

Shape-Up-Fast Special! Women's Health

Look Great Naked!

- ✓ Toned, Sexy Abs
- ✓ High, Tight Tush
- ✓ Long, Lean Legs

Big-O Sex Secrets

6 FLAT-BELLY POWERFOODS (Eat More, Weigh Less!)

375+

Smart New Beauty, Style, Fitness, Weight Loss, Health & Nutrition Tips!



STRIP AWAY STRESS

Discover a Happier, Healthier You!

Tron: Legacy's

Olivia Wilde

"Confidence Makes You More Desirable"

YOUR FITTEST YEAR STARTS HERE!

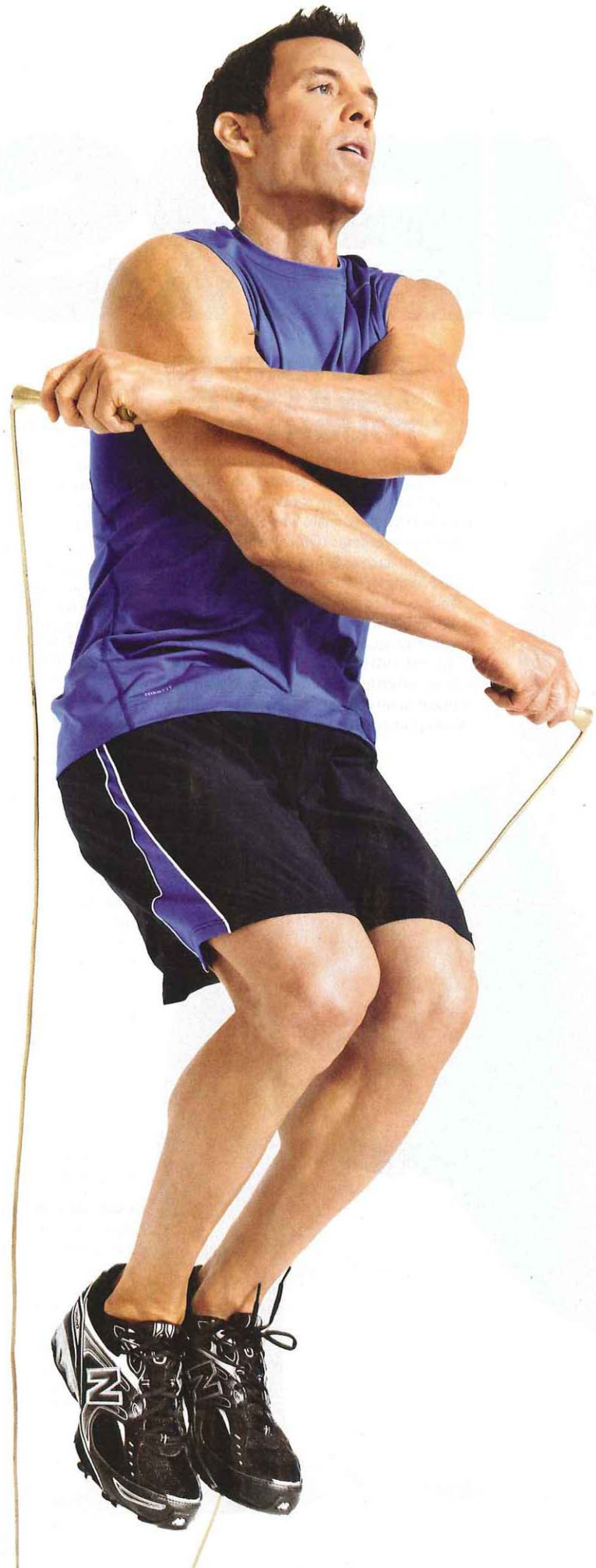


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WomensHealthMag.com



TONY HORTON SEES BOREDOM AS ENEMY NUMBER ONE.

P90X—Tony's wildly popular 90-day, 12-disc DVD workout program—has more than 3 million dedicated followers, despite its grueling reputation. Each strength disc hammers at least two or three major muscle groups at a time, and the high-octane cardio installments burn fat while warding off tedium. And Tony, author of *Bring It! The Revolutionary Fitness Plan for All Levels That Burns Fat, Builds Muscle, and Shreds Inches*, hasn't won over only the masses; celebs such as Pink, Sheryl Crow, and Demi Moore have all submitted to his extreme regimens too.

All you need is your body and the earth. If these three exercises aren't your thing, just use the same principle as your guide.

TONY'S TOP TIPS:

- 1. Confuse your body.** Muscle confusion is the basis of my program. Keep your muscles guessing and they'll get leaner and stronger. It will also prevent injuries.
- 2. Work out five days a week.** Yes, that's a jagged pill to swallow, but it's the truth. Hopping on an elliptical trainer three days a week is not the best use of your time.
- 3. Do more than walk.** Just plodding along is not really going to change your body, unless you kick it up a bit by adding speed and walking on an incline.
- 4. Think pullups, sprints, and swimming.** You're moving your own body weight in space.
- 5. Cram in a mini workout.** There's always time to work out. On busy days, take 10 minutes and do "U.C.M.L."—upper, cardio, middle, lower. Do as many pushups as you can do with good form. Then do any kind of cardio move (mountain climbers, jumping rope, running in place) for 60 seconds. Then do 30 reps of an abdominal move, and finish with 20 to 30 reps of a squat and plyometric jump. Do three to six rounds.

→ Get Tony's exclusive WH workout at WomensHealthMag.com/Tony.

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