

TAKE BACK YOUR THIGHS! This workout WILL firm them up once and for all

# SHAPE

SHAPE  
YOUR  
LIFE

"HOW  
I LOST  
**67**  
POUNDS"  
p.132

SHAPE TESTED

## WALK YOUR WAY SLIM

Drop pounds &  
firm your butt in  
just 30 minutes

**\*** Bloat,  
headaches,  
insomnia?

The surprising  
cause and  
fast fixes, p.104

**LeAnn  
Rimes**  
shows  
EXACTLY  
how she got  
these amazing  
abs! p.68

**Zap  
brain fog**  
The diet trick  
that improves  
your focus

## SO LONG CELLULITE

**Finally!**  
A 4-week plan  
that really shrinks  
those bumps  
(even skeptics  
got results)



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**PLUS** Younger looking skin  
Research-proven ways to get it, p.78

# 4 sculpt and play

TIME: 20-30 MINUTES

CALORIES BURNED: 200-250

Relive your childhood on the playground while sculpting distinctly adult muscles (think firmer backside, sexier arms, and sleek legs). "Using the equipment to do strength moves while your kids are playing or as a pit stop on your regular bike or running route is an unexpected way to take your resistance workout outdoors," says Paul Frediani, a trainer at Elysium Fitness in New York who crafted this dynamic circuit routine that can be done at a neighborhood playground. Do the moves in any order and add one or two cardio exercises—jump rope (or just act like you have one) or do jumping jacks—between each one.

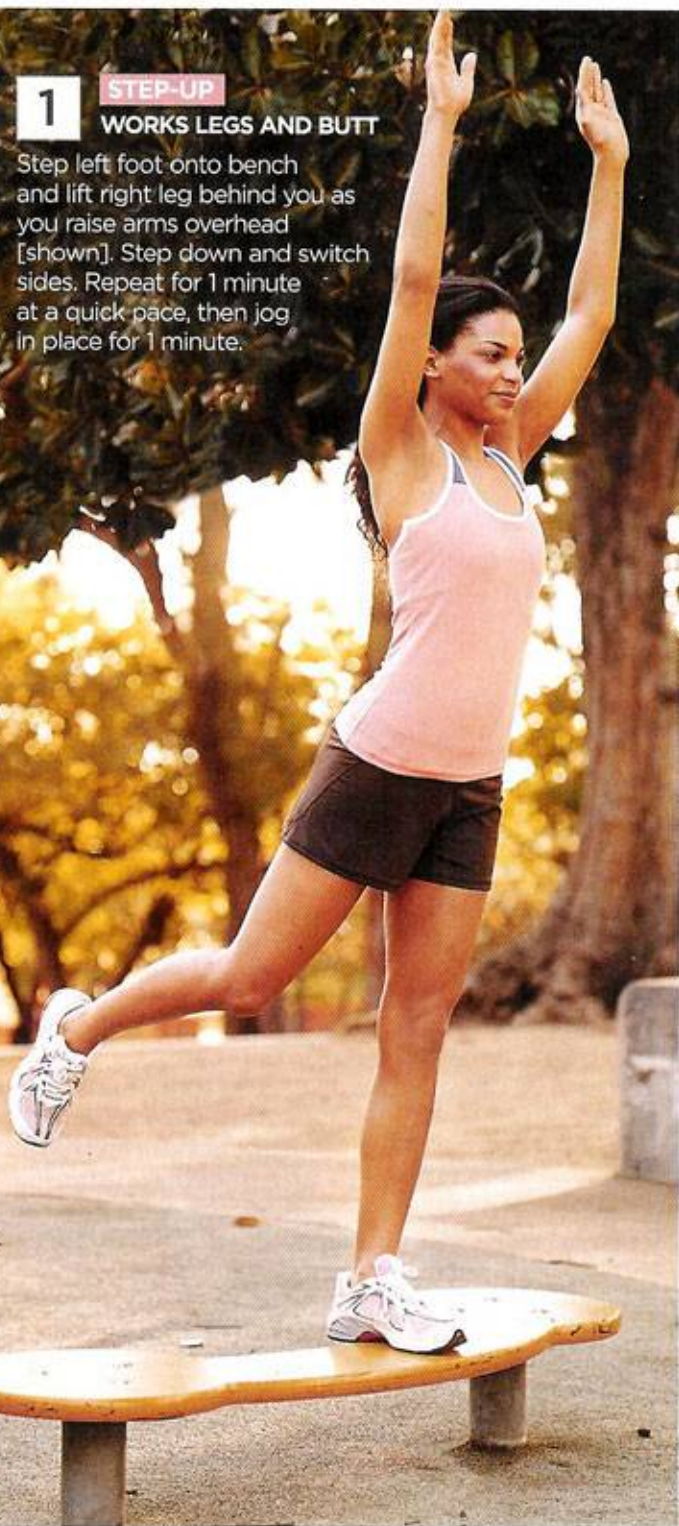
STEFANI JACKENTHAL is a freelance writer in New York.

1

## STEP-UP

WORKS LEGS AND BUTT

Step left foot onto bench and lift right leg behind you as you raise arms overhead [shown]. Step down and switch sides. Repeat for 1 minute at a quick pace, then jog in place for 1 minute.

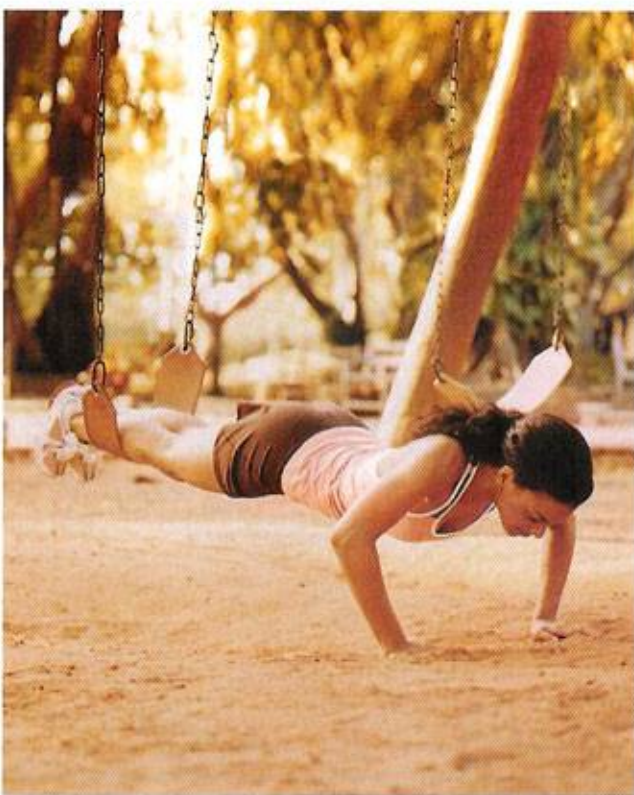


2

## SWING LUNGE

WORKS LEGS, BUTT, AND CORE

Balance on right leg and place left foot in swing behind you. Extend arms in front of you at shoulder height and lower into a lunge so right knee is aligned over toes [shown]. Do 10 reps; switch sides to complete set.

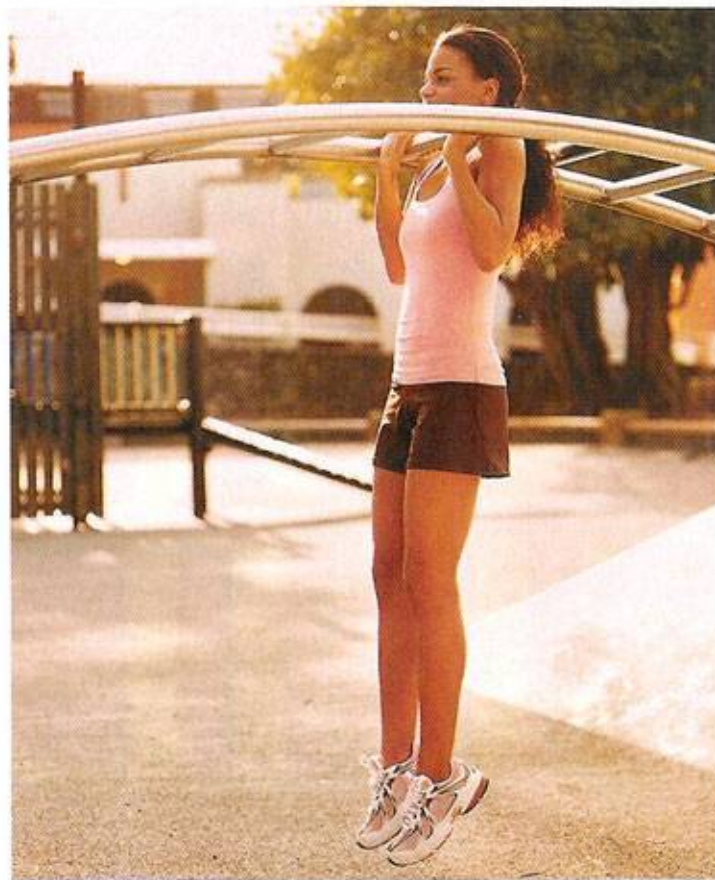
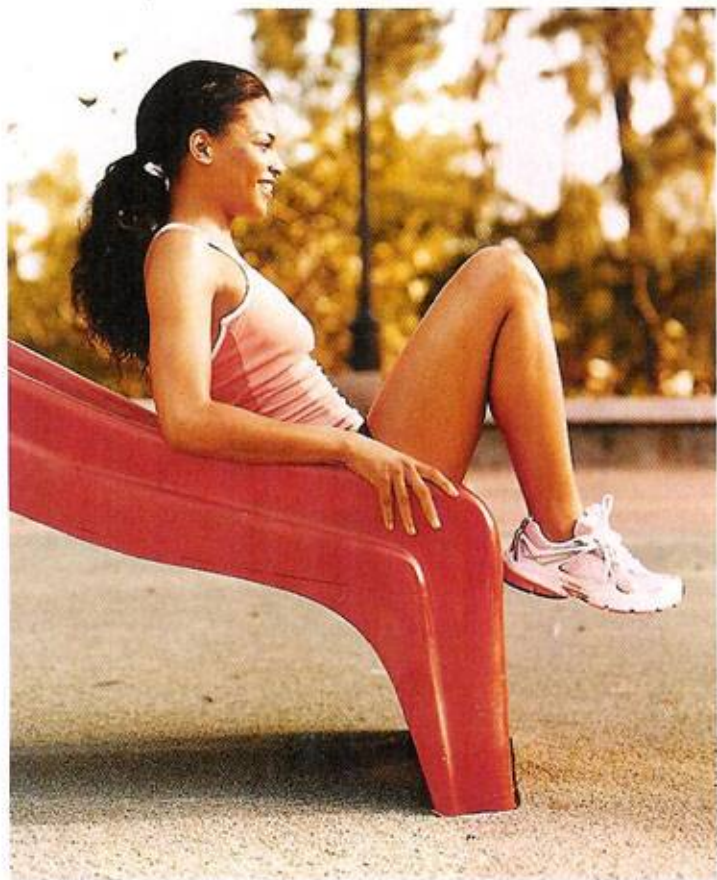


3

## SWING PUSH-UP

WORKS CHEST, ARMS, AND CORE

Place hands on ground shoulder-width apart and rest legs on swing. Body should be straight from head to heels. Bend elbows and lower chest toward ground [shown]. Press up and repeat. Do 10 reps.

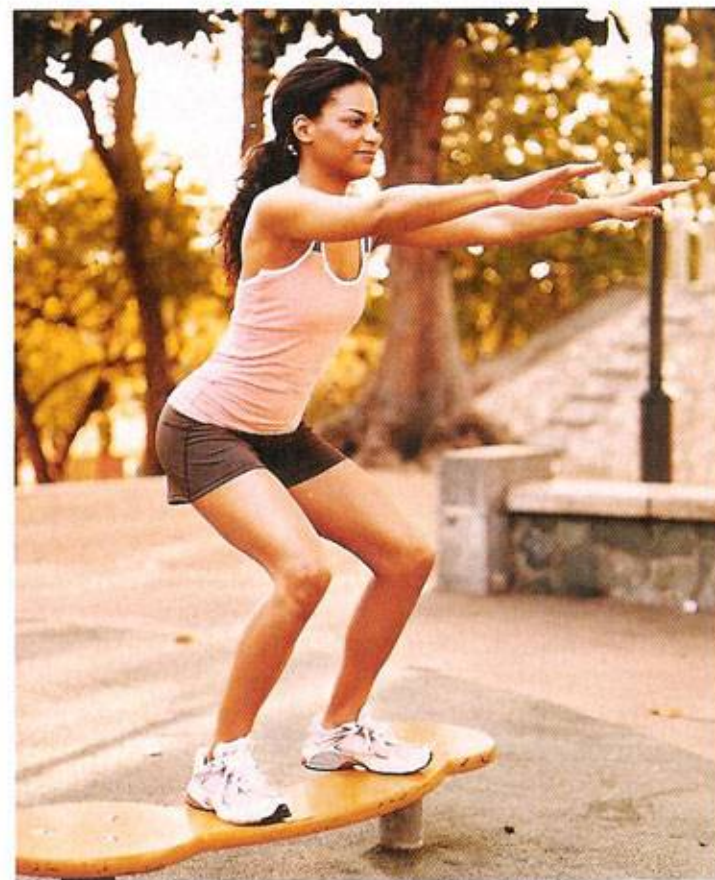
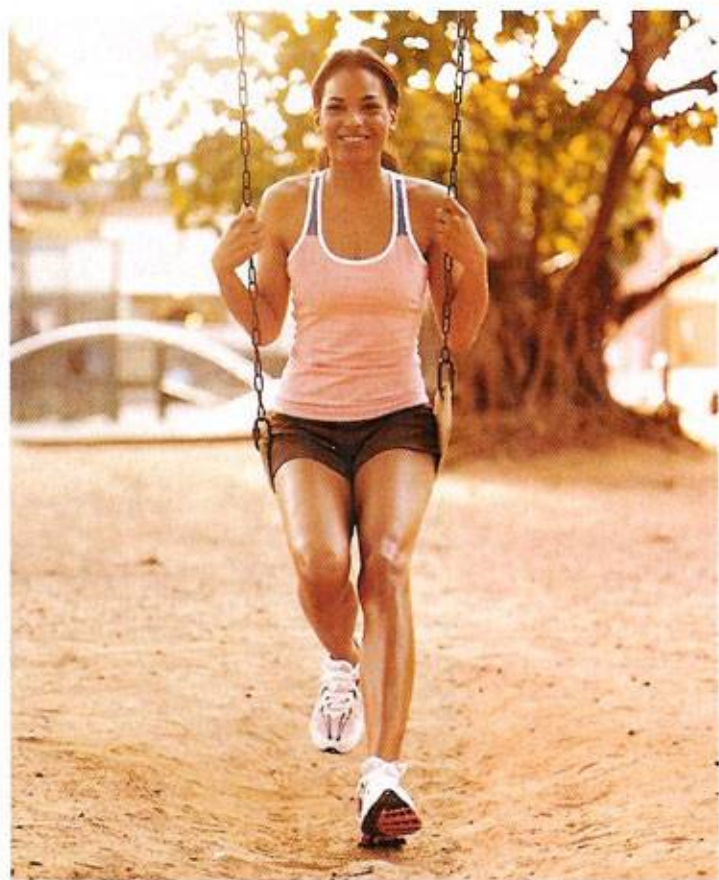


**4** **AB-CARDIO CIRCUIT ON SLIDE**  
**WORKS ABS**

Climb the stairs of the slide quickly, slide down, and sit on the edge with feet flat. Lean back slightly and tuck knees into chest [shown]. Straighten legs and repeat. Do 10 reps, then run up stairs again. Repeat circuit twice.

**5** **FLEX-ARM HANG**  
**WORKS ARMS AND BACK**

Jump up (or climb the ladder) and grab the top rung of the monkey bars, palms facing you and chin above the rung [shown]. Hold as long as you can, then slowly lower to the ground. Repeat twice.



**6** **SWING SINGLE-LEG EXTENSION**  
**WORKS QUADRICEPS**

Sit on swing with feet flat. Raise right leg off ground, hold chains, and straighten left leg, pushing heel into ground and lifting toes [shown]. Hold briefly, contracting quads, and return to start position. Do 10 reps; switch sides.

**7** **PLYOMETRIC SQUAT**  
**WORKS LEGS AND BUTT**

Stand behind an 8- to 10-inch bench, feet shoulder-width apart. Swing arms back as you squat low, then swing them forward and jump up onto the bench and squat [shown]. Step down and repeat. Do 10 to 12 reps.