

The key to more energy • Trim your top trouble zone • Better sex tonight

SHAPE  
YOUR  
LIFE

**BURN  
300  
CALORIES  
FAST**  
p.134

**GUARANTEED!**  
**3 MINUTES  
TO FLAT  
ABS**

Skip the boring  
crunches & try  
**THIS** move instead



**EASY,  
GUILT-FREE  
PASTA  
DISHERS, p. 150**

**Look  
10 years  
younger  
without surgery**



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**PLUS**

**Instant confidence! Surefire ways to get it NOW, p. 36**

★ ★ ★ ★ ★  
**LOVE DANCING  
WITH THE STARS?**

Then you'll love  
this workout!

**JULIANNE  
HOUGH**  
shows you  
the moves, p. 51

**BE A DIET  
SUCCESS**

**in just  
4 weeks**

Real women,  
real strategies

**WE TRIED THEM!**

**THE  
BEST  
STAY-SLIM  
SNACKS**

dvd of the month



## A ROUTINE THAT NEVER GETS BORING

Tracey Mallett's *6 Minute Quickblast Method Total Body Calorie Blast* (\$15; [amazon.com](http://amazon.com)) eliminates the predictability inherent with some routines. It has seven six-minute circuits that include cardio,

You'll need only two dumbbells and a mat

strength training, yoga, Pilates, and other exercises. Do the entire program and you'll get a 52-minute head-to-toe workout, or choose a few segments from the set-up menu to create your own routine. Switch it up when you can guess the next move.