

## ERIN ANDREWS

Intense workouts keep her trim

**A**lready about 10 pounds lighter than when she started *DWTS* in March, the single, size-4 ESPN reporter, 31, tells *Us*: "I'm trying to keep weight on. I'm losing my butt and my boobs!"

**Bring it on!** Before calorie-torching tango sessions with partner Maksim Chmerkovskiy, the 5-foot-10 star (whose sister is a pro dancer) kept in shape with daily workouts that alternated weights and cardio — while listening to Scherzinger's Pussycat Dolls on her iPod! "I also did P90X [an exercise DVD set combining plyometrics, martial arts and yoga] with the ESPN guys on the road," adds the nondieter, who has even begun indulging in desserts and regular Coke ("because it has more calories!") to stop shrinking. "Dancing is an awesome workout!"

*My muscles have gotten longer and leaner! Now I just need a little bulk on my arms!*

ANDREWS TELLS US

"If I don't make the gym, I just say, 'OK, I'm going tomorrow,'" she says.

## NIECY NASH

Firming her abs with Pilates!

**A**s a size 10, I'm the biggest girl in this competition," the actress, 40, and mom of three (son Dominic, 18, and daughters Donielle, 15, and Dia, 10, with ex Don Nash) tells *Us*. "But I don't compare. I stay in my own lane."

**Whittling her middle** "[My partner] Louis [Van Amstel] made me start doing Pilates at L.A.'s Winsor Pilates two to three times a week to strengthen," says the 5-foot-3 *Clean House* star, who's replacing fried foods with salads, fish and chicken (but won't quit chocolate!). "It's a lot of core work." And her efforts are paying off. Boasts Nash, who's dating electrical engineer Jay Tucker, 43: "I just went to a fitting and my gown had to be pulled in at the waist!"

Her fave workout song? "Bootylicious" by Destiny's Child.