

It's so simple: If you can see the muscle area an exercise is supposed to shape, you can tell whether you're exercising correctly. That's the point of the "muscletard" on these six pages. The idea, and the shape-up, come from Pamela Maloney Bergstrom, a body/movement therapist in Santa Monica, California. Her exercises target muscles in need of help. Do them slowly, and don't pull or tug on the stretches—sustain them. Aim for a 30-minute workout, at least three days a week. You'll soon see the power of mind over muscles.

Sexy muscles

14 exercises to a seductive body

**Upper arms:
Biceps/Triceps**
The inner/outer pair working in tandem to keep upper arms firm, strong. Biceps perform the pull, while triceps do the push of vacuuming, sawing wood.

These six pages: Hair, André Tavernise for Bumble & Bumble. Makeup, Maria de Schneider. Layout design © Pamela Maloney Bergstrom 1992.

1
a

1A. Sit cross-legged. Leaning forward, arms shoulder-width apart, place palms on floor. Keep shoulders down, fingers forward. Using the floor as support—don't press down—turn inside-elbow all the way



1b

toward body. **1B.** Twist inside-elbow away from you. Do 5 to 10 fast twists, then 2 slow twists for endurance (holding 5 to 10 seconds each way).



2

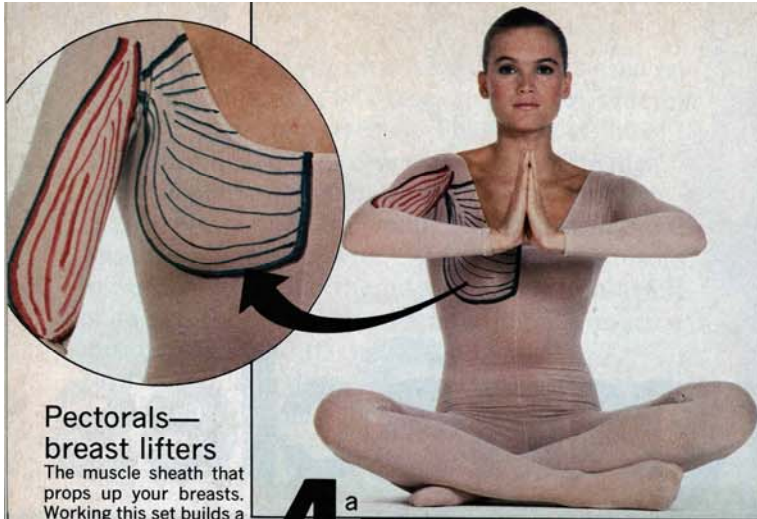
2. Press palms together behind head, pointing fingers toward back wall, to work biceps. Hold 10 seconds, release 1 to 2. Do 10 to 15.



3

3. Press palms together behind lower back, pointing fingers down, to work triceps. Hold 10 seconds, release 1 to 2. Do 10 to 15. (Continued)

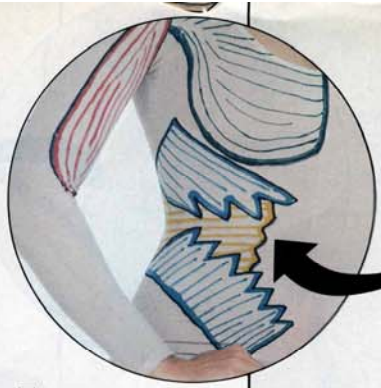




**Pectorals—
breast lifters**
The muscle sheath that
props up your breasts.
Working this set builds a
“shelf” for breasts, providing
an extra lift. They also help
you keep your chest upright.

4
a

4A. Sit cross-legged. Keep torso erect (tipping lessens effectiveness of exercise), shoulders down. Raise hands to “prayer” position and slowly press palms together just 10 seconds—more can cause muscle soreness. Release 1 to 2. Do 10. **4B.** Tip right elbow up slightly, left down. Press palms together 10 seconds. Release 1 to 2. Do 10. **4C.** Increase tilt so right elbow tips above shoulder, left elbow goes lower. Press palms together 10 seconds. Release 1 to 2. Do 10. Return to 4B, then to 4A and repeat to left.

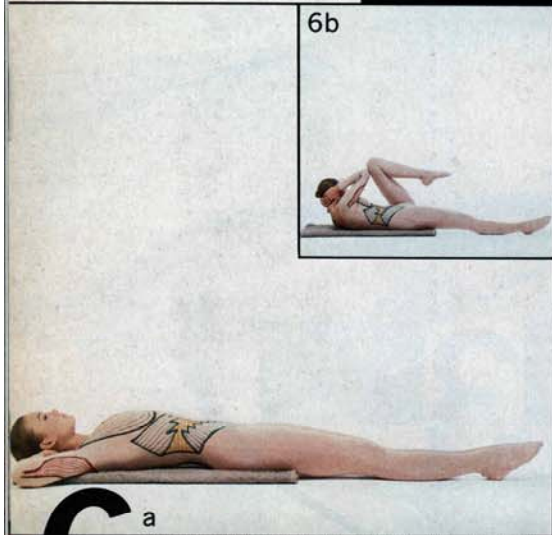


**Tummy
girdlers**
Take advantage of the two
sets of muscles that naturally
wrap your middle, both on the
surface and deep inside: Work them.
Strength here helps cinch
in a waist, protects a lower
back from strain.

5
a

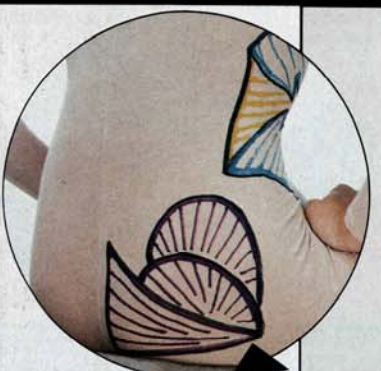


5A. Stand with feet a bit wider than hips. Rest hands on bent knees. Arching your back, reach head and tailbone toward each other equally (avoid working one part of spine more than another or reaching mostly with neck). Inhale deeply. **5B.** Exhaling, lower head toward stomach and curl tailbone under. **5C.** Scoop out stomach so navel is back toward spine by closing off mouth and nose to air, then gulping (to pull up diaphragm). Hold 5 seconds tops. Release back to 5A. Do 5 to 10, smoothly, continuously.



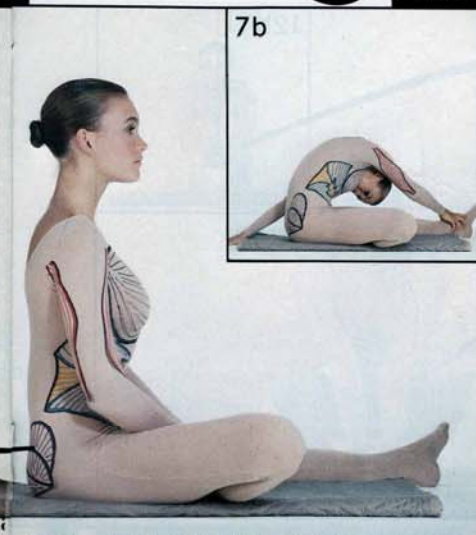
6
a

6A. Lie on back, clasp hands behind head. Inhale. **6B.** Exhaling, simultaneously draw left knee toward chest and gently raise and twist upper body to touch right elbow to left knee. Shoulders should clear mat, but keep lower back from arching. Inhale and slowly lower to 6A. Alternate to other side. Do 15 to 20 complete twists.

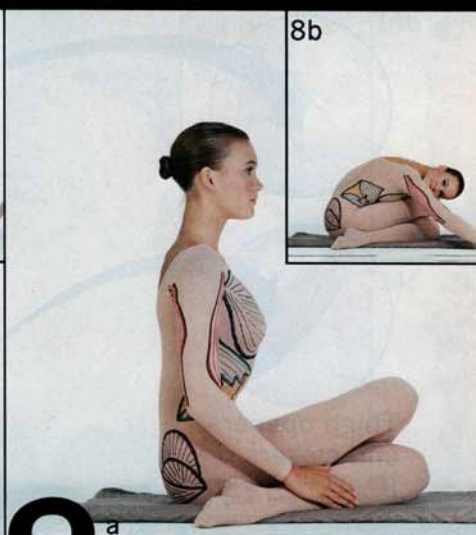
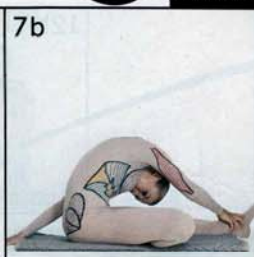


**Love-handles
territory**
These rear-view shapers—
two gluteus muscles and a
set of deep rotators on
each side—include the
muscles that open your
legs during lovemaking.
Tight ones can cause the
overlying fat layer to bunch
into a ruffle. Stretching
helps smooth it out.

7



7A. Sit on mat with back straight, left leg as far to left as comfortable. Bend right leg, placing foot at groin. **7B.** Reach for left foot with right hand and toward back wall with left hand, twisting and stretching over left leg. Hang, don't pull. Keep hips on floor. (Right hip may feel nothing if you're tight; limbering up will get you to feel the stretch, which may hurt.) Work up to stretching 20 seconds. Reverse legs, repeat.



8
a

8A. Sit on mat with legs crossed, right over left, knees as close as is comfortable. **8B.** Rounding upper body, gently lean forward as far as you can and keeping buttocks on floor, try to place palms on floor in front of you. Work up to stretching as far as is shown. Don't pull or press down. Stretch for 20 seconds. Reverse legs and repeat. Do 1 each. (Quilted pad by Manhattan Ad Hoc.) (Continued)



9b

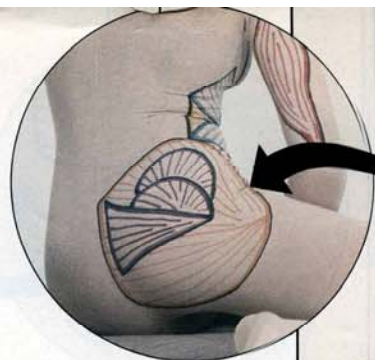


9d



9

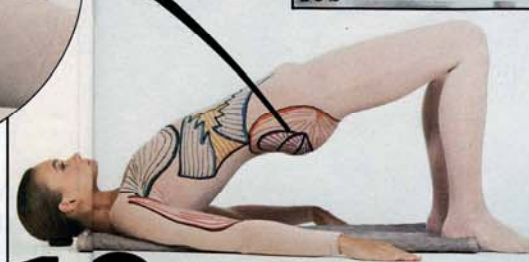
9A. Lie with knees up, arms crossed behind head. Imagine area between buttocks and waist as a clock. Tailbone is 12:00, waistline 6:00. 9B. Tilt pelvis so it rests gently at 12:00. Move hips clockwise, to 1:00, 2:00, then 3:00. 9C. and around the clock to 9D (6:00) where tailbone is up and waistline rests on floor. Continue to 9E (11:00). Return to 12:00. Reverse. Do 3 to 5 each way.



Buttocks powerhouses

The large workhorse muscles—gluteus maximus—that you sit on day in, day out. Kept strong, they help lift your bottom and balance your pelvic tilt for good body lines.

10b



10

10A. Lie back on mat, knees up, hip-width apart, feet flat. Arms are down by sides. Don't watch hips—it pulls neck muscles. Press hips up as high as possible. Hold 10 seconds. 10B. Slowly lower hips 6 inches and hold 10 seconds. Press back to 10A for 10 seconds. Do 15 to 20 down-and-ups. To end, roll down vertebra by vertebra.

11b



11

11A. Start as in 10A. Keep spine straight to isolate hips. Lower right hip, then raise it again, pressing up hard. 11B. Lower left hip, then raise it again. Do 15 to 20 side to side.



Thigh openers and closers

The parallel partners (adductors and abductors) in each thigh essential for walking and all in/out moves. Your aim: keeping them equally strong. Help here firms inner thighs.

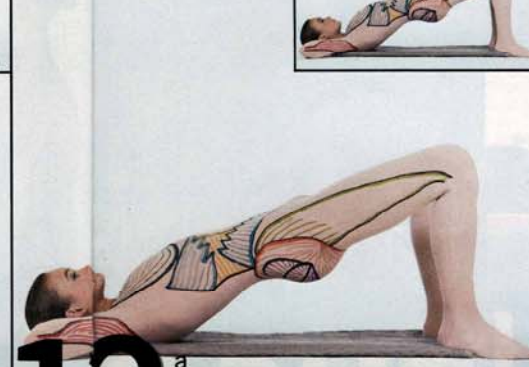
12b



12

12A. Squat on flat feet—or balls of feet if more comfortable. Hang arms between legs and loosely clasp hands. Squeeze thighs against arms 5 seconds; release 1 to 2. Do 10 to 15. 12B. Wrap arms around legs and clasp hands low under knees. Press legs out against arms 5 seconds; release 1 to 2. Do 10 to 15.

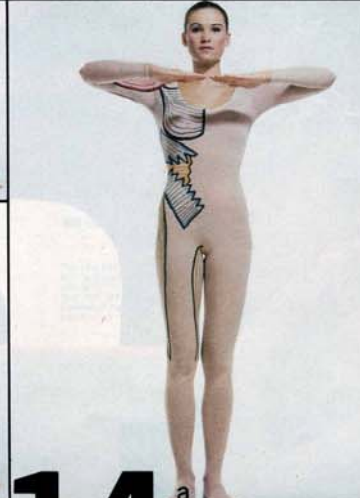
13b



13

13A. Start as in 10A. Fold hands under head. Open knees. 13B. Press knees together 5 seconds. Release 1 to 2, but not as wide as 13A. Do 10 to 15.

14b



14

14A. Conditioning tummy twist. Stand with hands in front of upper chest. 14B. Exhaling, twist upper body and head to left, lifting left knee. Inhale on the way to 14C. Exhaling, twist upper body and head to right, lifting right knee; be a "washing machine." Speed up to run in place 3 to 5 minutes.

14c

