

LOVE THE WAY YOU LOOK FREE BODY MAGAZINE INSIDE

# CLEO

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DON'T GO HUNGRY TO WEAR CHLOE

Designer looks. Budget prices.

## LOCATION! LOCATION!

Unexpected places to have HOT SEX AT HOME

Could you really spend the rest of your life with **one** man?

*Britney Spears*  
Leaving the circus

## X-RATED REAL-LIFE

"I'm addicted to my sex doll"  
"My mum and I are both callgirls"

Is it time to break up with your wardrobe?

## IMPROVE YOUR SKIN

243  
Winter style FIXES

Re-edit your **life**

And get a happily ever after

## COME TO THE PARTY!

THE UNCENSORED GUIDE TO YOUR ORGASM

Get the **Body you were born to have**  
18 pages that'll give you results

Imagine the best butt in the world. Flick to p90. Thank us later.

JUNE 2009 \$7.20 INC GST



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# FLAT ABS

# FAST

You won't even have time to say goodbye to your belly flab with these exercises.

**D**o you covet a flat stomach like the one flaunted by Jennifer Hawkins? Trouble is, you're eating right, hitting the gym three times a week, but that stubborn spare tyre just won't deflate. We hear you! That's why we've asked Pilates gurus Jade and Tanya Winter (studio pilates.com) to share a few genius exercises that'll tone up those trouble spots in no time. Woo hoo!



**FOR BEST RESULTS,** focus on tightening the pelvic floor muscles and really drawing the abs towards your spine throughout the exercises.



## ABDOMINAL CURL

**AIM:** Warm up and activate your abs

Start with legs bent, knees squeezed together and feet on the floor, interlock your fingers behind your head to support the neck. Exhale as you slowly curl your ribs towards your hips, lifting your head and shoulders and curling your upper body. Inhale and slowly relax back down. **Repeat 20 times.**

**TIP**  
Want to work harder? Try this exercise with legs in tabletop position.



## CRISS CROSS

**AIM:** Redefine the waistline

In the tabletop position, with your legs hip distance apart, place your hands behind your head. Curl the ribs to the hips, lifting the head and shoulders. Rotate the upper body and rib cage towards the opposite hip bone, extending the other leg out straight. Return back to the centre, maintaining the curl, and do the opposite side. **Repeat 50 times (25 each side).**



# 100S

**AIM: Build endurance and flatten your stomach**

Begin the move with your knees bent. Curl your ribs to your hips by lifting your head and shoulders. Bring your hands down by your hips, with your arms parallel to the floor, and simultaneously extend your legs straight up to the ceiling. Draw your belly button in towards your spine to flatten your abdominals. Hold this position for 10 breaths – breathe in for the count of five and breathe out for the count of five to get to 100.



# FIT GEAR



Pilates mat, \$69.95, [studiopilates.com](http://studiopilates.com)

Adidas by Stella McCartney tunic, \$130, 1800 801 891

Nike shoe, \$160, 1300 656 453



Brazilian Butt Toner DVD, \$27.95, [studiopilates.com](http://studiopilates.com)



Adidas Tank, \$80, 1800 801 891



Everlast purple crop top, \$60, 1800 639 301



**TIP**  
Keep your eyes on the knees and your bum flat; don't let the lower back arch.

# SINGLE LEG STRETCH

**AIM: Challenge the abdominals**

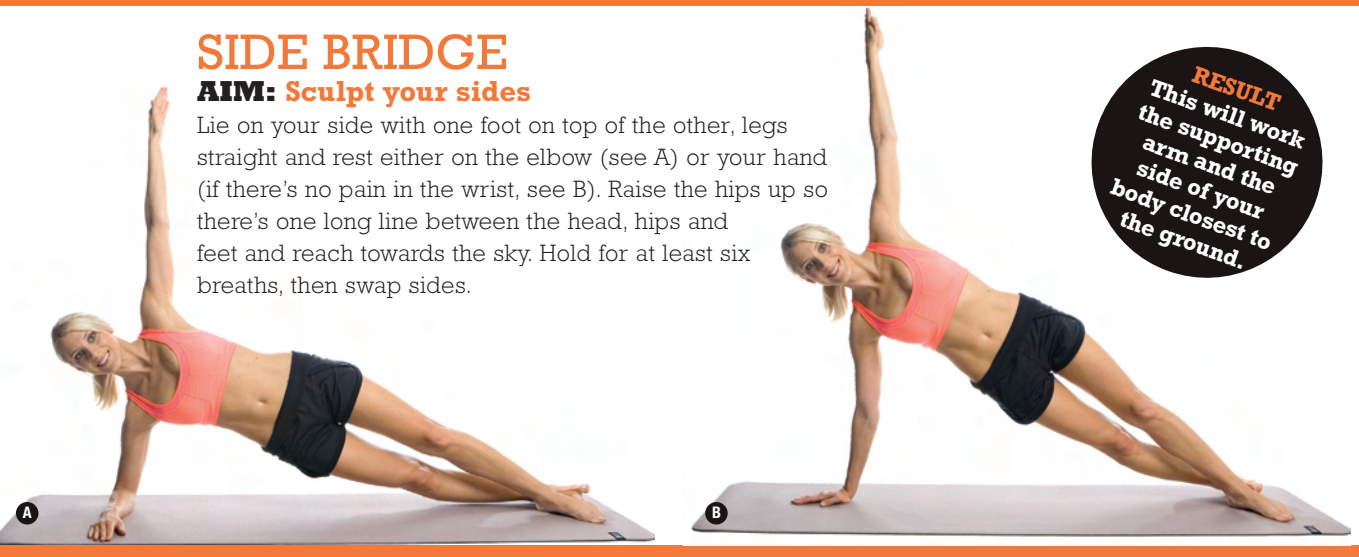
Start with your knees bent in the tabletop position and wrap your hands around the knees. Exhale and curl the ribs to the hips by lifting your head and shoulders, and extend one leg out straight. Inhale, while holding the body up, and bend the leg back in. Exhale and extend the other leg out, repeating the process. **Repeat this 20 times on each side.**



# SIDE BRIDGE

**AIM: Sculpt your sides**

Lie on your side with one foot on top of the other, legs straight and rest either on the elbow (see A) or your hand (if there's no pain in the wrist, see B). Raise the hips up so there's one long line between the head, hips and feet and reach towards the sky. Hold for at least six breaths, then swap sides.



**RESULT**  
This will work the supporting arm and the side of your body closest to the ground.