

June 2013



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COVER LOOK

Britney wears D&G Safford bikini top (left) and bottom (right). Accessories: L'Oréal. Alexis wears sunglasses (left) with a wrap (right). Britney's cover crops: Britney's cover crops and bikini (below right). Photography: Dan Finkel | Styling: Amy Beth Berlin. Hair: Steve Nizby for Old Spice/Cosmo Agency. Makeup: Helene Jorgensen/The Magnet Agency for Chanel Makeup Artist: Anthea Johnson/The Wall Group for Chanel La Vie. Lip: Styling: David Ross/Art Ho. Beauty: To get Britney's vagina-toned look at home, try these products from Elizabeth Arden: Flawless Finish Sponge-On Cream Makeup, Beautiful Color Lip Enhancing Makeup in Black, Beautiful Color Smoky Eyes Revlon in Smoky Black, Beautiful Color Eye Shadow Single in Smiling, Beautiful Color Radiance Blush in Blushing Pink, and Complete Line Lipstick in Pink To Finish, apply to Britney Spears' Fantasy 2.



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Sarah Chalko

A FEW OF OUR CONTRIBUTORS



Heidi and Chris Powell

Creating the "Team Up to Firm Up" program (page 138) was a labor of love for Phoenix-based personal trainers Heidi and Chris Powell. "When you work out with someone else, you tend to perform at a higher intensity," says Chris. "Plus, the couple that plays together stays together—and in our world, exercising is playing." Spending time a day obviously suits them, as Heidi recently joined her husband on camera for season three of ABC's *Extreme Makeover: Weight Loss Edition*.



Noe DeWitt

Photographer Noe DeWitt ("Sail Into Summer," page 146) encountered some heavy winds while shooting for SHAPE on board a sloop in Key West, FL. "That made for some very unstable ground, to say the least," says the Manhattanite. "But that's the beauty of working on the water—it can be stressful, but it provides imagery like no other." A contributor to Vogue and Allure, DeWitt has shot on many other boats, including yachts, catamarans, and U.S. Navy aircraft carriers.



Martina Gordon and Beckie Klein

According to Stacy London's Style for Me inlays Martina Gordon (far left) and Beckie Klein, who chose flattering swimwear for the women in "Well-Suited" (page 60), rocking the beach starts with two basic concepts: "Balance your top and bottom" and "Make sure you're not being squeezed in all the wrong places." Coloristas of their own wardrobe-maker company, the Re-Stylists, Gordon and Klein stay fit by taking boot-camp classes and running all over New York City shopping.



Bill Diodato

"I love the attitude of the people in the fitness industry. Everyone tends to be happy, healthy, and socially aware," says Bill Diodato, who shot "Team Up to Firm Up" (page 138). "I think that proves exercise does boost mood-enhancing endorphins." Diodato, who lives in New York City, recently released his first photography book, *Care of Ward 61*, featuring images from Oregon State Mental Hospital. His own feel-good workout? Playing basketball and tennis with his children, Achiana (shown) and William.

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SHAPE INTERNATIONAL EDITIONS

Providing the best fitness, nutrition, and health advice to more than 3 million readers worldwide





# TEAM UP TO FIRM UP

These three partner workouts do double duty, sculpting sexy muscle while blasting calories.

**NO TIME TO EXERCISE?** Grab your other half and sneak in a quickie! Trainers Heidi and Chris Powell (shown here) are proof that it doesn't take long sessions to stay fit. The stars of *Extreme Makeover: Weight Loss Edition* often work out for just 20 minutes, breaking up the period into short bursts throughout the day. The strategy prompted Chris to include "9-Minute Missions"—speedy, full-body

routines—in his new book, *Choose Move, Lose More for Life*. To up the fun factor, the pair designed these couple missions. "Each plan works every major muscle and burns 100-plus calories," says Heidi. "And because it takes teamwork to do the moves, you'll strengthen your bond too." Crank out one or more (rest for up to 5 minutes between them) and keep getting results—no matter how busy you are.

BY LINDSEY EMERY // PHOTOGRAPHY BY BILL DIODATO



**MISSION 1** | **HOW IT WORKS** Perform each move for 1 minute in order, repeat the series twice more.  
**YOU'LL NEED** A partner. (A mat is optional.)

**1/ LOVERS' LUNGE**

**Works butt and legs**  
 Stand facing each other with feet together, right hands clasped at chest height in front of you, elbows bent; extend left arm at your side. Lunge back with right leg, bending both knees (**shown**). Return to starting position. Switch hands; repeat with left leg. Continue, alternating sides.

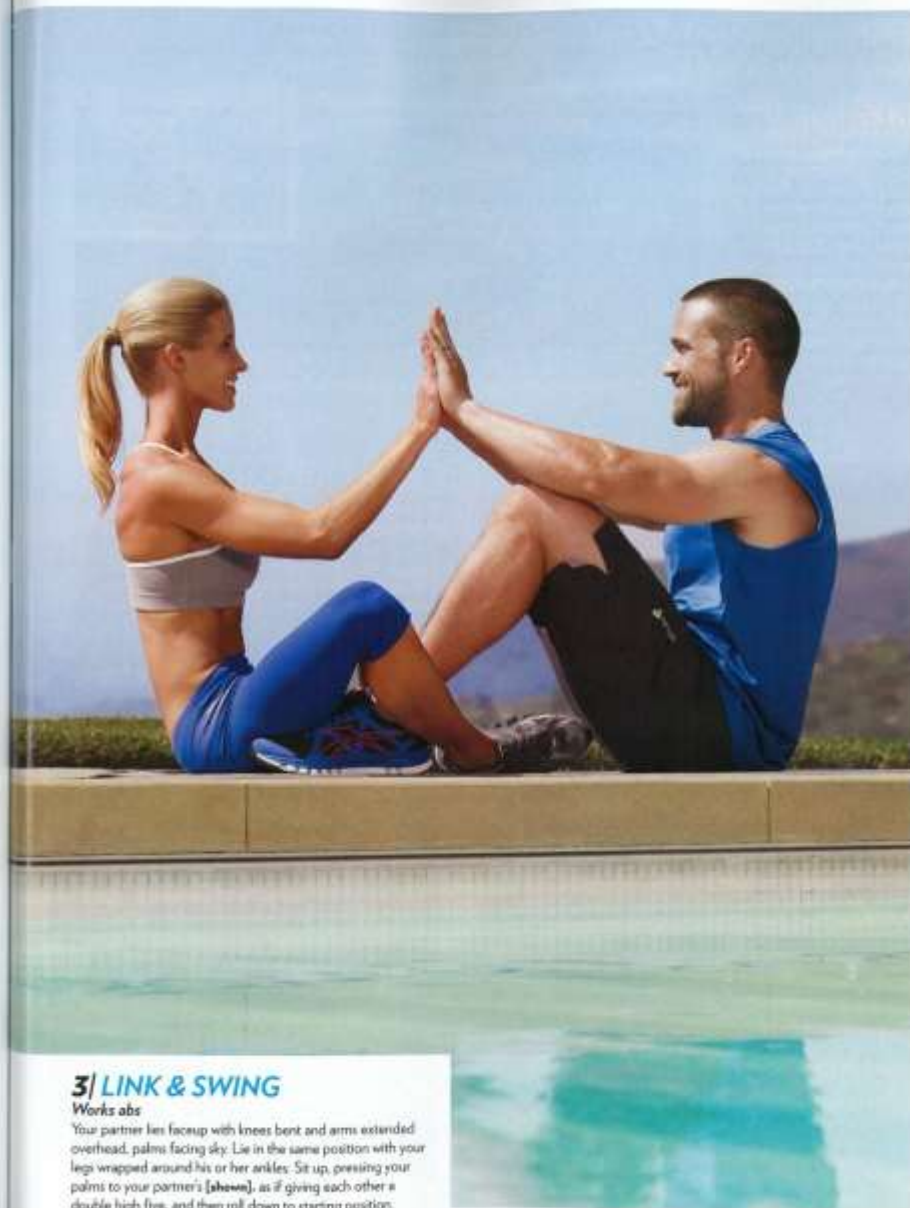


**2/ POWELL PRESS**

**Works shoulders, arms, back, and abs**  
 Your partner lies faceup on the ground with arms extended toward the sky; stand with your feet straddling his or her ankles. Clasp hands and get into plank position (**A**). Bend your elbows, lowering chest toward partner (**B**); partner then bends elbows, bringing you toward his or her chest (**C**). Press up to starting position. (Too tough? Keep your elbows bent and have your partner bench-press you.)



PHOTOS: GETTY IMAGES/ANDREW HARRIS; GETTY IMAGES/ANDREW HARRIS; GETTY IMAGES/ANDREW HARRIS; GETTY IMAGES/ANDREW HARRIS



**3/ LINK & SWING**

**Works abs**  
 Your partner lies faceup with knees bent and arms extended overhead, palms facing sky. Lie in the same position with your legs wrapped around his or her ankles. Sit up, pressing your palms to your partner's (**shown**), as if giving each other a double high five, and then roll down to starting position.

## MISSION 2 |

**HOW IT WORKS** Perform each move for 3 minutes in order.  
**YOU'LL NEED** A partner. (A mat and towel are optional.)

### 1/ LEAN ON ME

**Works butt and legs**

Lie faceup with arms extended by your sides and legs extended toward the sky. Your partner kneels (on a rolled towel, if necessary) about a foot in front of your butt. Place your feet on your partner's chest; he or she leans forward slightly and grasps your ankles [A]. Bend your knees in toward your chest [B], then extend legs to starting position. Switch places after 90 seconds.



### 2/ HEIDI'S HIGH KNEES

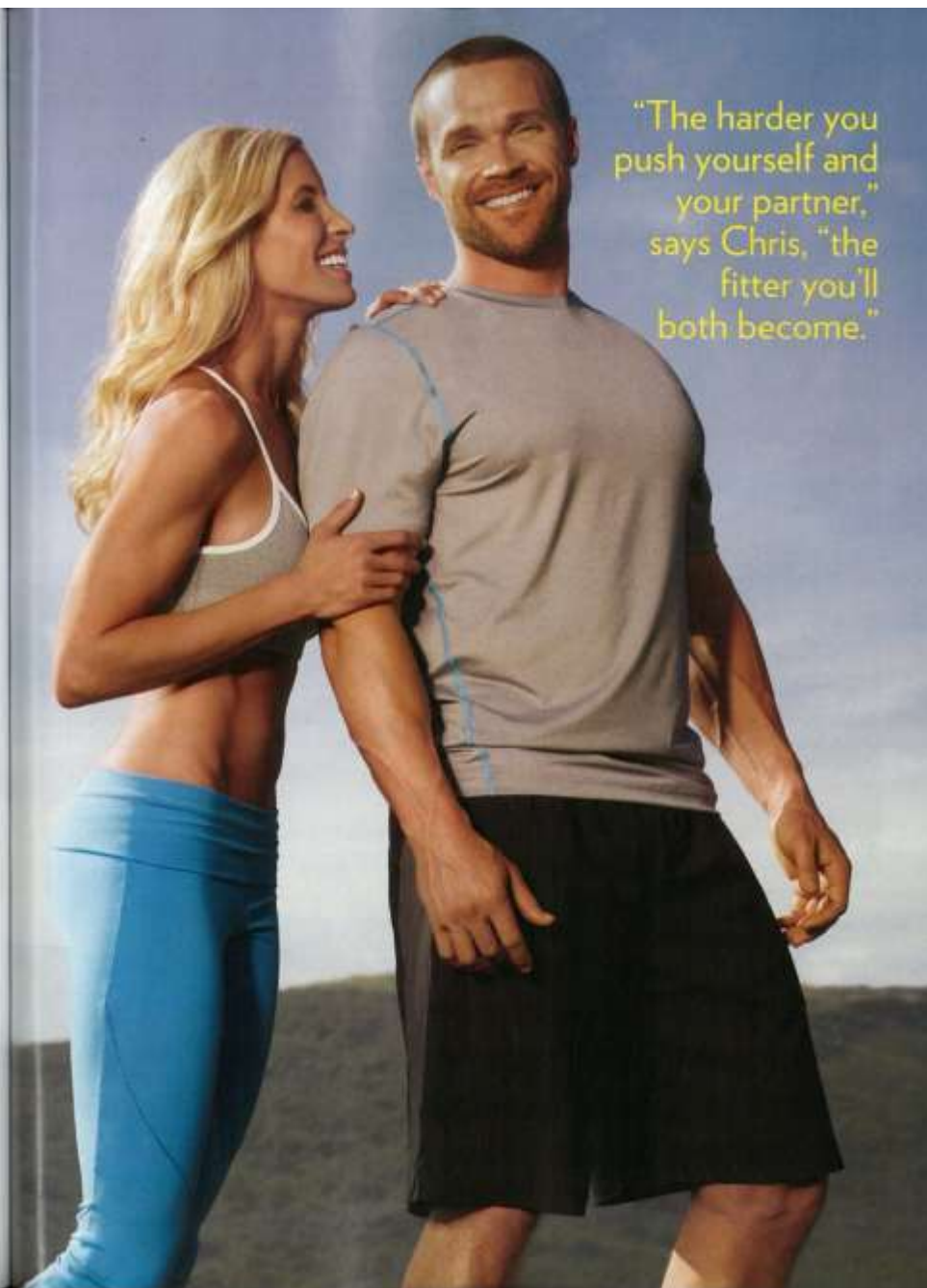
**Works abs, butt, and legs**

Your partner lies faceup with knees bent, shins parallel to the ground and arms extended overhead. Stand facing partner and jump up, lifting knee high and tapping toes against his or her feet, switching feet with each hop; as you hop, your partner crunches up, bending elbows and bringing hands toward head [shown], and then returns to starting position. Switch places after 90 seconds.

### 3/ FALLING FOR YOU

**Works abs, chest, arms, shoulders, and hamstrings**

Kneel on the ground (or a rolled towel) facing away from your partner, shoulders aligned with knees and arms extended at your sides; your partner kneels behind you and holds your ankles with his or her hands [A]. Hinge forward from knees, landing on the ground in plank position; bend elbows, lowering chest toward the ground [B], then push off hands to return to starting position. Switch places after 90 seconds.



"The harder you push yourself and your partner," says Chris, "the fitter you'll both become."



## MISSION 3

**HOW IT WORKS** Do each move in order, then repeat the entire circuit. Continue for 9 minutes, doing as many sets as you can during this time.

**YOU'LL NEED** A partner. (A mat is optional.)



### 1/ SUPPORTED SQUAT

**Works butt and legs**

Stand 2 to 3 feet apart, facing each other with feet shoulder-width apart and toes turned out slightly. Extend arms to chest height in front of you and hold each other's hands. Squat until thighs are parallel to the ground [shown], then rise up to starting position. Do 10 reps.

### 2/ CHRIS' CLAPS

**Works abs, shoulders, chest, back, and arms**

You and your partner get in plank position head-to-head with feet hip-width apart and shoulders over wrists. Lift right arms and clap each other's right hand [shown]. Return to starting position. Repeat, this time clapping left hands, to complete 1 rep. Do 10 reps. (To make it tougher, do a push-up between each clap.)



### 3/ YIN/YANG

**Works abs**

Lie faceup with your head beside your partner's head, knees bent and feet on the ground. Bend elbows at shoulder level out to sides and grasp each other's elbows or upper arms [A]. Curl legs and hips up [B]; return to starting position. Do 10 reps.