

InStyle

fit to be a bride

Get in shape for your big day with a workout routine tailored to your body type

Struggling to find time for exercise amid all the wedding planning? Don't despair. Recent studies by the National Institutes of Health reveal that even moderate workouts a few hours per week promote weight loss. We asked Edward Jackowski, Ph.D., founder of the N.Y.C. fitness business Exude and author of *Hold It! You're Exercising Wrong* (\$11; amazon.com), to devise a workout regimen for busy brides-to-be. His suggestion: 45 minutes three times per week (four or five times a week if your goal is significant weight loss) using cardiovascular and both high- and low-resistance weight training moves specifically tailored to your physique. "Your body type is the single most important factor to know before you start exercising," Jackowski says. To get started, find yourself among the four figure types described here, then use the plan that follows. (Book a one-time visit with a trainer, if you'd like, in order to make sure you're doing the best exercises for your body and are doing them properly. And be sure to consult a doctor before starting any workout program.) In six months, Jackowski says, your body can be the "something new" you show off on your wedding day.

SPOON

Like Jennifer Lopez and Beyoncé Knowles, you have a curvy behind and hips and a proportionately smaller upper body. The best way to balance things is by doing high-resistance moves that strengthen your chest and shoulders while toning and trimming areas below the waist with low-resistance moves such as jumping jacks and knee-to-chest pulls.

KEY MOVES

■ KNEE-TO-CHEST PULLS

Stand with feet shoulder-width apart and rest a weight bar behind your neck and across your shoulders. Shift weight to left leg. Raise right knee up toward left chest, as far as you can without bending over. Lower right foot to starting position, touching the floor while keeping weight on left leg throughout the movement. Switch legs and repeat. Keep your standing knee straight but not locked. Your hips should remain forward so you can do the full range of motion without twisting your body.

■ **PUSH-UPS** Start on hands and knees, with hands slightly wider than

shoulder-width apart, fingers pointing forward and abs contracted. Your body should be a straight line from shoulders to knees, with ankles up and crossed behind you. Inhale as you lower chest as close to the floor as possible. Exhale as you push up to the starting position.

■ **JUMPING JACKS** Stand with back straight, knees slightly flexed, feet slightly more than shoulder-width apart, and arms fully extended over head. Jump one inch off the floor while bringing legs together and lowering arms straight to sides. Jump one inch off the floor and return to starting position.

WORKOUT PLAN

- Start with 15 minutes of easy cardio—use a stationary bike set at low resistance (100+ rpm), or walk or jog on the treadmill.
- After stretching for three minutes, jump rope for an additional three minutes.
- Do 75 knee-to-chest pulls with each leg. March in place on toes for 100 repetitions.
- Do 100 jumping jacks, then jump rope for three minutes.
- Do 15 push-ups, jump rope for three minutes, and do another 15 push-ups. Then do 50 to 75 jumping jacks.
- Cool down with two to three minutes of easy biking or walking.

HOURGLASS

Like Demi Moore and Halle Berry, you have a small waist with an upper body and a lower body that are similar in size. You find that areas both above and below the waist tend to bulk up if you do lots of weights at moderate to heavy resistance. To enhance—not increase—your assets, concentrate on low-resistance exercises that tone the upper body and trim thighs and hips.

KEY MOVES

- **VERTICAL SCISSORS** Lie on your back, hands at your sides. Raise your legs to a 90-degree angle. While keeping the small of your back on the floor, slowly open legs as wide apart as possible, then exhale and bring legs back together, keeping toes pointed throughout. Be careful not to arch your back: Tuck in your abdominal muscles and press your lower back to the floor.
- **PUSH-OUTS** Stand with your back straight, knees slightly flexed, and feet shoulder-width apart. Grip two 2 lb. dumbbells, palms facing down, just past shoulder width. Raise dumbbells, elbows bent, in front of your chest. Extend arms straight out, aligned just above your chest. Keeping arms straight, lower dumbbells to front of thighs. Inhale while you raise arms and exhale as you push out. Avoid swinging the dumbbells in one fluid motion; instead use three distinct movements, since each works different muscles.



- **L-KICKS** Stand with your right hand resting on a chair back or exercise bar for support and balance. Place left hand on waist. First, point left toe and gently raise left leg in front of you as straight and high as possible, without leaning your weight against the chair or bar. Touch down to the starting position. Then, raise leg to the side as high as possible, without leaning your weight against the chair or bar (above). Switch legs and repeat. Keep your supporting foot facing forward and knee slightly bent. As your leg goes out to the side, your toes should be facing forward.

EAT RIGHT

When it comes to keeping your energy up and your weight down, diet is as key as exercise. Here, a few tips from two top nutritionists:

DO Slowly cut back on refined carbohydrates—found in processed foods—six to eight weeks before your wedding, says Jonny Bowden, author of *Living the Low Carb Life*. Not only do they trigger a release of insulin, which causes food to be converted to body fat, “they may also increase your food cravings and cause water retention,” he says.

DON'T Skip meals, advises Wendy Bazilian, M.D., dietitian at the Golden Door spa in Escondido, Calif. “It saps your energy and may force your body to go into starvation mode,” she says. “You may think it’s helping you. In reality, you’ll be prone to overeat.”

DO Keep your daily caloric intake between 1,200 and 1,300. “Fill half your plate with colorful veggies,” Bazilian says, “then add a piece of protein the size of a deck of cards and some good carbs—brown rice or whole-wheat pasta, for instance—the size of a tennis ball.”

WORKOUT PLAN

- Start by biking with light tension (100+ rpm) or walking with no incline at 4.5 mph for 15 minutes. Stretch for three minutes, then jump rope for five minutes.
- Next, do lower-body exercises: 40 L-kicks and 40 knee-to-chest pulls (see first page of this story). March in place on toes for 75 repetitions.
- Do the upper-body routines next, using two 2 lb. dumbbells: 40 push-outs, 40 front presses and 40 tricep kick-backs (see final page of this story).
- Jump rope for five minutes, then work on abs, hips and thighs. Do 50 sit-ups, 50 leg-outs (see final page of this story) and 30 vertical scissors.
- Repeat the upper-body routine but do only 25 repetitions for all exercises. Cool down with two to three minutes of biking or walking.

CONE

Like Madonna, your upper body is larger than your lower, and you have an easier time adding muscle mass above the hips. Concentrate on toning arms with exercises that incorporate low weights. Build up your leg and hip muscles by using higher resistance, including an incline when on a treadmill. Keep abs firm with crunches.

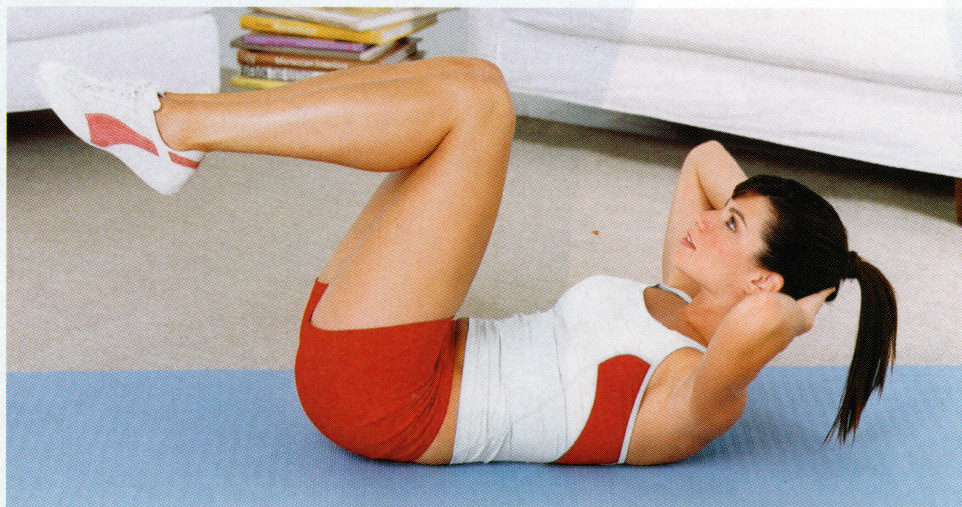
KEY MOVES

- **UPRIGHT ROWS** Stand with back straight, knees flexed, and feet shoulder-width apart. Grip two 2 lb. dumbbells against front of thighs with palms facing you, hands six inches apart. Exhale and slowly raise dumbbells up to chin, being careful to keep elbows above dumbbells (they should be in a V position above the weights). Lower dumbbells back to starting position.
- **CURLS** Stand with back straight, knees flexed, and feet shoulder-width apart. Grip dumbbells with palms facing up, shoulder-width apart. Fully extend your

arms in front of your thighs. Keeping elbows stationary and wrists firm, curl dumbbells up to chest while exhaling. Slowly return dumbbells to starting position while inhaling. Do not let your wrists bend—it would put too much pressure on them—and hold your elbows tightly to your sides.

■ ELBOW-TO-KNEE AND KNEE-TO-ELBOW CRUNCHES

For elbow-to-knee crunches, lie on your back, assume a tucked position with knees bent and thighs perpendicular to the floor (below). Clasp your hands at the base of the neck. Exhale and gently curl the upper body, bringing the elbows toward the knees. Inhale and slowly lower shoulders to the ground. Keep lower half of body motionless throughout. To reverse the move, assume the same tucked position but lower toes to the floor, then raise them back toward the chest, keeping the upper body motionless. Note: To avoid straining your neck, support it with your hands (but don't push).



WORKOUT PLAN

- Start by biking with moderate to high resistance (75 to 95 rpm), walking on an incline at 2 to 4 degrees, or using an elliptical machine set at moderate to high resistance for 15 minutes.
- Stretch for three minutes.
- Do your upper-body routine with 2 lb. dumbbells: Do 50 push-outs (see previous page of story), 50 upright rows, 50 curls and 30 tricep kick-backs (see next page). Then do 50 to 75 jumping jacks (see first page).
- Work on abs by doing 50 sit-ups, 50 leg-outs (see next page), 40 elbow-to-knee crunches and 40 knee-to-elbow crunches. Jump rope for five minutes.
- Repeat the ab routine, doing only 25 repetitions for all exercises.
- Follow up with 50 to 75 jumping jacks. Cool down with two to three minutes of easy biking or walking.

STRETCH OUT

Pre-workout stretching can help prevent injury by increasing your range of motion—which can also help you burn more calories while you exercise.

HAMSTRING STRETCH Sit on the floor with legs straight out in front of you. Bend forward from hips, reach toward toes, and hold for 10 seconds.

ARM CIRCLES Reach arms up, then slowly pull them backward. Circle them five times in that direction, then five times the other way. Repeat five times.

BUTTERFLY Sit on the floor and put the soles of your feet together. Hold ankles. Gently pull heels toward groin, and lean upper body forward. Hold for 15 seconds.

CRASH COURSE

What if you have only a month left until the wedding?

Whatever your body type, you can get some results with a get-fit-fast workout, says Bonne Marano, the drill sergeant behind the Bridal Survival training and conditioning class at Crunch Fitness in N.Y.C. Visit Marano's fittobetiedonline.com to join a fitness group for brides (*In Style Weddings* readers receive a 50 percent discount on membership by using the promotion code *fjhy* when signing up). Here are Marano's suggestions for a 30-day regimen:

1. Walk, jog, bike or use an elliptical machine for 30 to 40 minutes, four or five times per week.
2. Strength-train on alternate days, two or three times per week, by combining two exercises that work both the upper and lower body. The first combines a forward lunge and a lateral raise: Grasp dumbbells (start with 3–5 lb. ones and work up to 8 lb.) in front of thighs with hands facing in. Raise upper arms until elbows are at shoulder height while you lunge forward. Do two or three sets of 15 reps. Next, do a squat-and-shoulder-press combination: Grasp dumbbells at shoulder height with elbows bent, palms facing forward. Press overhead until arms are extended while you squat.

RULER

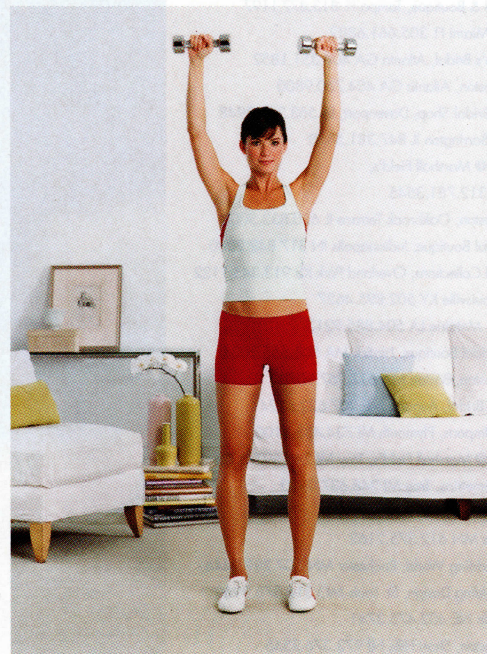
Women such as Calista Flockhart who have little difference between chest, waist and hip measurements have a “ruler” figure. If you’re in this group, maybe you’ve noticed a tendency to carry weight in the abdomen. The best bet for this figure type is to combine abdominal-strengthening moves with moderate-resistance upper- and lower-body exercises.

KEY MOVES

■ **TRICEP KICK-BACKS** Stand with back straight, knees flexed, and feet shoulder-width apart. Grip 5 lb. dumbbells behind you with arms extended to buttocks, palms facing outward. Keeping arms straight and wrists firm, lift dumbbells straight back as far as possible while exhaling. Lower hands to buttocks while inhaling. Keep arms straight throughout; do not lock elbows.

■ **LEG-OUTS** Lying on your back, with hands under buttocks, palms down, bring both knees in toward your chest. Exhale and slowly straighten legs until fully extended, parallel to the floor with

toes pointed. Inhale while bringing knees toward chest. As your abs get stronger, try to bring legs lower to the floor and add more reps. Be sure to keep breathing (the tendency during this move is to hold your breath—which saps your body of oxygen).



■ **FRONT PRESSES, BEHIND-THE-NECK PRESSES** For front press, stand with back straight, knees flexed, and feet shoulder-width apart. With arms close to the body, hands just past shoulders and elbows bent, grip 5 lb. dumbbells. Move dumbbells so that they are resting on chest. Exhale and fully extend arms, raising dumbbells straight overhead. Inhale and return dumbbells to starting point. The behind-the-neck press is similar, except instead of starting with dumbbells resting on chest, you hold them behind the neck and shoulders. Make sure you evenly distribute your weight and keep abs tight. ■

WORKOUT PLAN

- Bike, jog, walk briskly or use an elliptical machine with moderate resistance for 15 minutes.
- Stretch for three minutes.
- Do 50 sit-ups, 50 leg-outs, 30 knee-to-elbow crunches and 30 elbow-to-knee crunches (see previous page).
- Using 5 lb. dumbbells, do 25 push-outs (see Hourglass page), 25 front presses, 25 behind-the-neck presses, 25 upright rows (see previous page), 25 curls and 40 tricep kick-backs.
- Repeat the lower-body exercises, but do only 25 repetitions each. Jump rope for five to seven minutes before cooling down with two to three minutes of easy biking or walking.