

9 SNEAKY WAYS TO REACH YOUR DREAM WEIGHT



SELF

Renée Zellweger
On Living Life
With Purpose

Uncover Your Best Body

NEW MOVES TO TONE
AND TRIM ALL OVER

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Once a high school soccer player, Szohr is always looking for new ways to stay in kick-butt shape. "I could feel muscles all over my body working during this session," she says. "I may have to incorporate these moves into my regular routine!"




play your way



Spotted: *Gossip Girl* star Jessica Szohr sculpting sleek, sexy muscles with a smile. That's because our exclusive open-air playground workout will do more than uncover your best body. Research shows that firming alfresco lifts your confidence and mood better than indoor exercise routines do. Get outside, get in amazing shape and get happy!

By Catherine Ryan
Photographs by Nicola Majocchi

slim!



The workout

Germain Phanord, a trainer in New York City, developed these firmers with busy women in mind. You're often near a park. Why not use your neighborhood hangout to tone head to toe? "Get creative to change your body," Phanord says.

YOU'LL NEED A playground. If yours doesn't have the same structures as the ones shown here, simply improvise. For example, you can do get-ripped dips on any bench or the chin-up hold-up on a set of rings.

TRY IT Power-walk or jog to the park. Perform two sets of the indicated reps of each move three times a week. For bonus calorie burners, check out the box on page 219.

CHIN-UP HOLD-UP

works biceps, back, abs

Jump up and grab a monkey bar with hands shoulder-width apart, palms facing you. Hang from bar with arms straight, legs together. Bend elbows and pull yourself up until chin passes bar (as shown). Hold position for 10 to 15 seconds. Lower. Repeat.

"I work out because it gives me energy!"

Jessica Szohr



GET-RIPPED DIP

works triceps, butt, thighs

Sit on edge of bench, hands at sides, fingers forward, left knee bent 90 degrees, foot flat on ground, right leg extended forward. Use arms to lift yourself off bench. Bring right leg out to right side as you lower body until elbows are bent 90 degrees (as shown). Return to start. Do 12 reps. Switch legs; repeat.



BALANCE BEND

works abs, butt, thighs, hamstrings

Stand with back about one giant step away from a 1- to 2-foot-high swing. Reach back with left foot and place toes on seat. With hands on hips, sink into a lunge (as shown). Slowly return to standing. Do 12 reps. Switch sides; repeat.



HANGING CRUNCH

works arms, abs, obliques

Jump up and grab rings (or monkey bars), hands shoulder-width apart, palms facing each other (or forward). Hang with arms straight, legs together. Bend knees, twist torso to left and bring legs toward chest (as shown). Lower legs. Repeat on right for one rep. Do 12 reps.



ELECTRIC SLIDE

works arms, abs, butt, legs

Stand at top of slide, facing in, holding bar for support. Bend right knee and slide left leg behind you into a deep lunge (as shown). Straighten right leg as you quickly slide left leg to top of slide. Repeat on left, making motions continuous and smooth. Keep alternating sides for 30 seconds.



PLAYTIME PULL

works arms, back

Stand facing a fence or railing. Grasp it at shoulder-height and -width with both hands, arms extended; stand on base, knees bent, thighs parallel to ground (as shown). Squeeze shoulders together as you bend elbows and pull chest toward railing. Return to start for one rep. Do 12 reps.



SWING FLING

works arms, back, abs, legs

Stand on swing holding chains with elbows bent, hands in line with ears. Contract abs and extend left leg (as shown). Return foot to seat. Repeat on opposite side for one rep. Do 12 reps.



**GO TO
SELF.COM**

See a free video of
this workout, plus
hear more from
Gossip Girl's Szohr.




POWERHOUSE PUSH-UP

works shoulders, biceps, chest, back, abs, butt

Start in raised push-up position, resting toes on a swing seat that hangs 1 to 2 feet above ground. Do a push-up. Hold raised push-up position as you lift left foot off seat (as shown). Lower foot. Repeat on right for one rep. Do 12 reps.

Styling: Lida Moore Musso; hair: Matthew Monzon for Exclusive Artists; makeup: Jenna Menard for Exclusive Artists; prop styling: Jared Lawton. See Get-It Guide. To find a playground near you, go to the KaBOOM! Playspace Finder: www.kaboom.org/playspacefinder.



**“Tone all
over using
just your
weight as
resistance.”**

Trainer Germain Phanord

BALANCE BEAM CALF RAISE

**works arms, abs, butt,
thighs, calves**

Stand on a sturdy bench, arms extended out to sides at shoulder height for balance. Rise onto ball of left foot while right foot hangs off side of bench; lower left heel, then bend left knee and dip right foot over side of bench (as shown). Return to start. Repeat on opposite side for one rep. Do 12 reps.

Peel off pounds!

Our toning routine creates sexy muscles, but you've got to melt fat to reveal those curves. Do these playground faves for 30 minutes to torch additional calories.*

CATCH 162 calories
FOUR-SQUARE 162 calories
FRISBEE 96 calories
HACKY SACK 129 calories
HOPSCOTCH 162 calories
HULA HOOP 162 calories
JUMP ROPE 321 calories
KICKBALL 225 calories
TAG 256 calories
TRAMPOLINE 114 calories

*Based on a 135-pound woman