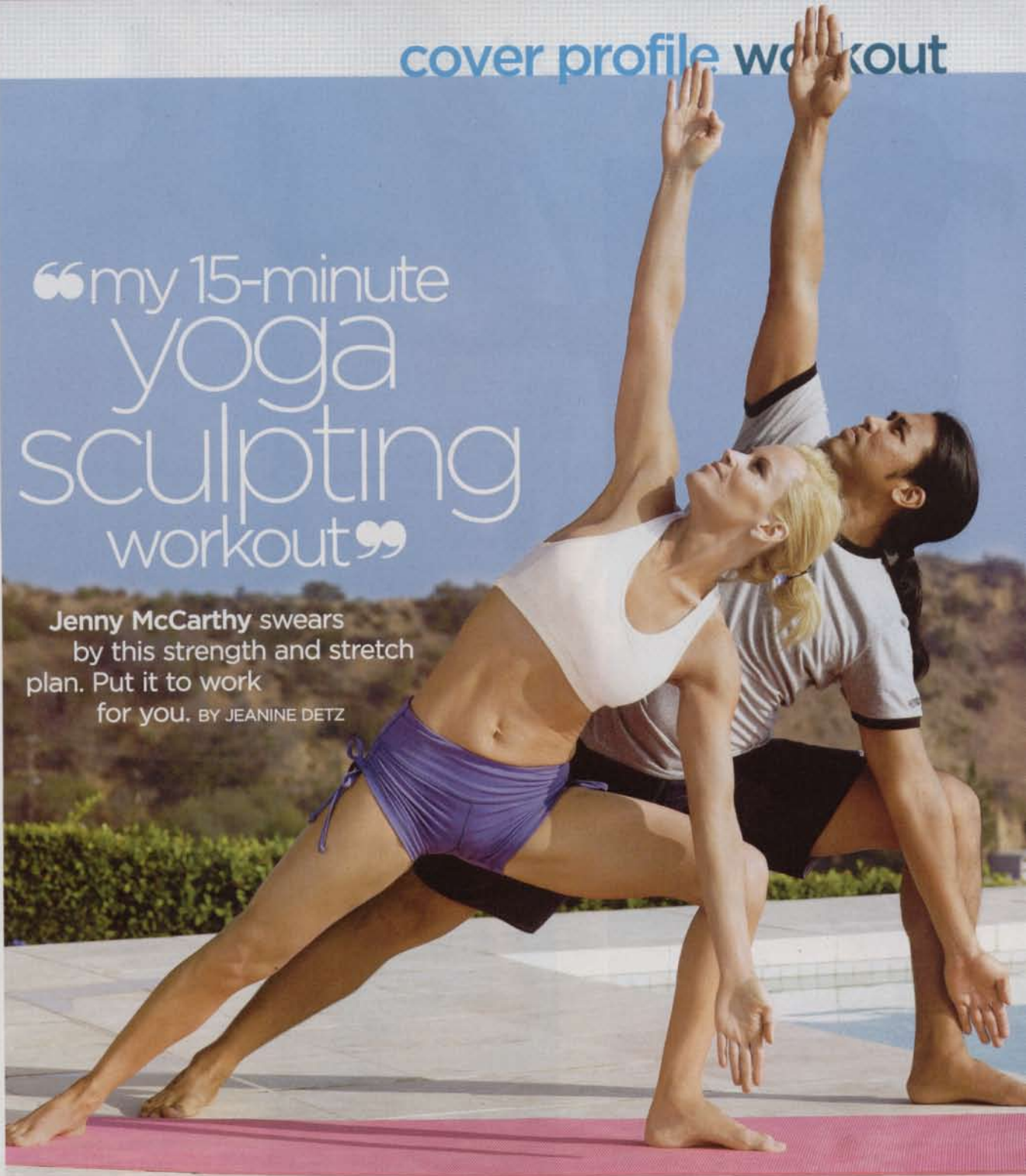


“my 15-minute yoga sculpting workout”

Jenny McCarthy swears
by this strength and stretch
plan. Put it to work
for YOU. BY JEANINE DETZ



JENNY MCCARTHY has always been known for her knockout body. So when she found herself with a little extra jiggle last year, she tried Bikram yoga, a series of 26 poses performed in a 105-degree room. “I’m now doing it three or four times a week,” says Jenny. “And I’m firmer, leaner, and more flexible than ever before.”

The key to Bikram’s success is its pace, says Jenny’s go-to instructor, Rob Manosca (pictured above), owner of Bikram Yoga Jacksonville in Neptune Beach, Florida. “You hold poses for up to 1 minute,” he says. “Your muscles have to contract that entire time, which really challenges them.” Do these moves several times a week and experience an *om-my!* moment every time you look in the mirror.

HOW IT WORKS

Do each pose in the order listed, holding for 1 minute, without resting in between. Repeat series, holding each pose for 30 seconds.

cover profile workout

4 BALANCING STICK

Works legs, shoulders, and core

Stand with feet staggered, right in front of left, and raise arms straight overhead. Clasp your hands, leaving index fingers pointing up. Keeping hips and shoulders squared, bend forward from your hips until torso is parallel to the ground as you raise left leg to hip height behind you, toes pointed [shown]. Hold for 1 minute, then repeat on opposite side.



5 TREE

Works legs and butt

Balance on left foot and bend right knee, resting right foot high on left leg. Bring palms together in front of chest [shown]. Hold for 1 minute, then repeat on opposite side.



6 HALF TORTOISE

Stretches legs and back

Kneel with lower legs and tops of feet on the ground and sit back on your heels. Raise arms overhead, palms together. Bend forward from your hips until your head and hands touch the ground [shown].

cover profile workout



1 AWKWARD POSE

Works legs, butt, and shoulders

Stand with feet about hip-width apart and raise arms to shoulder height in front of you, fingers together and palms facing down. Rise up onto the balls of your feet. Keeping abs tight and chest lifted, squat until thighs are parallel to the ground [shown].

2 EAGLE

Works legs and butt; stretches shoulders

Stand and cross right arm over left in front of your chest, elbows bent and palms touching. Squat slightly, then shift your weight to your right foot and cross left leg over right, curling left foot behind right calf [shown]. Hold for 1 minute, then repeat on opposite side.



3 STANDING BOW

Works legs and core

Balance on left foot and hold right foot with right hand behind you. Raise left arm to shoulder height in front of you. Bend forward from your hips 45 degrees as you raise right leg behind you [shown]. Hold for 1 minute, then repeat on opposite side.

bikini body countdown

THE PLAN

HOW IT WORKS

✓ DO THIS ROUTINE

2 or 3 days a week (not on consecutive days). Warm up with at least 5 minutes of cardio.

✓ DO 3 SETS OF 8 TO 12 REPS with heavier weights on days 1 and 3. On day 2, use lighter weights and do 3 sets but double the reps (aim for 16 to 20).

✓ DO THE MOVES IN ORDER, resting for 45 seconds between sets. Choose a weight that allows you to maintain good form but is difficult to lift by the last few reps of each set.

YOU'LL NEED

A pair of 5- to 8-pound and 10- to 12-pound dumbbells, a bench, a resistance band, and a stability ball. Find them all at any sporting goods store.

1 Grapevine lunge

WORKS LEGS, BUTT, ARMS, AND ABS

Hold one dumbbell horizontally in both hands in front of chest, elbows bent, and stand with feet hip-width apart. Cross left leg in front of right and lower into a lunge as you turn upper body to the left [A]. Rise up, stepping right foot out to the right, then cross left leg behind right and lower into a lunge as you turn upper body to the right [B] to complete 1 rep. Do 6 reps in one direction and 6 in the other.



2 Sumo squat

WORKS LEGS, BUTT, AND ARMS

Stand with feet together and hold a dumbbell in both hands in front of chest. Raise left knee up and out to the left as you pivot on right foot and turn entire body to left [A]. Lower left foot so feet are wider than shoulders and squat [B]. Rise up and repeat to right side on the next rep.





3 Bench row

WORKS BACK, BICEPS, BUTT, AND CORE

Holding a dumbbell in left hand, kneel with left knee and right hand on a bench. Extend right leg back, parallel to the ground, and lower left arm straight down [A]. Draw left hand up [B]. Lower weight and repeat. Switch sides to complete set.

YOUR CARDIO PLAN

Aim to do aerobic exercise 5 or 6 days a week. Try this routine once a week and find 2 more at shape.com/bikinibodycountdown. On 2 other days, do 30 to 60 minutes of moderate-intensity exercise. Pick any activity and adjust your level based on the rate of perceived exertion (RPE®).

METABOLISM BOOSTER

This month the as-fast-as-you-can-go bursts are longer, with less coast time. Bonus: You'll be scorching mega calories well after your workout too, so give it all you've got.

MINUTES	WHAT TO DO	RPE
0-5	Warm up	4
5-7	Increase intensity to moderate	5-6
7-8	Increase intensity to very hard	9
8-9	Decrease intensity to hard	8
9-10	Return to moderate	6
10-15	Recover at an easy level	4
15-35	Repeat minutes 5-15 twice, spending the last few minutes cooling down	4-9

*See page 232 for RPE chart.



4 Triceps push-up

WORKS CHEST, TRICEPS, AND CORE

Get in push-up position on hands and toes [A] (or balance on knees). Keeping arms close to sides, lower chest toward ground so elbows are near your waist [B]. Press up and repeat.



bikini body countdown



5 **Curl to press**
WORKS BUTT, BICEPS,
AND SHOULDERS
Loop a resistance band around thighs just above knees and stand with feet shoulder-width apart so band is taut. Hold a dumbbell in each hand at sides. Curl weights to shoulders [A], then press arms overhead, rotating palms to face forward [B]. Reverse move to return to starting position and repeat.



6 **Ball circle**
WORKS CORE AND SHOULDERS
Get in plank position with feet wide and hands on top of a stability ball. (Place it against a wall, if necessary.) Draw your abs in so your body is straight and your back doesn't overarch [A]. Roll the ball in a small circle to the left, then back to the right on the next rep [B].

YOUR SUCCESS CHECKLIST

- ✓ **CHART YOUR PROGRESS**
After each strength session, record the following: How long it took, your average heart rate, the amount of weight you used for each move, and the number of sets and reps you completed for each exercise. Noting your improvements will keep you excited about your workouts.
- ✓ **GET INTO GRAINS** They don't just fill you up so you eat less, they can even help you lose abdominal fat. "Replace white-flour products and white rice with quinoa, millet, spelt, and amaranth," says Jae Berman, R.D., a dietitian at the San Francisco Bay Club. "They have a variety of textures, flavors, and nutrients."
- ✓ **THINK LIKE AN ATHLETE**
Ever wonder how the pros stay gung ho? "They're trained to replace negative thoughts with positive affirmations," says Kay Porter, Ph.D., author of *The Mental Athlete*. When your drive starts to wane, substitute doubts like "I hope I can stay on track" with phrases like "Every day I'm getting closer to the body I've always wanted."
- ✓ **STAY FUZZ-FREE** Keep your bikini line neat as you get ready to show off in your swimsuit with Completely Smooth for Body (\$42; completelybare.com). Apply this gel twice daily to reduce hair density by up to 50 percent—and save cash on waxing.

bikini body countdown

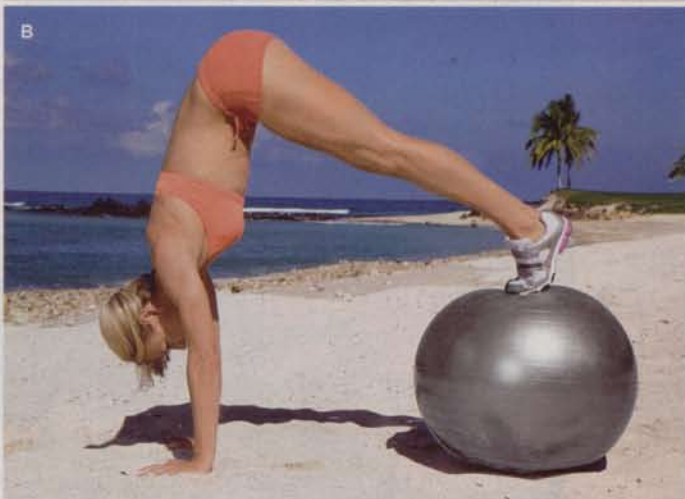
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Ball pike

WORKS CORE

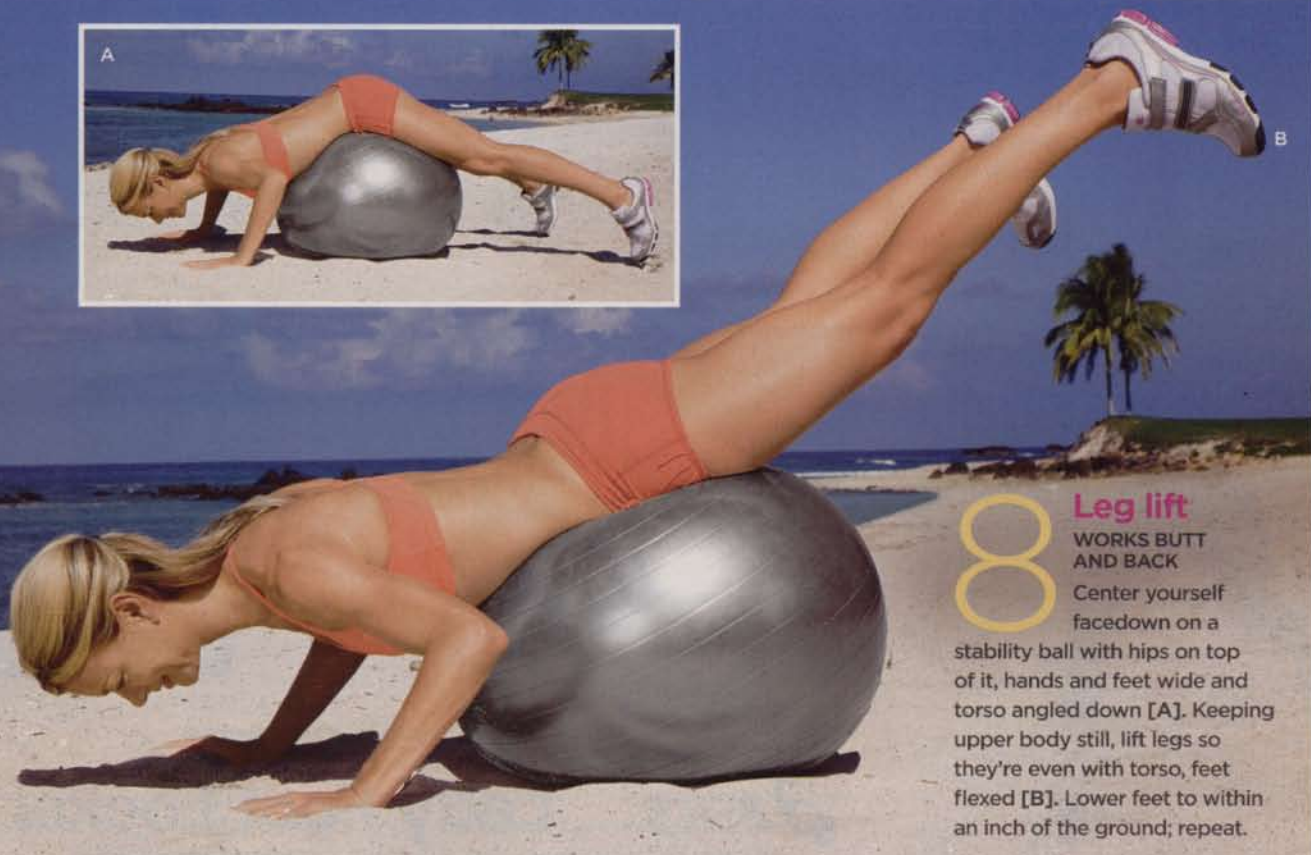
Get in plank position with hands shoulder-width apart and place lower legs on top of a stability ball [A]. Lift hips as high as you can into a pike position as you roll the ball in; rise onto your toes if you can [B].

Return to starting position and repeat.



TURBOCHARGE YOUR CALORIE BURN

Speed up your rep time and you'll zap at least 10 percent more calories while you lift and another 5 percent post-workout. Once every two weeks, do as many reps of each exercise as you can in 1 minute (with good form). Rest for 30 seconds between moves; do 2 or 3 sets.



8

Leg lift

WORKS BUTT AND BACK

Center yourself facedown on a stability ball with hips on top of it, hands and feet wide and torso angled down [A]. Keeping upper body still, lift legs so they're even with torso, feet flexed [B]. Lower feet to within an inch of the ground; repeat.