

5 EASY WAYS TO BURN 1,000 CALORIES No trainer, no hassles!

SELF

Toned
START TODAY! ARMS
Tight
ABS ...and more

This jam-packed summer fitness guide gets results!

Fitness inspiration!
How Beyoncé, Madonna, Faith Hill, J.Lo and 20 others get their rock bodies

Berserk for Berk

The Lotte Berk Method takes the credit for creating some of the best butts in town, firm and gravity-defying. But until now, only New Yorkers have had access. So our sole question about the new Lotte Berk videos is, What took them so long? Check out *Basic Essentials*, *Muscle Eats Fat*, *Hip Hugger Abs* and my personal favorite, *High Round*



Assets (\$20 each or \$50 for all four; www.naturaljourneys.com). I found the trademark pulsing moves to be, well, pure poetry. Inspired, I wrote a haiku-style review: From flat square video box / emerges / my new high round butt.

—Stephanie Young

