

pregnancy and Hot Moms Club present

new mom's HANDBOOK

HOT MOMS CLUB
SPECIAL SECTION
161 PAGES

The ULTIMATE GUIDE to your great new life

PLUS Essential HOW-TO SECRETS:

- feeding
- sleeping
- cleaning
- greening



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BRIDGETTE WILSON-SAMPTRAS

Her boys, her career, and Pete's
struggle for a date night!



Muffin top no more!

Fitness expert **Tracey Mallett** shares her favorite 6-minute tummy trimmers. So you can *finally* shake that baby fat!



Run in forearm plank with twist

10 reps on each leg and 10 twists



1 Balance on your forearms with your shoulders over your elbows, your legs extended behind you, and your toes turned under. You should be in a straight line from the crown of your head to your heels. Bend the right knee and then the left, slowly picking up the pace into a "run." Keep the hips level with your shoulders and your shoulders over your elbows.



Contract the abdominals the whole time and exhale every time you bend your knee.

2 With the legs together, twist the torso and the knees toward the right and then quickly twist to the other side. Alternate sides for a total of 10 reps.

Too hard? Hold the plank position for 30 seconds without moving the legs.

V-sit twist with canoe

10 reps on each side

1 Start by sitting tall with your legs bent at a 45-degree angle in front of you and your shins parallel to the ceiling. Extend your spine so that you're balancing on your tailbone and your body forms a "V" position. Extend your arms and clasp your hands together, or hold a light dumbbell in front of your chest at shoulder height.

2 Keeping the hips and legs still, exhale and twist the torso to the right as your arms circle down to the floor and up back to center. Your body twists through center on an inhaled. Exhale as you repeat the movement on the other side.



Too hard? Perform the exercise with your feet on the floor and your legs bent.

Side plank lifts

10 reps on each side



1 Start by sitting on your right hip with your right leg slightly bent and your left leg extended straight out to the side. Balance on your right forearm with your elbow bent. Make sure your ribcage is directly underneath your shoulder. You should be drawing your shoulder blade down toward your hips, which helps release stress in the upper body.

2 Exhale as you lift your hips off the floor and reach your left arm up and over into a side stretch. Hold and then gently lower down. Repeat 10 times before going to the other side.

Too hard? Keep both knees bent.

Tracey Mallett is the author of *Super Fit Mama*. For more info about her 6-minute workouts, check out tracymallett.com.

