



Jennifer has been taking Pilates off and on for two years. "My legs have a tendency to get bulky, and I like how Pilates counteracts that," she says

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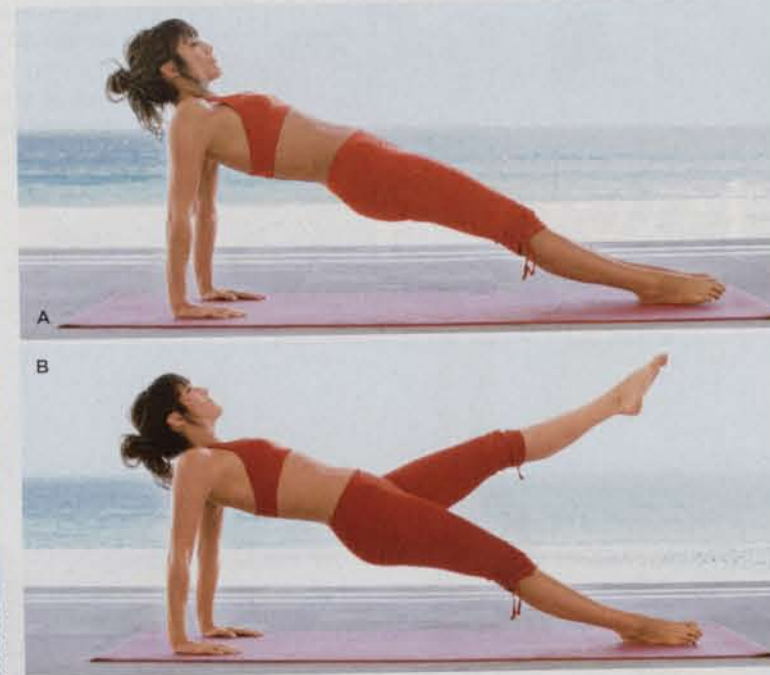
"my 6-minute no-fail workout"

This super-speedy routine helps keep Jennifer Esposito in close-up shape. Use it to tone *your* abs, hips, and butt. BY JANET LEE

JENNIFER ESPOSITO IS NO STRANGER TO EXERCISE. The former gymnast and figure skater did every sport there was growing up—and still dabbles in a variety of workouts. "I find that when I mix it up, all my muscles get targeted; I don't neglect anything," says the 5-foot-6-inch star, who uses Pilates to complement yoga classes as well as regular cardio and

strength workouts at the gym. "Pilates really strengthens my core, which I need, but I feel like it also makes my legs look longer and leaner than weight workouts do."

Round out your fitness routine by adding these moves to your regimen twice a week. In about a month, you'll notice that you're looking and feeling taller, firmer, and sleeker.



1. Leg pull-ups

WORKS BUTT, ARMS, AND CORE

Sit tall, with legs extended and palms on the ground next to hips. Point toes and lift hips until your body is aligned from feet to shoulders; look forward or up slightly [A]. Keeping hips lifted, inhale as you raise left leg as high as you can [B]. At the top of the move, flex your foot. Exhale as you lower your leg almost all the way down, toes pointed again. Do 3 reps; switch sides and repeat.

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5. Mermaid side bends

WORKS ARMS, SHOULDERS, HIPS, AND CORE

Sit on left hip with left hand aligned under shoulder and legs stacked. Straighten legs and lift hips, keeping them squared forward; rest right arm along your side. Inhale, then exhale as you look up and try to bring your chin toward your right shoulder. At the same time, lower your hips several inches and reach your right arm toward your knee [A]. Inhale as you lift your hips again and reach right arm overhead so it's in line with legs; look down [B]. Lower hips and repeat. Do 3 reps, then switch sides and repeat.



6. Double-leg kicks

WORKS BUTT, HAMSTRINGS, AND LOWER BACK

Lie facedown with head turned to the left, and clasp hands behind lower back, keeping elbows and shoulders on the ground. Squeeze glutes and inner thighs together as you inhale, bend knees, and pulse feet toward your butt 3 times [A]. Exhale as you lower feet and lift your chest off the ground. Reach arms behind you, parallel to legs, and squeeze shoulder blades together [B]. As you lower your upper body to the ground again, turn head to the other side and repeat. Do 6 reps.



THE PILATES PROMISE

This super-popular workout is usually considered the fastest way to sculpt a flatter middle because every move uses your abs, hips, and lower-back muscles to keep your torso stable. But many of the core-strengthening exercises also do an excellent job of toning and stretching key lower-body muscles, such as the hamstrings, inner and outer thighs, and butt. **The mat-based moves shown here are perfect for at-home firming**, but if you want to continue to add resistance as you get stronger, try Pilates on a reformer, a special spring-outfitted machine found in most studios. It enables you to work your core as well as your legs, butt, back, chest, and arms.

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2. Front to back

WORKS BUTT, HIPS, AND ABS

Lie on your right side and prop yourself up on your right elbow, head resting in palm of right hand. Place left hand on the ground in front of your midsection for stability. Pull your abs in tight, lift left leg a few inches, and point toes of both feet. Keeping hips and shoulders stacked, inhale as you swing left leg forward [A]. When you've extended it as far as you can, pulse leg toward head twice, then exhale and swing leg behind you [B] to complete 1 rep. Do 10 reps, then switch sides and repeat.



A B



3. Single-leg circles

WORKS INNER AND OUTER THIGHS AND ABS

Lie faceup with legs extended on ground, toes pointed, and arms at sides. Pull abs in tight and raise left leg up [A] (if your hamstrings are tight, stretch them first). Inhale as you circle left leg across body to right [B], then down toward right leg. Exhale as you bring leg out to left and back up to the start position. Do 3 to 5 circles; switch legs and repeat.

4. Corkscrews

WORKS ABS

Lie faceup with arms at sides and legs extended over hips, legs turned out from the hips, heels together, and toes pointed [A]. Pull abs in tight as you inhale and circle legs to the right [B], then down about 45 degrees off ground. Exhale as you bring them over to the left and up. Repeat to the opposite direction. Do 5 circles per side.

