

THREE FUN-IN-THE-SUN WAYS TO **IMPROVE YOUR HEALTH!**

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BY JULY 4TH

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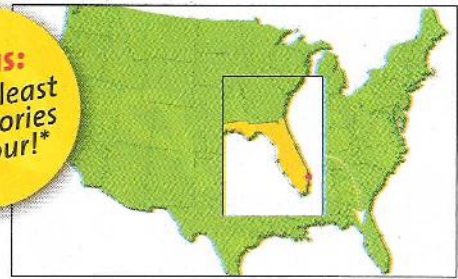
Sexy Glutes
In 4 easy moves



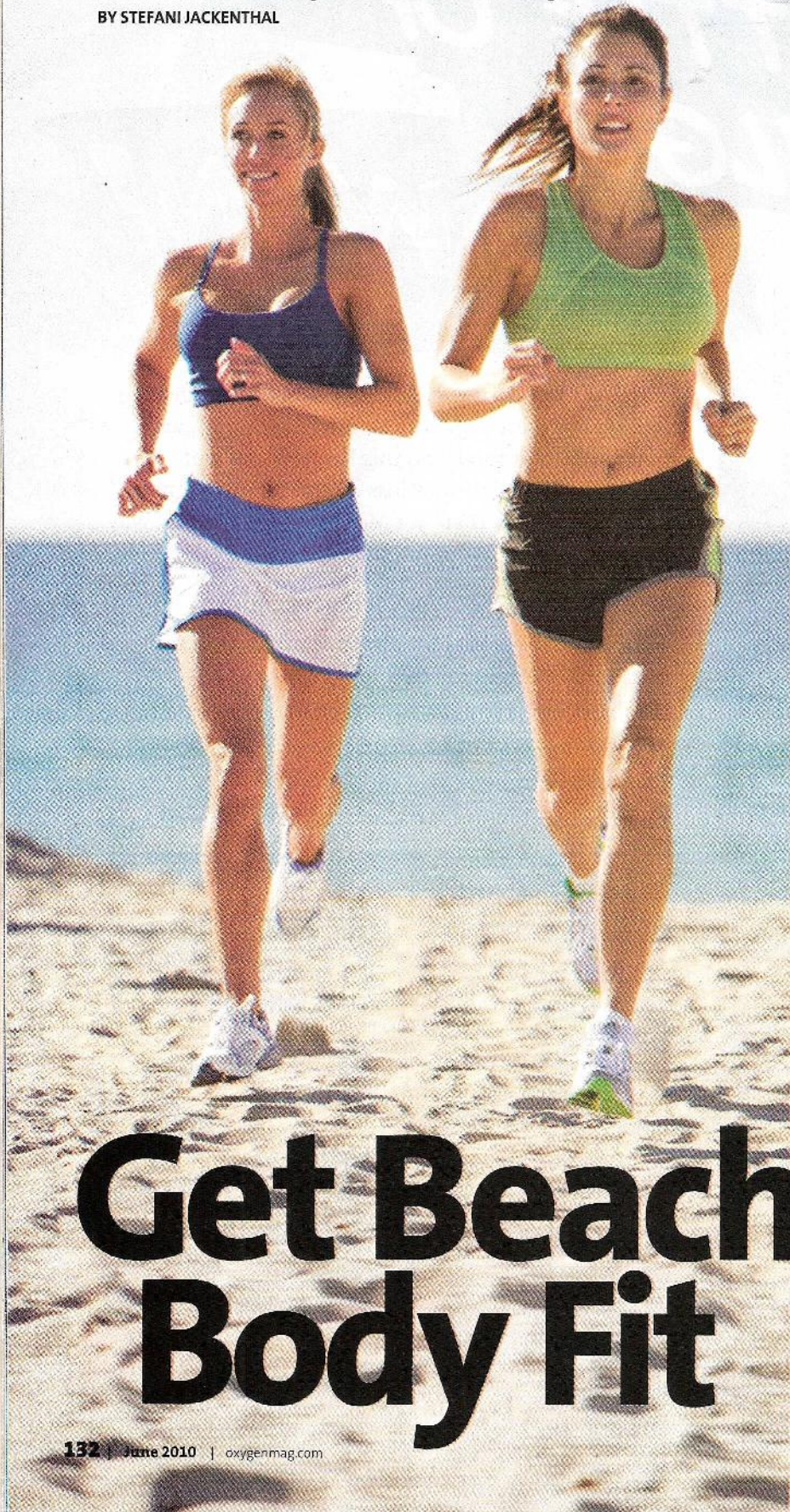
Rally your girlfriends and head to Florida for a boot camp getaway that will tone your whole body!

BY STEFANI JACKENTHAL

Bonus:
Burn at least
450 calories
per hour!*



Delray Beach, Florida



This isn't going to be your average girls' getaway. As you gather your BFFs this summer and head for an action-packed boot camp on a beach in Florida, you can look forward to more than a tanned tummy – you'll get a toned tummy too. This isn't going to be a breezy day at the beach.

With hot weather and sun-baked sand as your backdrop, attending a Florida-area boot camp is the perfect way to blast calories – at least 450 per hour!* – and work your entire body. Take Bella Boot Camp in Delray Beach, Florida, for example. The work begins at 9:00 a.m. with a beach walk that's interspersed with intense intervals and followed by an hour-long circuit-style muscle strengthening and sculpting session. Between the jump squats, cone drills, resistance-band moves and medicine-ball tosses, you'll hardly miss your morning cappuccino. And the afternoon sessions will get your fitness into gear too, with an hour-long cardio rope circuit that mixes 45- to 60-second intervals with 30 seconds of recovery doing scissor jumps, jumping rope, jogging in place and push-ups. You'll definitely feel the burn!

"The south Florida sand is soft and deep, so it really works glutes and hamstrings. Just walking on it automatically engages your core, calves and quads while building balance, agility and endurance," says Margot Rutigliano, a certified trainer who has been running Bella Boot Camp for the past five years. "It's a way for women to have fun while being introduced to new fitness options and reinvigorating their current workout routines."

With a variety of exercises, it's tough to get bored. "Boot camp made me realize how I could mix things up when I got back to my daily life," says Sowmya Kanikkannan, 29, a physician from Philadelphia, Pennsylvania, who lost two pounds, gained an inch of muscle in her chest and lost an inch in her hips and thighs after attending boot camp for just one week. "I felt stronger all around, especially my biceps, triceps and deltoids – probably from all the push-ups!"

*Based on a 135-pound woman.

TURN TO
GET BEACH
READY.



LEAD PHOTO: CORBIS MAP: ISTOCKPHOTO

Get Beach Body Fit

POV
ATRO-
and we
unique
healthy
overall
remove
while p
mental

Beach-Camp Prep!

Before you head for the sandy beach, try this pre-boot camp circuit from Paul Frediani, trainer at JCC Manhattan, to fire up your major muscle groups and get them ready for the sun-baked sessions.

Quads: Alternating front lunge

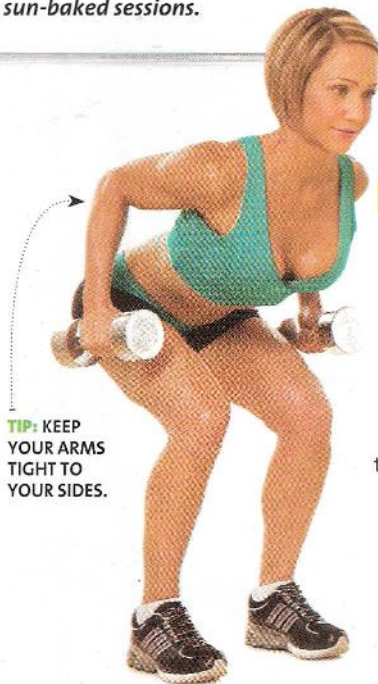
Stand with your feet hip-width apart and take a long step forward with your right foot, then bend both knees to 90 degrees (do not touch your rear knee to the floor), hold briefly and return to the starting position. Alternate your legs for 10 repetitions on each side. Do three sets.



TIP: CONTRACT YOUR ABS AS YOU LOWER.

Back: Dumbbell row

Stand with your feet hip-width apart and your knees bent, holding a dumbbell in each hand. Engage your abs and bend forward from your hips, then pull the weight backward (like pulling the cord of a lawn mower) so that your elbows slide past your ribs. Return to the starting position. Repeat 10 to 12 times and switch sides. Do three sets.



TIP: KEEP YOUR ARMS TIGHT TO YOUR SIDES.

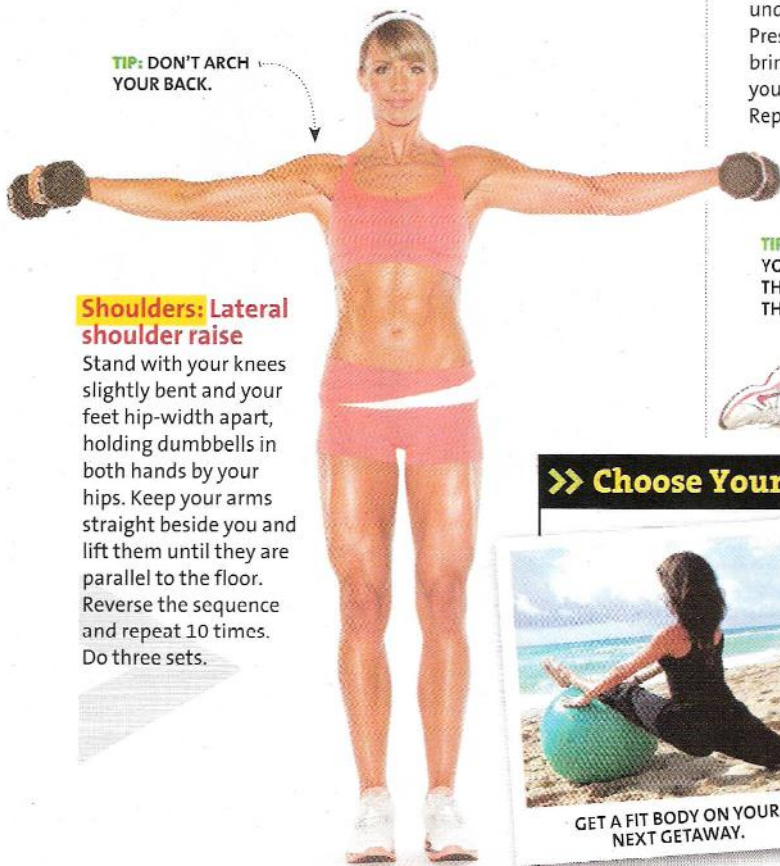
Glutes: Butt press and abs

Get on your hands and knees with your hands directly under your shoulders and your knees under your hips. Press your right leg back until it is straight and then bring your knee forward toward your chest (between your hands) and return to the starting position. Repeat with each leg 10 times. Do three sets.



TIP: MAINTAIN YOUR BALANCE THROUGHOUT THIS MOVE.

TIP: DON'T ARCH YOUR BACK.



Shoulders: Lateral shoulder raise

Stand with your knees slightly bent and your feet hip-width apart, holding dumbbells in both hands by your hips. Keep your arms straight beside you and lift them until they are parallel to the floor. Reverse the sequence and repeat 10 times. Do three sets.

>> Choose Your Boot Camp

Planning a Florida getaway?

Check out these camps:

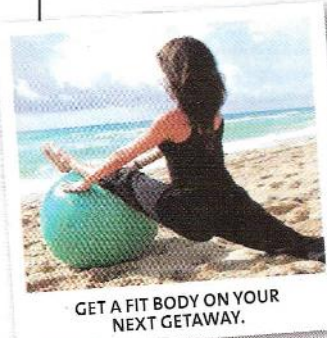
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Delray Beach, Florida
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