

The background features a vibrant, abstract design with overlapping, wavy shapes in shades of pink, magenta, and purple. The overall effect is soft and artistic, with a central white space where the text is placed.

Celebrity Body Type Workout



SALMA HAYEK

Hourglass



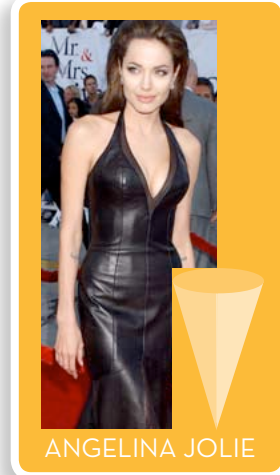
JENNIFER LOPEZ

Spoon



NICOLE KIDMAN

Ruler



ANGELINA JOLIE

Cone

See which star's figure most closely resembles your own, and choose the exercise plan that minimizes *your* personal problem zones for the perfect workout!

BY EMILY LAPKIN

FITNESS PHOTOGRAPHY BY ZEE WENDELL

J.Lo and Nicole Kidman would never pull on the same pair of jeans.

We all know that when it comes to clothes, what looks great and works well on one person's body type could be all wrong for someone else. And the same goes for workouts, says trainer Edward Jackowski, Ph.D., founder and CEO of Exude, Inc. (www.exude.com) and author of *Escape Your Shape: How to Work Out Smarter, Not Harder* (Fireside, 2001) and *Escape Your Weight: How to Win at Weight Loss* (St. Martin's Griffin, 2005).

Both funny girl Tina Fey and actor Laurence Fishburne have stayed trim with Jackowski's "Escape Your Shape" Fitness Program by Exude Fitness. Jackowski also helped Latin television star and former Miss Universe (1996) Alicia Machado lose the post-pageant weight that nearly cost her the crown. Millions of Americans, celebs included, follow one exercise fad after another (remember the ThighMaster?) without considering whether the moves are right for their body types. As a result, they actually may be exacerbating their figure flaws. When you're overweight, Jackowski notes, the wrong exercises can bulk up muscles beneath the same spots where you carry the most fat. If you don't lose that layer of fat first, you could end up looking even bigger.

So, what's your type? In Jackowski's view, most bodies are one of four distinct shapes: Hourglass, Spoon, Ruler and Cone. He prescribes workouts that are tailored to each type—moves that will help each body trim down and reshape without bulking up. Use these descriptions and celebrity examples to help you find your type. Then follow your ideal workout and watch your own star-quality body emerge.



JENNIFER LOPEZ

Spoon body types are noticeably smaller on top than they are on bottom, and often need differently sized clothes above and below the waist. About 20 percent of women fall into this category. If you're a Spoon, you tend to get bigger below the belt when you put on weight or do the wrong exercises for your body type. "A lot of women think they're Spoons but they're not," explains Jackowski. "Nine out of 10 times, women who say this are bottom-heavy Hourglasses. When a bottom-heavy Hourglass gains weight, they bulk-up on top, too, although the gain in the lower half will be greater. Spoons primarily gain on the bottom—that's the difference between the two."



NICOLE KIDMAN

Ruler body types have little definition at the waist. With a small bust and streamlined hips, this creates a straight up-and-down, boyish figure, although there are a few busty Rulers out there (think Uma Thurman). Twenty percent of women have this body type. Rulers tend to thicken first in the midsection, so even with just a few extra pounds, Rulers can look heavier all over. "It's easier to hide a 10-pound weight gain on an Hourglass than on a Ruler," Jackowski says.

PLANNING YOUR WORKOUT

If your goal is to reshape and lose weight (up to 20 pounds), you need to do at least three to four 40-minute cardio sessions per week. For toning, do all the shape-up core moves in your program three times a week and repeat the three body-specific exercises shown once or twice more during the week.

If your goal is to reshape, firm up and lose substantial weight (over 20 pounds), you will need to put in five cardio days of varying intensities for 40 to 60 minutes per session. For toning, do all the Interval Circuit moves in your program three times a week and repeat the three body-specific exercises shown twice more during the week.

To reshape or tone without weight loss, three days of cardio per week, 30 minutes each session, is ample. For toning, do all the Interval Circuit moves three times a week. You can add the three body-specific exercises shown one extra day if you choose.

BODY TYPE AND YOUR WEIGHT

Remember, your weight has nothing to do with your body type. Whether you gain or lose weight, your body type remains the same. For example, you can be a short, slender Hourglass or a tall, overweight Hourglass. What you eat affects your scale weight, but how you exercise affects your shape.

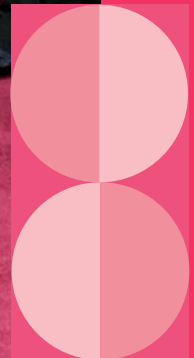
IF YOU'RE A BEGINNER...

Do as many reps as you can of the exercises on the following pages (aim for at least half the number listed), using good form. Gradually add on with each session until you can do the full amount.



ANGELINA JOLIE

Cone types have broad shoulders and often a full bust. If this sounds like you, you'll tend to gain weight in the upper back, chest, arms and around your rib cage, but you'll stay relatively slim from the hips down. "Cones can appear heavier than they are, because your eyes go to the upper body first," observes Jackowski. This is the least common body type in women, accounting for only 10 percent, but the most common in men.



SALMA HAYEK

Hourglass is the most common female body type. Nearly 50 percent of women have what is considered the classic female figure—curvy on top and bottom with a smaller waist. In fact, Hourglasses tend to have a waist that's at least 6 to 10 inches smaller than their hip measurements. If this sounds like you, you'll tend to keep these proportions as you gain weight, getting bulkier both above and below the waist.