

You, Even Better

the
Sexy
ISSUE

Get Your Best Summer Body

Cosmo's top celebrity trainer is going to kick your butt—and the rest of you—into shape. Follow these easy moves designed to trim and tighten and you'll be rocking your shortest shorts in no time.

By Mina Azodi

Slipping on a pair of shorts after months spent hibernating in sweats can be intimidating...that is, until now. Cosmo's celeb trainer, Tracy Anderson, created this exclusive workout to slim and sculpt your abs, butt, and thighs—quickly. Tracy's known for working with some of the hottest bodies in Hollywood: Kate Hudson, Jennifer Aniston, and Shakira, to name a few. Do her routine three times a week while following our fat-busting eating tips and you'll feel terrific being bare—yes, even in a swimsuit.

She's definitely mastered the diagonal glute lift.

For a Flat Tummy

INVERTED OBLIQUE LIFT



- 1 Start with your left leg straight and right leg bent, with the right knee angled inward; both feet pointed. Rest your hands behind your head, and pull in your abs.
- 2 Lift your right leg and bring it slightly across your body, contracting your abs and raising your upper body at the same time. Hold for a count or two, and then lower back to the starting position. That's one rep. Do at least 35, and then switch sides so that your right leg is straight and your left leg is bent.

ALTERNATING SPLIT PIKE



- 1 Contract your abs and crunch up, bending in your left knee toward your chest. Keep your toes pointed.
- 2 Lift both legs into a V shape, raising your torso even higher and reaching your hands toward your toes. That's one rep. Do at least 35, and then switch sides so that your left leg is straight and your right leg is bent.

OUTER-THIGH CRUNCH



- 1 Lie on your right side, propping up your body on your right elbow, with your left hand on your waist. Both legs are bent, with the left on top of the right, toes pointed. Bring your left knee in toward your chest.
- 2 Straighten your right arm and left leg at the same time—your left leg should be parallel to the floor. Hold for a few seconds, and then return to start. That's one rep. Do at least 35, and then switch sides.

Get Slimmer, Leaner Legs

INNER-THIGH CROSSOVER



- 1 Support your body off the ground with your arms behind you and your right leg extended to the side, toes pointed and touching the floor.
- 2 Lift your right leg, and cross it over your left. Hold for a few seconds so you feel the contraction in your inner thigh, then return your right leg to the floor. That's one rep. Do at least 35, and then switch sides.

Sculpt a Tight Butt



DIAGONAL GLUTE LIFT



- 1 Start on your hands and knees, with your left leg extended 45 degrees out to the side, toes touching the floor.
- 2 Lean into your right elbow, and lift your left leg slightly higher than 90 degrees—bending the elbow will help you really feel your left butt cheek tighten. That's one rep. Do at least 35, and then switch legs.

HIGH/LOW KICK BACK



- 1 Begin on your hands and knees, and kick your left leg behind you so that it's parallel to the floor, foot flexed, toes pointing to the side.
- 2 Bend your left leg at a 90-degree angle, keeping your foot flexed.
- 3 Kick up your left leg so it's slightly higher than 90 degrees, then return it to parallel. That's one rep. Do at least 35, and then switch legs.



Meet Your Trainer

Tracy Anderson is a top fitness guru who helps A-listers like Gwyneth Paltrow and Emily Blunt sculpt a lean, sexy figure. Check her out at tracyandersonmethod.com.

Snacks You Won't Regret



Certain superfoods will keep you feeling fuller and also rev up your metabolism—so you'll eat fewer calories without even having to think about it.

You don't have to go nuts dieting.

Spicy Peanuts

Snack on an ounce of dry-roasted peanuts, around 28 pieces, for about 160 calories. Sprinkle cayenne pepper on top for a fat-burning kick. Add ¼ teaspoon and you'll burn around 15 extra calories.

Sugar-Free Pudding

This stuff is one of the best ways to get your chocolate fix. Thicker liquids, like pudding, satiate the brain's appetite center more than, say, hot chocolate, helping you to consume fewer calories.

DIY Ranch Dip With Carrot and Celery Sticks

Mix ¼ cup low-fat, plain yogurt and ½ teaspoon ranch seasoning for a yummy veggie dip. Low-fat yogurt contains conjugated linoleic acid, which blocks fat uptake and also helps your body burn flab more efficiently.

Watermelon

All melons, but particularly watermelons, have a high water content—which means they take up more space in your stomach, making you feel fuller. You can eat 1 cup of diced melon for less than 50 calories.

Frozen Banana Slices

Freeze bananas and the taste changes—they're like little slices of ice cream, minus the calories and fat. Make your own "flavors" by sprinkling on cocoa or cinnamon. A sweet bonus: Cinnamon helps regulate sugar levels, so your body may store less fat.

Tuna Salad

A fish like tuna is a smart snack, since it takes more energy to digest protein than it does to break down fats and carbs. Skip the mayo and mix in 2 tablespoons of light Italian salad dressing instead—you'll get lots of flavor for fewer calories and less fat.

SOURCE: DAWN JACKSON BLATNER, RD, AUTHOR OF THE FLEXITARIAN DIET