

Special monthly rip-out section

Here comes the bod!

DROP A DRESS SIZE BEFORE YOUR SUMMER CELEBRATIONS.

BY MARGIT FEURY

 You always want to look fabulous, but **special occasions call for special measures.**

Whether it's a wedding, a college reunion or another event, these fast, foolproof shaping and slimming moves will walk you into the room with confidence.

For Dayna Devon, an anchor on *Extra*, the big day is her own nuptials

this month, and she'll **stride down the aisle with a bigger smile and slimmer hips**, thanks to trainer Steve Zim, owner of A Tighter U Fitness Studio



Call the seamstress! You'll need a smaller size soon, no starving required.

in Culver City, California. Zim adds **little twists, so traditional exercises work better than ever** to tone your arms, chest, shoulders and back, making them look their best in that low-cut dress—all in just six weeks. You will also shed padding from your backside and drop inches from your waist. But Zim warns that you need your beauty

rest, too. "You should perform these moves only three times a week, plus some cardio, to get great results," he says. Start now and dazzle everybody on your red-letter day.

Results guaranteed

Get more from this workout

★ TRICK YOUR BODY "If you do the same exercises back-to-back, your body gets bored and knows what to expect. You'll be working hard, but you'll make less progress," Zim explains. Skip your routine and do something different once or twice a month; play hopscotch or go to the park and run around with a kite.

★ WARM YOUR ENGINE Before performing these moves, take five minutes to walk in place or ride a bike. "Warming up your muscles will prevent injury and help your performance as well," Zim says.

★ BEWARE OF MOMENTUM Swinging and bouncing are fun, but not when you're lifting weights. Think *slow and controlled* as you complete

each rep. For these moves, take it up on one count, hold for one count, then lower with a count of 3-2-1.

★ STAND UP STRAIGHT Perform all these exercises with proper form. You'll soon look taller, thinner and fitter because of your stronger back muscles and improved posture.

The Big Day workout

SUCCESS TIP

Most people focus on the front of their body because that's what they see. *Extra anchor Dayna Devon, below, was no exception. To build all-around muscle balance and develop gorgeous posture, trainer Steve Zim's workout provides equal toning on all sides. He suggests rotating the order of the moves for the best payoff.*

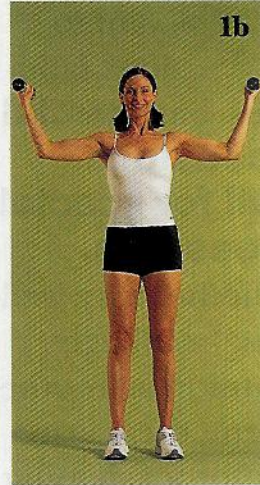
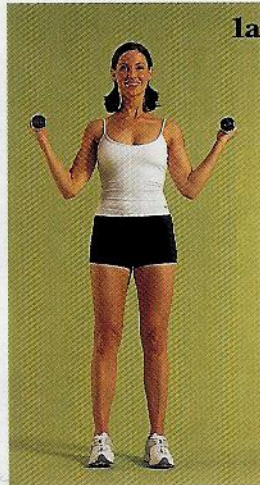


Practice saying thank you—you're going to get a lot of compliments on your new figure! Just grab a pair of weights between 3 and 10 pounds, depending on your strength. Use a fitness ball if you have one, or try the floor options. For each move, do three sets of 15 reps.

1. W press

(works shoulders)

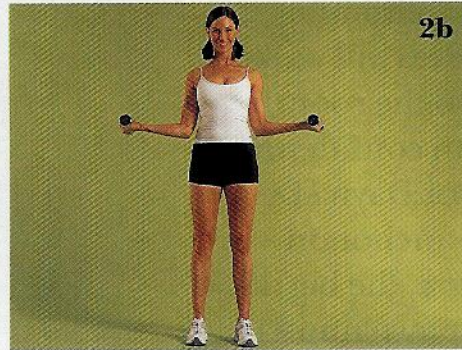
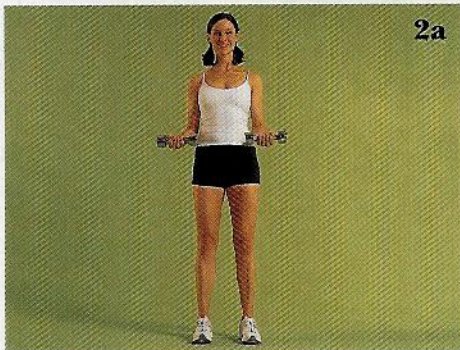
a. Grasp a weight in each hand. Stand with feet shoulder-width apart, knees slightly bent, shoulders pressed back. Raise arms into a W: elbows bent, hands even with shoulders, palms turned in. **b.** Press hands up until elbows reach shoulder height. Hold, then lower.



2. Shoulder sculpt

(works backs of shoulders)

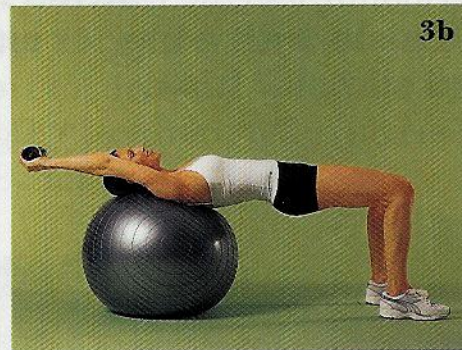
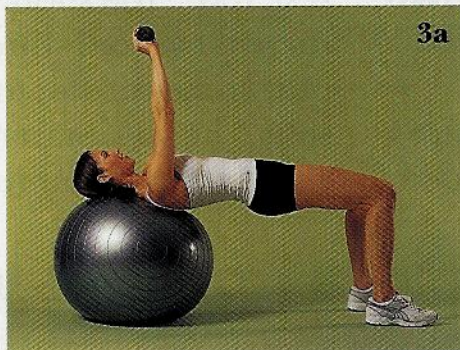
a. Grasp a weight in each hand. Stand with feet shoulder-width apart, knees slightly bent, shoulders pressed back. Keeping upper arms close to sides, curl weights until forearms are parallel to floor, palms up. **b.** Slowly rotate arms out as far as possible. Hold, then return to start.



3. Ball pullover

(works back)

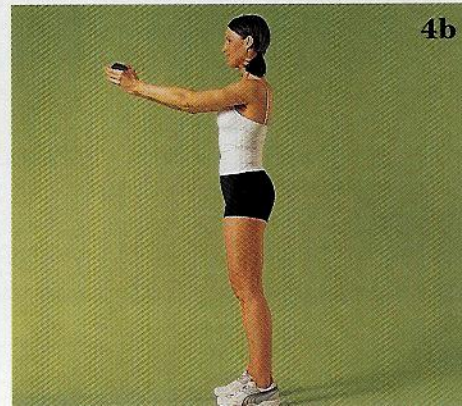
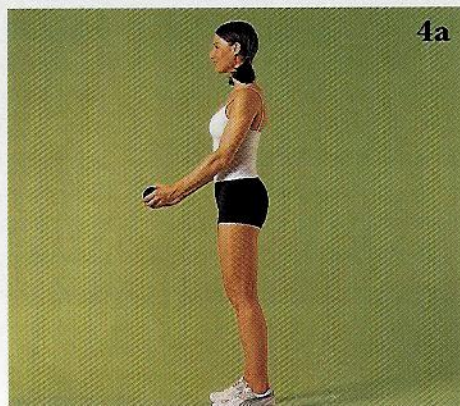
a. Rest upper back on ball, legs wider than shoulder-width apart. Hold one weight with both hands, arms extended over chest. **b.** Keeping arms straight, slowly lower them overhead until parallel to floor. Hold, then return to start. *Without ball:* Perform same move lying on back, knees bent, feet flat. Don't let weight hit floor.

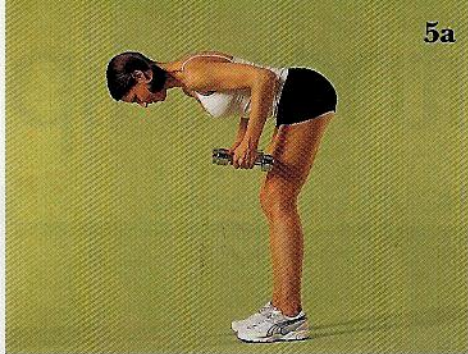


4. Two-arm lift

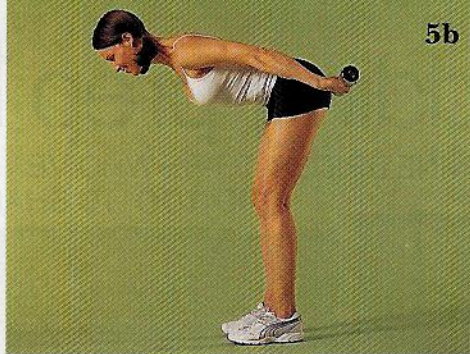
(works chest)

a. Stand with feet shoulder-width apart, knees slightly bent, shoulders down and back. With elbows slightly bent, grasp ends of one dumbbell, holding it in front of thighs. **b.** Lift weight to chin height. Hold, then lower.



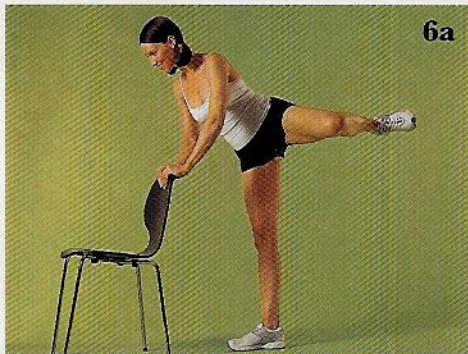


5a

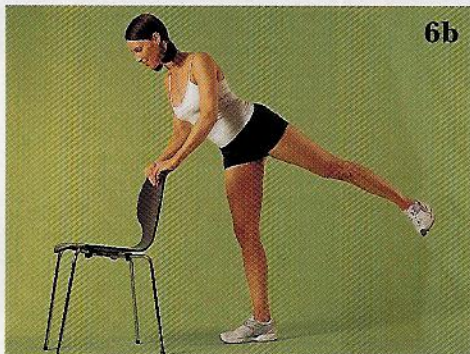


5b

5. Kickback with twist (works triceps) **a.** Stand with feet shoulder-width apart, knees slightly bent, a weight in each hand. Lean forward until torso is parallel to floor, head aligned with spine. Hold bent elbows near sides with knuckles pointing down. **b.** Press both weights up and back, rotating palms up. Hold, then lower. On next rep, rotate palms down.

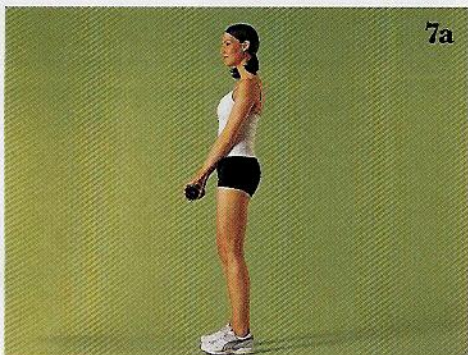


6a

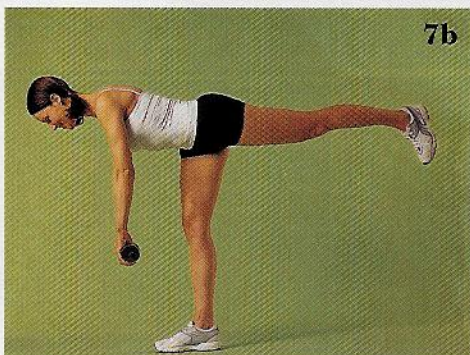


6b

6. Butt kick (works butt) **a.** Stand facing a chair's back. Place hands on chair, bend elbows and lean forward at a 45-degree angle, back straight. Lift left knee out to side and up toward left shoulder as high as you can. Curl left heel toward butt. **b.** Press left foot down and back to extend leg, forming a straight line from top of head to heel. Do reps, then switch sides and repeat.

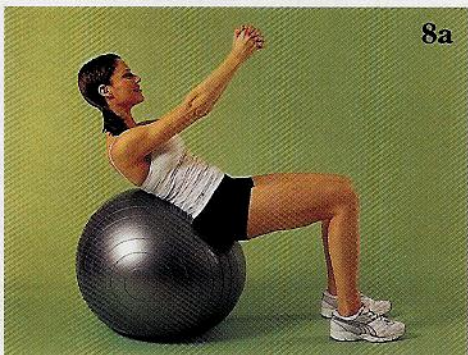


7a

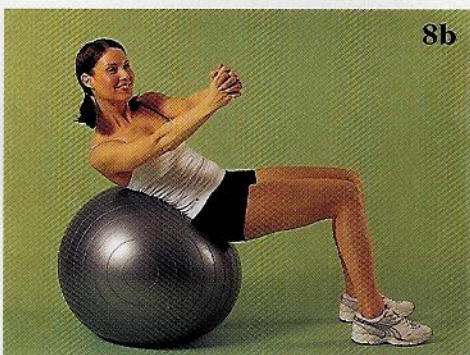


7b

7. One-leg lift (works butt, backs of legs) **a.** Stand tall, holding one dumbbell in both hands. **b.** Keeping back straight, bend at hips to lower torso, letting arms hang. At the same time, lift left leg behind to form straight line from head to heel. (If needed, hold weight in right hand and chair with left for balance.) In one smooth motion, return to start. Do reps, then switch legs.



8a



8b

8. Ball reach (works abs) **a.** Balance midback on fitness ball, feet planted, head up. Clasp hands together, pointing up and forward. **b.** Twist hands and torso as far to right as you can. Hold. Return slowly to center, then twist to left. Return to center for one rep. Try for 20 reps. *Without ball:* Perform same move sitting on floor, knees bent. Lean torso back as far as you can, heels lightly touching floor.

GET FITTER FASTER

A healthy diet and a regular dose of cardio are key to blasting calories, shedding extra pounds and de-stressing from pesky wedding-prep worries. Do at least 20 minutes of aerobic activity, three days a week. Try these workouts to turn up the burn so you can meet your better-not-miss-it deadline. **SQUEEZE IT IN** We're not talking about your dress fitting! On hectic days,

do a double-duty half hour. Between each set of strength moves, jump rope for one minute instead of resting. **GRAB YOUR PARTNER** Make a weekly date for a power walk. Go easily enough that you can have a chat but intensely enough that you're breathing heavily and have trouble telling the whole story of the crazy photographer your mother wants you to hire.

HOP ABOARD Mix up your machine routine to keep your body and your mind interested. One day, do intervals (fast pace for three minutes, slower for a minute, then pick it up again). The next time, go for a steady workout. **CATCH A REBOUND** Feel like a kid again as you bounce in a mini-trampoline class. Try Urban Rebounding at Bally Total Fitness (www.ballyfitness.com).