

LOSE 7 LBS WITHOUT DIETING! The New Discovery You Must Try

MAY 2009

# Health

GET A  
**FLAT  
BELLY  
FAST!**

Drop 2 inches  
in 4 weeks

Just a pimple...or  
**CANCER?**  
Answer inside

**STOP  
CRAVINGS**  
With this  
tiny treat

**Instant  
headache  
cures**

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**GORGEOUS  
SKIN  
SECRETS**

**FOODS  
THAT  
BURN  
FAT!**

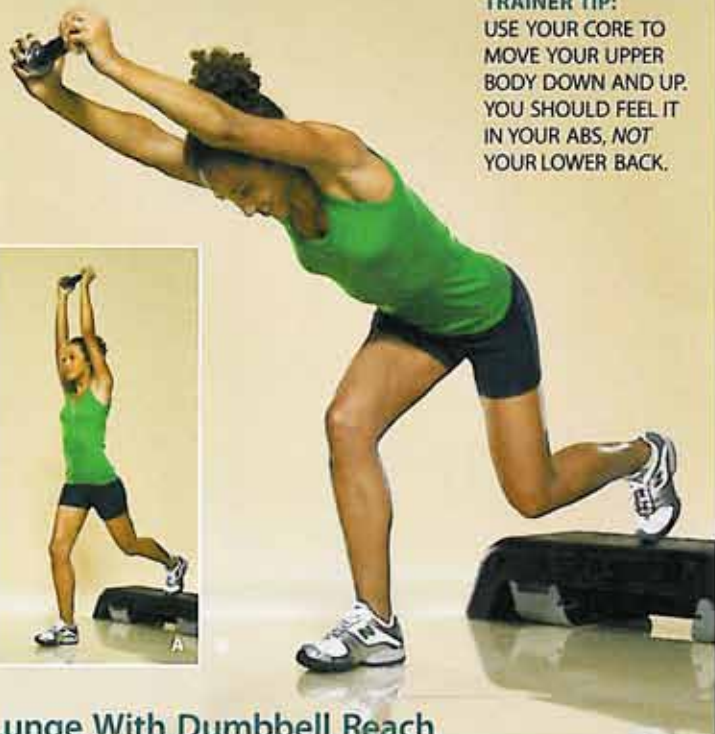
*Mariska  
Hargitay*  
Her #1  
healthy-life rule

Health.com

LIVE GREAT  
FOR LESS!

- \*\$4 Dinners
- \*\$10 Makeovers
- \*FREE Stress Relief





**TRAINER TIP:** USE YOUR CORE TO MOVE YOUR UPPER BODY DOWN AND UP. YOU SHOULD FEEL IT IN YOUR ABS, NOT YOUR LOWER BACK.

## Lunge With Dumbbell Reach

**A.** Start in a shallow lunge with your right foot forward and left foot back, resting on a low step or stack of books (left knee should be slightly bent) and holding a 3- to 5-pound dumbbell overhead between both hands.

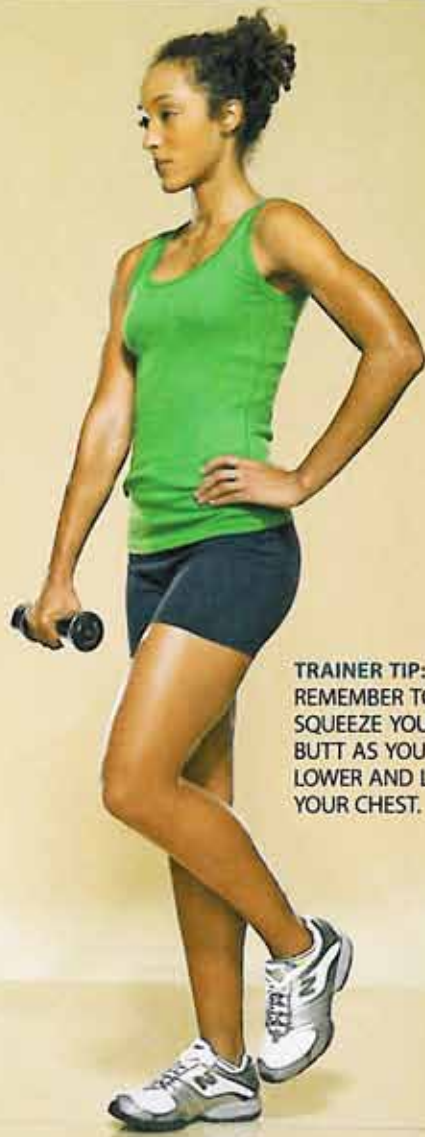
**B.** Slowly lean forward over your leg, bending your right knee to deepen the lunge. Squeeze your butt as you return to starting position. Do 10–15 reps, then switch sides and repeat. Do 3 sets.



## Squat Side Kick

With feet hip-width apart, slowly lower into a half-squat, keeping knees over toes. Raise right knee to hip level, then extend right leg to the side, straightening left leg as you push out through your right heel (shown). Pull right knee in, and return to starting position. Do 10 reps; switch sides, and repeat. Do 3 sets.

**TRAINER TIP:** TO HELP WITH BALANCE AND MAKE THE MOVE EVEN MORE EFFECTIVE, SQUEEZE YOUR BUTT AS YOU LIFT YOUR LEG.



**TRAINER TIP:** REMEMBER TO SQUEEZE YOUR BUTT AS YOU LOWER AND LIFT YOUR CHEST.

## Single-Leg Dead Lift

**A.** Stand with your feet together, holding a 5- to 8-pound dumbbell in your right hand. Bend your left knee slightly to raise your foot ankle-high.

**B.** Keeping your back flat, hinge forward from your hips and lower the dumbbell toward floor, going as low as you can go without rounding your back. Your right leg will sweep slightly behind you. Return to the starting position, and keep your right foot raised. Do 10–15 reps, then switch sides, and repeat. Do 3 sets. ©

