

fit mind, body & spirit fitness

**Firm
your abs
& butt
by June 1**

RESULTS GUARANTEED
**SPEED UP
YOUR
METABOLISM
IN 10 MIN.**

 **CARDIO BONUS**
Blast 700
calories in one
workout p.46

5 **POWER
FOODS
FOR SUPER
ENERGY**

**Organize
your life!**
30 SIMPLE
WAYS TO CLEAR
OUT CLUTTER

DIET SPECIAL
**DROP
POUNDS
WITHOUT
HUNGER**
PLUS **HOW
COFFEE CAN HELP**

**IS YOUR
IMMUNE SYSTEM
MAKING
YOU SICK?**

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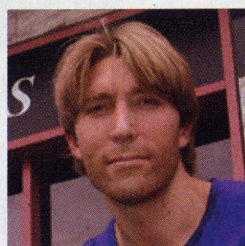
WORKING OUT WITH:

Nicole Kidman



DANCING QUEEN

Fast-paced disco, techno and dance tunes motivate Nicole to keep sweating through each session, says Sebastien.



TRAINER TIP

"Surprise your body by working the same muscles in different ways in every workout. For example, when training legs, do walking lunges one day, on another do reverse lunges, jump rope on a third. You'll stay motivated and keep your body challenged."

The Workout

NICOLE KIDMAN trains two to four times a week with Sebastien Lagree at his Pilates Plus studio in Los Angeles. During their hour-long session, he pumps up traditional Pilates moves like the Teaser and the Hundred by adding a body bar and resistance bands in order to sculpt her upper body.

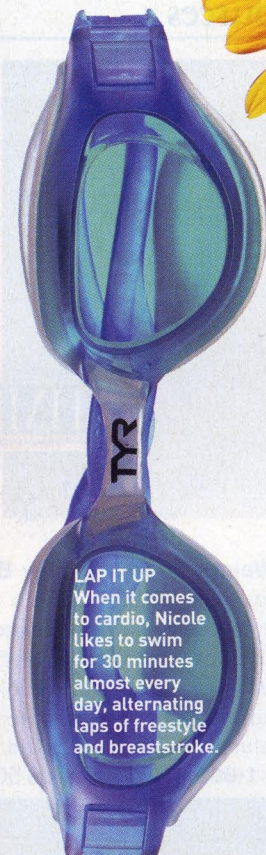
BLACK, WHITE AND SLEEK ALL OVER

Nicole likes no-frills workout apparel—she wears a simple white T-shirt and fitted black pants to each session.



SHE DOES EAT

To keep her energy going all day long, Sebastien suggests she snack on a handful of nuts, sunflower seeds or a piece of fruit between meals.



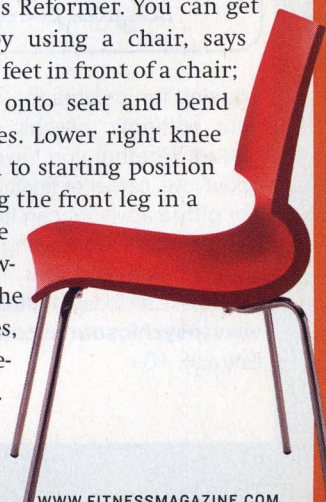
LAP IT UP

When it comes to cardio, Nicole likes to swim for 30 minutes almost every day, alternating laps of freestyle and breaststroke.

LEGS TO DIE FOR

Nicole sculpts her legs by doing traditional lunges on the Pilates Reformer. You can get the same results by using a chair, says Sebastien. Stand two feet in front of a chair; step your left foot onto seat and bend your knee 90 degrees. Lower right knee toward floor. Return to starting position and repeat. "Elevating the front leg in a lunge takes pressure off the knees and lower back and isolates the hamstrings and glutes, so you'll see faster results," says Sebastien.

—JENNIFER MATARAZZO



KIDMAN: MYCHELE DANIAU/APP/GETTY IMAGES; DAISY: DIGITALVISION/GETTY IMAGES.COM; CHAIR: COURTESY OF KNOLL; WWW.KNOLL.COM; GOGGLES: DASHA WRIGHT.