



LEAN ROUTINES

SHOCKING BUT TRUE: NOT EVERYONE WANTS A YOGA BODY. THESE ALTERNATIVE WORKOUTS WILL OPEN YOUR MIND AND FLATTEN YOUR ABS WITHOUT THE HELP OF A DOWNWARD DOG

Fans gush about the "girdle" of muscle that eliminates the need for control-top pantyhose. Intense calisthenics and weight training target the hips, abs, thighs, and butt.



Sofia Coppola, Julia Roberts, and Karenna Gore Schiff

LOTTE BERK METHOD

A brownstone on Manhattan's Upper East Side houses the **Lotte Berk Method Studio**, the place for socialite sightings.



The **Lotte Berk Method Basic**

Essentials DVD (www.naturaljourneys.com) covers, in 40

minutes, standard Berk positions like the pelvic tuck and modified ballet bar exercises that can be done with a chair.



A regular Pilatesgoer, I figured an intro-level Lotte Berk class would be a snap. It wasn't. The unending leg lifts and side bends work the same muscles as the Reformer but challenge them in different directions. I had to get out of bed the next day by rolling off instead of sitting up.—MEGAN DEEM