

"THE WORKOUT THAT KEEPS ME SANE"

This high-energy routine gives **Jada Pinkett Smith** the strength to conquer 12-hour workdays and the demands of being a mom and wife. The bonus: flatter abs, sexier legs, and sculpted arms.

BY JANET LEE

Whether playing a nurse or an alien-fighting pilot, Jada Pinkett Smith always exudes strength—and much of that comes from her consistent workouts, says trainer Darrell Foster, the owner of Omega Bodies Inc. "If her character is hard-core, Jada likes to lift heavy. If it's a softer role, she'll tone it down." The A-lister works out at least five days a week, and sessions might include boxing, gymnastics, or running hills. Jada uses this routine on days when she wants to feel energized, says Darrell. Try it a few times a week to firm your entire body—and give your inner strength a boost as well!

the plan

HOW IT WORKS Do the moves in order, resting for 60 to 90 seconds between sets.

YOU'LL NEED A jump rope, a set of 5- to 8-pound dumbbells, a 5- to 10-pound weighted bar, an 8-pound medicine ball, and a bench or step.

"Jada's the fittest person I've ever worked with," says trainer Darrell Foster



cover profile workout

1 crisscross jump rope warm-up

WORKS ENTIRE BODY

Start jumping and, when you feel comfortable, cross your arms in front of you as you swing the rope forward [shown]. Jump regularly on the next swing, then repeat the cross, switching arms. Continue alternating crossed and regular arms—moving as fast as possible—for 3 to 5 minutes. If that takes too much coordination, just jump regularly and quickly.



3 four-part arms

WORKS BICEPS, TRICEPS, AND SHOULDERS

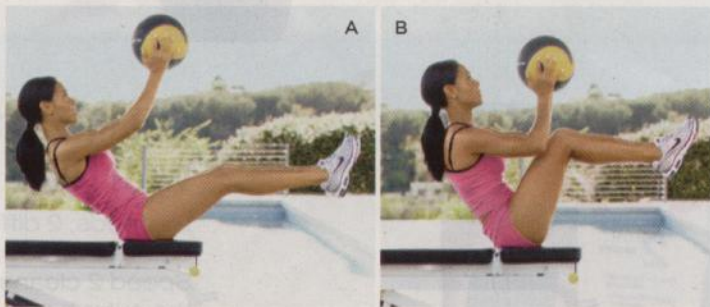
Stand with feet shoulder-width apart and hold a weighted bar in front of hips, palms facing forward (you can also use dumbbells). Curl bar to your shoulders, then extend arms overhead [A]. Keeping upper arms still and abs tight, bend elbows and lower bar behind head [B]. Straighten arms, then slowly lower bar to starting position and repeat. Do 4 sets of 10 reps.



2 rapid-fire punch

WORKS CORE AND UPPER BODY

Hold a dumbbell in each hand and stand with feet shoulder-width apart and staggered, left in front of right, and knees slightly bent. Bring weights in front of chest, palms facing each other. Keeping abs tight, punch left hand forward, turning palm to face the ground [shown], then switch arms to complete 1 rep. Alternate punching quickly. Do 3 sets of 20 reps.



4 knees-up crunch

WORKS CORE

Hold a medicine ball in both hands and sit near the end of a weight bench or aerobic step. Raise legs higher than bench, knees bent, and lean back so abs engage. Keeping chest high, lift arms at a diagonal in front of you [A]. Draw knees in as you sit up and bring elbows to meet them [B], then extend legs and raise ball; repeat. Do 4 sets of 10 reps.

cover profile workout



A

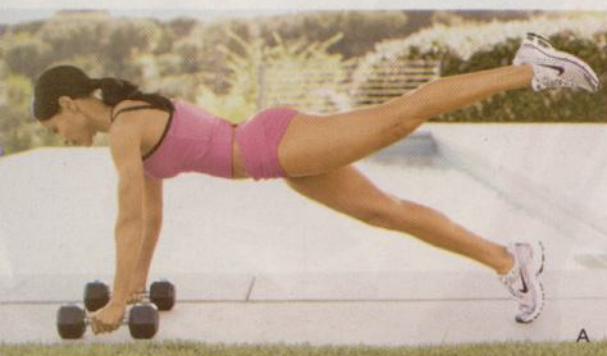


B

5 balancing triceps press

WORKS TRICEPS AND ABS

Lie on left side with legs straight and feet together. Place left palm on right shoulder and right palm on the ground in front of left shoulder. Raise feet 6 inches [A], then press right hand into ground, lifting shoulders [B]. Lower them to within an inch of the ground (feet stay lifted throughout) and repeat. Do 10 reps, then switch sides to complete set. Do 4 sets.



A



B

6 tripod push-up

WORKS CHEST, TRICEPS, CORE, AND BUTT

Hold a dumbbell in each hand and get in push-up position, hands shoulder-width apart (lower to your knees if necessary). Tighten abs and raise left leg [A], then lower chest toward ground, drawing elbows to your sides [B]. Press up, then switch legs on next rep. Do 4 sets of 10 push-ups.



A



B

7 omega squat

WORKS LEGS, BUTT, SHOULDERS, CHEST, AND CORE

Hold a dumbbell in each hand and stand with feet shoulder-width apart. Extend arms out to sides, elbows bent and palms facing in [A]. Lower into a squat as you draw weights together in front of you, as if hugging a ball [B]. Straighten legs about three-quarters of the way and bring arms out to sides; repeat. Do 4 sets of 10 reps



→
**MEET YOUR
INSPIRATION**

Angie Akers is a
star of the
Association of
Volleyball
Professionals



[age-proof your body]

AMAZING ABS AT EVERY AGE

Just say no to boring crunch-till-you-drop workouts and yes to your flattest belly ever—in just four weeks!

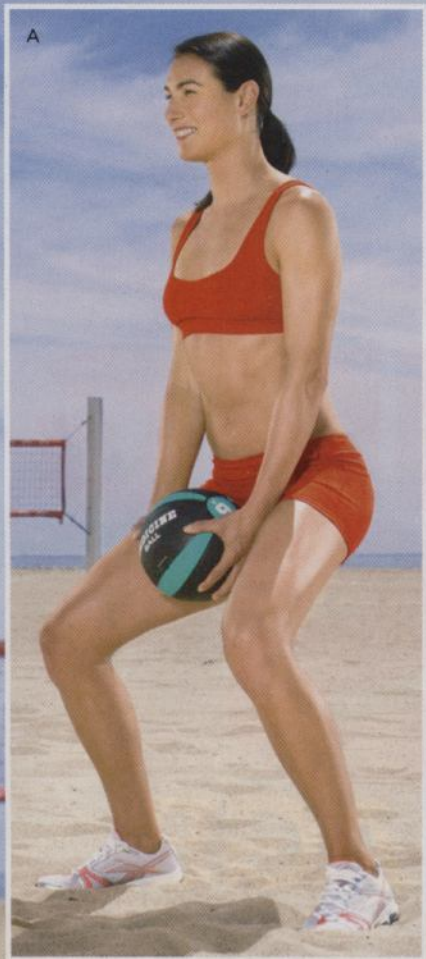
BY SELENE YEAGER
PHOTOGRAPHY
BY CHRIS FANNING

You *can* have a sexy midsection no matter how old you are. Don't believe us? Check out any female pro volleyball player (like Angie Akers, 32, left). They range in age from 22 to 44, and they *all* have seriously sculpted middles. But you don't have to play two-on-two to beat belly bulge; just follow this beach volleyball-inspired plan.

"The moves involve jumps, rotation, and balance, all of which challenge every muscle in the front, sides, and back of your torso," says Amy Dixon, a trainer and the group fitness manager at Equinox Fitness in Santa Monica, California, who designed the routine. And because your lifestyle and your body change as you age, we've also included specific toners for your 20s, 30s, 40s, and beyond. Pair the sculpting plan with fat-burning cardio and we guarantee you'll have flatter, firmer abs in a month...and keep them for years to come.

THE PLAN

HOW IT WORKS Twice a week (not on back-to-back days), do 3 sets of 12 reps of each move in order, resting for up to 60 seconds between sets. Add your age-proofing move at the end, unless otherwise noted. For cardio recommendations, see "The *Right* Way to Burn Off Belly Fat" (page 153). **YOU'LL NEED** A 5- to 8-pound medicine ball, a 5- to 10- pound dumbbell, and a foam roller (if you're doing the 40s and 50s move).



A

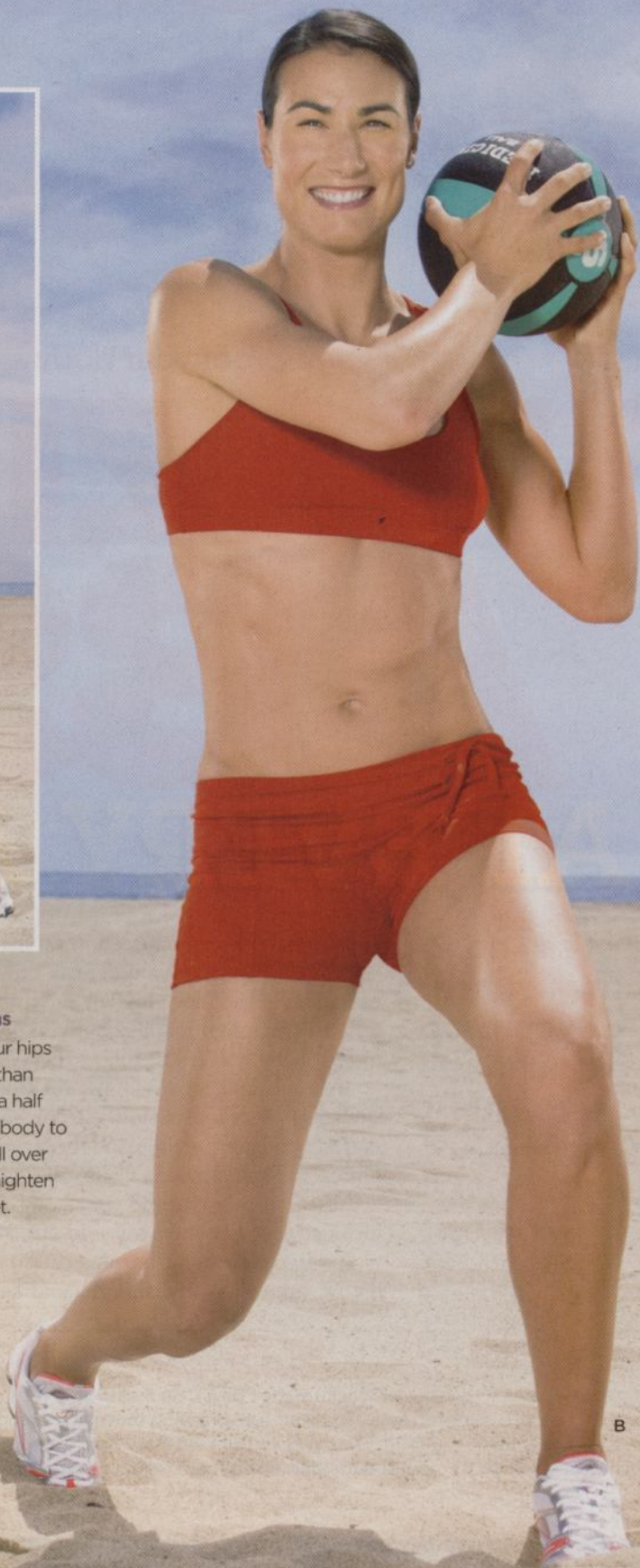
1 DIG TWIST

Works core, butt, legs, and arms

Hold a medicine ball in front of your hips and stand with feet slightly wider than shoulders, toes pointing out. Lower into a half squat [A]. Pivot on right foot and rotate body to the left as you bend elbows and raise ball over left shoulder [B]. Return to start and straighten legs; repeat. Switch sides to complete set.

DON'T STOP HERE!

Want more ab-toning exercises in the palm of your hand? We've teamed up with PumpOne to create workout applications for your iPhone. Go to shape.com/products for info.

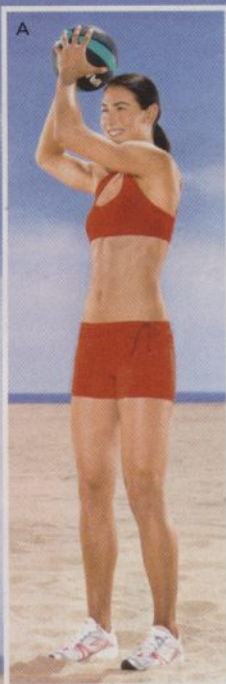
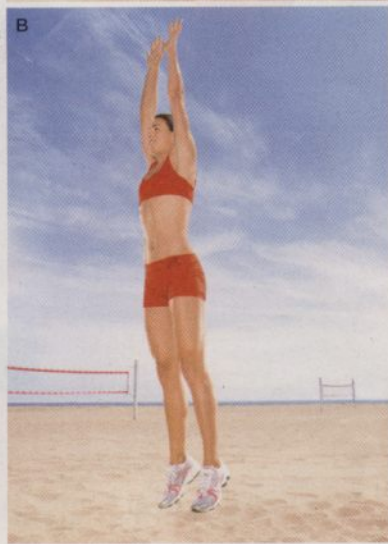


B

2 GET UP AND BLOCK

Works entire body

Lie facedown with palms on the ground next to your chest [A]. Pull abs in, press off the ground, and hop feet forward. Spring up, reaching arms overhead, palms facing forward and hands close together (as if you were blocking a shot over the net) [B]. Land with knees bent; place your hands on the ground outside your feet. Jump feet back to starting position and lower yourself to the ground; repeat.



3 HALO LUNGE

Works core, legs, butt, and arms

Hold a medicine ball in front of your chest and stand with feet hip-width apart. Raise ball up, circling head from left to right [A], then lower it next to left hip as you lunge back with right leg [B]. Step feet together as you raise ball, circling head from right to left, then lower it to right hip as you lunge back with left leg to complete 1 rep.

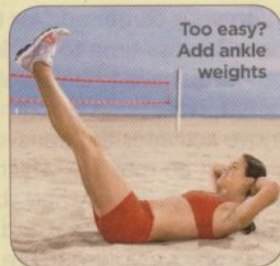


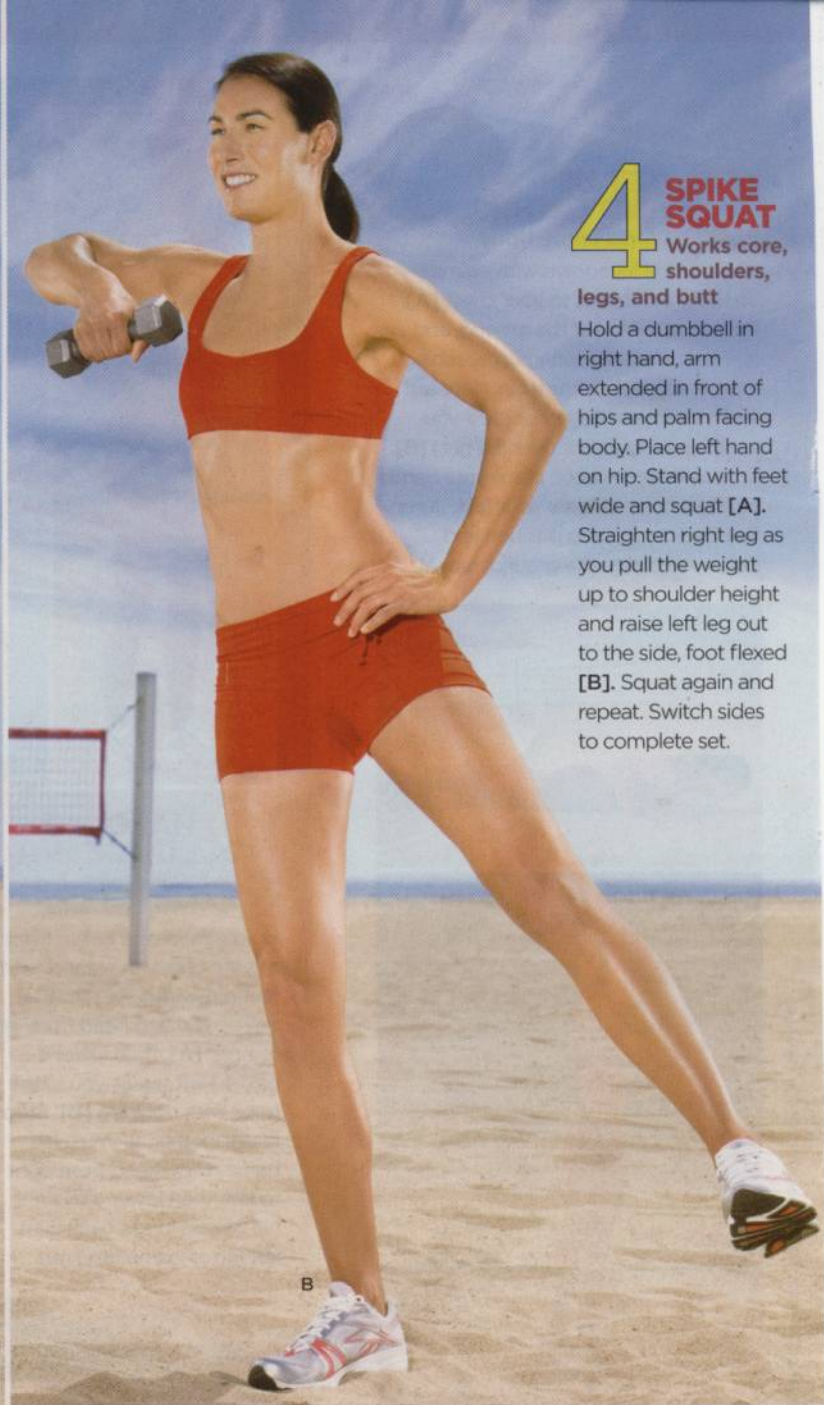
your best abs in your 20s

"Muscle mass peaks in this decade," says physical therapist Debra Goodman, who runs a practice in the Albany, New York, area and designed our age-specific toners. "Ensuring your abs are strong now will make it easier to maintain a firm middle as you age." During this exercise, you'll keep your shoulders raised the entire time, forcing your abs to stay contracted.

→ MOVE TO TRY
LOWER AND LIFT
WORKS ABS

Lie faceup, hands behind head and legs extended toward the sky. Pull belly in; lift head and shoulders off the ground. Lower legs 6 inches [shown], raise them, and repeat. Do 3 sets of 8 to 10 reps.





4 SPIKE SQUAT

Works core, shoulders, legs, and butt

Hold a dumbbell in right hand, arm extended in front of hips and palm facing body. Place left hand on hip. Stand with feet wide and squat [A]. Straighten right leg as you pull the weight up to shoulder height and raise left leg out to the side, foot flexed [B]. Squat again and repeat. Switch sides to complete set.

your best abs in your 30s

With your career and/or family taking off, you have far less time to work out. "When you're busy, you have to be sneakier about squeezing in belly toning," says Goodman. "This do-anywhere move activates the transverse abdominis—the deepest ab muscle—which acts like a corset by pulling in your belly and stabilizing your spine." Add it to your arsenal and you'll sculpt flatter abs and improve your posture throughout the day.

→ MOVE TO TRY

NAVEL PULL WORKS ABS

Sit on a chair with feet on the ground. Take a deep breath into your belly. Exhale, pulling your abs in as far as you can [shown]. Hold for 30 seconds, breathing naturally; release. Repeat 5 times a day.



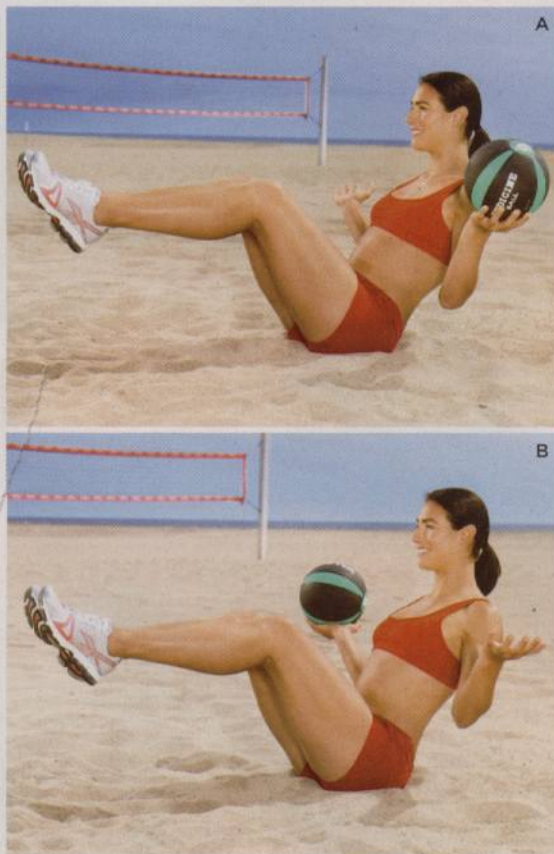
your best abs in your 40s and 50s

You'll probably notice more fat around your waist now. Experts believe it's due to decreases in growth hormone, which is key for maintaining muscle. Declining levels of estrogen may also contribute. This means you need to adjust your diet and be extra-vigilant about doing strength training and cardio. And because many women also notice their shoulders becoming more rounded as they age, Goodman recommends strengthening your core stabilizers and back extensors with moves like this one.

→ MOVE TO TRY

TABLETOP BALANCE WORKS CORE

Lie faceup with your back on a foam roller and your feet on the ground. Extend arms out to sides, palms on the ground. Lift left leg so knee is aligned over hip, then raise right leg next to left [shown]. Hold for 1 count. Lower left leg, then right to complete 1 rep. Repeat, this time raising right leg first. Do 3 sets of 8 to 10 reps.



5 SEATED PASS

Works core

Hold a medicine ball in left hand next to left shoulder, elbows bent, palms facing up, and fingers pointing out to the sides (as if you were holding a ball in each hand). Sit with knees bent and raise your feet until shins are parallel to the ground. Lean back, keeping chest high, until you feel your abs engage [A]. Toss the ball to your right hand [B], then back to your left hand to complete 1 rep; repeat.

SELENE YEAGER is a writer and editor in Emmaus, Pennsylvania.

THE RIGHT WAY TO BURN OFF BELLY FAT

Perform 30 to 60 minutes of cardio five times a week. Do this routine—designed by trainer Amy Dixon—on two of those days. You'll alternate working at an all-out level and an easier one. Research shows this type of workout decreases abdominal fat faster than steady-intensity training.

HOW IT WORKS
Do this plan on any cardio machine or outside.
TIME
45 minutes
CALORIES BURNED
350-500*

| TIME | WHAT TO DO | RPE** |
|-------------|--|-------|
| 0-5 | Warm up | 3 |
| 5-10 | Gradually increase intensity (move faster and/or increase the incline) | 3-7 |
| 10-10:30 | All-out effort (your fastest pace and/or steepest incline) | 9-10 |
| 10:30-11:30 | Recover | 5 |
| 11:30-14:30 | Repeat minutes 10-11:30 twice | 5-10 |
| 14:30-20 | Gradually increase intensity | 5-7 |
| 20-20:45 | All-out effort | 9-10 |
| 20:45-21:45 | Recover | 5 |
| 21:45-25:15 | Repeat minutes 20-21:45 twice | 5-10 |
| 25:15-30 | Gradually increase intensity | 5-7 |
| 30-31 | All-out effort | 9-10 |
| 31-32 | Recover | 5 |
| 32-36 | Repeat minutes 30-32 twice | 5-10 |
| 36-40 | Gradually increase intensity | 5-7 |
| 40-45 | Cool down | 3 |

*Calorie burn is based on a 145-pound woman.

**See page 174 for RPE chart.