

BUILD YOUR ULTIMATE BODY

Jessica Alba's killer abs, Eva Longoria's curvy derrière—while you may not be blessed with these sirens' enviable DNA, you can at least steal the workouts devised by their personal trainers

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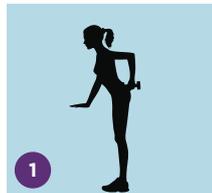
Jessica Biel ARMS

Perfectly sculpted but still feminine, the arms of this sultry star hold strong appeal. L.A. trainer Bobby Strom helps Biel avoid the Mr. Universe look by going easy on biceps and shoulders, to avoid adding bulk. Instead, he focuses attention on the triceps, in the back of her arms. Get the most out of these exercises, Strom says, by keeping movements “slow and controlled.”



Jessica Biel

TRICEPS KICKBACK Tone the back of arms with three sets of 15 on each side.



Lean forward with left hand on a straight-back chair. Hold a two- or three-pound weight in right hand, palm facing in. Bend elbow 90 degrees behind you.



In a smooth, deliberate motion, straighten right arm behind back. Return to starting position. Do one set, then switch to left arm and repeat.

TRICEPS DIP Three sets of 15 to 20 work the back of both arms simultaneously.



Sit at the edge of a bench, hands gripping the bench behind you, knees bent 90 degrees. Slide bottom off bench and walk feet forward slightly.



Slowly bend arms, lowering buttocks toward floor and keeping back close to bench. Descend until elbows make a right angle. Return to start.

BICEPS CURL For this classic exercise, do three sets of 15 to 20 on each side.



Hold a five-pound weight in each hand, arms at sides, palms facing in. Tip: For all standing exercises, keep knees soft and shoulders relaxed.



Slowly bend right arm to raise weight to chest. Keep elbow aligned with torso (don't let it move back or forward). Return to start; alternate arms.

LATERAL RAISE Sculpt shoulders and top of upper arms with three sets of 15 to 20.



Begin in same position as for biceps curl, holding five-pound weights, with palms facing in. Tighten abdominals; keep back straight.



With shoulders loose, raise arms until parallel to floor, forming a T with body (palms should face floor). Slowly lower arms to starting position.

Or try this equipment at the gym:

- ▶ **LATERAL PULL-DOWN MACHINE** Use this machine, intended to work upper-back muscles, to perform three sets of 15 triceps presses instead.*
- ▶ **GRAVITRON** Do three sets of 12 to 20 triceps dips.
- ▶ **BICEPS-CURL MACHINE** Perform three sets of 12 to 20 curls for each arm. Unlike in the home version (above), palms face up, not in.
- ▶ **SHOULDER LATERAL MACHINE** Complete three sets of 12 to 20 lateral raises.

Jessica Simpson LEGS

The singer boasts some of Hollywood's shapeliest gams, thanks to a fitness program that builds long, lean muscles. L.A. trainer Mike Alexander has Simpson work every part of her thighs, calves and behind. Her cardio routine—30 minutes on a treadmill or elliptical trainer—adds more toning. Simpson generally exercises three times a week, all you'll need for results.



Jessica Simpson

SQUAT This classic exercise will shape your quads and glutes; do three sets of 15 to 20.



Stand with weight on heels, feet hip-width apart, toes forward. Bend knees slightly. Hold back straight and keep chin parallel to floor at all times.



"Sit down" until upper and lower legs form a 45-degree angle. You should be leaning forward slightly. Tilt pelvis up and squeeze glutes as you return to start.

BENCH TOE-TOUCH Three sets of 15 to 20 on each side will help sculpt your glutes.



Stand on a bench that's about a foot high. Tighten abdominals and bend knees. Lift left foot a few inches off bench.



With weight on right leg, bend right knee further to tap left toes on floor. Then straighten, tapping toes on bench. Complete set; switch legs.

LEG EXTENSION Three sets of 15 to 20 on each side will firm your glutes and hamstrings.



Place hands and knees on floor, with knees at a right angle and fingers pointing forward. Be sure back and neck are straight. Relax shoulders.



Without looking up, push right leg out behind you, foot flexed. Keep glutes tight and movement controlled. Do one set, then switch to left leg.

CALF RAISE If three sets of 20 are too easy, do this move using just one leg at a time.



Stand with toes on a step (your heels will hang over edge). Arms and feet should be parallel to the floor. Bend knees slightly; tighten abdominals.



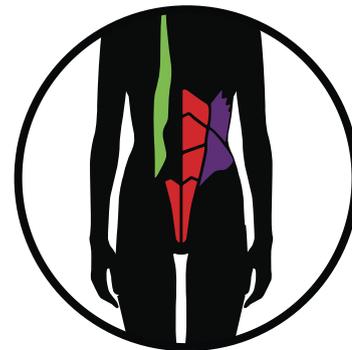
Lift heels as high as you can, until you're on tiptoes. Lower heels until feet are again parallel to floor, without going below this point. Repeat.

Or try this equipment at the gym:

- ▶ **SMITH MACHINE** Designed to support a barbell, this apparatus lets you safely add weight as you complete three sets of 15 to 20 squats.*
- ▶ **LEG-EXTENSION MACHINE** Perform three sets of 15 to 20 reps of this seated exercise for your quads.
- ▶ **LEG-CURL MACHINE** Finish three sets of 15 to 20 hamstring curls.
- ▶ **CALF-RAISE MACHINE** Do three sets of 15 to 20 raises.

Jessica Alba ABS

The *Sin City* star has said exercise is suffering. But Alba wouldn't have such a famously taut tummy if she didn't work hard on her abdominals and lower back (a strong back balances out tighter stomach muscles, ensuring proper alignment and good posture). L.A. trainer Ramona Braganza has the actress complete the routine below three times a week.



Jessica Alba

FROG CRUNCH To firm abdominals, do 15 to 20 per set; repeat three times.



1
Lie on back with knees bent. Press soles of feet together, letting knees fall toward the floor. Lace fingers loosely behind head.



2
Looking at ceiling tighten abs to raise shoulder blades and upper back off floor. Keep lower back against floor. Return to starting position.

ROLL-UP Three sets of 15 to 20 slow sit-ups go deep to target abdominals.



1
Lie on back with knees bent, feet on floor and fingers laced behind head. Contract abdominals as if pulling them down into the floor.



2
With abs tight, neck aligned with body and feet on floor, roll up smoothly until torso and thighs form a 45-degree angle. Slowly return to start.

BICYCLE Define the muscles in your waist: Three sets of 20 will take care of both sides.



1
Lie on back with knees bent and feet raised six to eight inches off floor. Contract abdominals and lace fingers behind your head, extending elbows to the sides.



2
With abs held tight, crunch up and twist, bringing right shoulder to left knee; keep eyes focused on left knee. Return to start, then repeat on other side.

REVERSE LEG LIFT Three sets of 10 to 15 will help safely strengthen your back.



1
Lie face-down on a 25-inch exercise ball. For balance, place palms on floor, fingers forward. Extend legs behind you, with toes on floor. Hold neck straight at all times.



2
Keeping knees and elbows soft and legs and arms straight, slowly flex back muscles to raise feet as far off the floor as possible. Return to starting position.

Or try this equipment at the gym:

- ▶ **ABDOMINAL-CRUNCH MACHINE** Do three sets of 20 crunches.*
- ▶ **INCLINE-BENCH ROLL-UPS** Do three sets of 10 to 15. If your gym has a six-pound medicine ball, hold it against your chest to add resistance.
- ▶ **BOSU BALL** Sit on this dome-shaped apparatus, then lean back, resting right ankle on left knee; place left hand behind head. Crunch and twist until left elbow meets right knee. After 10 reps switch legs; do three sets on each side.
- ▶ **BACK-EXTENSION MACHINE** Do three sets of 10 lower-back presses.

Eva Longoria **BOTTOM**

L.A. trainer Patrick Murphy helps this *Desperate Housewife* rev up her rear view with moves not just for glutes but for upper legs as well. All are designed to be performed standing up. “You get more bang for your buck when you work out upright than when you work out sitting down,” Murphy explains, “because you burn more calories supporting your body weight.”



LUNGES Firm glutes, quads and hamstrings with three sets of 15 to 20 on each leg.



Start with back straight, feet together, toes pointing forward. Relax shoulders and hold arms at sides. Tighten abdominal muscles.



Step back with left foot; bend right knee so shin and thigh form a right angle. (Left heel and knee won't touch floor.) Return to start. Repeat on other side.

TOE TOUCH Three sets of 15 to 20 on each side will shape glutes, quads and hams.



Stand with feet shoulder-width apart, toes forward. Bend knees slightly and lift right foot a few inches off floor. Be sure back is straight.



Keeping right foot off floor (it will move behind you as you bend), bend left knee and reach right hand down to touch left toe. Return to start.

SIDESTEP Do three sets of 10 to each side to trim quads (including hips) and glutes.



Place a resistance band around ankles. With feet shoulder-width apart, bend knees 45 degrees. Keep chest open, abdominals tight and back straight.



Keeping band as taut as possible and never bringing feet together, take 10 controlled six-inch steps to the right, then 10 to the left. Knees stay bent and toes forward.

SKY JUMP A great glute and quad workout. Do three sets of 15 to 20.



Start in a squatting position, bending knees so shins and thighs form a 45-degree angle. Knees should not extend too far beyond toes. Let arms hang loosely.



With one powerful movement, raise arms and “explode” in a jump straight toward ceiling. After landing, slowly lower arms and return to starting squat. ■

Or try this equipment at the gym:

- ▶ **SMITH MACHINE** Use this barbell-supporting apparatus to add weight safely during lunges. Do three sets of 15 to 20 for each leg.*
- ▶ **GLUTE-BLASTER MACHINE** Work glutes and hamstrings with three sets of 15 to 20 leg extensions per side.
- ▶ **ABDUCTOR MACHINE** Do three sets of 15 to 20 presses.
- ▶ **LEG-PRESS MACHINE** To target glutes and quads, do three sets of 15 to 20 of these machine-assisted squats.



Eva Longoria