

# remake your shape

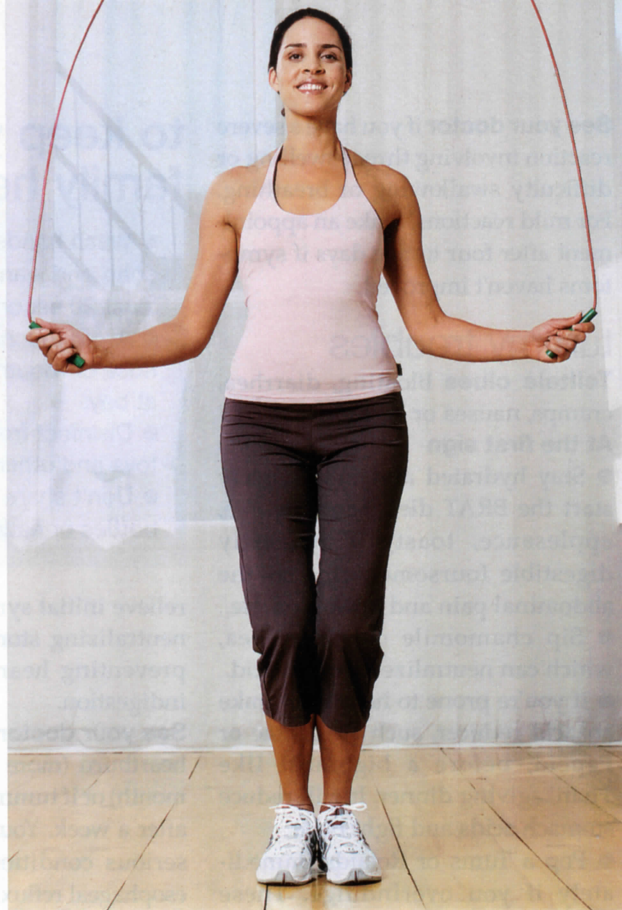
by Donna Raskin

Take inches off your problem areas

Are you an apple or a pear? According to fitness expert Edward Jackowski, Ph.D., the answer is neither. "There are four basic types, not two," says Dr. Jackowski, author of *Escape Your Shape*. "To lose weight and inches, you need to exercise based on your shape."

He says the majority of women are either an Hourglass (curvy, with a 6-inch or more difference between chest/hips and waist) or a Spoon (commonly referred to as bottom-heavy, with larger hips and smaller waist and chest). The other two body types are less common among women: a Ruler (straight up and down with few curves) and a Cone (larger in the chest and waist and slimmer in the hips), which is more typical in men.

Dr. Jackowski designed this workout for those of us who fall into either the Hourglass or Spoon categories. His plan combines calorie-burning cardio (he recom-



mends jumping rope) with these six exercises, which lengthen the muscles in the lower body and strengthen the arms and chest to help balance out a larger bottom half. To achieve the maximum benefit:

- Do this workout three days a week. If you need to lose weight, add 20 to 30 minutes of additional cardio on the days in between.
- You'll need comfortable sneakers, a jump rope and a 4-pound weighted bar or broomstick. If you don't have a jump rope, you can do jumping jacks.
- Increase reps for strength moves by two each week.

## the workout

**5-minute warmup:** March in place.

**3-minute cardio:** Jump rope or do two sets of 50 jumping jacks.

**3-minute strength training:** Do 30 to 50 push-outs and 20 to 40 kickbacks.

**1-minute cardio:** Do 75 to 100 knee-ups.

**3-minute cardio:** Jump rope or do two sets of 50 jumping jacks.

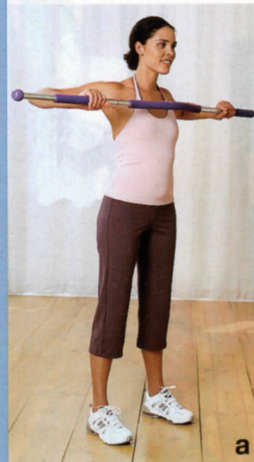
**3-minute strength training:** Do 20 to 30 bent-knee sit-ups, 20 to 40 vertical scissors and 30 to 50 leg raises.

**3-minute cardio:** Jump rope or do two sets of 50 jumping jacks.

**1-minute cardio:** Do 75 to 100 knee-ups.

**2-minute cool-down:** March in place.

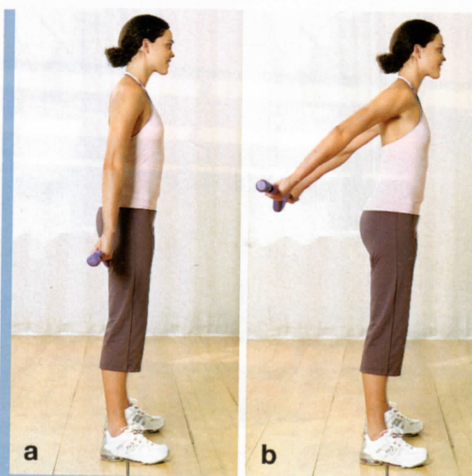
### 1. push-outs (for upper arms)



Stand with legs hip-width apart, holding the bar with your hands wide apart. Start with the bar near your body, above your chest, and shoulders relaxed, away from your ears (a). On an exhale, straighten your arms away from your body (b). On the inhale, bring the bar back up above your chest. Do 30 to 50 reps, keeping your shoulders relaxed.

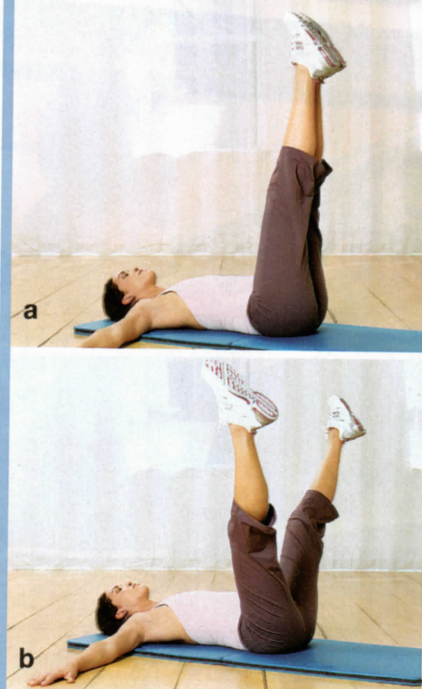
## REMAKE YOUR SHAPE

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### 2. kickbacks (for triceps)

Stand with the broomstick or bar in both hands behind you, with palms facing away from your body, just behind your rear end (a). Raise the bar away from your body as high as you can without bringing your shoulders up to your ears and without tilting your torso at all (b). Then slowly lower it down. Do 20 to 40 reps.



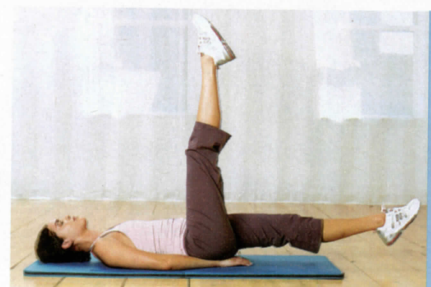
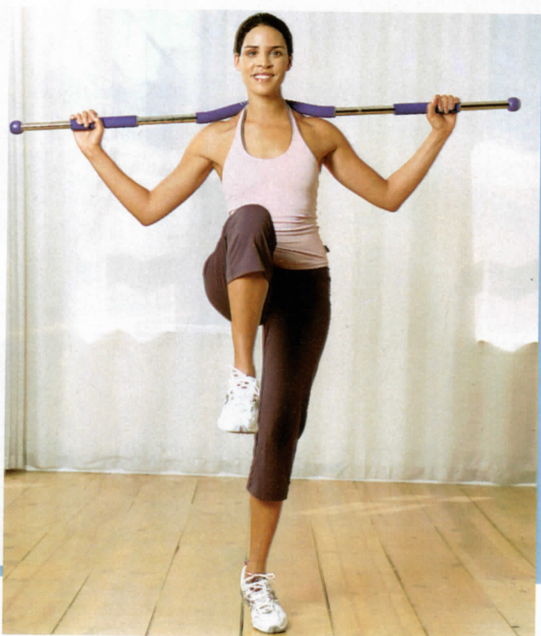
### 5. vertical scissors (for thighs, lower abs)

Lie on your back with your hands out to your sides. Bring both feet up, keeping your hips on the floor (a). Keeping abs tight and toes pointed, open your legs as wide as you can (b). Slowly bring them back together. Do 20 to 30 reps.

### 3. knee-ups

(for glutes, lower abs, calves)

Place the bar across the top of your upper back, holding it with hands wide apart and keeping your shoulders relaxed. March in place on your toes, bringing your knees up high to chest level. Do 100 reps.



### 6. leg raises

(for quads, hamstrings, abs)

Lie on your back with your hands under your rear end. Slowly raise your right leg to a 90-degree angle, keeping left leg slightly off the ground. Keeping both legs straight, lower your right leg as you raise your left. Do 25 to 30 reps.



### 4. bent-knee sit-ups

(for abs, hips, thighs)

Lie on your back with your knees bent and feet flat on the floor (a). Slowly raise your upper body off the floor, coming up until your elbows reach or go slightly past your knees. Keep your back rounded but vertical off the floor (b). Lower to the start position. Do 10 to 20 reps. Brace your feet against the end of a mat if necessary.



Want a customized workout for a Ruler or a Cone? Go to [womansday.com](http://womansday.com) and click on "Web Links" at left.

