

STRETCH YOUR WAY TO A SLIM TRIM YOU! PG.96

Oxygen Women

ROBERT KENNEDY'S
WOMEN'S FITNESS

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YOUR 4
MINUTE
FITNESS
FIX

Long and Lean

YOUR EASIEST LEG WORKOUT



Trouble spots don't have a shelf life. Grab a gal pal and follow *Oxygen* columnists Tosca Reno and Jamie Eason through this uplifting partner workout.

BY STEFANI JACKENTHAL
PHOTOGRAPHY PAUL BUCETA

Stay Fit At Any Age

 **BONUS!**
YOUR
MOTIVATION
SECRET!

While you may have outgrown your girlish celebrity crushes of yesteryear, outpacing a changing metabolism, hormones and the threat of gravity is a never-ending battle for women of all ages. And unfortunately, the areas that cause the most concern are universal, no matter what your age: arms, abs and glutes. Whether you're 25 or 55 – or you've stopped counting altogether – our no-nonsense guide will help you stay bikini ready.

PAVE YOUR FITNESS PATH

Starting an exercise routine early is the key to maintaining sculpted arms, a flat tummy and cute tush. "Where you gain weight partly depends on genetics, but establishing a solid fitness plan early on that incorporates strength training, stretching and cardio is essential to maintaining strength, weight and posture," according to Paul Frediani, master trainer at


the JCC in Manhattan, and author of *Powersculpt For Women* (Hatherleigh Press, 2003). "You start young to stay young."

And your 20s are the perfect time to kick off good fitness habits. Your metabolism slows by up to five percent every decade, partially because of a natural reduction in muscle mass, amounting to about half a pound each year beginning in your 20s. If your metabolism

begins to lag but your caloric intake stays the same – or increases, due to an abundance of sugary happy-hour drinks – your body fat will rise.

THE FAMILY YEARS

Juggling work, family and friends can be an overwhelming balancing act for 30-somethings, often resulting in limited time to work out. "Fitness is more important than ever at this stage," notes Frediani.



*“Working out with a friend
can really make your gym
experience fun!”* —JAMIE

TURN THE
PAGE FOR
MORE.



Personal time and stress relief are two qualities of exercise that specifically benefit working mothers. And a thorough trouble-spot-blasting workout can still be completed with enough time left to pick up the kids, get through your grocery list and make it home in time for *American Idol*.

FITTER THAN EVER

If your 40s and 50s arrive with newfound joint pain from years of wear and tear, consider this an ideal opportunity to try low-impact sports like butt-buffing cycling, shoulder-sculpting swimming and core-centric kayaking. But don't forget to fortify these cardiovascular activities with a diverse strength-training program. Research shows that strength training not only slows muscular deterioration, but is also helpful in preventing osteoporosis, another concern of women entering their midlife decades.

PARTNER IN CRIME

No matter what your age, Frediani recommends maintaining a healthy diet and fitness routine with cardio and strength training to increase lean body mass and maintain joint stability. But you don't have to do it alone. "Working out with a partner is a great way to keep each other motivated," he says, adding that a workout buddy can introduce you to new moves and push you beyond your comfort zone. However, he warns that it is important to lay ground rules beforehand and monitor your chattiness level to ensure that your workout doesn't turn into a gab session.

And don't limit yourself to partners facing the same challenges as you. Although it can be helpful to have an empathetic ear to listen, anyone you choose to move with – a younger sister, your mother or even an older neighbor – can provide a much-needed boost.



EXCLUSIVE!

Tosca & Jamie's Trouble Zone Tone-Up

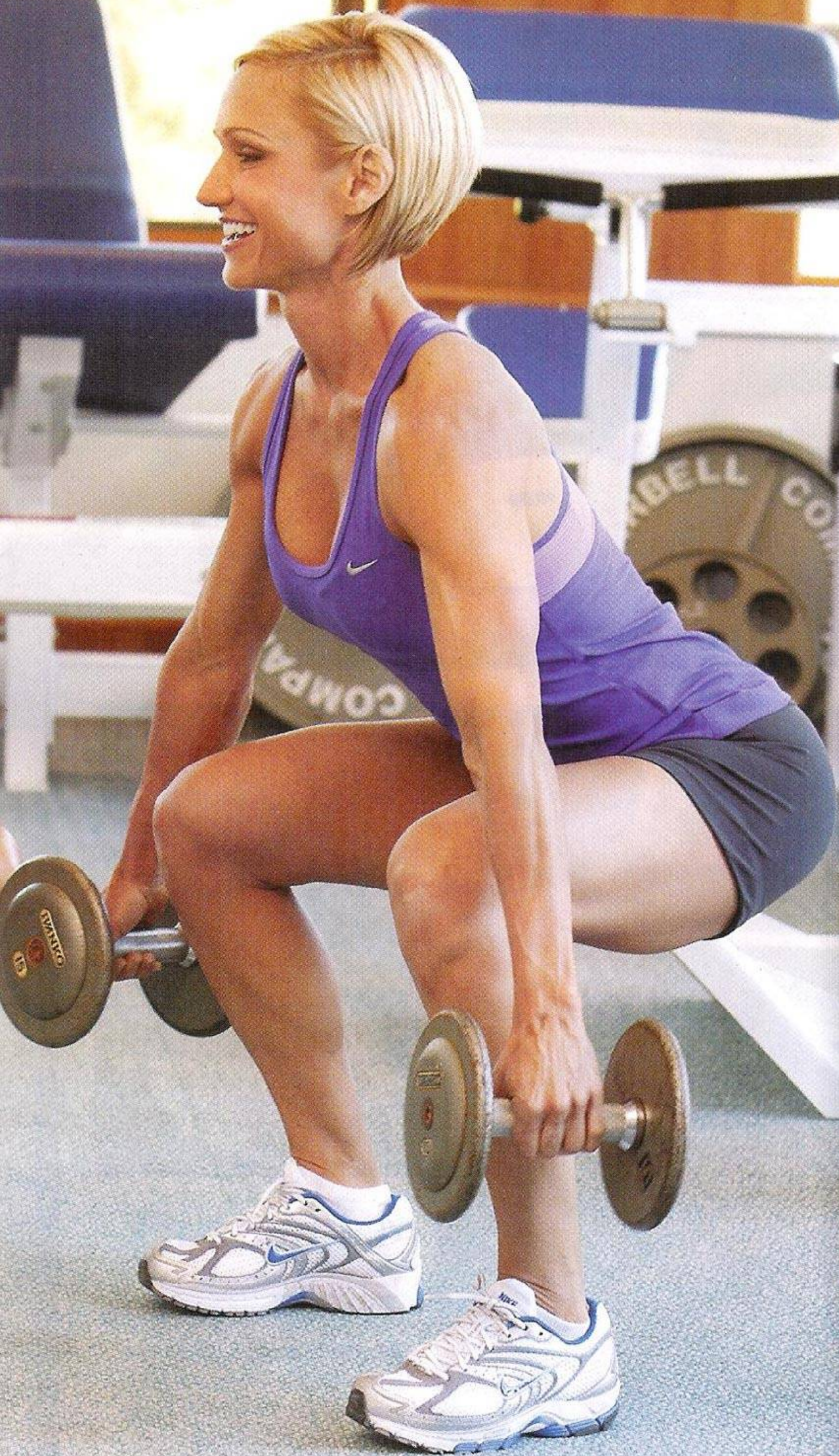
Attack your abs, arms and glutes with this exclusive partner workout led by reader favorites Tosca Reno and Jamie Eason. Make a fitness date with your closest friend twice a week and you can expect to see amazing results in under a month – all while having a ton of fun!

EXERCISE	SETS	REPS
1. Dumbbell squat	3	10–12
2. Step lunge	3	10–12 (on each side)
3. Triceps dip	3	10–12
4. Knee tuck	3	12–15
5. Back-to-back medicine ball rotation	3	12–15 (on each side)
6. High five sit-up	3	12–15
7. Leg throw	3	12–15

STATING THE OBVIOUS: Spotting your buddy during dumbbell squats and triceps dips, or assisting during leg throws, doesn't count as a set for you! Make sure to switch spots with your partner after each set.

"We all experience times when we would rather skip the gym. A buddy can give you the encouragement you need to get up and get going." –JAMIE

“Jamie and I pushed each other through the toughest parts of the workout. We felt fantastic!” –TOSCA



1. dumbbell squat

TARGET MUSCLES: gluteus maximus, quadriceps, hamstrings

SET UP: Stand with your feet shoulder-width apart, holding a dumbbell in each hand at your sides.

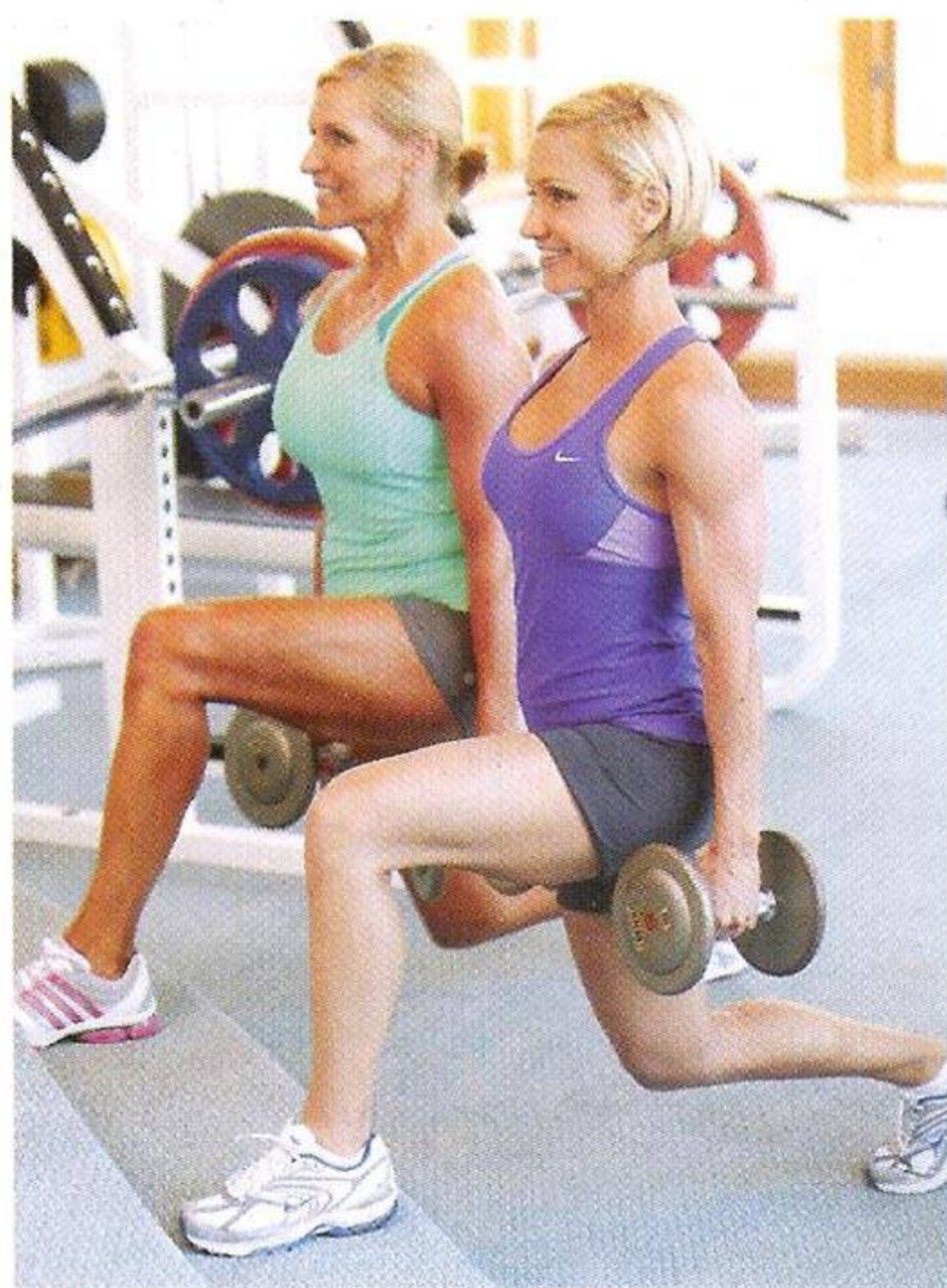
ACTION: Have your partner spot your form as you bend at your knees to lower your body toward the floor, stopping when your thighs are parallel to the ground. Pause, then press through your heels to return to standing and repeat.

2. step lunge

TARGET MUSCLES: gluteus maximus, quadriceps, hamstrings

SET UP: Stand two to three feet in front of a step or stair with your partner by your side. Hold a dumbbell in each hand, or forgo the weights and place your hands on your hips.

ACTION: Step your left foot forward, planting it onto the step, and bend your knees to lower your body toward the ground. Stop when your left thigh becomes parallel to the step's surface. Pause, then push through your front heel to return to start position. Repeat, alternating legs.



↘ Encourage each other throughout your workout – much like Tosca eggs on Jamie.

Want even more motivation? Visit oxygenmag.com/stayfit for bonus footage of Jamie and Tosca during their partner workout.

TURN THE PAGE FOR MORE.

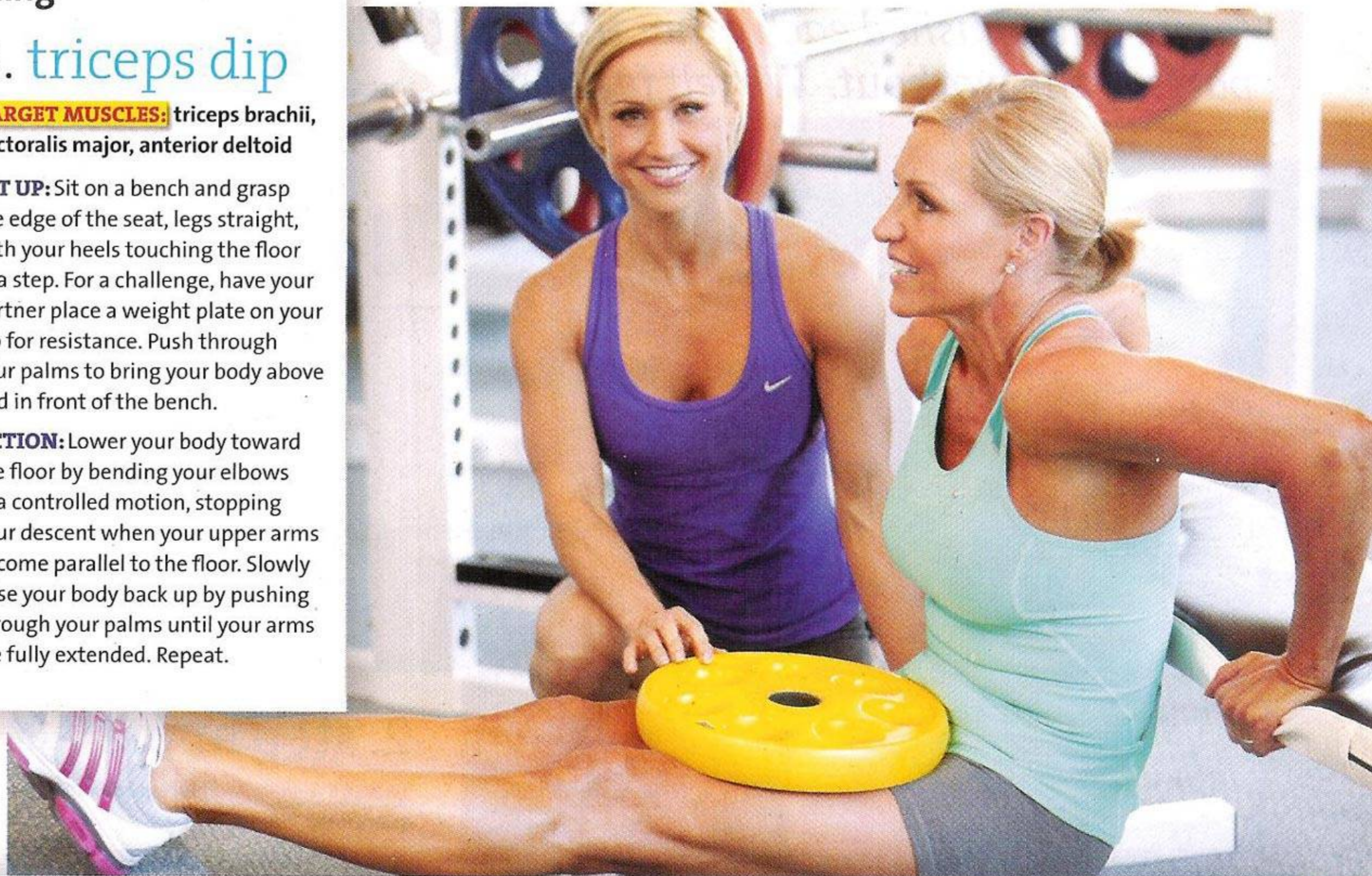


3. triceps dip

TARGET MUSCLES: triceps brachii, pectoralis major, anterior deltoid

SET UP: Sit on a bench and grasp the edge of the seat, legs straight, with your heels touching the floor or a step. For a challenge, have your partner place a weight plate on your lap for resistance. Push through your palms to bring your body above and in front of the bench.

ACTION: Lower your body toward the floor by bending your elbows in a controlled motion, stopping your descent when your upper arms become parallel to the floor. Slowly raise your body back up by pushing through your palms until your arms are fully extended. Repeat.



"Jamie has great energy so working out with her is a blast!" -TOSCA

4. knee tuck

TARGET MUSCLES: rectus abdominis, transverse abdominis

SET UP: Sit beside your partner on the floor or a step and raise your legs about six inches from the ground. Extend your arms at your sides, palms up, and lean back slightly so that your body forms a shallow V.

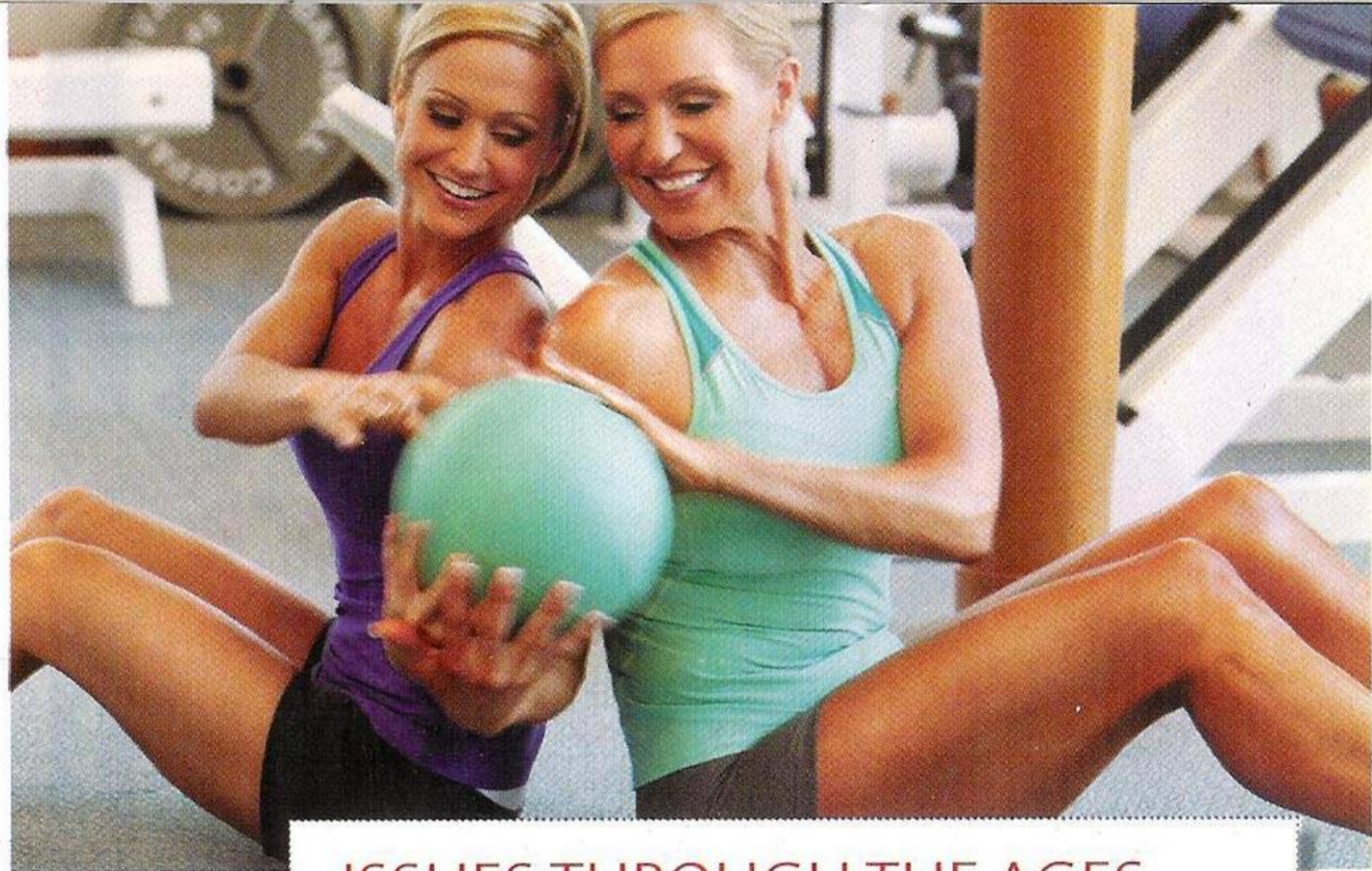
ACTION: Contract your abdominals and simultaneously bring your upper body forward while bending your knees toward your chest. Reverse and repeat.

5. back-to-back medicine ball rotation

TARGET MUSCLES: internal and external obliques, transverse abdominis

SET UP: Sit facing away from your partner with your backs touching. Hold a medicine ball close to your chest.

ACTION: Contract your abdominals and turn to your left. At the same time, your partner rotates to her right. Pass the medicine ball off to your partner before twisting in the opposite direction. To control your movement, keep as close to your partner's back as possible as you take turns rotating and passing the ball.



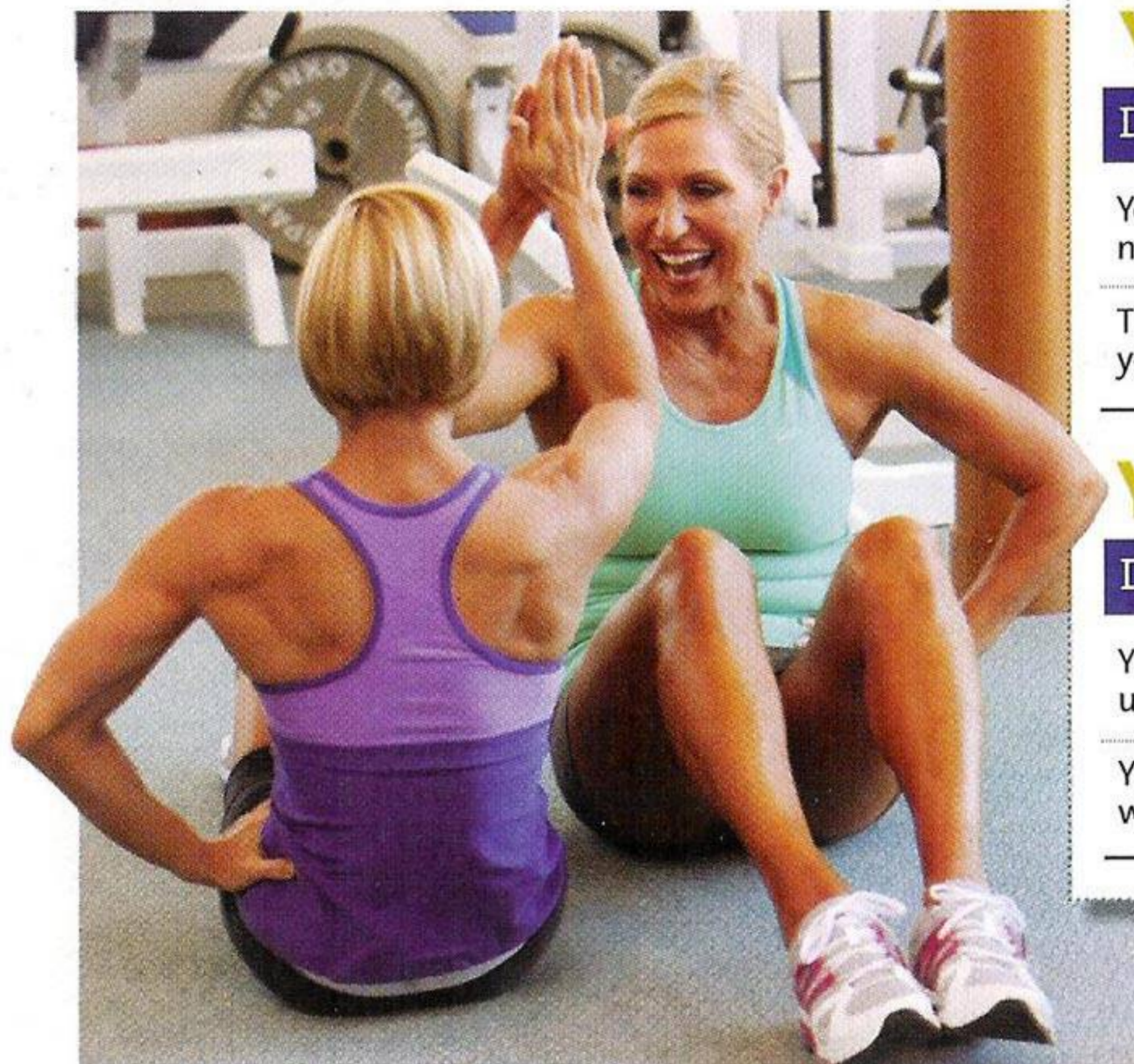
"Stay energized by eating a clean carb- and protein-rich snack about 30–45 minutes before your workout. Pack some fuel for your partner, too!" –TOSCA

6. high five sit-up

TARGET MUSCLES: hip flexors, transverse abdominis

SET UP: Lie with your knees bent, feet flat on the floor, beside your partner facing opposite walls. Cross your arms in front of your chest, clasp them lightly behind your head or place lightly on your hips (as shown).

ACTION: Tighten your abs and raise your trunk from the ground by flexing at your hips. As you near the top of the motion, retract your right hand and high five your partner. Slowly lower back to the ground and repeat.



ISSUES THROUGH THE AGES

Each decade brings with it unique fitness obstacles. Here are a few common problems and their solutions.

YOUR 20s

DECADE DILEMMA

Your first full-time job brings with it a lot of stress.

Your school schedule is taking its toll on your routine.

BEST-BODY SOLUTION

Make a gym date with fitness-minded friends after work.

Go for a run between classes, or visit your campus gym.

YOUR 30s

DECADE DILEMMA

Between work, family and friends, extra time is sparse.

Babies are fun, but your fitness schedule just isn't the same.

BEST-BODY SOLUTION

Ask a neighbor to watch your kids while you hit the gym.

Meet with some friends for a mommy-and-me stroller jog.

YOUR 40s

DECADE DILEMMA

Your muscles are as tight as a newly strung guitar.

Traveling for work is making your regimen nonexistent.

BEST-BODY SOLUTION

Try a yoga class to stretch, strengthen and destress.

Pack some resistance bands or hit up your hotel's gym.

YOUR 50s AND BEYOND

DECADE DILEMMA

Your "get up and go" has got up and went.

Your achy, swollen joints just won't give up.

BEST-BODY SOLUTION

Re-energize yourself by joining a jogging or walking group.

Try switching to non-weight bearing activities like cycling.


TURN THE PAGE FOR MORE.



7. leg throw

TARGET MUSCLES: rectus abdominis (lower portion), hip flexors

SET UP: Lie with your head between your standing partner's feet. Grab her ankles and raise your straightened legs six inches off the floor.

ACTION: Lift your hips and use a controlled motion to bring your legs perpendicular to the ground. Let your partner push your legs back toward the floor, but use muscle control to prevent them from touching the ground. Immediately repeat. 

"Women are often guilty of not lifting enough weight. With a friend there for support, you will be surprised at how quickly your strength improves." —JAMIE