

TONE YOUR TUSH IN 20 MINUTES!

oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

OLYMPIAN
DARA TORRES
SHARES HER
SECRETS

AMAZING ABS

IN ONLY
2 WEEKS

**BONUS:
YOUR DO-
ANYWHERE
MOVES!**

Blast Fat!
super-easy recipes

PLUS: CLIP-OUT MEAL PLAN

SANDWICH SOLUTIONS:
CLEAN TIPS FOR THIS
CLASSIC COMFORT FOOD

OUR TOP PICKS!
**Jiggle-Proof
Sports Bras**

oxygenmag.com
MAR 2011 \$6.99 CAN

Please display until 03/29/11

**+ THE
JOY OF
FITNESS:**
exciting ways
to stay fit
& have fun

218
**FITNESS,
HEALTH &
NUTRITION TIPS**



FITNESS INSPIRATION:

CREATE YOUR OWN RUNNING BOOK CLUB

Ever wonder how you can make your monotonous runs more exciting? Bring a book club into the mix!

REAL-LIFE INSPIRATION

Take a cue from Nancy Heydinger of Brattleboro, Vermont. She was helping a group of friends train for their first half-marathon when it occurred to her that having something for them to focus on would help the miles go by. She suggested her pals read the same novel and discuss it during their next run—hence establishing a new running book group.



WHAT'S THE DIFF? Book clubs generally follow a specific format: Members read and then talk plot on a monthly or weekly basis. But here, says Heydinger, instead of couches there's the trail; rather than wine, participants sip water, and the miles pass easily. The women “enjoy the running rather than worry about the ‘have

tos,” she says, including how much farther there is to go or how fast they’ll get there.

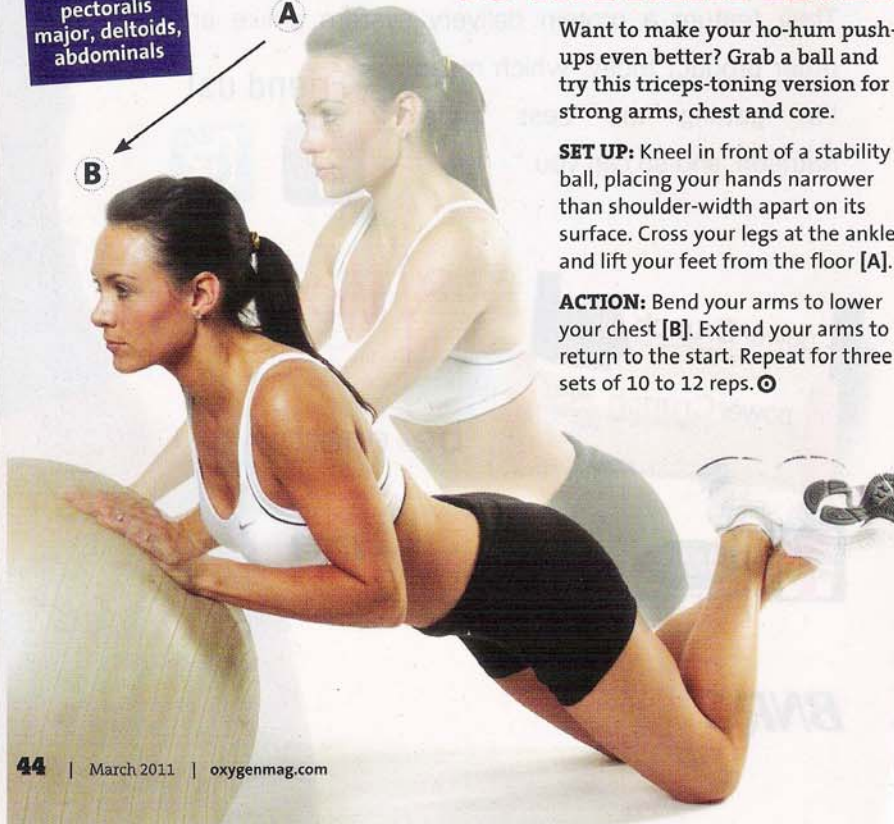
MAKE IT YOUR OWN Choose a title, enlist a few pals and set a date for your first run. Inclement weather on the horizon? Hit the indoor track or a row of treadmills instead.

—Sarah Zobel

FITNESS PHOTO PAUL H. RUFFALO; MIDDLE & ANIMAL ANGER; MARIO SFILINO AND TOSCA RENO; BOTTOM PHOTO TALUSEEF ASRI; MODEL DANNI LEVY

TARGET MUSCLES: triceps brachii, pectoralis major, deltoids, abdominals

TAKE YOUR PUSH-UP TO THE NEXT LEVEL



Want to make your ho-hum push-ups even better? Grab a ball and try this triceps-toning version for strong arms, chest and core.

SET UP: Kneel in front of a stability ball, placing your hands narrower than shoulder-width apart on its surface. Cross your legs at the ankles and lift your feet from the floor [A].

ACTION: Bend your arms to lower your chest [B]. Extend your arms to return to the start. Repeat for three sets of 10 to 12 reps. Ⓞ