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One-Trick TRAINING

It's easy to let a busy schedule get in the way of a workout routine. But fitness expert Lauren Boggi of Lithe Method says it only takes five minutes to get a full-body workout. Follow her directions and you'll hit all those stubborn areas at once with this core-centered move. —*Melissa Auman Greiner*

TARGET: Abs, deltoids, pecs, lower back, gluteus, calves ... and a whole lot more

MOVE: Lithe Method Seesaw

RX: Three sets of 10 for each leg, three to five times a week

Step 1: Start in a push-up position, resting your body weight on your hands and toes. Ensure that your hands are directly under your shoulders, and that your pelvis is tucked in. With legs parallel, feet hip-width apart and heels pressed down toward the floor, you're ready to begin.

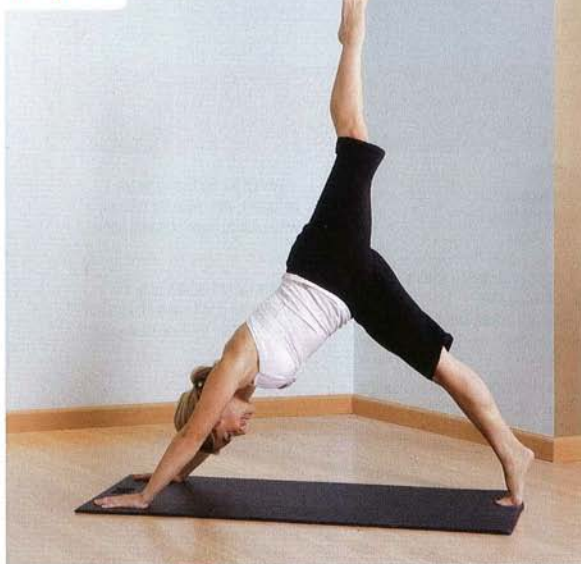
Step 2: Breathe in and extend your right leg up to the ceiling while tightening your abs and butt. Steady yourself to remain balanced. Exhale and lower your right leg to its starting position. At this point, your body should resemble one long line. After one set, switch to your left leg.

Wrong Way: As you return to the floor, don't let your pelvis fall. This will cause your back to arch in response. Keep your core tight, creating a straight line from your nose to your toes.

step 1



step 2



wrong way

