

BONUS

Summer Gear Guide

Flip!

fit **cross**

Mind, Body + Spirit

SHRINK YOUR BELLY!

EAT WHAT YOU

and Still Lose!

Best Moves for Beach-Ready Abs
FAST

Stress Less Every Day

Smart Steps to a **Saner** Self

Host a Healthy Cookout 8 Easy Grill Recipes

Reach Your Body Goals

Motivation Secrets to Bust Any Slump

You Glow, Girl!

Gorgeous Skin Solutions

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FITNESSMAGAZINE.COM



BEST ABS IN THE WORLD!

We hit the hottest beaches
around to bring you the
flat-belly secrets behind
the sleekest physiques.

BY STEFANI JACKENTHAL
PHOTOGRAPHED BY JAY SULLIVAN

HOW IT WORKS

To summer-ize your waistline in record time, take this around-the-globe tour of the top tummy toners. Do two sets of each move, completing all 10 in any order to target your abs from every angle. (Or pick a few to add middle-whittling power to your regular routine.) All you'll need is a single two-pound dumbbell and a resistance band (and a credit card for that dream bikini you'll be wearing all summer!).



AFATA

TARGETS ABS, OBLIQUES

- Stand with feet close, right hand on hip, left arm raised so bent elbow is near shoulder level in front of you.
- ◀ Contract abs as you trace a box with hips: Softly bend right knee and lift right heel as you jut right hip forward (pelvis tips up).
- ▶ Drive right hip back (as if sticking out derriere), straightening right leg with heel flat on floor.
- Quickly complete box by shifting weight to left leg as you drive left hip back, then forward.
- Continue tracing for 1 minute.

Trainer: Anna-Rita Sloss, creator of the Hot Hula class at 24 Hour Fitness



BELLY BARING ABOUNDS IN HAWAII, WHOSE SIGNATURE DANCE, THE HULA, AND FAVE PASTIME, KAYAKING, ARE AB-CENTRIC SWEATFESTS.

PADDLER

TARGETS SHOULDERS, ABS, OBLIQUES

- Sit on floor with knees bent and feet flat, holding ends of resistance band (or a towel) with both hands in front of chest, arms extended and slightly wider than shoulder-width apart.
- Lean torso back 45 degrees and lift bent legs until shins are parallel to floor. **MAKE IT EASIER:** Keep feet on floor.
- ▼ Maintaining V-sit position and keeping lower body still, rotate torso slowly to right, bringing right hand out to side a few inches off floor.
- ▶ Repeat to left side, bringing left hand out to side near floor to complete 1 rep.
- Do 10 reps.

Trainer: Paul Frediani, author of PowerSculpt for Women





PISÃO KICK

TARGETS ABS, OBLIQUES, BUTT, LEGS

- ▶ Stand with feet hip-width apart, elbows bent by sides, right fist in front of chest, left fist near left hip. Lift bent left knee toward chest.
- ▼ Bring left fist by waist as you press left heel out to left side, foot flexed, leaning torso slightly to right as you fully extend left leg.
- Bring left knee back to chest, straightening posture.
- Do 10 kicks without lowering left foot to floor. Switch legs, repeat.

Trainer: Leandro Carvalho, creator of the Brazilian Tummy Tuck class at Equinox Fitness Clubs in New York City



BETTER NOT SHOW UP ON RIO'S BEACHES
IN ANYTHING MORE THAN A BIKINI.
TRY OUR SEXY TWO-PIECE: A PAIR
OF BRAZIL-INSPIRED ABS MOVES USED
BY VICTORIA'S SECRET MODELS.

NAVEL-GAZING?

Check out this workout video at www.fitnessmagazine.com/bestabs.



WINDSHIELD WIPER

TARGETS ABS, OBLIQUES

- ▼ Lie on back with arms out to sides slightly below shoulder level, palms down and legs extended toward ceiling, feet together.
- ▶ Tighten abs and slowly lower legs together toward right as far as you can. MAKE IT HARDER: Lower legs so right toes touch floor.
- Lift legs back to start; repeat to left and return to start to complete 1 rep.
- Do 8 reps.

Trainer: Leandro Carvalho



HAIR: ELISA FLOWERS AT BA-REPS USING SEBASTIAN HAIRCARE. MAKEUP: CLAUDIA LAKE FOR NARS/CONTACTNYC. ADIDAS SPORTS BRA, ELISABETTA ROGIANI CAPRIS, SAUCONY SHOES



FLYING SIDE CRUNCH

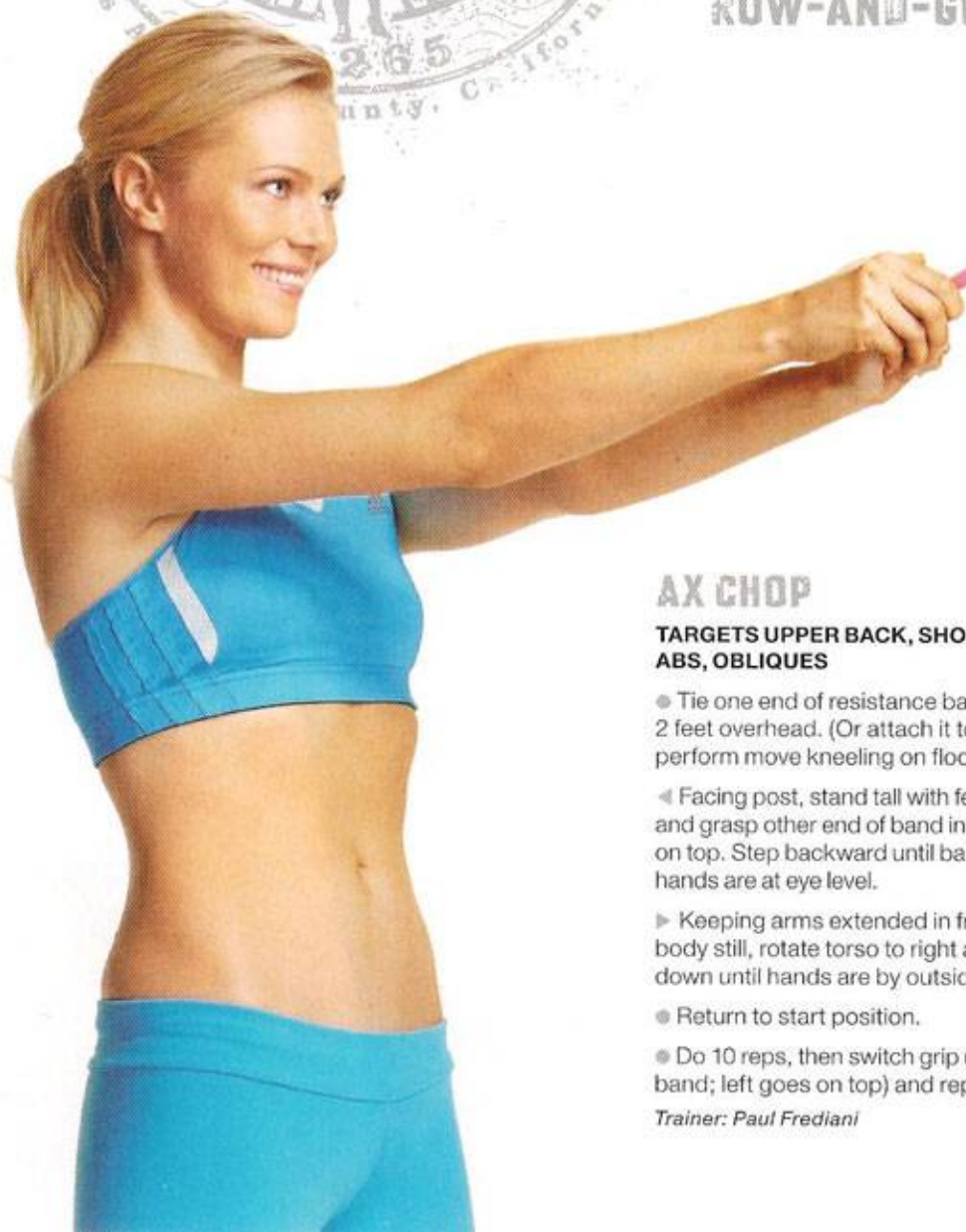
TARGETS ABS, OBLIQUES, BUTT

- Standing on right leg, knee slightly bent, extend left leg out to side, toes touching floor.
- ◀ Tighten abs and hinge forward at hips 45 degrees, back flat, then extend arms out to sides at shoulder level, palms down (like an airplane).
- ▶ Maintaining bent-over airplane position throughout, lift extended left leg out to side as high as you can, toes pointed, then lower.
- Continue lifts for 30 seconds. Switch legs, repeat.

Trainer: Viveca Jensen, creator of Piloxing and owner of V Pilates studio in Los Angeles



IN L.A., NO TREND IS LEFT UNTRIED IN THE PURSUIT OF A-LIST ABS. THE LATEST: PILOXING, A PILATES-BOXING MIX; AND STAND-UP PADDLING, SURFING'S ROW-AND-GO COUSIN.



AX CHOP

TARGETS UPPER BACK, SHOULDERS, TRICEPS, ABS, OBLIQUES

- Tie one end of resistance band to a secure post 2 feet overhead. (Or attach it to a doorknob and perform move kneeling on floor.)
- ◀ Facing post, stand tall with feet hip-width apart and grasp other end of band in left hand, right hand on top. Step backward until band has no slack and hands are at eye level.
- ▶ Keeping arms extended in front of you and lower body still, rotate torso to right as you pull band down until hands are by outside of right hip.
- Return to start position.
- Do 10 reps, then switch grip (right hand grasps band; left goes on top) and repeat to left side.

Trainer: Paul Frediani





TORSO TIGHTENER

TARGETS ABS, OBLIQUES, BUTT, LEGS

● Stand with feet wider than shoulder-width apart, toes turned out 45 degrees, and hold one end of a single dumbbell in each hand, arms extended in front of chest so weight is parallel to floor. (Use a dumbbell no heavier than 2 pounds or no weight.)

▲ Lower into a plié squat, abs tight.

▼ Bend at waist to right and bring dumbbell out to right, turning dumbbell so it's perpendicular to floor with left hand directly over right.

● Remaining in plié, fluidly straighten torso as you bring dumbbell back to center and return it to parallel to floor.

● Repeat to left, bending at waist to left and bringing dumbbell out to left while turning it so right hand is over left. Do 8 reps to each side.

Trainer: Melanie Rojas-Guzman, certified Zumba education specialist



CALLED THE AMERICAN RIVIERA, MIAMI BEACH IS WHERE ABS ARE MEANT TO BE FLAUNTED. STEAL THIS SWIMMER'S CORE TRIMMER AND A ZUMBA-STYLE SWAY TO HAVE YOUR BELLY FIT RIGHT IN.



FREESTYLE RAINBOW

TARGETS SHOULDERS, ABS, OBLIQUES, BUTT, QUADS

● Stand with feet hip-width apart, holding a single dumbbell with both hands in front of hips. **MAKE IT EASIER:** Do move while seated.

◀ Squat, bringing dumbbell by outside of right hip.

▶ Keeping abs tight and arms extended, stand as you trace an arc with hands out to right, then overhead.

● Complete rainbow, bringing dumbbell out to left, then down by left hip, as you lower into squat again.

● Do 10 reps, arcing from one side to the other.

Trainer: Dara Torres, Olympic swimming star and author of the new workout book Gold Medal Fitness





POP-UP

TARGETS SHOULDERS, TRICEPS, ABS, OBLIQUES, BUTT, LEGS

- Lie facedown on floor with hands under shoulders, palms flat.
- ▲ Tuck toes under and press through palms as you straighten arms into full push-up position.
- ▶ In one quick motion, lunge left foot between hands (under chest), then straighten torso and come into a modified sumo squat: right leg behind you, foot turned out (so instep lines up with heel of left foot) and both knees bent nearly 90 degrees, arms slightly bent and out to sides at shoulder level (as if balancing on a surfboard).
- Place palms back on floor on either side of left foot and quickly step left foot back to meet right foot, then bend elbows to lower belly to floor.
- Do 10 reps, alternating lunging legs.

Trainer: World-class Australian surfer Kim Wooldridge



★★★★★★★★★★★★

BELLY DANCE!

Get this pumping summer playlist at www.fitnessmagazine.com/bellydance.

CALIFORNIA DREAMIN'
DJ Sammy

TELEPHONE (Kaskade Extended Remix),
Lady Gaga & Beyoncé

HANG ON (Dave Aude Radio Edit), Plumb

BULLETPROOF La Roux

RUDE BOY (Wideboys Stadium Club Mix), Rihanna

I WANT YOU B.A.N.C.E.
(Justice vs. Jackson 5), ComaR

DOWN (Chasing Pluto Remix), Jay Sean

REPLAY (Jason Nevins Club Mix), Iyaz

TIK TOK (Adren-Lin Remix), Dynamix Music

YOU BELONG WITH ME
(Factory Team Remix), Housecream

IMMA BE (Workout Mix), Chani, featuring J Rae

SWEET DISPOSITION
The Temper Trap

Playlist by trainer Lacey Stone, owner of Lacey Stone Fitness in New York City

★★★★★★★★★★★★



SYDNEY'S BONDI BEACH IS FULL OF SUMMER'S AB-TASTIC IT GIRLS: SURFERS AND BEACH VOLLEYBALL PLAYERS. DO THE MOVES THAT MOLD THEIR MIDDLES.



ATTACK

TARGETS BACK, SHOULDERS, TRICEPS, ABS

- ▲ Lie faceup on floor with knees bent, feet flat, holding a single dumbbell with both hands so that arms are extended directly behind head. MAKE IT EASIER: Do move without dumbbell or have a partner hold your feet.
- ◀ Contract abs as you bring torso upright, raising weight overhead with arms straight and then diagonally forward.
- Reverse move to start, without allowing weight to touch floor.
- Do 10 reps.

Trainer: Beach-volleyball pro Angie Akers

