

HUGE NEW SIZE! PICK ME UP!

W42⁰⁹ \$7.20
LEO OCT 09
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CLEO

AUSTRALIA

actual life-changing

SEX

it'll make you:
happier,
healthier,
hotter.

what makes a man fall in love.

(remarkably, we have the answer.)

health report:

no, you're not fat!
you just need to read page 191.

damn pretty!

four pages of beauty discounts.

Kenzo, Becca, Thalgo, Lush.

Invisible Zinc, Kenzo, Thalgo, Becca Cosmetics, and Palmer's discount offers exclude NZ. Conditions apply. See p214 for details.

why i stole your boyfriend.

the other woman talks.

108

new-season accessories

that'll quicken your pulse.

+ fashion royalty:

The Sartorialist
WhoWhatWear.com
Alexa Chung
& Nicole Richie

Scarlett

icon in the making.

october 2009 \$7.20 inc GST

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10
acp magazines

look hot in short shorts

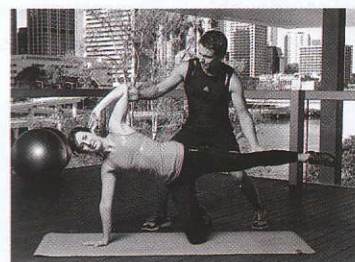
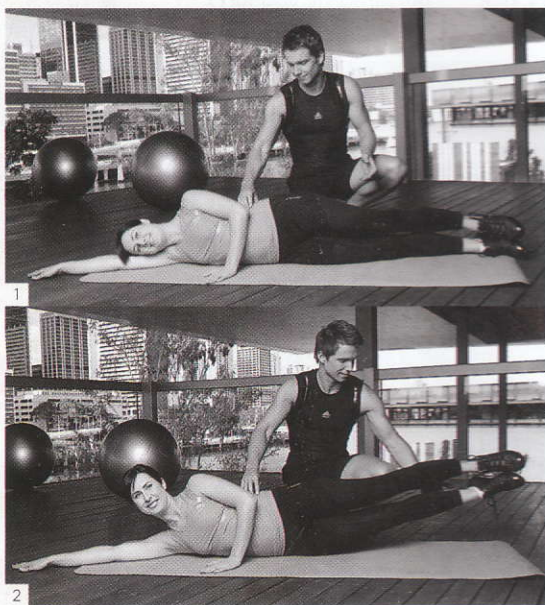
Tone up your tummy, thighs and butt in prep for wearing this season's tiniest denim creations.



waist away

DOUBLE-LEG LIFT

Lie in a straight line on your side with bottom arm outstretched under your head, and top hand gently resting on the mat in front of you. Keeping your legs together, slowly raise them and lift your head slightly, drawing the ribs and hips together. Inhale and lower legs and head. **Do 30 each side.**



butt out

KNEELING SIDE KICK

Kneel on one knee with the other leg held out straight at hip height. Place one hand behind your head and the other on the mat about 60cm away from your knee, so that your head, hip and lifted leg form one straight line. Pulse the leg up and down, squeezing the buttocks.

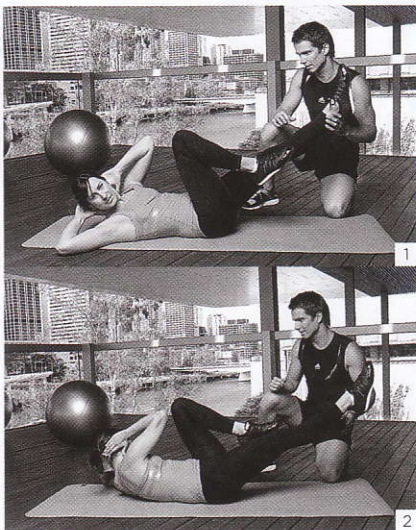
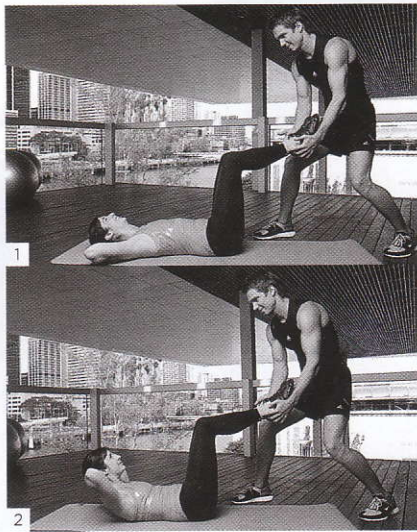
Repeat 50 times each side with a 10-sec hold at the end of each set.

underbelly

AB CURL

Lie on your back with your legs in a tabletop position, keeping your knees squeezed together. Exhale as you slowly curl up; lift head and shoulders, and bring your ribs to your hips. Draw bellybutton in towards the spine to flatten your abs. Inhale and slowly relax back down.

Complete 20 reps.



CRISS-CROSS

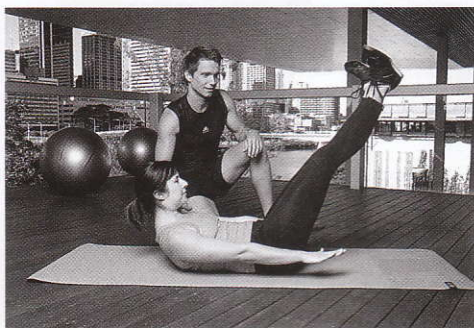
Start on your back with legs bent and hands placed behind your head with elbows wide. Curl up, then rotate your upper body so that the right ribcage turns toward the left hipbone, and, at the same time, extend your right leg. Return to the centre, then do the other side.

Aim for 25 reps.

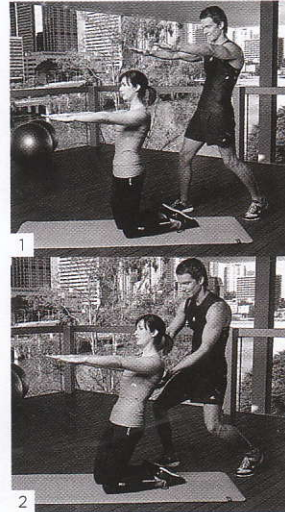
HUNDREDS

Lie on your back and slowly lift head and shoulders. Bring hands down by your hips and extend legs toward the ceiling.

Hold for 10 breaths - breathe in for five and out for five until you reach 100.

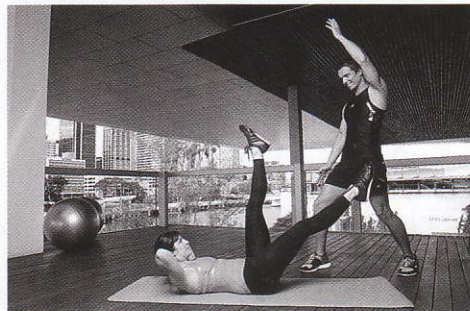


thigh high



HINGE

Kneel on a mat with your arms stretched out in front of you at shoulder height, keeping your knees hip-distance apart. Hinging from the knees, lean body backwards without arching the back. Keep your abs tight, hold for one second, then return to the start position. **Repeat 20 times.**



SCISSORS

Lie on your back with hands behind your head; lift legs in the air. Draw navel toward your spine, and keep stomach flat and scooped. Exhale and slowly lower one leg down as far as you can without letting your stomach pop up.

Inhale as you change legs. **Repeat 20 times.**

THE GEAR



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