

Hot Star Workouts

Spring break beckons! Tone up your body with three star-tested body-sculpting strategies

BY JOEY BARTOLOMEO



In addition to Pilates, Schefft worked out with trainer Rayme Gorniak (left) for one hour up to three days a week at Equinox in Chicago (equinoxfitness.com). "We would do a total body workout," he tells *Us*, "because her goals were primarily slight weight loss and to get more fit and toned."

PILATES

- **What it is** Resistance-based exercises (done on machines or on a mat) which strengthen core muscles and improve flexibility. (Check out pilatesmethodalliance.org for details.) Fans include Julia Roberts and Hilary Swank. Pre-show, *The Bachelorette* star Jen Schefft (above), 28, scheduled private twice-a-week, hourlong workouts with instructor (and best pal) Michelle Kaminski, who teaches at Pilates Plus in Chicago (pilatesplusstudio.com, \$65 per session). She also lifted weights with a personal trainer up to three days a week and regularly logged at least 30 minutes on the elliptical trainer or treadmill.
- **Benefits** "Jen is so much stronger and her balance has improved significantly," Kaminski tells *Us*. "She looks a lot more toned."
- **Testimonial** "You feel relaxed and stretched," Schefft tells *Us*. "But the next day you feel sore, so you know you had a good workout."



Schefft (with Kaminski) stretches on the Pilates Cadillac machine.



"I have never felt comfortable in a bikini, so [wearing one] on television was stressful and scary," Schefft tells *Us*. "That is why I started the workouts."

FITNESS CAMP

- **What it is** A four-day, three-night program at the St. Regis Monarch Beach Resort & Spa in Dana Point, California. Trainer Ashley Borden — who shapes up Mandy Moore (right), 20 — leads six exercisers through 90 minutes of daily cardio work and an equal amount of strength training, stretching and balance work (called the L.I.F.T. system). The fuel? A diet of mainly protein, veggies and snacks (mostly fruit and nuts) served every three hours, plus three to four liters of water per day.
- **Benefits** The \$2,841 camp (which includes Nike gear and a take-home plan) grants glowing skin, jump-starts a healthy lifestyle and "boosts energy," says Borden.
- **Testimonial** "I felt like a new person after working out, eating cleanly and drinking so much water," says Moore.

The St. Regis Monarch Beach Resort & Spa, 949-234-3200.



Moore (above) tells *Us* the retreat is "a mini-vacation without the guilt."

YOGA BOOTY BALLET

- **What it is** A regularly sold-out class at Swerve studio in West Hollywood (\$13 for a 60-minute session) combining meditation (15 minutes), yoga (10 minutes), ballet (10 minutes) and 25 minutes of "crazy-ass dancing," cocreator Gillian Marloth tells *Us*. (Students groove to Usher and Britney Spears.) *What I Like About You* costars Allison Munn, 30 (left), and Amanda Bynes, 18 (right), shake it about four times a week.
- **Benefits** "The workout promotes the creation of bone density, strengthens muscle and burns fat," explains Marloth. Best of all, she says, "it makes a nice bubbly muscle in the booty!"
- **Testimonials** "I feel like I'm starring in my own music video," Munn tells *Us*. Adds Bynes, "We just try to do anything that's fun."



"It's wonderful," says Munn.

Can't make it to Swerve (swervestudio.com)? Log on to beachbody.com to purchase the DVD or videos (\$40).



"I like to dance," Bynes tells *Us*.