

Want a Flat Belly? What to Eat P. 59

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SELF

**Amanda
Seyfried**

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I Got My
Dream Body
With **Self**

Your Turn, P. 60

The plus-one workout!

Our program combines strengtheners, toners and stretches to help you stay sleek throughout your 40 weeks—and well after!

The expert Certified trainer Tracey Mallett, author of *Super Fit Mama* (Da Capo Press), created this program exclusively for SELF.

The plan After completing your warm-up,

do two sets of the upper-body exercises, followed by one set each of the core and flexibility moves.

You'll need A chair, a pillow and a set of 2- to 5-pound weights



**28 Things to
Try in Bed...**

Or in a Hammock,
On the Floor (You Get the Idea)

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Maternity moves

Upper-body buffers

HOLD EVERYTHING

works shoulders, biceps, back
Stand with feet hip-width apart, a weight in left hand, arm out to front at shoulder level. Use a chair for support if needed. Bend elbow and draw weight to chest, then rotate forearm up, like a goalpost (as shown). Reverse back to start. Do 12 reps. Switch sides; repeat.

See the video at Self.com/fitness.

It's SELF's own Meaghan!



BODY BONUS

BORN TO RAISE
works shoulders, upper back, butt, outer thighs

Stand with feet hip-width apart, a weight in left hand. Use a chair for support. Lift left leg to side as high as you can, as you raise weight out to side at shoulder level, elbow soft (as shown). Return to start. Do 12 reps. Switch sides; repeat.

Log this workout at Self.com/go/logs.



Core supporters

BABY CLAM

works abs, hips, butt

Lie on right side with knees bent and legs stacked; rest head in right hand. Place left hand on hip. Keeping heels together and back straight, lift left knee as high as you can without rotating hips (as shown). Lower for one rep. Do 12 reps. Switch sides; repeat.



Log this workout at Self.com/go/logs.

KICK COUNT

works abs, butt, thighs

Place pillow against back of chair. Sit with butt near edge of seat, back against pillow with torso on an incline, abs engaged, holding seat. Draw left knee toward chest (as shown), then straighten until leg is parallel to floor. Bring knee back toward chest, then return foot to floor, for one rep. Do 12 reps. Switch sides; repeat.



See the video at Self.com/fitness.

Soothing stretches

TWO THUMBS UP
stretches shoulders, upper back, hips

Start in kneeling lunge, with left leg forward and right shin and foot flat on floor, arms down. With hands in loose fists, thumbs out, reach arms up and out to sides in a V, squeezing shoulder blades together and pressing pelvis forward (as shown); return to start. Do 10 reps. Switch sides; repeat.



See the video at Self.com/fitness.

PREGNANCY PLEIÉ
stretches shoulders, upper back, butt, thighs

Stand with feet wider than hip-width apart, toes turned out, elbows bent 90 degrees, hands pointed up (like a goalpost). Lower into a squat as you extend arms into a V (as shown). Return to start for one rep. Do 15 reps.



Log this workout at Self.com/go/logs.

Upper-body buffers

STORK LIFT

works shoulders, upper back, chest
Stand with feet hip-width apart, knees soft, a weight in left hand. Use a chair for support. Bend forward slightly. Raise left arm out to side at shoulder level (as shown). Lower arm for one rep. Do 12 reps. Switch sides; repeat.



See the video at Self.com/fitness.

ROW, ROW, ROW YOUR BACK

works back, shoulders, biceps, chest
Stand in front of chair, right knee on pillow on seat, a weight in left hand. Bend forward and place right hand on back of chair. Draw left hand to rib cage, squeezing shoulder blades together (as shown). Lower arm for one rep. Do 12 reps. Switch sides; repeat.



Log this workout at Self.com/go/logs.

Core supporters

PRENATAL PLANK

works abs, back, hips
Start in modified plank position, resting on forearms and knees, elbows directly beneath shoulders, feet raised (as shown). Engage abs and hold position for 20 to 30 seconds; come up to kneeling and sink into Child's pose for one rep. Do six reps.



Log this workout at Self.com/go/logs.

MAIN SQUEEZE

works abs, lower back, inner thighs
Start on all fours, knees under hips, palms under shoulders. Place a pillow between thighs and actively squeeze it throughout. Inhale, dropping chin to chest, rounding back and tucking in pelvis (as shown). Exhale, lifting chin to ceiling, arching back and tilting pelvis under, for one rep. Do eight reps.



See the video at Self.com/fitness.

Soothing stretches

SQUATTING MAMA

stretches hips, butt, thighs
Stand with feet wider than hip-width apart, toes turned out. Place palms together at chest. Do a deep squat, sinking as low as you can go. Press elbows against thighs to open hips gently (as shown). Hold for 30 seconds. Return to standing for one rep. Do eight reps.



See the video at Self.com/fitness.

T-STAND FOR TWO

stretches back, hips, butt
Kneel on left knee, right leg extended to side, foot on floor. Place left hand flat on floor to your left, right arm extended straight up. Lift right leg to hip level so body forms a T (as shown) and hold for 10 seconds; lower right leg to floor for one rep. Do 12 reps. Switch sides; repeat.



Log this workout at Self.com/go/logs.