

FOR WOMEN!

**THE SCIENTIFIC APPROACH
TO HEALTH AND FITNESS**

FITNESSRXTM

YOUR ULTIMATE PREPAREDNESS FOR A BETTER BODY

**55
FASTEST
FAT
BURNERS**

**BRAZILIAN
BUTT-LIFT
WORKOUT**

GET YOUR **REAR** IN GEAR!

**Lose the
Cellulite!**

**BURN 1,000
CALORIES IN 1 HOUR**

SPIN YOUR WAY TO FAT LOSS

**Best
Diet for
Keeping
Off the
Pounds**

**FLAT
ABS!**

**DROP
10 LBS
FAST!**



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BUTT TRENDS

BRAZILIAN BUTT— NO SURGERY REQUIRED

Get your hot buns here. The Brazilian Butt Lift Workout, named the Best Fitness Class in *New York in New York Magazine's* 'best of' issue, is the workout that Leandro Carvalho made famous at the Equinox gym in New York. This 'bum bum' workout, available in a 3-DVD set by Beachbody, incorporates fat-blasting cardio with lower-body sculpting exercises, to lift, tone, and help you burn more calories.



The set comes with a booty makeover guide, to determine your current shape, so you can customize your workout to achieve the shape you want. You also get booty basics, triangle training workout cards, a booty resistance band, and a bonus workout called "Bum Bum Rapido," an express version of the workout, for when you're running late, but still need to get your butt in gear.

Beachbody has an online support community, for when you need encouragement to work on your 'wonder buns.' Log on to their message boards, chat with fitness experts, check in with workout pals.

Stick with the program and before you know it, you'll look Brazilian from behind. (*timeoutnewyork.com*, Dec. 30, 2010; *amazon.com*, accessed January 2011; *leandrofitness.com*, accessed January 2011)

CALLING ALL BOOTYS!

No matter your size or shape, FIMB (Fabulous In Mind & Body) wants you for their Booty Boot Camp workout! Classes at FIMB are designed for all women, regardless of fitness level, and instructors encourage clients to embrace their curves, love their bodies and lead stronger, sexier and healthier lifestyles.

Women who frequent the FIMB have such a great time laughing and dancing they often don't even realize they are working out; the classes make women feel sexy and empowered, confident and sassy.

The Booty Boot camp class is just like any other Boot camp class; you'll do an intense workout, but you'll be



having so much fun, and using fitness equipment like poles and chairs—it will make you want to come back for more.

Per their website description— **Booty Boot Camp:** Lift that tush, flatten that belly, tone those arms, and feel the burn. A challenging and effective circuit-style fitness class, which utilizes the pole and chairs as strength-training tools, as well as body-weighted exercises on the mats. The whole body is worked in this super-fun fitness class. Please bring tennis shoes, a towel, and water for this class.

You, too, can be booty-licious— and have a great time shakin' it! (<http://timbwellness.com/FIMB-Classes.html>, accessed January 2011; <http://pressreleases.kcstar.com/?q=node/48393>, accessed January 2011)

STEP UP TO THE BARRE!

Tracy Mallett's two greatest passions in life are Pilates and Dance. As a fitness and lifestyle expert, she also knows that people like to mix up their workouts with cardio, on their days off from Pilates. Enter The Booty Barre™.

Master Pilates presenter and certified fitness instructor Tracey created Booty Barre™ to answer the need for people to cross-train to stimulate all the muscle fibers and keep boredom at bay. The Booty Barre™ is a 55-minute results-oriented sexy workout that conditions the total body, with outstanding visible results to clients' biggest concerns: belly fat, sagging booty and cellulite.

Booty Barre is a sexy, energetic dance-a-thon that combines the toning benefits of yoga, Pilates and dance to strengthen and stretch the body to help you look and feel 10 years younger. You don't need any dance experience and you don't need a partner... but something tells me that after this workout, you just might get a 'booty call.' ;-)
(<http://beta.thebootybarre.com/about-the-booty-barre/>, accessed January 2011)

