

Eschewing the fat

THE EXPERTS

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Kendra Coppey is the founder of Barefoot Tiger (barefoottiger.com), which provides at-home personal training, yoga, nutritional coaching and massage therapy.

Sara Dimmick is the founder of at-home (or at-work) personal training service Physical Equilibrium (myeq.com).

Luis Pertuz is a boxing instructor and a personal trainer at New York Sports Clubs, certified through the National Academy of Sports Medicine and the International Sports Conditioning Association (for private bookings, 347-223-2674, pertuz80@aol.com).



Undefined back

You dressed up as the Hulk for Comic Con, but it's this "Superman" move that will actually make you look like less of a swifter. "Lie face down on the floor and spread your arms out in front of you," says Pertuz. "Keep your feet together and raise your legs off the ground, and pinch your shoulder blades together." Do three or four sets of 15, lifting for two seconds and squeezing for four seconds.

Love handles

"Start with cardio to burn that fat. Do hard three-minute intervals of running followed by two minutes of jogging for a total of at least 20 minutes," says Dimmick. Weight loss comes down to calories in versus calories out. "If you consume 500 calories over your body's needs, no matter how healthy you are eating, you'll still gain weight," Bainbridge explains.

Flat ass

Most of our experts suggest squats to round out those unfortunately floppy Levi's. "Dond into a lunge and jump up as high as you can, over and over for 45 seconds," says Pertuz. Dujan, meanwhile, floats the bridge—which we like because you can do it while watching TV. Lie flat on your back with your knees bent, and raise your butt off the floor toward the sky. "Hold it and really squeeze your butt muscles for 30 seconds to a minute," he says.

Ten-year-old-boy calves

Do calf raises by standing on the edge of the stairs with a 10- to 15-pound weight in both hands, rising up on your toes and then dropping down," Cooney says. Try three sets of 20. No stairs in that 200-square-foot studio? Sneak in six sets of 30 while you're waiting for the L train—just raise up on your tiptoes and drop down again. No one will even notice.

Weak shoulders

"Do a handstand against the wall and hold it for about a minute," says Cassetta. Bonus: A slight push to the head.

Scrawny chest

Push-ups and chest presses will make those pecs a bit less concave. Start with two sets of 15. "Also, improve your posture standing taller and pushing your chest out," Dimmick suggests. "This tones up those muscles, which are often tight."

Skinny arms

"Do bicep curls in drop sets, which means start with heavier weights for the first set and drop down to a lighter weight for the second set," recommends Dimmick. Ask to feel the burn at somewhere between 10 and 12 reps. "When you're strength training, add lean proteins like chicken, fish and lean pork to your diet to aid in muscle healing. Vegetarians can try tofu, lentils or quinoa."

Beer belly

"Alcohol is a dangerous because it surrounds the organs," says Cooney. It's not just beer that gives you a stomach, it's all refined carbs. They get stored in your belly in the presence of the stress hormone cortisol. While you focus on remaining stress-free, with your core with the plank. Other hold yourself in a push-up position, or, as Pertuz would tell it, "balance on your forearms instead of your hands. Hold the position for a minute, and repeat four times." Being on your forearms is easier on your wrists.

Chicken thighs

Tricubital wall sits in PE class, but let's be honest, how smart were you back then? Have you revisited your high-school CD collection lately? To get those legs in shape, Pertuz explains, "Make believe there's a chair there and get into a 90-degree sitting position while leaning against the wall." Hold it for a minute.

