

HEAT, EASY LOW-FAT MEALS

Fitness

MIND • BODY • SPIRIT FOR WOMEN

World's Best Way To
**Jiggle-Proof
Your Thighs**

DROP THE DONUT!
How To De-Junk Your Diet

HEALTH ALERT
Protect Yourself From
The #1 Woman Killer

SPECIAL
Home Workout Planner
Burn Mega-Fat In Just 4 Weeks

STICK WITH IT!
Workout Secrets To
Keep You Exercising

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TRAIN YOUR ATTITUDE
...It Could Be Holding You Back

KILLER THIGHS

Chances are, you're not a prima ballerina, a Rockette or a super-model, but that doesn't mean you can't have lean, sexy legs. To get them, you should do a wide variety of strengthening and aerobic exercises that target and isolate the major muscle

groups of the leg—and your thighs, hips and even your calves will grow shapely, strong and more flexible. We've studied the top fitness disci-

*The 7
best
moves to
blast your
legs into
show-off
shape*

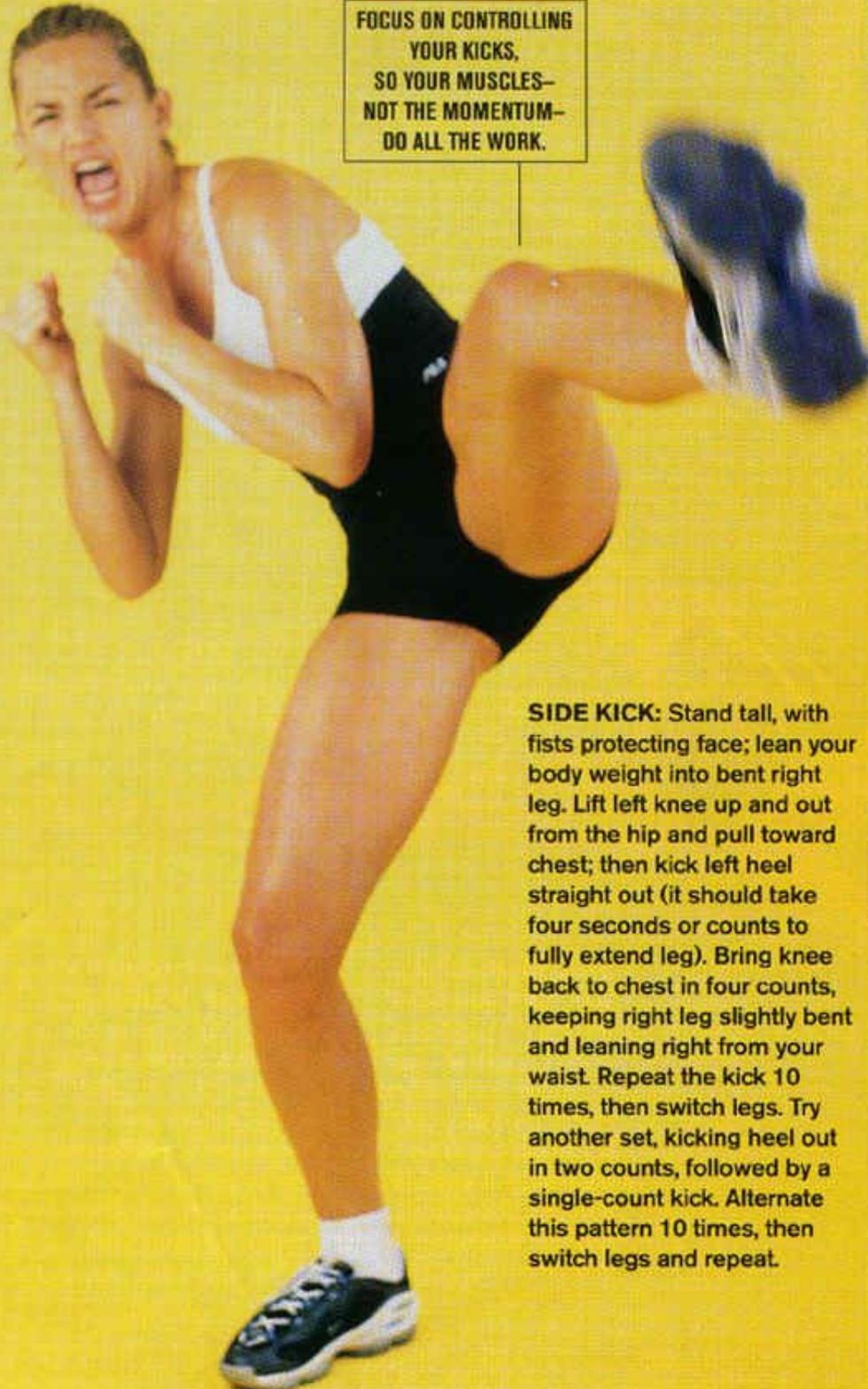
plines—from yoga and bicycling to kickboxing, Pilates and more—and chosen the very best leg toner from each. So no matter how you like to work out, there is at least one exercise on these pages that is perfect for you. If you're feeling especially ambitious this week, you can try them all! And soon, you'll be flaunting your sexy legs and hips—and firm, jiggle-proof thighs!

BY ALYSSA L. SHAFFER PHOTOGRAPHS BY HUBIE FROWEIN

MARTIAL ARTS

You may not think of your legs as deadly, but your thighs can be lethal weapons when you practice a martial art like taekwon do, which uses smooth kicks to generate large amounts of power. "The move here develops lower-body strength and sculpts both the standing and kicking legs," says Miami trainer Janis Saffell, creator of "The All New Kickbox Express Workout" (Fitness Express, \$25).

FOCUS ON CONTROLLING
YOUR KICKS,
SO YOUR MUSCLES—
NOT THE MOMENTUM—
DO ALL THE WORK.



SIDE KICK: Stand tall, with fists protecting face; lean your body weight into bent right leg. Lift left knee up and out from the hip and pull toward chest; then kick left heel straight out (it should take four seconds or counts to fully extend leg). Bring knee back to chest in four counts, keeping right leg slightly bent and leaning right from your waist. Repeat the kick 10 times, then switch legs. Try another set, kicking heel out in two counts, followed by a single-count kick. Alternate this pattern 10 times, then switch legs and repeat.



FEEL THE
ENERGY FLOW
THROUGH YOUR
EXTENDED
FINGERTIPS AS
YOU HOLD THIS
POSITION.
INHALING
AND EXHALING
DEEPLY IN
EQUAL
COUNTS.

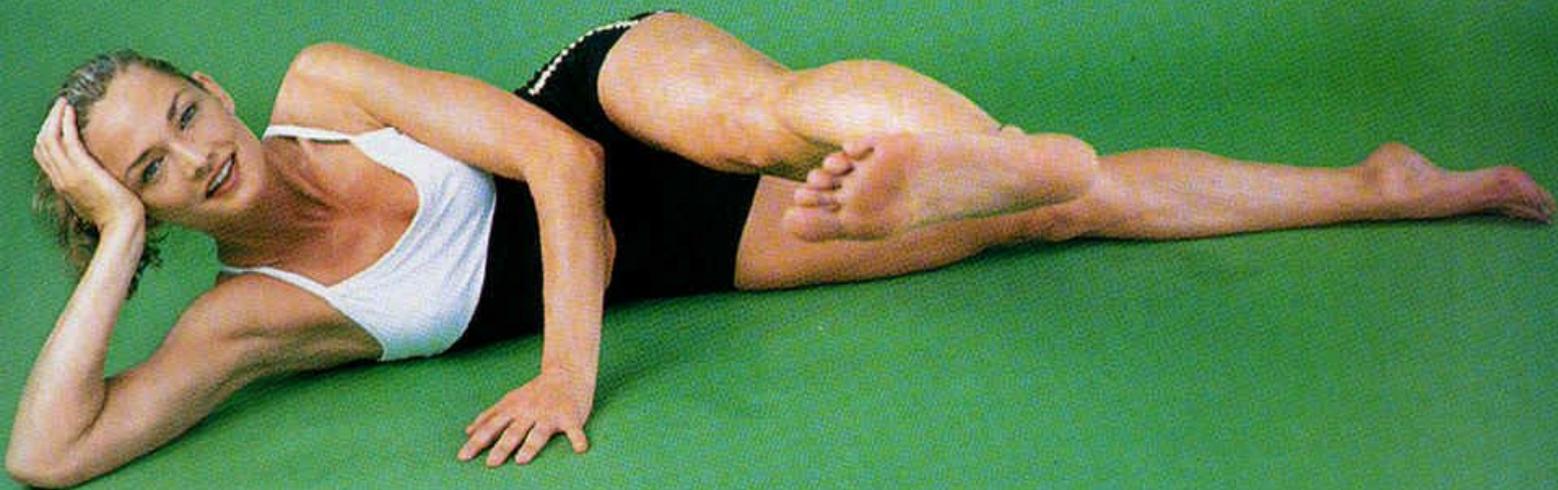
YOGA

New York City's Jivamukti Yoga Center blends physical and spiritual teachings in every class, but when it comes to sculpting killer thighs, says Adrienne Burke, director of teaching programs, "You should think *fierce*. Attack your fears and inhibitions while you firm up your thighs during this move."

WARRIOR 2: Bring straight left leg behind your body and press toes in slightly. Bend right knee until thigh is parallel to floor and knee is aligned with right ankle, toes forward. Keep hips and torso facing straight ahead, abs tight; rear foot stays on floor. Bring arms to shoulder level with your right arm straight in front of you, left arm straight back. Keep shoulders relaxed and turn palms down. Hold for 10 breaths. Switch sides; repeat.

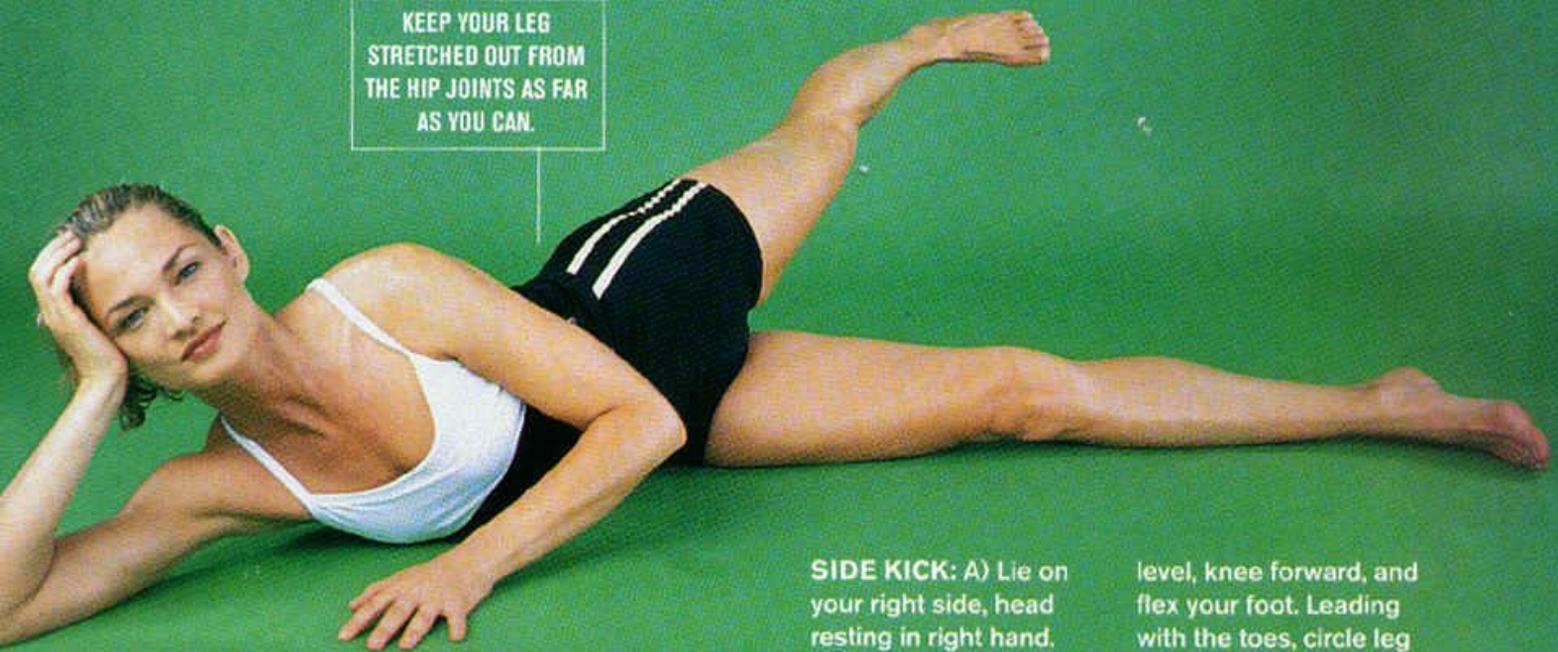
PILATES

Dancers have long been drawn to this intense conditioning system for building lean muscles. New York Pilates instructor Linda Farrell emphasizes that body alignment is critical. "Don't let your torso collapse when you lie on your side," she says. "Keep your abs tight and hips squared throughout the move."



A

KEEP YOUR LEG
STRETCHED OUT FROM
THE HIP JOINTS AS FAR
AS YOU CAN.



B

SIDE KICK: A) Lie on your right side, head resting in right hand. Bring bottom left leg slightly in front of body. Place opposite hand in front of chest for balance and keep back straight, shoulders relaxed. Extend left leg in front of you at hip

level, knee forward, and flex your foot. Leading with the toes, circle leg up so it's perpendicular to ceiling (not shown). B) Circle back and down until leg is behind you at hip height. Do three sets of 10 controlled repetitions; switch sides and repeat.