

get an

# A-LIST BODY

Ever wish you could be as slim and sculpted as your favorite celebs? Wish no more. Direct from Hollywood, these hot workouts will have you looking starlet sexy in no time.

by stacy whitman | photography by darryl estrine

→ Do you frequently stress out about getting in shape for a wedding, cruise, or even a big date? Imagine how stars feel all the time. Whether they're strutting the red carpet or simply pushing a grocery cart, no belly bulge (or wait, is it a baby bump?) or bit of cellulite goes unnoticed. That's why they pay oodles of cash for the newest ways to shape, sculpt, and whittle their bodies. Tae Bo? So yesterday! We talked to Tinseltown's top fitness gurus to bring you the next generation of muscle-firming, fat-zapping workouts that stars swear by. Add them to your routine—or do the moves here as one stand-alone workout a few days a week—and you'll be photo-op svelte in five weeks.





**1 THE "IT" WORKOUT**  
**Yoga Booty Ballet**

**Why it's hot** This blend of hatha yoga, ballet, street dance, and weight training targets your glutes and hips from all directions, says workout co-creator Gillian Clark. Taught at Swerve studio in West Hollywood, the class draws celebs such as Sarah Michelle Gellar and Tori Spelling.

**Try this move** **One-legged squat**

*Works legs, butt, hips, and abs*

Stand on left foot, knee slightly bent and toes turned out, with right foot, heel up, next to left instep. Cross arms gracefully in front of you, lean back slightly, and squeeze left glute hard [A]. Shift your left hip back and to the left, and bend over from the hips as you squat on left leg and bend both knees (keep them aligned over toes). At the same time, reach right arm toward floor and extend left arm up behind you [B]. Push through left heel as you rise up to the start position. Do 10 reps; switch sides to complete set.

**2 THE "IT" WORKOUT**  
**Core Energy Flow**

**Why it's hot** This mix of yoga, qi gong (a Chinese healing art involving controlled breathing), and core work leaves you feeling invigorated, calm, and sculpted, says Elisabeth Halfpapp, who designed the routine to flow from move to move, as in yoga. Halfpapp teaches the class exclusively at Exhale spa, where Julia Roberts and Gretchen Mol are clients.

**Try this move** **Side-to-side lunge**

*Works legs, butt, and abs*

Stand with feet wide, toes turned out, and hands in front of you (palms about 8 to 10 inches apart as if you were holding a ball). Keeping arms still, slowly lunge to the right as far as you can [A]. Hold for up to 30 seconds, breathing deeply, then switch sides [B]. Do 8 lunges to each side.



### 3 THE "IT" WORKOUT Kettlebells

**Why it's hot** These heavy orbs—they look like cannonballs with handles—wobble as you lift and lower them, so your entire body has to work hard to keep the motion under control, explains Los Angeles trainer Gunnar Peterson, who uses kettlebells with Jennifer Lopez and Penélope Cruz.

**Try this move**

**Rotating deadlift**

*Works hamstrings, butt, back, and core*

Holding one kettlebell (start with 9 or 10 pounds) in front of you with both hands, palms facing body, stand with feet about shoulder-width apart, knees slightly bent [A]. Maintaining a natural curve in your spine and with abs pulled in, rotate shoulders to the right, then bend over from hips and lower kettlebell toward right foot, keeping it close to legs to protect your back [B]. With back straight, return to starting position, and repeat to the opposite side to complete 1 rep. Do 3 to 8 reps.



3b



3a



4a



4b

### 4 THE "IT" WORKOUT Beach Circuits

**Why it's hot** Set on a stretch of the Malibu coast, this 90-minute sweat session starts with fast walking and running on steep sand dunes to torch calories. Mix in upper-body sculpting moves and you have the perfect recipe for a red carpet-ready body. Pilates master Sebastien LaGree created the workout, and his clients Denise Richards and Gabrielle Reece are poster girls for its effectiveness.

**Try this move** **Starfish**

*Works core, triceps, and inner and outer thighs*  
Place right hand on a sturdy bench or chair and extend legs so you're balanced on right hand and right foot, feet stacked. Your body should be straight from head to heels. With abs tight, extend left hand up, then slowly lift and lower left leg 10 times [A]. On the last rep, keep leg up and draw 10 small circles in the air with left foot [B]. Finish by slowly swinging left leg forward and back 10 times, toes pointed. Lower leg to starting position; switch sides and repeat.

## 5 THE "IT" WORKOUT Budokon

**Why it's hot** Besides toning your body, this powerful combination of meditation, yoga, and martial arts improves your balance, endurance, agility, speed, power, and flexibility, says founder Cameron Shayne, who's taught Jennifer Aniston, Courteney Cox, Arquette, Meg Ryan, and Kristin Davis.

**Try this move** **Dancing-dog prep**  
**Works** arms, legs, butt, and core  
**Start** in push-up position on hands, wrists aligned under shoulders and with toes. Keeping your spine long, lift your hips toward the ceiling so your body forms an inverted V (downward dog). Lift right leg toward ceiling **[A]**. Slowly draw right knee toward chest and lift left hand off floor as you turn your body to the left, rotating on left foot and right hand **[B]**. Keep turning until you're facing the ceiling, and slowly lift your pelvis up as you extend your right leg out and reach your left arm overhead behind you; look up at your hand. To return to starting position, lower your pelvis as you draw your left arm and right knee together and rotate back to downward dog with right leg extended. Do 6 to 8 reps; switch sides and repeat.





## 6 THE "T" WORKOUT The Valslide

**Why it's hot** Using a combination of your own body weight and friction with the floor as resistance, the super-lightweight sliding platform lets you target virtually every muscle, says trainer and Valslide designer Valerie Waters, who uses the tool with clients Jennifer Garner, Jessica Biel, and Kate Beckinsale.

### Try this move Sliding push-up

*Works chest, triceps, shoulders, legs, butt, and core*

Start in push-up position on toes and hands, each resting on the foam side of a slide. Pull in abs so your body is aligned from head to knees. Draw right knee in [A] and extend it as you draw left knee in and then out. Next, slowly slide one arm out to the side as you lower chest toward floor [B]. Draw arm in as you press up and repeat with other arm to complete one rep. Do 5 to 10 reps.

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## how hollywood blasts fat

The camera adds 10 pounds, so it's no wonder celebrities place a high value on calorie-blasting cardio—whether it's a power session on the bike, a fast-paced beach jog, or an intense hike. But how exactly do they keep the flab at bay? With these hot Tinseltown aerobic trends, of course.

### 1. Turbo-charged classes

• The latest rage at the **Sports Club/LA** in Beverly Hills—Demi Moore, Beyoncé, and Tyra Banks work out here—is **Indo-Row**, a heart-thumping group rowing workout led by former champion rower Josh Crosby. The 50-minute class blasts up to 800 calories and strengthens the upper and lower body.

• At **Body & Soul Workout** in West Hollywood, Nicole Kidman was spotted taking **Ellipticore**. The 45-minute group workout on the elliptical targets your core, legs, butt, and upper body.

• For stars like Marcia Cross and Lisa Rinna, spinning their wheels in an

**indoor cycling** class is still the fat-zapping workout of choice because it burns 500 calories in 45 minutes. Find it at **Revolution Fitness** in Santa Monica.

### 2. Sweaty gym sessions

• High-voltage **interval training**—3 to 5 sets of strength moves followed by 3 to 5 minutes of intense cardio exercise—is how trainer Michael George helps Reese Witherspoon and Julianne Moore get and stay lean.

• To shape up megastars like Ashley Judd, trainer Steve Zim uses a double-duty workout called **R.A.W.**, which stands for Resistance and Walking. You tie two resistance bands or tubes to the

rails of a treadmill, set the incline at 5 percent or higher, then walk for at least 30 minutes at 3 mph (or faster) while doing upper-body moves like shoulder presses and biceps curls with the bands.

### 3. Booty-kicking outdoor workouts

• During warm weather, Avril Lavigne and Pink head to the beach for 60-minute sessions that include **sand running, surfing, and ocean paddling** with trainer Gregory Joujon-Roche.

• Trainer Teddy Bass helps star client Cameron Diaz stay ultra-lean (and athletic) with 30-minute to hour-long **hikes, track running workouts, and stair climbing** in Santa Monica.