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Bikini or bust

Get your body beach ready from head to toe

NECK

Throat toner: Stand tall with your legs hip-width apart. Bring your chin toward your chest, bring it back up to the center and then look up to the ceiling, holding each position for 3-5 counts. Then, turn your head to the right, come back to the center and then turn to the left. Repeat.

—Susan Moran-Perich, trainer at Equinox Fitness (equinoxfitness.com)

SHOULDERS

Lateral raises: Standing with feet shoulder-width apart, abs tight, hold weights down at your side. Keep shoulders down, raise hands to shoulder level, hold and return to starting position. Do 3 sets of 12-15.

—Joe Larson, personal trainer at The Gym (thegym.com)

ARMS

Triceps dips: Sitting on a bench or chair with hands by your side, walk your feet out. Grab the edge of seat, push yourself up and forward, lower body until arms are at 90-degree angle. Do three sets of 12.

—Debra Strougo, trainer at RoadFit (roadfit.com)

BUTT

Table top: Get on all fours, hands under shoulders, knees about 3 inches apart. Extend right leg back in a straight line to hip level and extend left arm forward, parallel to your ear with palm down. Raise leg 3 inches and hold. Do 3 sets of 10 reps on both sides.

—Fred Devito, trainer at Exhale Spa (exhalespa.com)

THIGHS

Charlie's Angels walk lunge: Grab a toy gun and hold it out straight in front of you at shoulder height. Take a big step forward with your right leg, and lower your body until your right knee and right hips are at a 90-degree angle. Hold the lunge position and slide your arms as much to your right side as possible. Ideally, your chest should be in line with your right hip. Bring your arm back to the center, and lunge and aim left. And, just for fun, imagine that you're Farrah Fawcett and say "pow pow" when you rotate the gun to the left and right. Do two sets of 12-20 lunges (6-10 lunges per leg).

—Mike Monroe, fitness director and head trainer for www.push.tv

CALVES

Butt circles: Wearing stilettos, stand with your feet a little more than hip-width apart, bend your torso forward, place your hands on your knees and arch your back. Slowly, make clockwise circles with your butt, resting your weight on your hands and keeping your upper body still. Do 10 circles in each direction.

—Sheila Kelly, founder of Sheila Kelly's S Factor (sfactor.com)

BACK FAT

Low back extensions: Lie face-down and on top of a kickball (or any similar-sized ball) placed at your hip. Press your feet against the wall; keep arms at your side, palms up. Raise your upper body, contracting your lower back, and bring your shoulder blades together. Do 3 sets of 12-15.

—Nicki D'Atellis, private trainer at Reebok Sports Club (sportscluba.com)

ABS

Straight leg raise and tuck: Lie on a bench with your legs extended and your arms overhead, holding the edge of the bench for stability. While keeping your legs straight, bring them up toward the ceiling. When your legs are all the way up, tilt your hips up to really work your lower abs. Then, bring your legs straight back down. Do 3 sets of 15 reps each.

—David Barton, owner of David Barton Gym (davidbartongym.com)

HIPS

The plank: Lay on your forearms with your hands and elbows shoulder-width apart, with your abs down on the floor. Curl your toes and push yourself up using your ab muscles, pulling your bellybutton in toward your spine. Try to keep your head, shoulders and hips in a straight line. Hold for 60-90 seconds. Repeat.

—Rupa Merita, owner of Naini Method (nainimethod.com)