

SELF

YOU
AT YOUR
BEST

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habits,
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FAST, EASY, PAINLESS!

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and never diet again

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BONUS TEAR-OUT
FITNESS CARDS
Look better in your jeans

DEEPLY PERSONAL SURVEY

Sex & Satisfaction

Feel happier in bed...tonight!



Trim down all over

The goal Your clothes are the first clue that your fitness level could use a kick in the too-tight pants. Give your wardrobe new life by tailoring your body's trouble zones with this 10-move, top-to-bottom workout.

Why it works "Each exercise attacks a snug spot—butt, below the bra, behind the arms—and works surrounding muscles to maximize the toning," says Tony Horton, a trainer in Santa Monica, California.

The payoff Your clothes will fit better. Do this routine three times a week, and in as little as two months, your closet will seem restocked (minus the credit card bills).



Turn the page
for Body Bonus
tear-out cards!

10 top-to-toe toners

The trainer Tony Horton, a personal trainer and creator of the P90X Extreme Home Fitness Program exercise kit

You'll need A sturdy, low-back chair or stool and a set of 5- to 8-pound dumbbells

The plan Complete the circuit in order three times a week after 20 to 30 minutes of your favorite cardio.

(Skip a day between workouts.) Perform 15 reps for each move unless otherwise directed.

Technique tip Hold your form for the best results.

If your muscles start to quiver, take a break for a minute, then slowly resume the exercise.

1 Swing kick (tones hips, thighs) Stand 2 feet behind chair, feet hip-width apart, knees slightly bent. Bend arms with palms facing each other. Lift left leg and sweep over top of chair to left. Switch legs, sweeping right leg to right, to complete one rep.



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2 Toe-roll isolation lunge

(tones thighs, legs) Assume a lunge position with left leg in front, knee over ankle, right leg extended straight back. Place hands on waist. Push off ball of right foot, rolling forward onto right toes, then back to heel, in one fluid motion. Don't let front knee go past toes. Do all reps; switch legs; repeat. For added intensity, hold a weight in each hand with arms at sides.



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3 Lawn mower

(tones shoulders, back, arms) Holding a weight in left hand, step right into a side lunge, right foot pointing out (knee over ankle), left foot perpendicular to right. Rest right forearm on right thigh. Extend left arm toward front heel; pull weight diagonally up to ribs, palm facing in. Do all reps; switch sides; repeat.



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4 Crunchy frog

(tones abs, core) Sit on floor with hands at sides, knees bent and feet flat. Keeping legs together, raise feet several inches and bring knees toward chest. Wrap arms around knees without touching legs. Extend legs as straight as possible and stretch arms to sides with palms open and facing forward, as shown. Return to wrapped-arm position; repeat in a smooth, controlled motion.



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5 Chair salutation

(tones butt, thighs) Stand with arms at sides, feet and knees together. Extend arms overhead and, keeping legs straight and back flat, bend at waist (like a jackknife) while lowering hands. When fingertips touch floor, bend into a deep squat. Then raise arms overhead with palms facing in. Finish (as shown) by rising partially out of squat and leaning torso forward. Hold for 30 seconds; repeat twice.



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6 Throw the ball
(tones arms, chest) Stand with feet hip-width apart, right foot forward, left hand on hip. With dumbbell in right hand, raise arm overhead, then lower weight behind head, elbow at ear. Extend right forearm as if throwing a football (don't follow through), turning hips slightly to left. Stop when dumbbell reaches line of vision. Do all reps; switch sides; repeat.

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How to customize this workout

Make it easier. Where weights are called for, start with 2 pounds and work your way up. The weight is right if you feel a burn in the last three reps.

Make it harder. Gradually increase weight as the moves become easier, but only if you can maintain the number of repetitions. Once you get up to 8 pounds, do two rounds of the circuit. "The more reps you do, the more muscle you'll sculpt," Horton says.

Get results, pronto

Confuse your muscles. Mix up your cardio: Jog one day and cycle the next, for example. "You won't plateau if you keep your muscles surprised," Horton says.

Stretch smartly. Finish by marching in place and then shaking and stretching each limb. Doing so reduces recovery time between workouts, so you can give 100 percent in every session.

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7 Groucho walk
(tones hips, thighs, butt) Stand with feet wider than hip-width apart, toes pointing out, and plié into a low squat with knees over ankles. Keep arms bent at sides and spine erect. Staying low, walk forward two steps, then backward two steps, to complete one rep. Repeat.

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8 Jab-cross-hook
(tones arms, abs, back, chest) Stand with feet hip-width apart, right foot forward, knees bent and fists at chin. Punch right fist forward. Then punch left fist across body, pivoting on left foot. Next, throw a hook with right arm (like a one-arm hug), turning right hip, for one rep. Do all reps; switch leading arm and leg; repeat.

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9 Three-direction kick
(tones hips, butt) Stand with feet hip-width apart, knees slightly bent, left foot forward, hands near face. With right leg, kick flexed foot to front, then to right side and then back (as shown), tapping floor between kicks, for one rep. For balance, lean away, looking in direction of kick. Do all reps; switch legs; repeat.

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10 Banana (tones abs, back, shoulders)
Lie on floor with legs together, arms extended overhead, belly button pulled to spine. Keeping head between arms, slowly raise upper body and legs off floor to form a gentle bananalike curve. Hold for a slow 30 counts.



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