

SHAPE
YOUR
LIFE

**SLEEK
SEXY
ARMS**
IN 8 MINUTES
A DAY

TOO BUSY? NO PROBLEM!

SLIM DOWN IN RECORD TIME

**Get toned & trim
in just three
workouts a week**

*** Guy-proof
your diet**

**Dodge the biggest
relationship
fat traps**

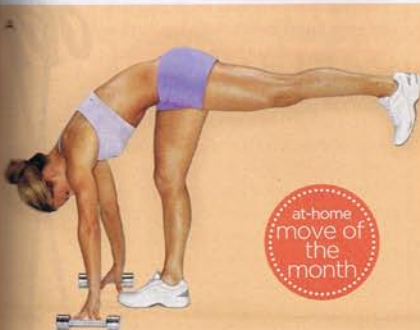


\$3.99 U.S. \$5.99 Canada
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PLUS

How real women did it (no needles, no surgery!)

GIVE YOUR BUTT A LIFT



at-home
move of
the
month

you'll need

Not much:
only two
2- to 3-
pound
dumbbells
(find them
at target.com).

workout details

Do 2 sets
of 8 reps
twice
a week.
Beginners,
do it with-
out the
weights.

make it harder

Use
5-pound
dumbbells
and hold
each part of
the move
for two
breaths.



rear lunge and raise

Works legs, butt, shoulders, back, and core

This move combines resistance training, yoga, and stretching to strengthen your entire body, especially your shoulders and butt. "Your breathing should dictate the pace," says Amy Cheryl, who uses this toner in her Flexxation class at Equinox Fitness Clubs (flexxation.com).

⊕ **PLACE THE DUMBBELLS** on the floor to the outside of each foot. Exhale as you lunge back with left foot so right knee is bent 90 degrees. Place hands on the floor on either side of right foot. Inhale and lower left knee to floor.

⊕ **EXHALE AND STRAIGHTEN** right leg as you raise left leg behind you, foot flexed [A].

⊕ **INHALE AS YOU RETURN** to the lunge position and pick up the weights. Keeping back knee on the floor, exhale as you lift your torso and raise your arms out to each side to shoulder height, palms facing floor and elbows slightly bent [B]. Inhale as you lower the weights to the floor, then repeat the entire sequence.

**TENNIS STAR
Maria
Sharapova**
How I stay fit
on the court
Her workout
inside, p.59

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T
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INGER