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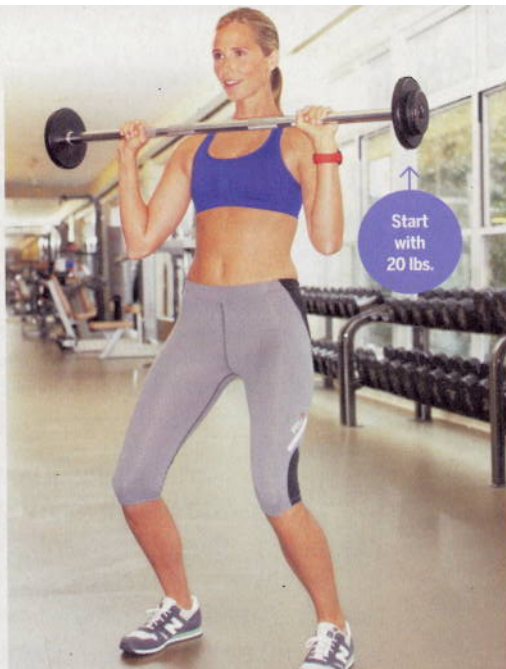
5 MOVES

to borrow from the boys

The trainer Gunnar Peterson, a renowned personal trainer in Los Angeles, sculpts the bodies of macho men such as NFL star Tom Brady and NBA star Carmelo Anthony, plus sexy A-list ladies like Halle Berry and Jennifer Lopez.

The plan Do the indicated reps of each move in succession; repeat the workout three times, three times per week on nonconsecutive days.

You'll need A barbell. Gyms carry two types, fixed-weight barbells (the plates come preloaded) and adjustable barbells. To load weights on the latter, simply slip the plates onto the bar followed by a collar to hold them. Barbell newbies, start with the suggested weight for each move. If it's too easy, add a plate to each side. Ready to raise the bar on your workout? Let's lift!



Start with 20 lbs.

SHOULDER SHAPER

works shoulders, abs, hips, butt

Stand with feet shoulder-width apart, toes under barbell. Bend down, knees soft, and place hands on bar wider than shoulder-width apart. Stand and raise barbell to shoulder level, knees slightly bent, elbows bent and pointing to floor (as shown). Press barbell overhead, straightening legs. Lower bar to shoulder level, bending knees, for 1 rep. Do 12 reps.

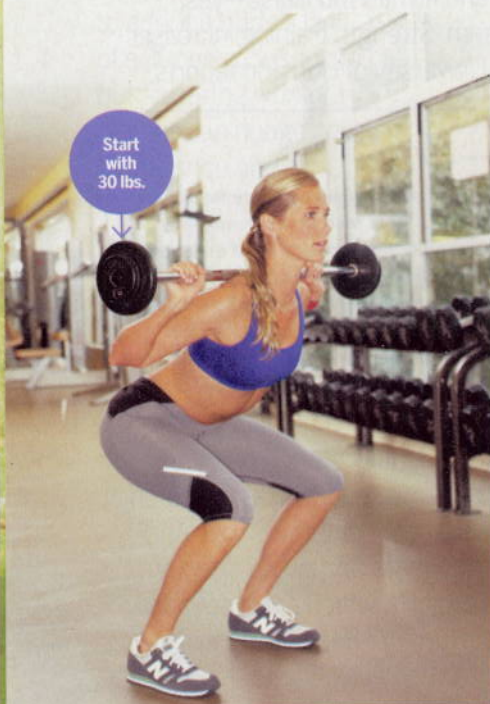


Start with 45 lbs.

LEAN-LEG LIFT

works hamstrings, back, abs, hips, butt

Stand with feet shoulder-width apart, toes under barbell. Bend at waist 90 degrees, knees soft, and place hands on bar wider than shoulder-width apart. Shift weight to heels and lift barbell, keeping back flat (as shown). Stand, bringing bar to thighs and pushing hips forward. Lower bar to ankles for 1 rep. Do 8 reps.



Start with 30 lbs.

BOOTY TONER

works butt, abs, thighs, hamstrings

Stand with feet wider than shoulder-width apart, toes under barbell. To get in start position, follow directions for Shoulder Shaper, but after pressing overhead, lower bar behind neck and rest it on back of shoulders. Then squat (as shown). Rise to standing for 1 rep. Do 12 reps.

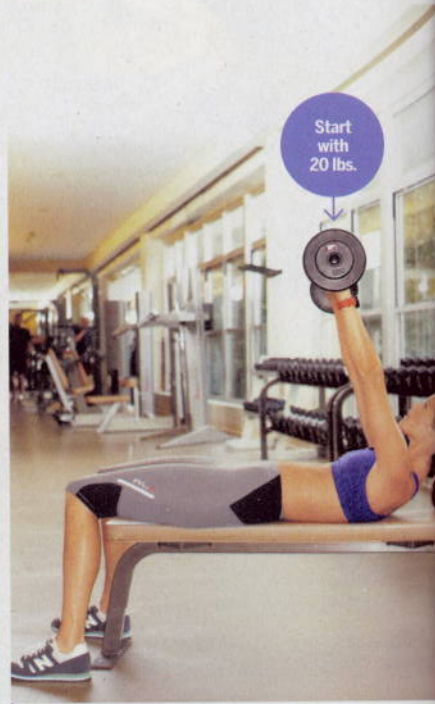


Start with 20 lbs.

SEXY BACK

works back, shoulders, abs

Stand with feet wider than shoulder-width apart, toes under barbell. Bend down, knees soft, and place hands on bar 6 inches apart. Stand, bringing barbell to thigh level. Keeping knees soft, lift barbell up to collarbone, elbows up and out to sides (as shown). Lower barbell back to thigh level for 1 rep. Do 16 reps.



Start with 20 lbs.

WAIST WHITTILER

works abs, shoulders, arms

Lie faceup on bench, feet flat on floor, holding barbell at chest with hands wider than shoulder-width apart. Press barbell straight up, then lower to chest for 1 rep. Do 9 reps. On 10th rep, hold arms extended and crunch until shoulders lift off bench (as shown). Lower to bench, keeping barbell up, for 1 rep. Do 10 reps.

WHY A BARBELL? It's a magic bullet for sculpting a sleek body. "When Halle is in my gym, she does barbell squats," Peterson says. Because a bar is easier to keep steady than dumbbells, you can lift to your full firming potential, toning and sizzling calories. A red-carpet figure will be yours!



STEP UP TO THE BAR!
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