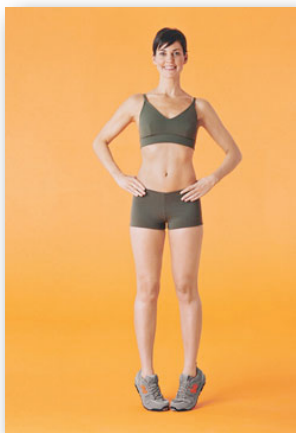


Look Hot in Jeans

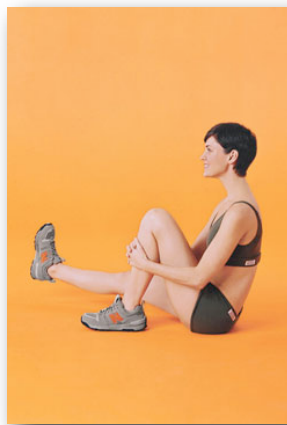
The plan Perform three sets of 12 reps of each exercise (unless otherwise indicated), and power through the entire routine without resting to add a calorie-torching cardio bonus. Do the workout three times a week on nonconsecutive days and you'll be a blue-jean babe in just one month.

Pigeon toes



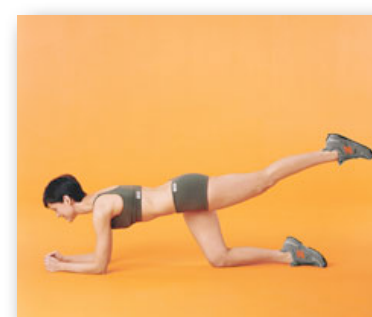
Works calves, abs, butt
Stand with toes together, heels out, hands on hips. Contract abs as you slowly lift heels, rising onto balls of feet (as shown). Hold for two seconds. Lower to start and repeat. Do three sets of 15 reps; speed up for the last 5 reps of each set.

Seated leg raise



Works thighs, abs, butt
Sit with right leg extended, foot flexed, and left knee bent, foot flat. Grasp shin of left leg. Raise right leg a few inches off floor and sweep away from body (as shown). Hold for one count. Return leg to center. Do 12 reps; switch legs and repeat for one set. Do three sets.

Glute sweeper



Works butt, abs, thighs
Start facedown, supported on forearms and right knee, and extend left leg behind you as high as you can, toes pointed (as shown).

Contract abs and butt and slowly cross left leg behind right foot, reaching toes toward floor without touching down. Return leg to start. Do 12 reps; switch legs and repeat for one set. Do three sets.

Sumo strut



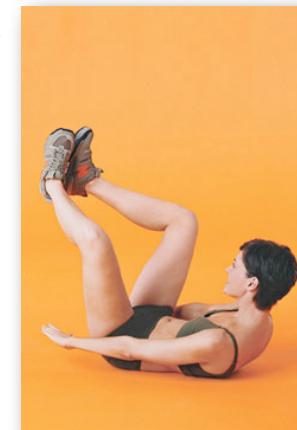
Works butt, obliques, thighs
Stand with feet wider than hip-width apart, toes out, and extend arms at chest level, palms together. Bend knees to 45 degrees. Maintain wide squat as you take baby steps forward. With each step, move arms mechanically in a semicircle, from left (as shown), to center, to right, then back to center, to complete one rep. Do 12 continuous reps for one set. Do three sets.

Leg tap



Works butt, thighs
Stand with feet hip-width apart, hands on hips. Step back into a lunge with left leg, lowering until right thigh is parallel to floor. Shift weight to right leg and stand, knee soft. As left leg comes forward, tap back of right calf with left foot (as shown). Return to lunge. Do 12 reps; switch legs and repeat for one set. Do three sets.

Butterfly crunch



Works abs, thighs
Lie faceup, arms at sides, palms down. Raise legs, bend knees to 90 degrees and hold legs together. With feet touching, open knees and crunch up (as shown), then close legs. Continue to flutter legs open and closed while you crunch up and down. Do three sets of 12 crunches.

