

SELF

YOU AT YOUR BEST

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SELF

YOU
AT YOUR
BEST

1-Minute Abs

Results
Guaranteed!

Peel Off 8 Pounds
And Trim Your Waist

QUICK RECIPES

4 NATURALLY
SLIMMING MEALS

Delicious Dishes
That Really Satisfy

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Feel Happier Every Day

58 Ideas to Lift Your Spirits,
Stop Overeating and Have Fun

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Makeup
Sex
Skip the
Fight

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Giving
Away
\$105,000
in Spa
Trips

Anna Faris
Funny Is the
New Sexy



2009 SELF Challenge

Month 2

WAIST CINCHER

works abs, obliques, hips

Stand with feet hip-width apart, one weight in both hands, arms extended at chest level, elbows soft (as shown). Keep lower body still as you rotate torso and weight to left, then right, for one rep. Do 12 reps. **MAKE IT EASIER** Lose the dumbbell. **MAKE IT HARDER** Let your feet pivot as you twist hips to increase the range of motion and work even more of your core.



Cristina Tudino, 27
Associate editor

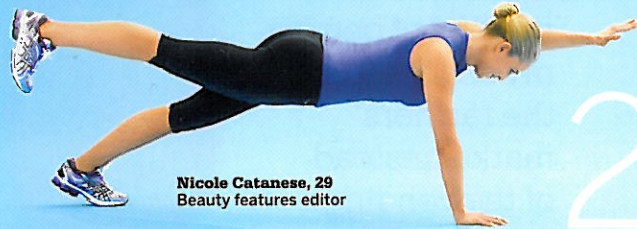
1

CHALLENGE MONTH 2

See the video at Self.com.

BACK ATTACK works back, shoulders, abs, butt, hamstrings

Start in push-up position with hands slightly wider than shoulders, back straight. Contract abs as you extend left arm and right leg in line with body (as shown). Pause for two counts; return to push-up position. Repeat, lifting opposite arm and leg, for one rep. Do 8 reps. **MAKE IT EASIER** Keep knees on floor for starting position. **MAKE IT HARDER** Do five push-ups between sets.



Nicole Catanese, 29
Beauty features editor

2

CHALLENGE MONTH 2

See the video at Self.com.

SLIMMING SHUFFLE

works butt, thighs

Tie band in taut loop around shins; stand with feet hip-width apart. Clasp hands in front of chest and squat (as shown). Hold squat as you shuffle three steps to the right, then three steps to the left, for one rep. Do 12 reps. **MAKE IT EASIER** Forget the squat; just do the shuffle. **MAKE IT HARDER** Add a side leg lift: After each step, raise opposite leg against resistance.



Jennifer O'Neill, 34
Fitness editor

3

CHALLENGE MONTH 2

See the video at Self.com.

ARM-FLAB FIGHTER

works shoulders, triceps, abs, legs

Stand with feet hip-width apart. Raise left foot behind you, knee bent; loop a band around left foot, an end in each hand. Raise arms next to ears, elbows bent, hands behind head, palms in (as shown). With abs tight, straighten arms overhead. Return to bent-elbow position for one rep. Do 12 reps. Switch legs; repeat. **MAKE IT EASIER** Stand on center of band with both feet. **MAKE IT HARDER** Bend forward about 45 degrees and straighten arms while tilted.



Shira Gordon, 27
Designer

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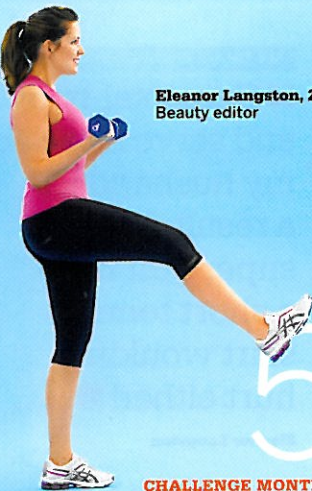
CHALLENGE MONTH 2

See the video at Self.com.

LEAN-LEG KICK

works thighs, biceps, abs, butt

Hold a weight in each hand at sides, feet hip-width apart. Step right leg back into a reverse lunge; push off back heel to return to upright position as you kick right leg forward, foot flexed, and curl weights toward chest (as shown). Step back into reverse lunge, lowering arms. From this position, do 11 more reps (kick and curl, then lunge). Switch sides; repeat. **MAKE IT EASIER** Nix the kick. **MAKE IT HARDER** Add another biceps curl as you lunge.



Eleanor Langston, 27
Beauty editor

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CHALLENGE MONTH 2

See the video at Self.com.

BELLY BUSTER works abs, shoulders, triceps, upper back, chest

Secure band in door at waist height. Lie faceup with door behind you, knees bent, feet flat. Grab ends of band and extend arms overhead near floor. Crunch up as you draw arms toward chest (as shown) and continue to draw hands to midsection. Release. Do 12 reps. **MAKE IT EASIER** Do first set without band. **MAKE IT HARDER** Draw alternate knees toward chest as you crunch.



Emmy Scandling, 22
Art assistant

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CHALLENGE MONTH 2

See the video at Self.com.

ALL-IN-ONE TONER

works shoulders, abs, butt, thighs, calves

Stand with feet wider than hip-width apart, toes turned out, one weight in both hands, arms straight down in front. Sink into a plié squat, then come up onto tiptoes, lifting weight overhead (as shown). Return to start. Do 12 reps. **MAKE IT EASIER** Cut out the tiptoe calf raise. **MAKE IT HARDER** Sink into a lower plié squat.



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Amy Gallo, 27
Associate editor

7

TOTAL-BODY BUFFER

works shoulders, triceps, back, butt, hamstrings

Stand with feet slightly wider than hip-width apart, a weight in each hand in front of thighs. Bend forward; let weights hang toward floor. Slowly stand up as you bend elbows and draw weights to chest, squeezing shoulder blades together (as shown). Lower weights for one rep. Do 12 reps. **MAKE IT EASIER** Draw one arm up to chest at a time. **MAKE IT HARDER** Balance on one leg throughout.



Lauren Theodore, 38
Director of public relations

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