



COSMOPOLITAN

You're exercising but not getting the results you want? "The secret," says Edward Jackowski, author of *Hold It! You're Exercising Wrong* (Simon & Schuster), "is to tailor your workout to your specific body type." According to Jackowski, there are four *body shapes: cones, hourglasses, spoons, and rulers.


Cone

 You have a broad back and shoulders, large arms, and slim hips and legs. This workout will give you trimmer arms and build leg muscles, balancing your upper and lower body.


Hourglass

 You have a solid upper and lower body with a slender waist, and gain weight all over. This workout will give you better-defined shoulders, trimmer hips and thighs, and a firmer bottom.

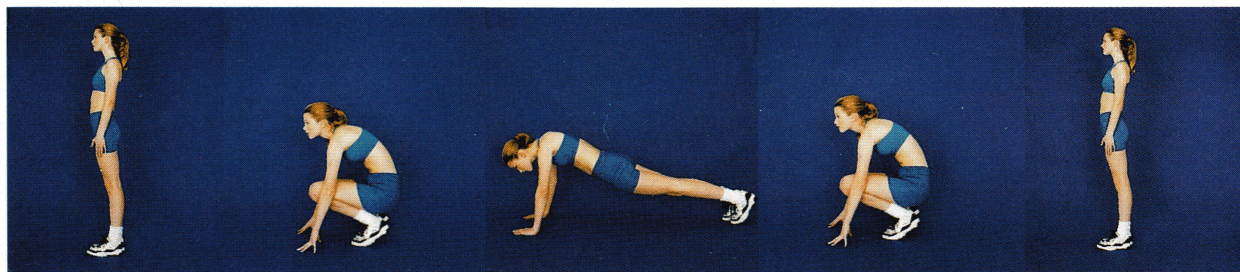
Spoon

 You have a thin upper body and tend to gain weight in your thighs and bottom. This workout will balance your body with more-defined arms, slimmer thighs and hips, and a flatter stomach.

Ruler

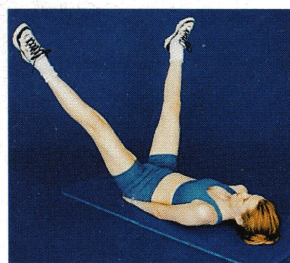
 Your shape is boyish, with narrow hips and few curves. You tend to gain fat around your stomach. This workout will give you a defined waist and abs, and contoured arms and legs.

Exercises for the legs



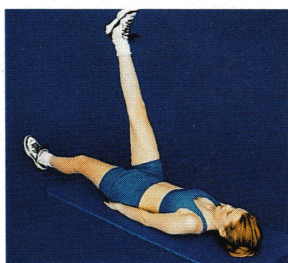
Squat thrusts

From a standing position, bend your knees and drop straight down into a crouching position with your hands flat on the floor. Kick your feet straight back so you're in a push-up position. Jump your feet back into the crouching position, then stand up.



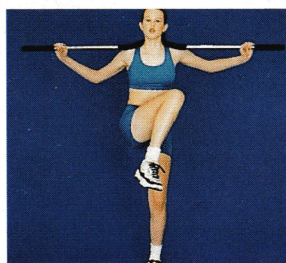
Vertical scissors

Lying on back with hands palms down under your buttocks, raise both legs to a 90-degree angle from your torso. Open legs wide, then bring together as you exhale.



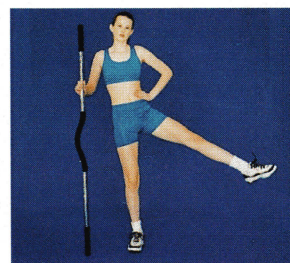
Alternate leg kicks

With hands under buttocks, raise right leg to a 90-degree angle from torso. Bring leg down to the starting position as you simultaneously raise your left leg to 90 degrees.



Standing knee to opposite chest

Standing, use aerobic bar for balance. Raise right knee toward left chest to at least waist level, then lower to starting position. Switch legs.



L-kicks

Leaning on aerobic bar for balance, raise left leg forward 90 degrees, then lower to starting position. Raise same leg to side 90 degrees, then lower. Repeat with right leg. ▶

YOU CAN ESCAPE FROM SWIMSUIT

Banish the bikini blues
and make the most
of your shape
with a workout
that's designed
for your body type.

By Rebecca Barry

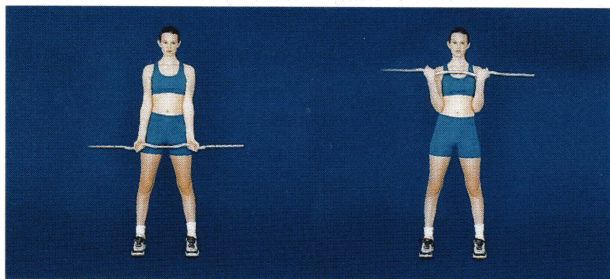
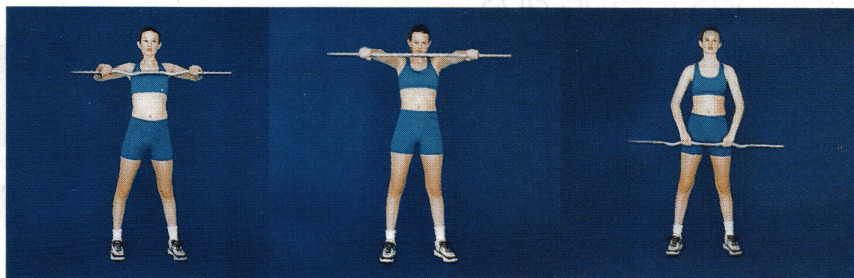


HELL

Exercises for the arms

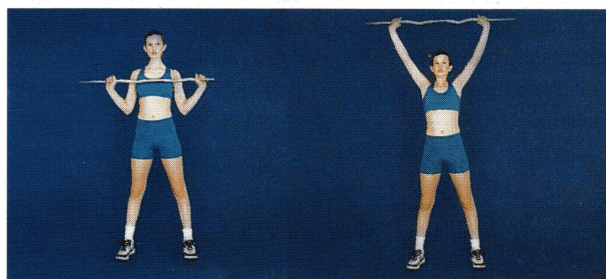
Push-outs

Grip the weight bar, palms down. Holding the bar at chest level, extend your arms straight out and exhale. Lower the bar to the front of your thighs, inhale, then raise to chest-level starting position. Repeat.



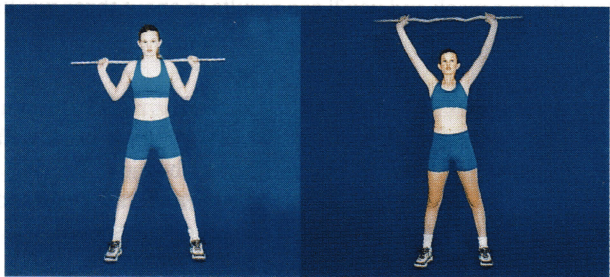
Bicep curls

At thigh level, grip the weight bar, palms up, shoulder-width apart. Slowly curl the bar, bending your elbows up to your chest while exhaling. Return to starting position and repeat.



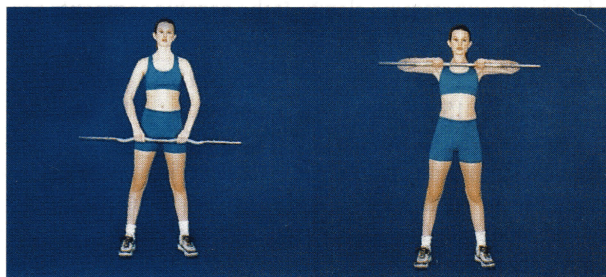
Front press

Grip the weight bar at shoulder level, keeping your elbows pointed downwards. Slowly raise the bar above your head while exhaling. Lower to starting position and repeat.



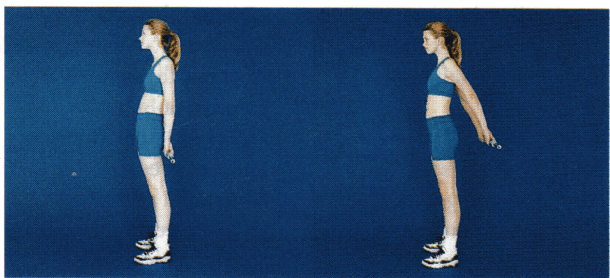
Behind-neck press

Grip the weight bar at shoulder level, then rest it behind your neck on your shoulders. Extend your arms straight up, raising the bar above your head. Lower and repeat.



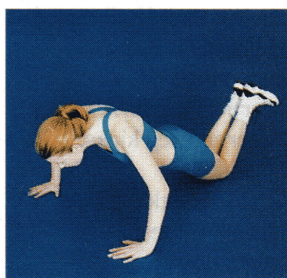
Upright rows

Grip the weight bar, palms down, holding your hands about 10-15cm apart. Hold the bar at thigh level and slowly raise the bar to your chin. Return to starting position and repeat.



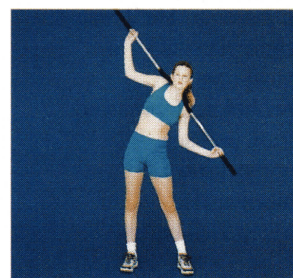
Tricep kick-backs

With your arms behind you, grip the weight bar with palms facing up. Keeping your arms and body straight, raise the bar as far as you can. Return to the starting position.



Push-ups

Keep your back straight as you lower your chest to the ground. Raise and repeat.



Side benders

Using an aerobic bar, bend gently at the waist from side to side (45 degrees).

Simple stretches

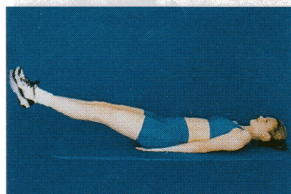
Front of thigh While standing, pull your right ankle back and up to your bottom. Repeat with left leg.

Back of thigh Seated with your legs straight out in front of you, slowly bend forward from your hips and reach toward your toes.

Groin Sit on the floor with the soles of your feet together. Gently pull each elbow up and behind your head, holding it with your other hand.

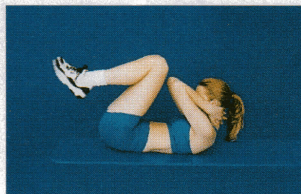
Calves Position yourself with hands and toes on the floor and bottom in the air. Push heels down toward floor. ►

Exercises for the abs



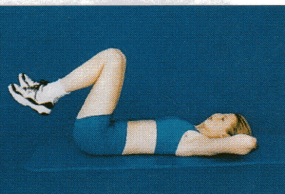
Leg-outs

Keeping your feet raised 15-30cm off the ground, pull your knees in to your chest, then straighten legs. Repeat.



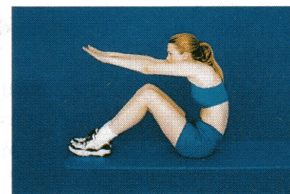
Elbows to knees

Lie with your knees bent, feet off ground. Raise shoulders, bringing elbows to knees, then lower. Repeat.



Knees to elbows

Lying on your back, bring bent knees toward elbows. Slowly lower your feet to the ground and repeat.



Sit-ups

Lie on your back with knees bent, arms above head. Curl up, bringing your chest to your knees. Curl back down.

THE ROUTINE

When you've worked out which body type you are, simply combine your usual fat-burning activities with these sculpting exercises to tone and define

You'll need: an exercise mat, an aerobic bar (or broom handle), a five kilo bar (available in sports stores), and a skipping rope. When working out, keep in mind that skipping is hard work. (Tip: jump with feet together and don't double bounce.) The idea is to build up your stamina slowly. If the aerobic segments are

too exhausting at first, stop and do side benders (see page 165) to catch your breath. After a few weeks, increase the repetitions of each exercise and do extra skipping. Each routine takes 45-60 minutes. Do the right routine for your body type three to four times a week and you'll see results in about three weeks.

Cone

Warm up 15 minutes (go for a brisk walk, slow jog, or ride a bike at moderate to high resistance and moderate speed).

Stretch 4 minutes.

25 sit-ups.

30 leg-outs.

30 vertical scissors.

Skipping 3 minutes.

10 squat thrusts.

Side benders Until rested.

10 squat thrusts.

10 push-outs.

10 behind-neck presses.

10 front presses.

10 upright rows.

10 bicep curls.

10 tricep kick-backs.

Side benders Until rested.

20 bicep curls.

Skipping 3 minutes.

25 leg-outs.

25 elbows to knees.

25 knees to elbows.

10 squat thrusts.

Cool down 3-minute slow walk.

Hourglass

Warm up 12 minutes (go for a brisk walk, slow jog, or ride a bike at very low resistance and high speed).

Stretch 4 minutes.

Skipping 5 minutes.

20 standing knee to opposite chest (each leg).

20 L-kicks (each leg).

50 jumping jacks.

Side benders Until rested.

50 jumping jacks.

30 leg-outs.

30 vertical scissors.

50 alternate leg kicks.

10 push-outs.

10 behind-neck presses.

10 front presses.

10 upright rows.

10 bicep curls.

10 tricep kick-backs.

Skipping 5 minutes.

Cool down 4-minute slow walk.

Spoon

Warm up 10 minutes (go for a brisk walk, slow jog, march on the spot, or ride a bike at very low resistance and high speed).

Stretch 3 minutes.

25 jumping jacks.

Side benders Until rested.

10 push-ups.

Skipping 3 minutes.

30 standing knee to opposite chest (each leg).

20 L-kicks (each leg).

15 sit-ups.

20 leg-outs.

20 vertical scissors.

25 alternate leg kicks.

20 elbows to knees.

20 knees to elbows.

25 jumping jacks.

Side benders Until rested.

10 push-outs.

10 behind-neck presses.

10 front presses.

20 upright rows.

10 bicep curls.

10 tricep kick-backs.

Skipping 5 minutes.

Cool down 4-minute slow walk or march on the spot.

Ruler

Warm up 20 minutes (go for a brisk walk, slow jog, or ride a bike at moderate resistance and moderate speed).

Stretch 4 minutes.

20 sit-ups.

30 leg-outs.

30 vertical scissors.

Skipping 3 minutes.

12 push-ups.

25 squat thrusts.

Side benders Until rested.

25 squat thrusts.

15 push-outs.

15 behind-neck presses.

15 front presses.

15 upright rows.

15 bicep curls.

15 tricep kick-backs.

Skipping 3 minutes.

March on the spot 60 steps.

25 squat thrusts.

Cool down 4-minute slow walk or ride on bike.

Before starting any exercise or diet program, check with your doctor, especially if you're pregnant or injured.

