

mind, body & spirit

WIN FREE STUFF!
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fitness

THE BODY YOU WANT BY JAN. 1

EXCLUSIVE:
Your personal exercise kit

BEAUTY TRICKS
for busy women
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BEAT THE FAT SEASON

- Conquer your eating triggers
- 10 easy ways to cut 250 calories

The secret to a sculpted butt, p.24
(no squats required)

45 instant nutrition boosters
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WORK OUT SMARTER

- Better results in half the time
- 6 most common mistakes—*fixed!*

BANISH THE BLOAT
FOODS THAT FIGHT PMS
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plus:
Feel it, flaunt it—
Get confidence to spare, p.130



get it now:

A **SEXY,**
SCULPTED
BACK

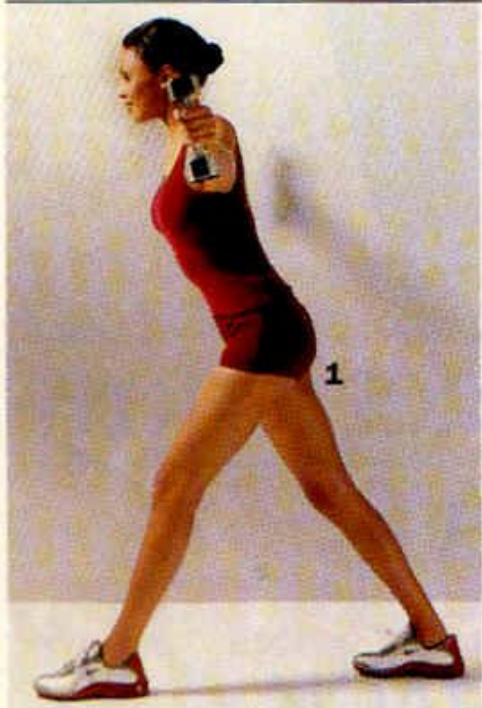
Target your
upper body in
one **15-minute**
workout

Whether you're wearing something plunging or off-the-shoulder, our **back-beautifying plan** will help you steal the show. Do these moves twice a week to get lean and sculpted in just one month. ➡

by Nicole Dorsey * photographs by Ron Cadiz

the workout

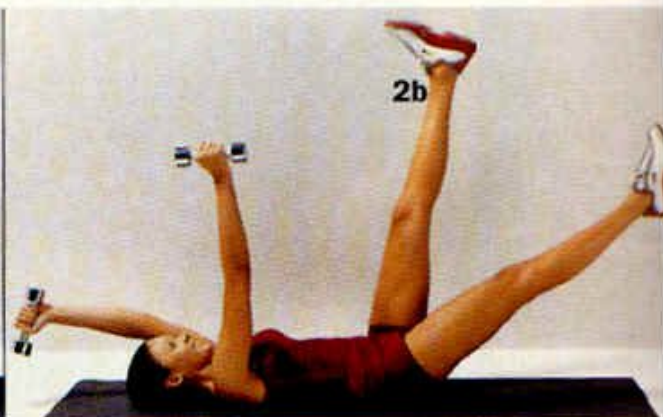
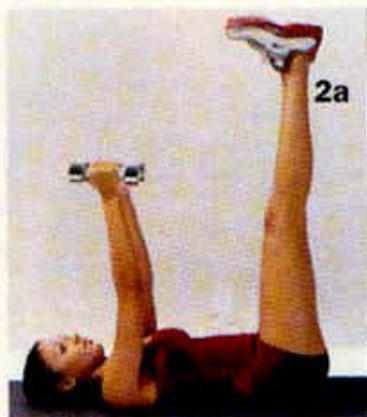
Your abs and butt may top your trouble-zone list, but here's a surprising flab-prone spot: your back. "Most women neglect this area, which is why you get those little rolls and bulges around your bra straps," says Miami-based fitness expert Janis Saffell. "Your back consists of several muscle groups, and you can target them all in just 15 minutes." Her routine—along with three to five cardio workouts a week—will help you sculpt a lean, firm upper body in just one month. Do this workout twice a week and when it's time to don that strappy New Year's outfit, you'll have sexy-back confidence to spare.



1. REAR FLYE

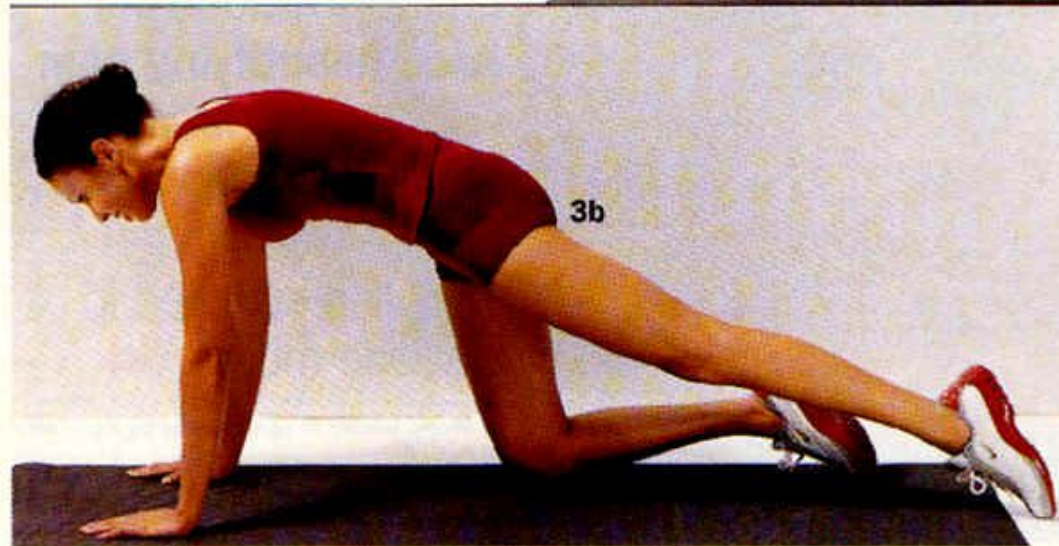
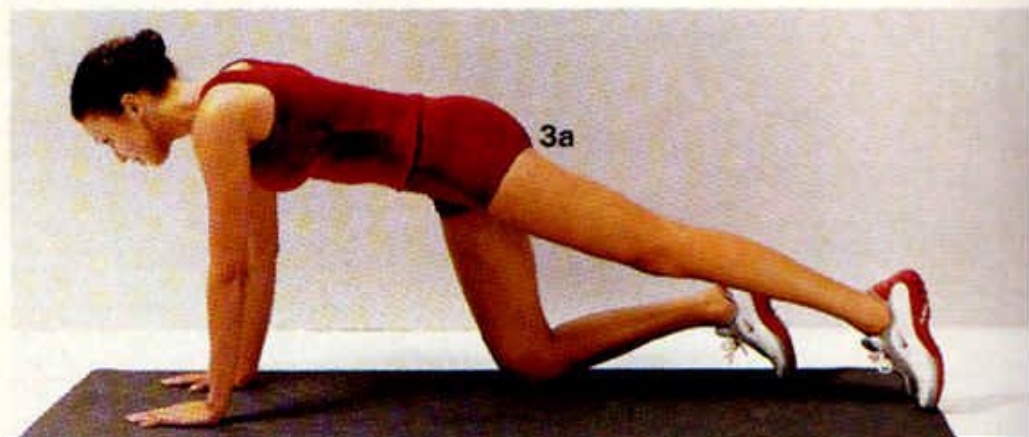
(targets middle and upper back plus shoulders)

Holding a 5- to 8-pound dumbbell in each hand, take a giant step forward with left foot. Lean forward slightly from hips and extend arms so they're parallel to front leg (not shown). Lift chest and pull your shoulder blades together as you lift arms out to the sides. Hold for 3 seconds, then return to start. Start with 10 reps and work up to 15. After 1 set, switch legs and repeat.



2. ARM AND LEG EXTENSION (targets upper back plus abs)

a. Holding a 5- to 8-pound dumbbell in each hand, lie on your back with your legs and arms extended perpendicular to the floor. **b.** Contract abs, and slowly bring your left hand behind your head and toward the floor as you simultaneously lower your right leg toward the floor. (How far you lower your leg depends on your core stability and upper-body strength. If your back starts to pop up, don't drop your leg as close to the floor.) Return to start and switch sides, lowering right arm and left leg. Alternate arms and legs to complete 2 slow sets of 10 to 15 reps.



3. RETRACTION PLANK

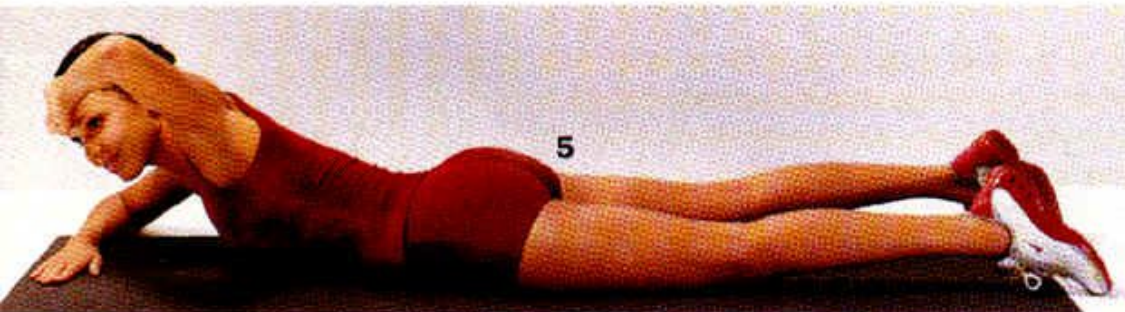
(targets middle and upper back)

a. Kneel on all fours and place hands underneath shoulders; contract your abs. Extend left leg in back of you (toes down), and rest bent right knee on the floor. Keep your back flat throughout. **b.** Slowly round your shoulders (cat stretch) by pushing down into the mat as hard as you can—feel your shoulder blades pulling away from each other. Hold for 3 seconds, then return to start by pulling shoulder blades back together. Do 15 retractions, switch legs, and repeat. Do 2 sets on each side.



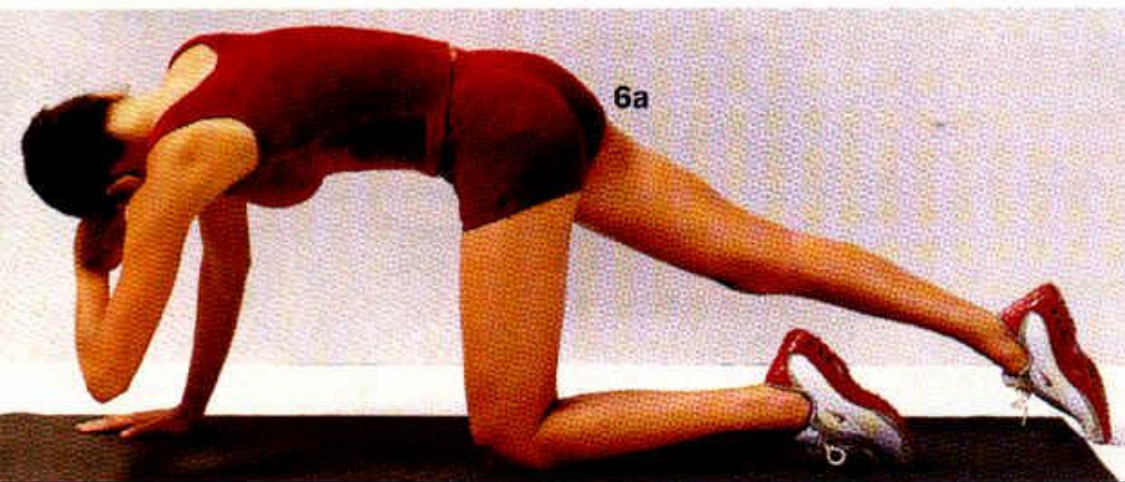
4. THE SWIM (targets middle and lower back)

Lie facedown with arms extended in front of you and legs stretched behind, toes to floor. Contract abs as you lift your right arm and left leg simultaneously. Lift head and chest off the floor and hold for 2 seconds, then switch sides and repeat. Do 2 sets of 8 to 10 to start.



5. PRONE ROW (targets middle and upper back)

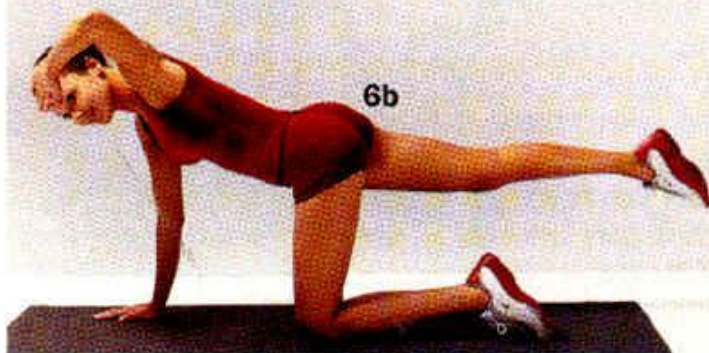
Lie facedown with legs at least shoulder-width apart (toes down), and relax your butt and back muscles. Place left hand on right, and rest your forehead on top of your left hand (not shown). Keeping forehead glued to your hand and leading with your elbow, raise left arm and left side of chest until you feel the contraction along the left side of your body. Hold for 3 seconds, then lower back to start position. Do 1 set of 10 to 15 reps here before switching sides.



6. ERECTOR TWIST (targets middle and lower back)

a. Kneel on all fours, place right hand directly under right shoulder, arms slightly bent, and rest the back of your left hand lightly against your forehead. Extend right leg straight back until toes touch the floor; keep bent left knee on the floor. Tighten abs and curl elbow and shoulder down toward the floor.

b. Raise right leg up to hip height as you simultaneously lift left elbow back in a twisting motion. Do 1 set of 10 to 15 reps, then switch sides.



HAIR: STEPHEN RAMSEY AT ARTISTS FOR AQUAGE. MAKEUP: SEARCH MCCRATTAN FOR BATH & BODYWORKS. PAGE 145: OMO. GORAMA. PANTAL HALTER: 50 LUX PARIS. PAGES 146-147: DC LOW TANK. BODYWEAR/PCO. EGY SHORTS: NINE. SHOES: SE' DESIGN. VINCENT BOYER. NERAN HOLDHAN.



7. UPPER CUT (targets middle and upper back plus arms)

Holding a 1- to 3-pound weight in each hand, stand with feet shoulder-width apart (knees bent), and make fists to protect your face, as if you were boxing with an opponent. Shift weight from one leg to the other (bob and weave), and punch upward from about waist height to chin level. Do 2 sets of 20 to 40 punches, alternating arms and keeping abs tight.