

FREE swimwear and more!

JULY 2001

marie claire

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14 days to your flattest abs ever

* Want to achieve that ever-elusive six-pack? Here's how: Stop doing sit-ups alone, which tone only the top of your tummy, and start doing this routine to work your entire ab area, says Brad Schoenfeld, the author of *Look Great Naked*. Add it to your workout every other day to see results in two weeks

BY JESSICA SASLOW

TO WORK YOUR: UPPER ABS

Try: Toe touches

Lie on your back with your arms and legs straight up toward the ceiling (perpendicular to your body). Try to touch your fingers to your toes by slowly curling your torso forward. Resume the starting position. Do 20.

Try: Crunches

Lie on your back with your knees bent, feet flat on the floor, arms folded across your chest. Raise your shoulders off the floor until you feel a contraction in your abs. Slowly resume the starting position. Do 20.

TO WORK YOUR: SIDES

Try: Trunk twists

Stand with your feet shoulder-width apart, a body bar (or broom) resting on your shoulders behind your neck, with hands grasped around it near each end to hold it in place. Without moving your hips, slowly twist your upper body as far as you can to the right. Then, slowly twist it as far as you can to the left. Do 10 on each side.

Try: Twisting crunches

Lie on your back with your knees bent, feet flat on the floor, and arms folded across your chest. Raise your shoulders off the floor as you twist your body to the right, then resume the starting position. Next, raise your shoulders and twist your body to the left. Do 10 on each side.

TO WORK YOUR: LOWER ABS

Try: Reverse curls

Lie on your back with your arms by your sides and your legs straight up toward the ceiling. Keeping your upper back pressed to the floor, raise your butt as high as you can. Slowly resume the starting position. Do 20.

Try: Pedaling

Lie on your back with your arms by your sides and your legs straight and at a 45-degree angle to the floor. Bring your right knee as close as possible to your chest. Then, as you return to starting position, repeat the motion with your left knee. Do 20 on each side.

Tummy-Toning Dos

- 00 Remember to breathe. This is essential to work abs effectively.
- 00 Keep your arms folded across your chest instead of placing hands behind your head when doing crunches, so you don't hurt your neck.
- 00 Make each move count. Using momentum to complete a set—rather than your muscles—won't produce results. Hint: If you don't feel a contraction with every rep, you're not working hard enough.