

SELF

**Free
Stuff**
For You
Inside!



GET TONED AT HOME

20 Minutes, You're Done!

Craving Sweet or Salty?

10 Slimming Recipes

Burn 1,000 Calories

It's Fun,
We Promise!

#1 Sex Fantasy

Whether You're Single,
Hitched or In Between

BOOST YOUR EMOTIONAL ENERGY p.116

CHEAP & CHEERFUL

Holiday Survival Special!

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for Gorgeous Hair & Skin ★ 8 Easy Moves to Erase Inches, Feel Calm

Lose the Scale
and the
Body Stress!
Tips From
**Sarah Michelle
Gellar**

\$3.99 US
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CELEB-APPROVED
"Exercise makes me feel better inside and out, but it's hard to fit in," DeFer says. "These moves make it easier because you don't need a gym membership or a lot of space to do them!"

TIGHT BOD *in a* TIGHT SPACE



DeFer plays Blake Lively's "cousin" on GG.

Now you can tone head-to-toe anyplace! There's no room for excuses with our wherever workout. *Gossip Girl* newcomer **Kaylee DeFer** tests it in her tiny New York City hotel suite.

By Bari Lieberman Fitness director Meaghan B. Murphy Photographs by Larsen & Talbert

YOUR TURN!

The expert Trainer Jay Cardiello created this tight-space tone-up for his celebrity clients. He calls it Cardio Core 4x4 because it's designed to be done in a 4-foot-by-4-foot area like a tour bus, dressing room or trailer. For you, that might mean a clutter-free corner of the living room.

You'll need Nada! Each move uses the weight of your body to create resistance, sculpting sexy definition without equipment.

Your plan Perform the indicated reps (or time) for each move three times per week on alternate days. Add 30 minutes of cardio (walk, run—you decide) most days to fast-track firming.



MORNING RISER

WORKS SHOULDERS, ABS, BUTT, THIGHS

Lie faceup, right arm extended to ceiling. Using left arm for support, sit up, keeping right arm up (as shown), then stand. Reverse to start, keeping right arm raised throughout. Do 15 reps. Switch sides; repeat.



X JUMP

WORKS SHOULDERS, TRICEPS, CHEST, ABS, THIGHS

Start in plank position with arms straight, wrists directly below shoulders, legs together. Engage abs, and jump feet out into a wide V (as shown). Hop feet back together to return to start. Continue quickly jumping in and out for 1 minute.



SUMO STRUT

WORKS ARMS, ABS, BUTT

Stand in a wide squat, toes turned out, arms extended to sides at shoulder height, palms facing down. Shift weight to left foot, raising right knee toward right elbow (as shown). Return to start. Repeat on opposite side for 1 rep. Do 15 reps.



CHARLIE'S ANGEL

WORKS ARMS, ABS, BUTT, LEGS

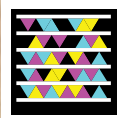
Stagger feet wider than hip-width apart, left foot in front of right, right heel lifted; interlace fingers, pointers out; extend arms to shoulder level. Bend knees until thighs form a 45-degree angle, and rotate torso to left (as shown). Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



THIGH HOVER

WORKS THIGHS, BACK, ABS, HIPS

Lie faceup, knees bent, arms out to sides at shoulder height on floor, palms down. Extend left leg to ceiling (as shown) to start. Pressing your back into floor, slowly lower left leg out to side until it's hovering above floor. Return to start. Do 15 reps. Switch sides; repeat.



MASTER THE MOVES

Snap this icon to watch a video of every exercise.



The Alliance to Save Energy (ASE.org) supports and advocates for energy-efficiency policies that minimize costs to society and decrease greenhouse gas emissions.



BOW TO ME

WORKS SHOULDERS, BACK, BUTT, LEGS
 Stand in a wide squat, toes turned out, arms lifted to sides at shoulder height, elbows bent 90 degrees like a goalpost (as shown). Hold squat as you rotate arms forward until forearms are parallel to floor. Reverse to return to start for 1 rep. Do 15 reps.



LEANING TOWER

WORKS OBLIQUES, BUTT, LEGS
 Stand with feet hip-width apart, arms extended to sides at shoulder height; raise right knee until thigh is parallel to floor. Engage abs and bend forward, reaching right hand to left foot (as shown). Return to start. Do 15 reps. Switch sides; repeat.

TRAINER ON CALL



Visit SELF's Facebook page on December 6 for a chance to chat with fit pro Cardiello, or "Jay Cardio," as client 50 Cent calls him.

PREVIOUS SPREAD, INSET: GIOVANNI RUFINO/THE CW

CROCODILE LIFT

WORKS TRICEPS, CHEST, ABS, OBLIQUES
 Lie on left side, legs extended, left hand supporting upper body. Bend right knee, and place right foot in front of left thigh, right arm on hip. Lift hips as high as you can (as shown), to start. Lower hips to just above floor, then return to start. Do 15 reps. Switch sides; repeat.



Styling, Lida Moore Musso; hair, Sarah Potempa for Aussie; makeup, Rebecca Restrepo for the Wall Group. See Get-It Guide.