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**30 Days to a
Bathing Suit Body**

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Fitness

By Joanne Van Zuidam

Escape

30 Days to Bathing-Suit Slim

Yes, you can change your body for the better in one month! By working with your natural weight patterns, you can use exercise to break free of your preconceived body mold. Here, Edward Jackowski, Ph.D., of Exude Fitness in New York City and author of *Escape Your Shape* (Fireside), will show you how to tweak his core routine to your advantage.

"While you can lose pounds by dieting alone, it won't change your shape," explains Jackowski. To do that you need to make customized changes in the resistance, the mix and the repetitions of your moves. That's what makes his workout work for everyone, whether the goal is a flatter tummy or slimmer thighs. But first, check the profiles below to determine your basic shape—hourglass, cone, ruler or spoon—and review the specifics that apply to you. Then add an aerobic exercise (i.e., walking, biking or elliptical training) and an aerobic bar or hand weights to do the sculpting regimens shown on the following pages. Each "Escape Your Shape" workout takes up to 45 minutes; if done 3 times a week, you can revise your size in just 30 days! Warm up by performing your cardio at a slower pace; finish with stretches to prevent injury.

Joanne Van Zuidam is an associate editor at FAMILY CIRCLE.

Photo, Ross Whitaker. Photographed on location in St. Thomas, U.S. Virgin Islands. Bathing suits: Eddie Bauer (left); Speedo (middle and right).

Find Your Individual Body Prescription

Hourglass
A curvaceous creature, you tend to carry weight in your upper and lower body, but can usually boast a slender waist.

- 3-minute cardio interval
- Broadway Slimmer, 25–50 reps each side
- L-Kicks, 15–20 reps each side
- 3-minute cardio interval
- The entire Upper Body Revise with 4-lb. aerobic bar or 2-lb. hand weights, 12–20 reps each: Chest Sculptor; Triangle Press;



Shoulder Row; Double Triceps Extensions

- 3-minute cardio interval
- Power Sit-Ups, 25–50 with arms extended over head
- Leg Extensions, 25 reps
- Triple Ab Attack, 15–25 reps
- Inner Thigh Scissorize, 15 reps
- 3-minute cardio interval
- Cooldown, 2 minutes of slow cardio

Cone

Your long, lean legs are something to be proud of; excess weight settles



in your back, chest, arms and abdomen.

- 3-minute cardio interval
- Upper Body Revise using 4-lb. aerobic bar or 2-lb. hand weights, 12–20 repetitions each exercise
- 3-minute cardio interval
- Power Sit-Ups, 25–50
- Leg Extensions, 25 reps
- Triple Ab Attack, 10–15 reps
- 3-minute cardio interval
- Oblique Blitzers, 1 minute
- High-Sculpting Lunges, 10–15 on each side
- Oblique Blitzers, 1 minute
- High-Sculpting Lunges, 10–15 on each side
- 3-minute cardio interval
- Cooldown, 2 minutes of slow cardio

Spoon

While your upper body and arms remain sleek, you pack extra weight in your hips, thighs and buttocks.

- 3-minute cardio interval
- The Broadway Slimmer, 25–50 reps each side
- L-Kicks, 15–20 reps each side
- 3-minute cardio interval
- Power Sit-Ups, 25–50 reps
- Leg Extensions, 25 reps
- Inner Thigh Scissorize, 20 reps



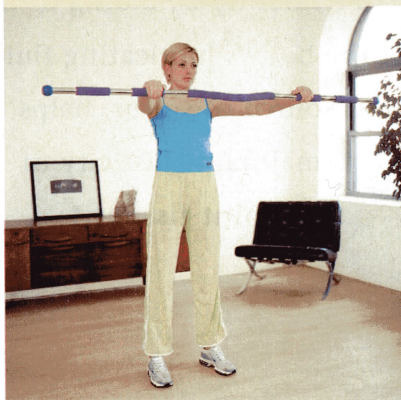
Check with your physician before performing these or any other exercises.

Your Shape

Upper Body Revise

▼ Chest Sculptor

Stand tall, knees slightly bent and feet shoulder-width apart. Grip aerobic bar, palms facing down, just wider than shoulder-width apart. Raise bar up just above your chest with elbows up and in line with your wrists. On an exhale, extend arms straight out and hold bar above chest level (pictured). Keeping arms straight, lower bar to the front of your thighs. Inhale while you raise your arms for the next rep, exhale as you push out. Keep entire body aligned and still.



▲ Triangle Press

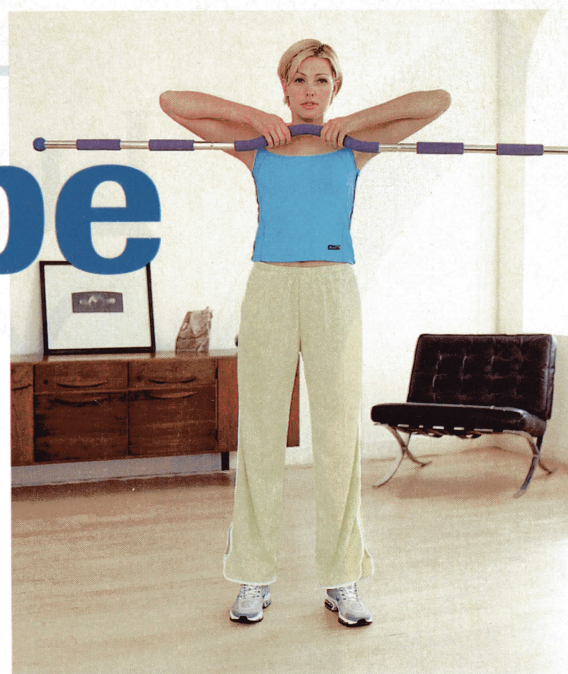
Stand tall, knees slightly bent and feet shoulder-width apart. Grip aerobic bar with palms facing outward just wider than shoulder-width apart and rest it lightly on your shoulders behind your neck. On an exhale, extend your arms straight up over your head, elbows slightly bent (pictured). Now bend arms, lowering the bar in front of you to just above your chest on an inhale. The next exhale, raise the bar over your head again, inhaling as you release the bar behind your neck. This entire sequence is one repetition.

▲ Shoulder Row

Stand tall, knees slightly bent and feet shoulder-width apart. Grip the aerobic bar, palms facing down, hands 6 to 12 inches apart. Hold bar with arms fully extended against the front of your thighs. Exhale and slowly raise bar toward your chin, keeping elbows above the bar (pictured). Return to start as you inhale.

▼ Double Triceps Extension

Stand tall, knees slightly bent and feet shoulder-width apart. Grip aerobic bar behind your back and rest it lightly against your buttocks, palms facing outward. Keeping elbows and wrists firm, raise the bar up and back as you exhale (pictured). Keep arms straight as you lower bar to start on an inhale.



For shopping details, see Buyer's Guide, page 172.

- Triple Ab Attack, 20-30 reps
- Upper Body Revise with 10-lb. aerobic bar or 5-lb. hand weights, 12-20 repetitions each exercise
- 3-minute cardio interval
- Broadway Slimmer, 25-50 reps each side
- L-Kicks, 25 each side
- Cooldown, 2 minutes of slow cardio

Ruler

Built straight up and down, there is little difference in circumference of your chest, waist and hips. Weight gain shows in your abdomen and buttocks.



- 3-minute cardio interval
- Power Sit-Ups, 50 reps
- Leg Extensions, 40 reps
- Triple Ab Attack, 25 reps
- 3-minute cardio interval
- Oblique Blitzers, 1 minute
- Upper Body Revise with 10-lb. aerobic bar or 5-lb. weights, 12-20 reps each exercise
- 3-minute cardio interval
- Squat Jumps, 10 reps (if too difficult, jumping jacks instead)
- Oblique Blitzers, 1 minute
- Squat Jumps, 10 reps
- 3-minute cardio interval
- Cooldown, 2 minutes of slow cardio



Abdominal Revise

▼ Triple Ab Attack

Lie on your back. Bring knees and feet in toward your chest. Clasp your hands together at the base of your neck for support. On an exhale, curl your upper body off the floor, bringing your elbows to your knees (pictured). Keeping knees lifted and still, slowly lower your upper body to the floor as you inhale.

On your next exhale, curl your upper body off the floor, bringing your elbows to knees again. Keeping your upper body lifted this time, lower your toes toward the floor as you inhale, keeping the knees bent. Your lower back remains on the floor. On your next exhale, raise your knees to elbows to begin the next rep.



▼ Oblique Blitzer

Rest an aerobic bar across your shoulders behind your neck. On an exhale, bend sideways at the waist to the right side (pictured). Inhale to center and exhale to the left side to complete one rep. Keep lower body still and neck in line with your spine.



Best and Worst Exercises

Hourglass

The Best: Jumping rope, power walking without an incline, elliptical machines

The Worst: Step classes, kickboxing, spinning

Spoon

The Best: Jumping rope, jumping jacks,

stationary biking with light resistance

The Worst: Elliptical trainers, stair climbers, step classes

Cone

The Best: Low-impact step aerobics, slow walking on an incline, spinning

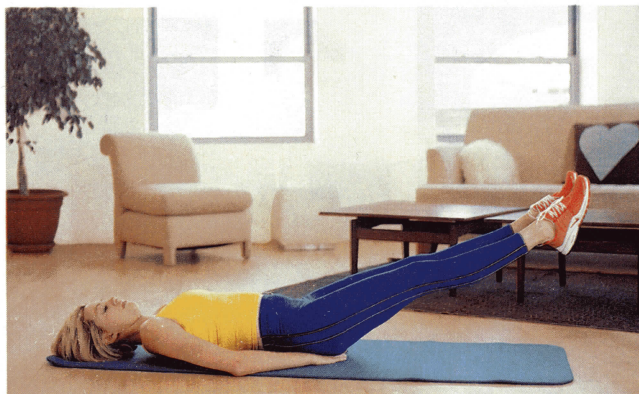
The Worst: Rowing,

jumping rope with a weighted rope, kickboxing with upper-body movements

Ruler

The Best: Stationary biking with moderate to high resistance, step classes, walking on an incline

The Worst: none!



▲ Straight Leg Extension

Lie on your back, with hands under your buttocks, palms down. Bring both knees in toward your chest then slowly straighten legs out with toes pointed (pictured). Inhale as you bring knees toward chest, exhale as you straighten your legs. You can raise legs high at first, but work toward lowering your legs closer to the floor.

▼ Power Sit-Up

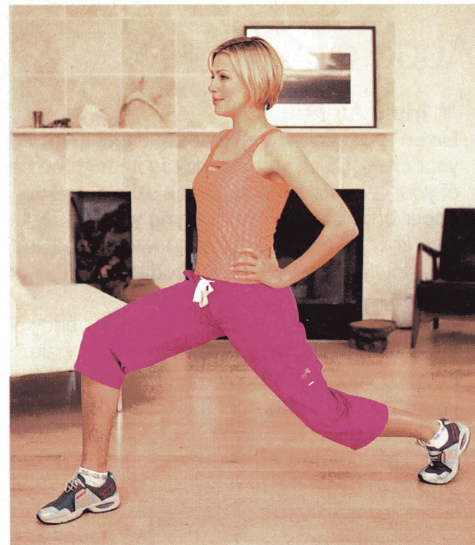
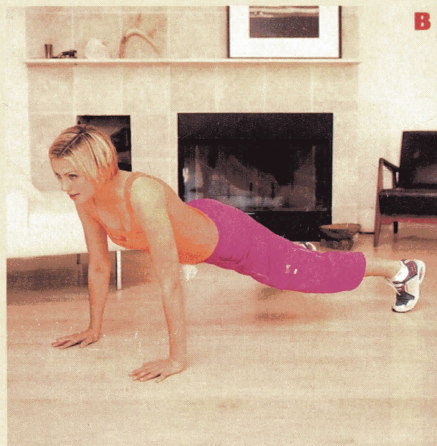
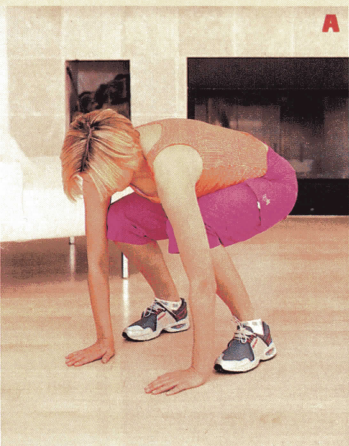
Lie on your back with knees bent, feet flat on the floor and arms extended over your head. On an exhale, use your ab strength, not momentum, to slowly raise your head, shoulders and torso off the floor until you are seated upright with arms extended forward (pictured). Lower to the start position on an inhale.



Lower Body Revise

▼ Squat Jump

Stand tall, knees slightly bent and feet shoulder-width apart. Tuck into a squat position, thighs parallel to floor, palms face down about 6 inches in front of your toes and slightly wider than shoulder-width apart (picture A). Exhale as you kick both legs out behind you, landing on your toes with legs fully extended (picture B). Jump back into tuck position, then return to stand.



▲ Thigh-Sculpting Lunge

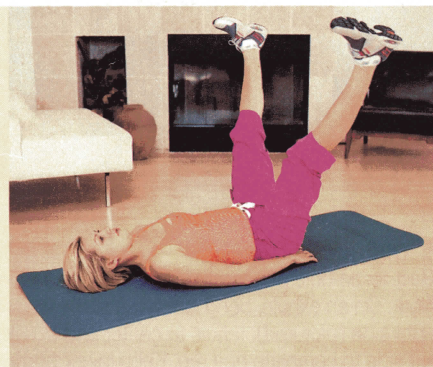
Stand with feet hip-width apart, shoulders back, arms on your waist. Contract your abs and step right leg forward about three feet. Lift left heel. Bend both knees until right thigh is parallel to floor and left knee almost touches the floor. Press right heel down to push up to stand. Switch legs.

▼ Broadway Slimmer

Stand, feet shoulder-width apart, and rest the aerobic bar across your shoulders, behind your neck. Transfer all weight to your left leg. Raise your right knee up toward your left elbow to at least waist level (pictured). Lower your right foot to start and repeat as recommended before switching sides. Your weight stays centered on your standing leg throughout this movement.

► Inner Thigh Scissorcize

Lie on your back, hands at your sides, palms down. Raise your legs to a 90-degree angle. Press your lower back into the floor, flex your feet and slowly open your legs as wide as you can as you inhale (pictured). On an exhale, bring legs back together, keeping feet flexed.



► L-Kick

Hold the bar upright with your right hand and place your left hand on your waist. Slowly raise your left leg in front of you, keeping hips even. Return to start, lightly touching the ground. Now raise the left leg to the side, keeping hips even (pictured). Do prescribed reps and switch legs.

