

YOGA

for your
Belly
and your
Butt

It's not just for relaxation.
Try these simple yoga poses
for the tightest abs and
tush in just 3 weeks.

*By Leslie Goldman
Photography by David Martinez*



Yoga can do so much more than center your mind and stretch out your body—it's also great for carving out hidden muscles and strengthening your core. The result: a really shapely butt and a trimmer, sexier belly. For the best butt-and-abs workout ever, we went to Jess Gronholm, Crunch regional yoga director for New York, and creator of the hot new class, Buff Yoga. Do this 30-minute routine two to three times a week, and you'll start to see a difference in just three short weeks, still in time to show off your killer butt and belly in summer's body-baring fashions.

Side Plank With Arm Arc

A. Lie on your left side with your legs straight, feet stacked, and left elbow and hip on the ground; your weight should be toward the front of your body. Hold a 5-pound weight in your right hand and bring your right arm alongside your right hip, palm facing up.



B. Press into your left elbow and lift your body off the ground while moving your right arm overhead in a wide arc. Slowly lower your body while moving your right arm back down in a wide arc. Do 8–12 reps, then switch sides and repeat to complete the set. Do 3 sets.



For your BELLY

Chair Pose With Revolving Twist

A. (Left) Stand with your feet together and a 5-pound weight in each hand, palms facing in. Bend your knees, keeping the weight on your heels while pressing your inner thighs together. Then bend your arms, bringing the weights to the center of your chest; your palms should face each other.

B. (Above) Keeping your inner thighs and knees together, draw your navel in toward your spine as you twist to the left; simultaneously shift your hips to the left (don't let your right knee move forward). Return to center, then repeat on the right to complete 1 rep. Do 3 sets of 8–12 reps.

Boost the yoga benefit

To burn fat and uncover the glorious new muscles you're sculpting, add 30 minutes of cardio exercise—such as walking, running, cycling, or using the elliptical machine—a few times a week.

Corpse Pose With Lift

A. Lie on your back with your legs extended, arms alongside your body, and a 5-pound weight in each hand; your palms should face up.



B. Exhale, draw your chin toward your chest. Then lift your legs, arms, shoulders, and head a few inches off the ground, focusing on drawing your navel in toward your spine. Hold 10–15 seconds; slowly lower back down. Do 3–5 reps.





For your BUTT

Warrior Three With Leg Pulses

Stand with your feet together and all your weight on your left leg; use your right toes as a kickstand for balance. Holding a 5-pound weight in each hand, palms facing in, extend your arms toward the ground. Tip forward and lift your right leg so your torso and leg are both parallel to the ground. Pulse your leg approximately 2 inches up and down; do 8–12 pulses. Return to starting position, switch sides, and repeat to complete the set. Do 3 sets.

Outfit your *om* with our favorite new yoga gear

1. Before heading out to your favorite après-yoga coffee joint, cover up with Water Girl's organic-cotton Basque hoodie (\$54; www.patagonia.com). It's so soft, we bet you won't want to take it off.



2. Stay hydrated with the superconvenient CamelBak .75-liter Better Bottle (\$12; www.camelbak.com). We love the bite valve, which brings the water straight to your lips—no cap-unscrewing or bottle-tilting required.

3. Patagonia's butter-soft, ultralight Sleeveless Gal Tee (\$35; www.patagonia.com) feels like your favorite old T-shirt, but has a figure-flattering cut.



4. For sheer versatility, we love Horny Toad's Scout Crop capris (\$48; www.hornytoad.com). They move easily with you through every pose and are stylish enough to wear when hanging out at the corner café afterward.



Standing Split With One-Legged Squat

A. Stand with feet shoulder-width apart and a slight bend in your knees. Fold forward so your fingertips touch the ground 12 inches in front of your toes. Lift your right leg up and back so it's parallel to the ground (or higher), keeping your hips square.

B. Keeping your weight on your heel, bend your knees and bring your right toes to the outside of your left heel. Lift your right leg as you straighten your left leg and return to starting position. Do 8–12 reps, then repeat on other side to complete 1 set. Do 3 sets.

Bridge With Arms Overhead

A. Lie on your back with your knees bent and feet hip-distance apart on the ground. Hold a 5-pound weight in each hand and bring your arms to the ground overhead, palms facing up.

B. Inhale and lift your pelvis while raising your arms and bringing them down alongside your body. Exhale and draw your navel in toward your spine, then slowly lower your pelvis to the ground while bringing your arms back overhead. Do 3 sets of 8–12 reps.



5. Post-class, give your feet a treat by slipping into Ecco's cute, oh-so-comfy Manta Ray Clogs (\$80; www.eccousa.com).



6. Your hands and feet won't budge on Hugger Mugger's gorgeously colorful Nature Collection 1/8-inch sticky mat (\$26.95; www.huggermugger.com).



7. Tote your mat in style with Gaiam's saucy pink Maxwell Mat Bag (\$30; www.gaiam.com), complete with outside pocket for your cell phone and ID.

Famously fabulous yoga bods

Just a few of the many celebs who got their awesome abs and butts with help from yoga: (from left) Christy Turlington, Angelina Jolie, and Eva Longoria.

