

Fitness

DECEMBER 1999

MIND·BODY·SPIRIT FOR WOMEN

FREE
pull-out!
12
month
Fitness
calendar

Get a
Smaller
BUTT

**NO-GUILT
EATING**
*Party pig-out
survival plan*

SOFA SCULPT:
*5 couch
potato moves*

**Can pills
burn fat?**

**11 ways to make
yourself merry**

2.99 U.S. \$3.99 Canadian / Foreign



BODY BREAKTHROUGH
Stronger, leaner,
longer muscles





workout by Brad Schoenfeld photographs by Robert Lakow

bottoms idol

Good-bye droop,
adios saddlebags!
Give us your
rear and we'll
remodel it with
our nine great
butt-shaping moves.

STYLING: KAREN KAPLAN; HAIR AND MAKEUP: MALU FOKAL; FOOTWEAR: NEW YORK; CARDIO FLEECE: OMO; NORMAL KAMALI SHORTS.



Sure, pretty eyes, a nice smile and a winning personality go a long way in attracting the opposite sex, but a perky posterior can seal the deal. Thanks to stars like Jennifer Lopez who confidently flaunt their shapely derrières, the tush that tempts now is one that's sculpted to be sexier. "Regardless of the condition you're in, you can get a better backside," says trainer Brad Schoenfeld, author of *Sculpting Her Body Perfect* (Human Kinetics, 1999), a woman's guide to burning fat, toning muscle and reshaping her physique. What it takes: a well-rounded routine that works the glutes, hamstrings and lower-back muscles. If your assets are lagging, try the butt-beautifying moves Schoenfeld designed especially for FITNESS: You'll need a bench or step, an exercise ball and one- to three-pound ankle weights. Do two to three sets of 10 reps of each three times a week, and you'll have a wiggle that sizzles in no time.

1-Step Kick

(note: do not wear ankle weights during this move)
 1a Stand behind a low bench or step (between 6 and 13 inches high), feet flat on step, hands on hips.
 1b Inhale, as you exhale, squeeze your left buttock to stand on step. As you rise, lift your right leg out to the side (feel this contraction along the side of your butt). Don't swing the leg out down, controlled motions. Hold for one count, then lower back to start position. Repeat. Do all reps (per 10) on one leg before switching sides.