

Super Foods for a Super Body p.108

fitness

Mind, Body + Spirit

FAST **NEW** PLAN

Get Lean in 4 Weeks

- Lose belly bulge
- Look 2x as toned
- Pull-out walking guide

Eat All Day
(and **never** get fat!)

Love Your BODY AT ANY SIZE!

Your ultimate **motivation** guide inside

SPECIAL!
30+
SHAPE-UP GUIDE
Fight gravity for good

Yes! You can be tank top sexy in 7 days see p.48

SO CHEAP!
12
BEST NEW SKIN SOLUTIONS

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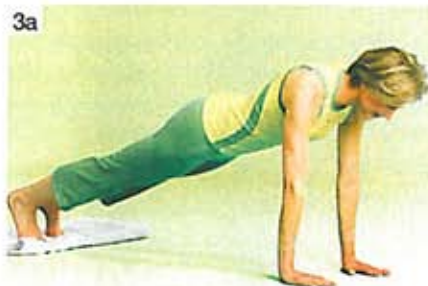
Fight gravity in 15 minutes

Turning 30? 40? 50? Here are a few killer flab preventors. Now go find yourself a miniskirt and a skimpy top.

MODEL/ATHLETE
MICHELLE, 51,
a certified Stott
Pilates instructor, is
proof that you can
stop gravity.

Workout by Jess Gronholm, national yoga director at Crunch

What you'll need: A large bath or beach towel.



1 TARGETS ARMS, CORE, LEGS

Standing twist

- Stand with feet together, left foot on towel, one end in each hand.
- Pull on towel and lift left leg straight in front of you.
- Grab ends with right hand and twist torso to left, extending left arm out to side at shoulder level. Hold for 10 seconds; lower. Switch sides; repeat. Do 5 reps on each side.

2 TARGETS ARMS, CORE, LEGS

Half-moon

- Stand with legs a few feet apart, knees slightly bent, left foot turned to side, right foot forward.
- Holding towel behind back, one end in each hand, extend arms out to sides at shoulder level.
- Keeping arms out and back straight, hinge from hips to left, lifting right leg until parallel to floor. Straighten left leg. Hold for 15 seconds. Lower. Switch sides; repeat. Do 5 reps on each side.

3 TARGETS ARMS, CORE

Crunch tuck/pike

- a** Start in full push-up (legs extended, abs tight, back flat, wrists under shoulders) with folded towel under toes.
- b** Keeping upper body still, slide feet on towel toward hands into a tuck. Push back. Do 10 reps.

4 TARGETS ARMS, CORE

Boat pose

- a** Lie faceup with towel under arch of left foot, one end in each hand. Lift left leg straight up and right leg and shoulders a few inches off floor.
- b** Engage abs and pull on towel as you lift to near-sitting position and raise right leg as shown. Hold for 1 count; lower. Do 10 reps. Switch legs; repeat.

5 TARGETS SHOULDERS, UPPER BACK, CHEST, LEGS

King dancer pose

- Stand with towel in one hand.
- Lift right leg back, knee bent, and wrap towel around top of foot, holding one end in each hand.
- Lean forward as you lift arms toward head, pulling towel and foot up behind you.
- Hold for 15 seconds; lower. Switch legs; repeat. Do 5 reps on each side.