

\$47,000 SPA GIVEAWAY! WIN 1 OF 15 TRIPS

**Christina Applegate**  
On Cutting Yourself Some Slack

# SELF

YOU AT YOUR BEST



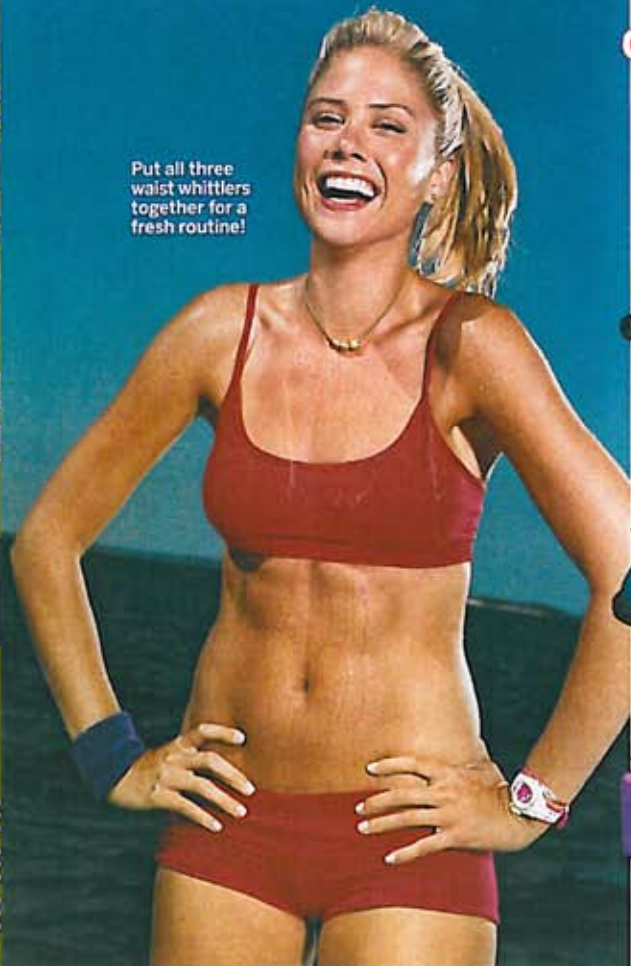
ALL SUCCESS. NO STRESS

## fitnessflash

**Climbing the walls** Want to use superhero moves to sculpt your physique? You'll flip for suspension training, a new celebrity fitness favorite. Holding the handles of a wall-mounted strap, you push and pull yourself through Spidey-like motions. Try a BodyWeb class at Crunch (Crunch.com), or purchase your own Total Resistance Exercise (TRX) package (\$150; FitnessAnywhere.com).

### 15minutes

Put all three waist whittlers together for a fresh routine!



**GOT 10 MINUTES?**

### Try a new ab-aratus

Instead of snoozing through sit-ups, energize your mat work (and your tummy!) with these gym gems.

	IT TONES	TRY THIS MOVE	WHY IT WORKS
 <b>CORE ROLLER \$15:</b> Power-Systems.com: a plastic wheel that you roll while in a modified push-up position	All your midsection muscles, as well as your back, forearms, biceps and shoulders	Kneel, knees together, arms down, gripping roller. Inhale, then exhale as you roll wheel until hands are beyond your head. Torso should be 3" to 6" above floor. Return to start. Do two sets of 10 reps.	"The roller forces you to keep your abs tight, or you'll tip over!" says Bethany Lyons, group-fitness regional manager at Crunch Fitness in New York City.
 <b>BOSU \$135:</b> SPRIProducts.com: a flat-bottomed dome you can flip to exercise seated or standing	Your deep transverse abdominis, rectus (washboard) abdominis, obliques, butt and quads	Stand on center of dome, feet under hips, shoulders back, core engaged. Lift and bend right leg until right foot is at left knee. Hold 8 to 10 seconds. Return to start and repeat with left leg. Do eight reps.	"To maintain your balance on the Bosu, you need to recruit the innermost ab muscles that run up and down your stomach," Lyons says.
 <b>FOAM BLOCK \$18:</b> SPRIProducts.com: a lightweight brick often used in yoga class to perfect your poses	Your transverse and rectus abdominis, and inner thighs	Kneel and place block vertically between thighs. Push into plank position, supporting yourself with hands or resting on forearms. Hold for 30 seconds, rest and repeat twice.	"Squeezing the block between your thighs helps prevent drooping, further shoring up your core," Lyons says. —Liz Miersch

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