

# fitness

Lean Legs! Flat Abs! Firm Butt!

GET A BODY THAT'S...

**SLIM,  
STRONG,  
SEXY**

Drop Pounds, Blast  
More Fat With This  
**Fast** Shape-up Plan

**Diet Rules You  
Should Ditch**

(And the Happier,  
Healthier Way to Eat)

**Totally  
Confident**

Lose the Hang-ups and  
Love Your Shape

Mind, Body + Spirit

**Age-Proof  
Your Skin in  
60 Seconds**

Cut  
**500**  
Calories a Day  
Without Ever  
Missing 'Em

**HOT  
STUFF**

Best Gear for  
Outdoor Fun

**Summer  
Cookout  
Recipes**  
Minus  
the Guilt

JUNE 2011 \$3.50  
FITNESSMAGAZINE.COM



DISPLAY UNTIL JUNE 28



• Motivating music, moves, must-haves and stick-with-it secrets from FITNESS staffers.

**Dancing Queen** "I took a break from running to cross-train with the new Zumba Toning Sticks (\$20 for 1-pound sticks, \$25 for 2.5-pound sticks; zumba.com/shop). Here's why I love them.



Lisa Haney,  
senior editor

- I get strength and cardio (and a dance party) in at once.
- The bright colors—purple and lime green—perk me up.
- The maraca-inspired shape makes me want to shake my stuff!"



**Cuisinart  
Petit Gourmet  
Portable Tabletop  
Gas Grill (\$150,  
amazon.com)**



## Boy Meets Grill

"This fold-up gas grill looks small but packs some serious firepower. At a recent porch barbecue I cooked up veggies for my wife plus turkey burgers—I grated onions into the meat so it would be extra juicy—for me and four pals."



John Herr,  
creative director



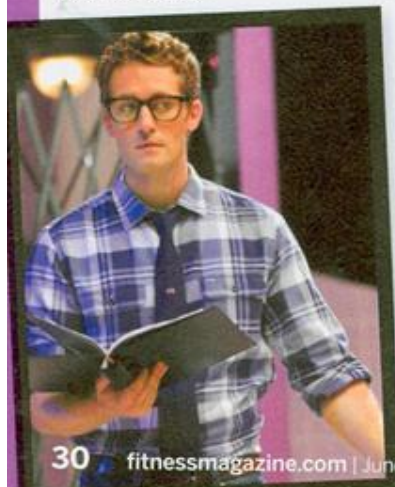
Pam O'Brien,  
executive editor

## Celeb Belly Blaster

"I'm addicted to *Glee* and inspired by what great shape the cast members are in. They work hard at it; just check out what Matthew Morrison does to sculpt his six-pack, according to on-set trainer Bernardo Coppolla. Talk about hard core!"

**Hanging leg raises** Hang from a pull-up bar, then raise your legs straight out in front of you until they're above your waist. Keep your core contracted throughout the move to avoid swinging. Do three sets of 10 to 12 reps.

Teacher's hiding a six-pack under there!



## THE LUNCH BOX

### What I'm Eating

"A healthy take on takeout: brown rice stir-fried in sesame oil with carrots, mushrooms, scallions and low-sodium soy sauce"

April Franzino,  
associate  
beauty editor

