

2 AB-RACADABRA

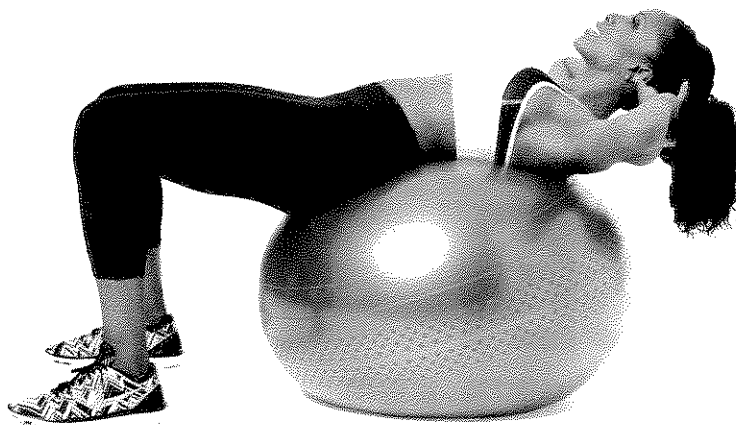
WORKS ABS

Lie with middle of back on ball, hands behind head, elbows out, feet flat on floor and knees bent 90 degrees. Keeping neck relaxed, contract abs and curl up until head is in line with shoulders (as shown). Return to start. Do 12 reps.

TRY IT: Once you feel your abs engage, stop. That's the sweet spot. This is a subtle move—no need to pull yourself up into a full sit-up.

SHOP LA'S LOOK!

Top, alastyle.com. **Leggings,** hardtailforever.com. **Nike shoes,** zappos.com. **Ball,** gaian.com.

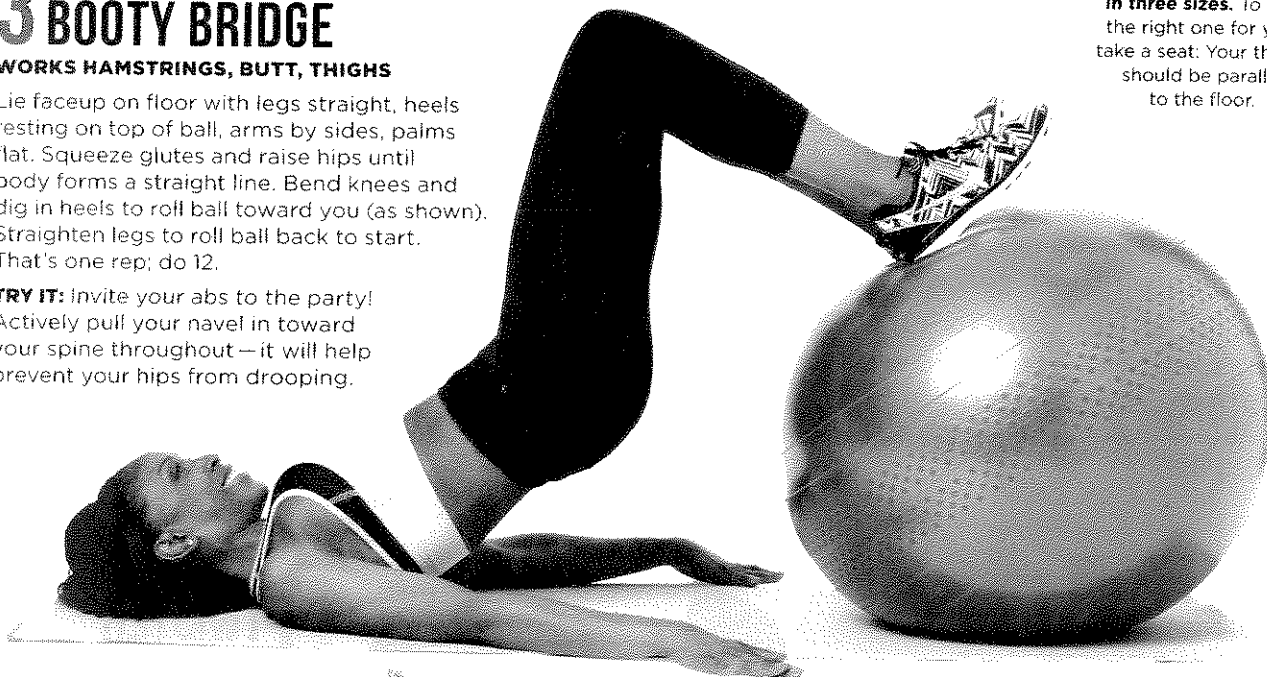


3 BOOTY BRIDGE

WORKS HAMSTRINGS, BUTT, THIGHS

Lie faceup on floor with legs straight, heels resting on top of ball, arms by sides, palms flat. Squeeze glutes and raise hips until body forms a straight line. Bend knees and dig in heels to roll ball toward you (as shown). Straighten legs to roll ball back to start. That's one rep; do 12.

TRY IT: Invite your abs to the party! Actively pull your navel in toward your spine throughout—it will help prevent your hips from drooping.



Stability balls come in three sizes. To find the right one for you, take a seat: Your thighs should be parallel to the floor.

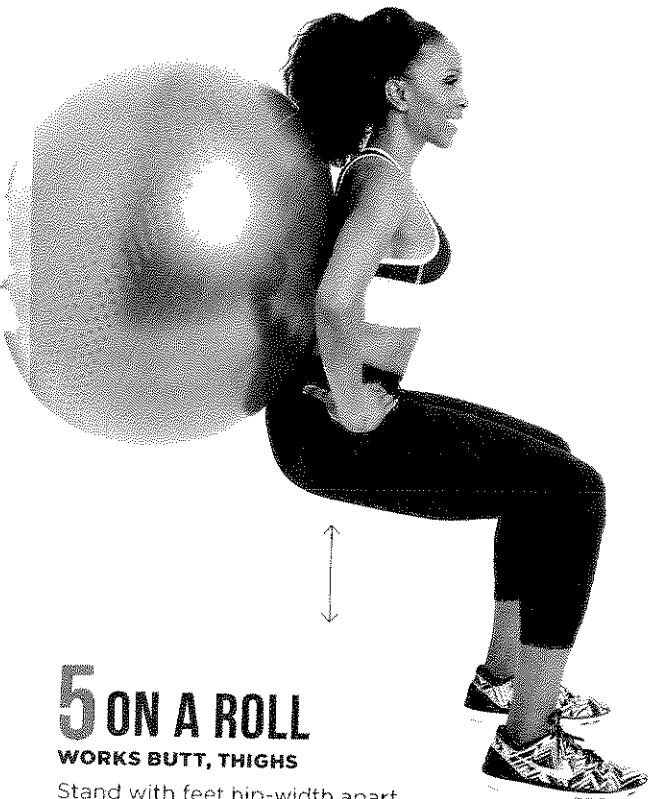


4 ALPHABET ARMS

WORKS BACK, SHOULDERS

Lie facedown on ball with legs extended behind you and arms outstretched to form the letter "Y" (as shown). Lower arms to sides, then bring them up to shoulder height, now forming a "T." Lower arms to sides again, then stretch them back, keeping elbows straight, to make a "W." Move through all three positions 12 times.

TRY IT: Stretch arms as straight as you can, and hold each letter for two seconds.

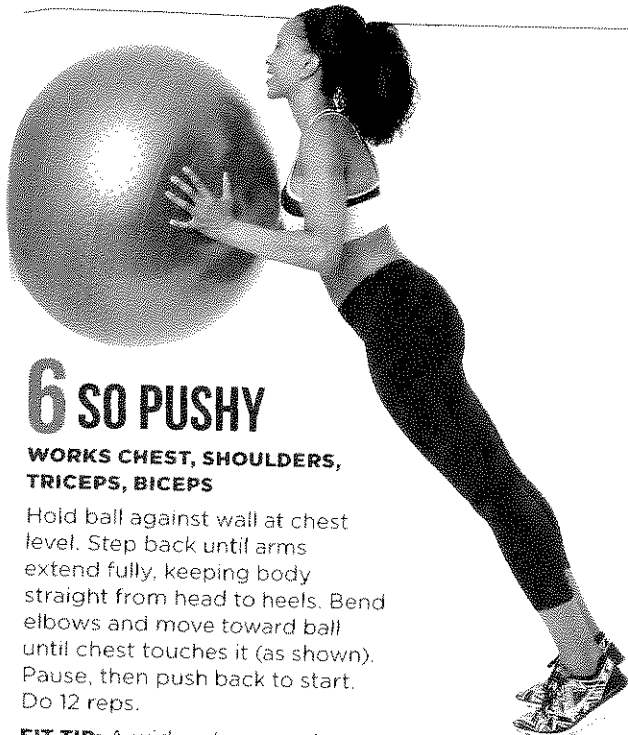


5 ON A ROLL

WORKS BUTT, THIGHS

Stand with feet hip-width apart, ball pressed by lower back against wall, hands on hips. Slowly roll down wall into a squat until thighs are parallel to floor (as shown). Return to standing. Do 12 reps.

FIT TIP: The ball is like a spotter. It will help guide the movement, letting you sink more deeply (and easily!) into the squat.



6 SO PUSHY

WORKS CHEST, SHOULDERS, TRICEPS, BICEPS

Hold ball against wall at chest level. Step back until arms extend fully, keeping body straight from head to heels. Bend elbows and move toward ball until chest touches it (as shown). Pause, then push back to start. Do 12 reps.

FIT TIP: A wider stance makes the move easier.

GH

SUPERCARB DIET

SWIMSUIT EDITION

On our 1,500-calorie eating plan, you'll dig into complex carbs (the kind that zap sugar cravings and keep you full) at every meal.

HERE'S HOW IT WORKS

Breakfast: *about 300 calories*

Power up with protein, healthy fats and fiber-rich whole grains like bread and oatmeal. Deprivation? Not here!

Try: Make-Ahead Cherry Muesli
Add ½ c. **unsweetened almond milk** to ¼ c. **quick rolled oats**. Mix with 1 tsp. **vanilla extract**; ½ c. **fresh cherries**, chopped and pitted; and 2 Tbsp. **chopped pistachios**. Refrigerate overnight. Add 1 tsp. **honey** to serve. *320 calories*

Lunch: *about 400 calories*

It's easy! For lunch and dinner, fill your plate with fruit, veggies and super-filling starches like beans and lentils, as well as protein and healthy fats.

Try: Israeli Salad with Shrimp
In bowl, combine ¼ **avocado**, diced; ½ c. **chickpeas**, drained and rinsed; and ½ c. **diced onion** with 1 c. each **shredded romaine**, **chopped tomatoes** and **chopped cucumber**. Drizzle with 2 Tbsp. **lemon juice**, 1½ tsp. **olive oil** and **salt** and **pepper** to taste. Top with 5 med. peeled, cooked **shrimp**. Serve with 1 med. **peach**. *385 calories*

Can't imagine lunch without bread? You can have a sandwich three times a week.

Dinner: *about 500 calories*

Try: Sweet Potato Cakes with Kale & Bean Salad
Recipe in "Easy Weeknights," page 117. Serve with 1 c. sliced **mango**. *475 calories*

Snacks: *about 150 calories*

Indulge cravings with two per day. You'll typically get a combo of fruit or veggies with protein. See below, and visit goodhousekeeping.com/supercarb for more meals.

Try: SuperSnacks

1. Sigg's Pomegranate & Passion Fruit yogurt with ½ c. pomegranate seeds
2. One 1-Tbsp. packet Barney Butter Honey and Flax Almond Butter spread over 4 fresh apricot halves
3. Two med. tomatoes with ¼ c. part-skim ricotta cheese; top with balsamic vinegar and pinch of sea salt

