

COSMOPOLITAN

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DARING COUPLES ONLY

MAKE SEX HOTTER

We Know You're Always Game to Push the Passion Envelope. These Bold Tricks Will Help You Do It

6 Signs You're Really Meant for Each Other

Confessions Bonus

Hilarious Tales of Shameless Guys, Sinful Girls, and Couples Nabbed Mid-Nooky

The Gut Feeling You Should Never Ignore

The Secret to "Touch Me" Skin

The O.C.'s Mischa Barton
Everything You Want to Know About Her

INSIDE HIS DIRTY MIND

Sex Wishes All Men Keep From Women

REAL-LIFE READ

“I Was Abducted and Stuffed Into a Trunk”

Mouthwatering Male Bodies

CAUTION: May Induce Uncontrollable Fantasizing



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BUFF

BY MEAGHAN BUCHAN

TONE YOUR TUSH

Want to look better from behind? Try this routine pronto.

Worried about having too much jiggle in your wiggle? These moves will blast your butt into shape, swears Brad Schoenfeld, author of *Look Great Naked* and owner of the Personal Training Center for Women in New York City. Do three sets of 10 to 12 reps for each move, three times a week on alternating days, and you should reap the rear-wards in a month.

MOVES TO MASTER



1

KNEELING ABDUCTION

Kneel on the ground on all fours with your palms and forearms flat on the floor. Keeping your glutes contracted and your knee bent, raise your left leg to the side as high as you can. Stop if you feel any discomfort. Then slowly return to the starting position. After performing the desired number of repetitions, repeat the movement on the opposite side. Make sure you contract your glutes throughout the entire exercise.

HIP EXTENSION

Place your right knee on the base of a sturdy chair. Bend your elbows and rest your forearms on the back of the chair to support your body weight. Slowly raise your left leg as high as comfortably possible, keeping it straight throughout the move. Contract your glutes, then return to the starting position. After performing the desired number of repetitions, repeat the movement on the opposite side.



2

BUTT BEND

Hold two 3- to 8-pound dumbbells near your shoulders. Assume a shoulder-width stance with knees slightly bent. Slowly bend forward at the hips, lowering the dumbbells until your body is roughly parallel to the floor. In a controlled fashion, slowly reverse direction as you raise your body back to starting position. Make sure glutes are contracted throughout the exercise.



3

HEALTHY DIET HINT: COMPLEX CARBS, LIKE WHOLE-GRAIN BREAD, INCREASE THE RATE AT WHICH

SOURCE: AMY LANOK, PH.D., NUTRITION DIRECTOR OF THE