

PHILADELPHIA STYLE

TERRENCE HOWARD

THE *IRON MAN* STAR SHOWS HIS SOFTER SIDE WITH A NEW CD

COOKING WITH A CULINARY MASTER
INSIDE CHEF MARC VETRI'S HOME KITCHEN

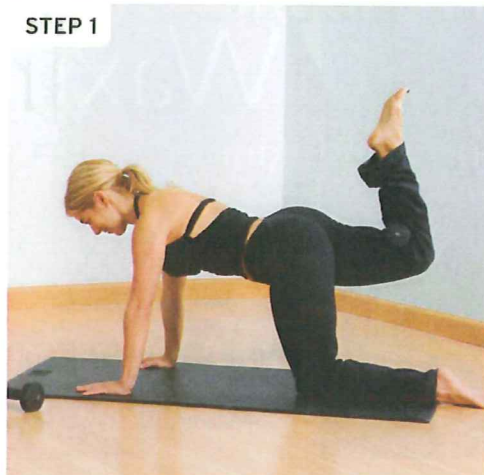
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[TRAIN RIGHT] BEACH BUM

Lauren Boggi of Lithe Method shows how to get a bikini-ready tush in no time. BY KAYTIE DOWLING

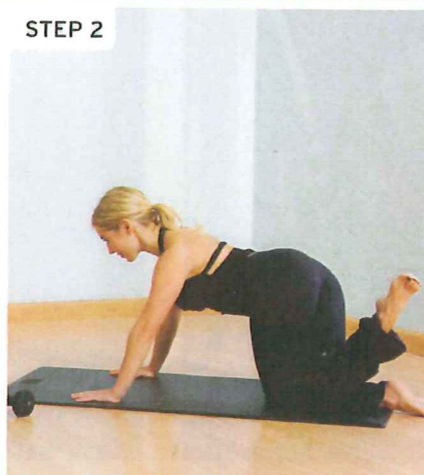
Lithe Method Doggie Crossover

Targets: Glutes, lower back and thighs Rx: Three sets of 10 on each side



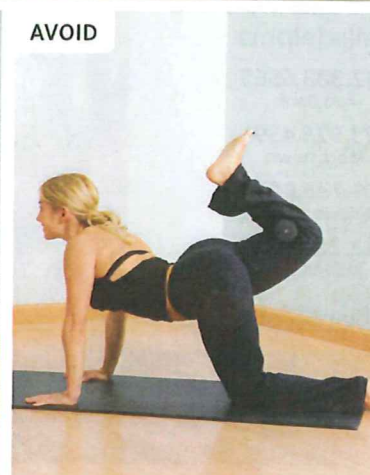
STEP 1

Step 1: Start on your hands and knees with knees directly under your hips and your palms under your shoulders. Keep your back neutral. Tuck one 5-pound weight in the back of your knee. As you exhale, contract abs, tuck the pelvis and lift the leg to glute height with a bent knee. Work to keep your shoulders from rolling toward your ears, and be sure to keep your rib cage pulled in.



STEP 2

Step 2: As you inhale, shift your weight off your arms and simultaneously cross the right knee behind the left knee. The left hip and rib should slide toward each other as the inner thighs contract. Exhale and bring the weight back to center and extend right leg laterally. You'll feel the left arm try to bend and compensate for the core.



AVOID

Avoid: Don't arch your back or let your shoulders roll toward your ears. Make sure your knees are below your hips.



[TRY THIS!]

« Take a Hint

CHUGGING GALLONS of sketchy tap water is about as unappealing as a swim in the Schuylkill, but bottled drinks with fancy flavors are often laced with sugar (and calories). For years it was a no-win proposition. But second-generation flavored waters such as Hint Premium Essence Water or Owater represent a new class of drinks that hydrate with taste and less of the stuff you don't want. The not-too-sweet flavors include Owater's wild berries and Hint's cucumber or pomegranate tangerine. And since they're all less than 35 calories per serving, none have the diet-crashing potential of traditional sports drinks. Pick up Hint at Whole Foods or buy Owater at Genuardi's. For more information, visit DrinkHint.com or OBeverages.com —Abby Raymond

[CATCH A CLASS]

A LITTLE HANG TIME

Get fit without free weights or the treadmill. The newest class at Fusion hangs gym rats from straps attached to the ceiling as part of a system first designed for Navy Seals. Using your own body weight as resistance, you lift, train and all around struggle as a way to build muscle and flexibility. FusionCrossTraining.com —K.D.