198

**NO GYM NECESSARY!**

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YOU'LL  
LOVE**  
BY MAY 31

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May 2009

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**JENNY  
McCARTHY**  
"I used to  
weigh 200  
pounds" p. 65

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MONTH 3

# YOUR NO-FAIL BEACH-READY PLAN

**Keep those big changes coming with our  
one-two routine that combines cardio and sculpting.**

BY HOLLY ST. LIFER PHOTOGRAPHY BY CHRIS FANNING

YOU'RE ALMOST AT THE MIDPOINT of our Bikini Body Countdown, which means you're well on your way to wowing everyone with your sleek new shape. This month's workouts from New York City trainer Dominique Hall give extra attention to your tough-to-tone backside while still sculpting

your entire body and burning oodles of calories. If you're just joining us, dive in (find moves from the first two months at [shape.com/bikinibodycountdown](http://shape.com/bikinibodycountdown)). Between these routines and your new success checklist (see page 174), we have you covered—so you can be *uncovered* this summer.



# bikini body countdown

## THE PLAN

### HOW IT WORKS

#### ✓ DO THIS ROUTINE

2 or 3 days a week (not on consecutive days). Warm up with at least 5 minutes of cardio.

✓ DO 3 SETS OF 8 TO 12 REPS with heavier weights on days 1 and 3. On day 2, use lighter weights and do 3 sets but double the reps (aim for 16 to 20).

✓ DO THE MOVES IN ORDER, resting for 45 seconds between sets. Choose a weight that allows you to maintain good form but is difficult to lift by the last few reps of each set.

### YOU'LL NEED

A pair of 5- to 8-pound and 10- to 12-pound dumbbells, a bench, a resistance band, and a stability ball. Find them all at any sporting goods store.

## 1 Grapevine lunge

WORKS LEGS, BUTT, ARMS, AND ABS

Hold one dumbbell horizontally in both hands in front of chest, elbows bent, and stand with feet hip-width apart. Cross left leg in front of right and lower into a lunge as you turn upper body to the left [A]. Rise up, stepping right foot out to the right, then cross left leg behind right and lower into a lunge as you turn upper body to the right [B] to complete 1 rep. Do 6 reps in one direction and 6 in the other.



## 2 Sumo squat

WORKS LEGS, BUTT, AND ARMS

Stand with feet together and hold a dumbbell in both hands in front of chest. Raise left knee up and out to the left as you pivot on right foot and turn entire body to left [A]. Lower left foot so feet are wider than shoulders and squat [B]. Rise up and repeat to right side on the next rep.







A



B

### 3 Bench row

WORKS BACK, BICEPS, BUTT, AND CORE

Holding a dumbbell in left hand, kneel with left knee and right hand on a bench. Extend right leg back, parallel to the ground, and lower left arm straight down [A]. Draw left hand up [B]. Lower weight and repeat. Switch sides to complete set.

## YOUR CARDIO PLAN

Aim to do aerobic exercise 5 or 6 days a week. Try this routine once a week and find 2 more at [shape.com/bikinibodycountdown](http://shape.com/bikinibodycountdown). On 2 other days, do 30 to 60 minutes of moderate-intensity exercise. Pick any activity and adjust your level based on the rate of perceived exertion (RPE\*).

### METABOLISM BOOSTER

This month the as-fast-as-you-can-go bursts are longer, with less coast time. Bonus: You'll be scorching mega calories well after your workout too, so give it all you've got.

MINUTES	WHAT TO DO	RPE
0-5	Warm up	4
5-7	Increase intensity to moderate	5-6
7-8	Increase intensity to very hard	9
8-9	Decrease intensity to hard	8
9-10	Return to moderate	6
10-15	Recover at an easy level	4
15-35	Repeat minutes 5-15 twice, spending the last few minutes cooling down	4-9

\*See page 232 for RPE chart.



A

### 4 Triceps push-up

WORKS CHEST, TRICEPS, AND CORE

Get in push-up position on hands and toes [A] (or balance on knees). Keeping arms close to sides, lower chest toward ground so elbows are near your waist [B]. Press up and repeat.



B



# bikini body countdown



**5** **Curl to press**  
WORKS BUTT, BICEPS,  
AND SHOULDERS  
Loop a resistance band  
around thighs just above  
knees and stand with feet shoulder-  
width apart so band is taut. Hold a  
dumbbell in each hand at sides. Curl  
weights to shoulders [A], then press  
arms overhead, rotating palms to face  
forward [B]. Reverse move to return  
to starting position and repeat.



**6** **Ball circle**  
WORKS CORE AND SHOULDERS  
Get in plank position with feet wide and hands on top of a stability  
ball. (Place it against a wall, if necessary.) Draw your abs in so your  
body is straight and your back doesn't overarch [A]. Roll the ball  
in a small circle to the left, then back to the right on the next rep [B].

## YOUR SUCCESS CHECKLIST

✓ **CHART YOUR PROGRESS**  
After each strength session, record the following: How long it took, your average heart rate, the amount of weight you used for each move, and the number of sets and reps you completed for each exercise. Noting your improvements will keep you excited about your workouts.

✓ **GET INTO GRAINS** They don't just fill you up so you eat less, they can even help you lose abdominal fat. "Replace white-flour products and white rice with quinoa, millet, spelt, and amaranth," says Jae Berman, R.D., a dietitian at the San Francisco Bay Club. "They have a variety of textures, flavors, and nutrients."

✓ **THINK LIKE AN ATHLETE**  
Ever wonder how the pros stay gung ho? "They're trained to replace negative thoughts with positive affirmations," says Kay Porter, Ph.D., author of *The Mental Athlete*. When your drive starts to wane, substitute doubts like "I hope I can stay on track" with phrases like "Every day I'm getting closer to the body I've always wanted."

✓ **STAY FUZZ-FREE** Keep your bikini line neat as you get ready to show off in your swimsuit with Completely Smooth for Body (\$42; [completelybare.com](http://completelybare.com)). Apply this gel twice daily to reduce hair density by up to 50 percent—and save cash on waxing.



## 7

### Ball pike

WORKS CORE

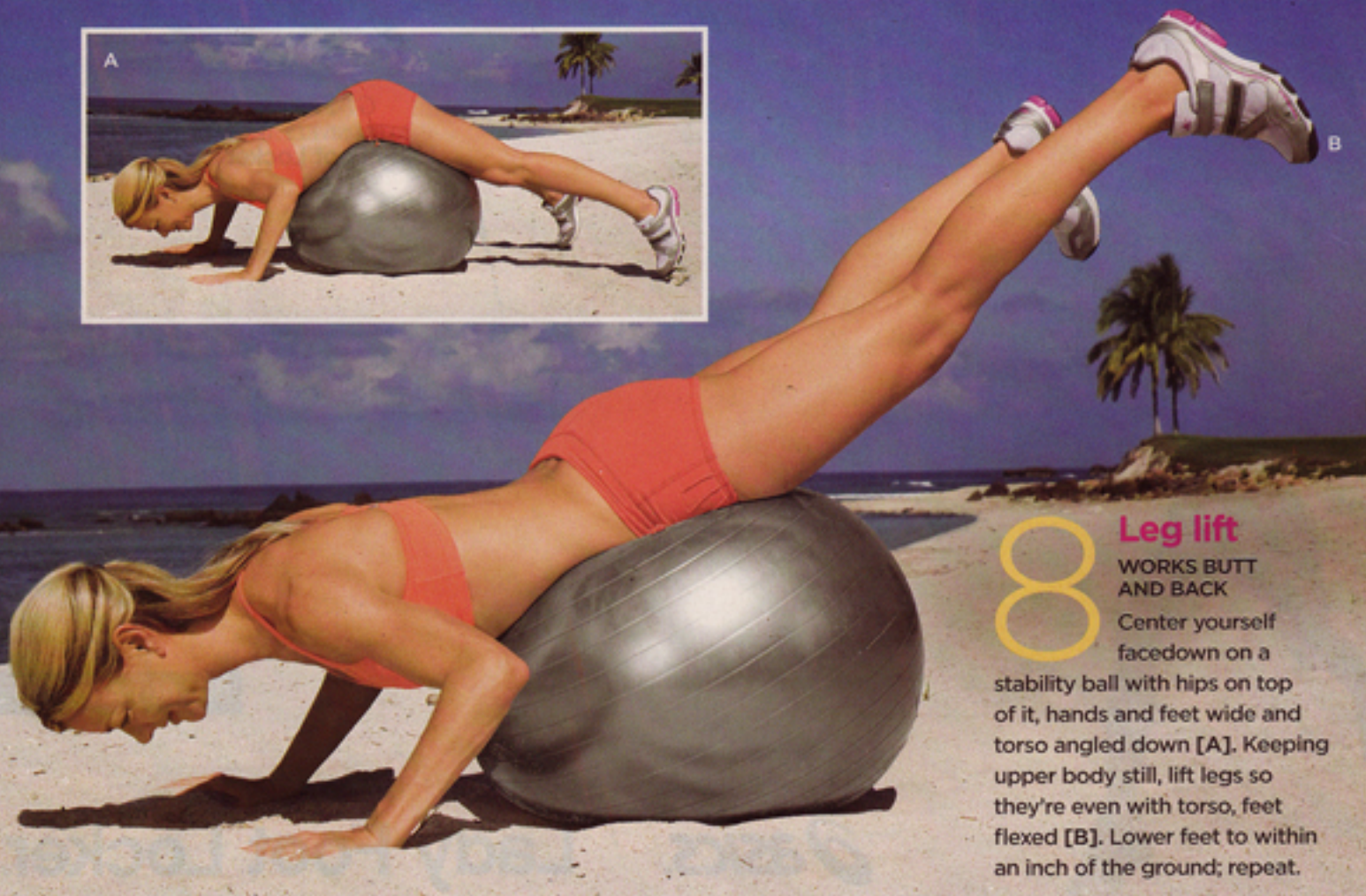
Get in plank position with hands shoulder-width apart and place lower legs on top of a stability ball [A]. Lift hips as high as you can into a pike position as you roll the ball in; rise onto your toes if you can [B].

Return to starting position and repeat.



## TURBOCHARGE YOUR CALORIE BURN

Speed up your rep time and you'll zap at least 10 percent more calories while you lift and another 5 percent post-workout. Once every two weeks, do as many reps of each exercise as you can in 1 minute (with good form). Rest for 30 seconds between moves; do 2 or 3 sets.



## 8

### Leg lift

WORKS BUTT AND BACK

Center yourself facedown on a

stability ball with hips on top of it, hands and feet wide and torso angled down [A]. Keeping upper body still, lift legs so they're even with torso, feet flexed [B]. Lower feet to within an inch of the ground; repeat.