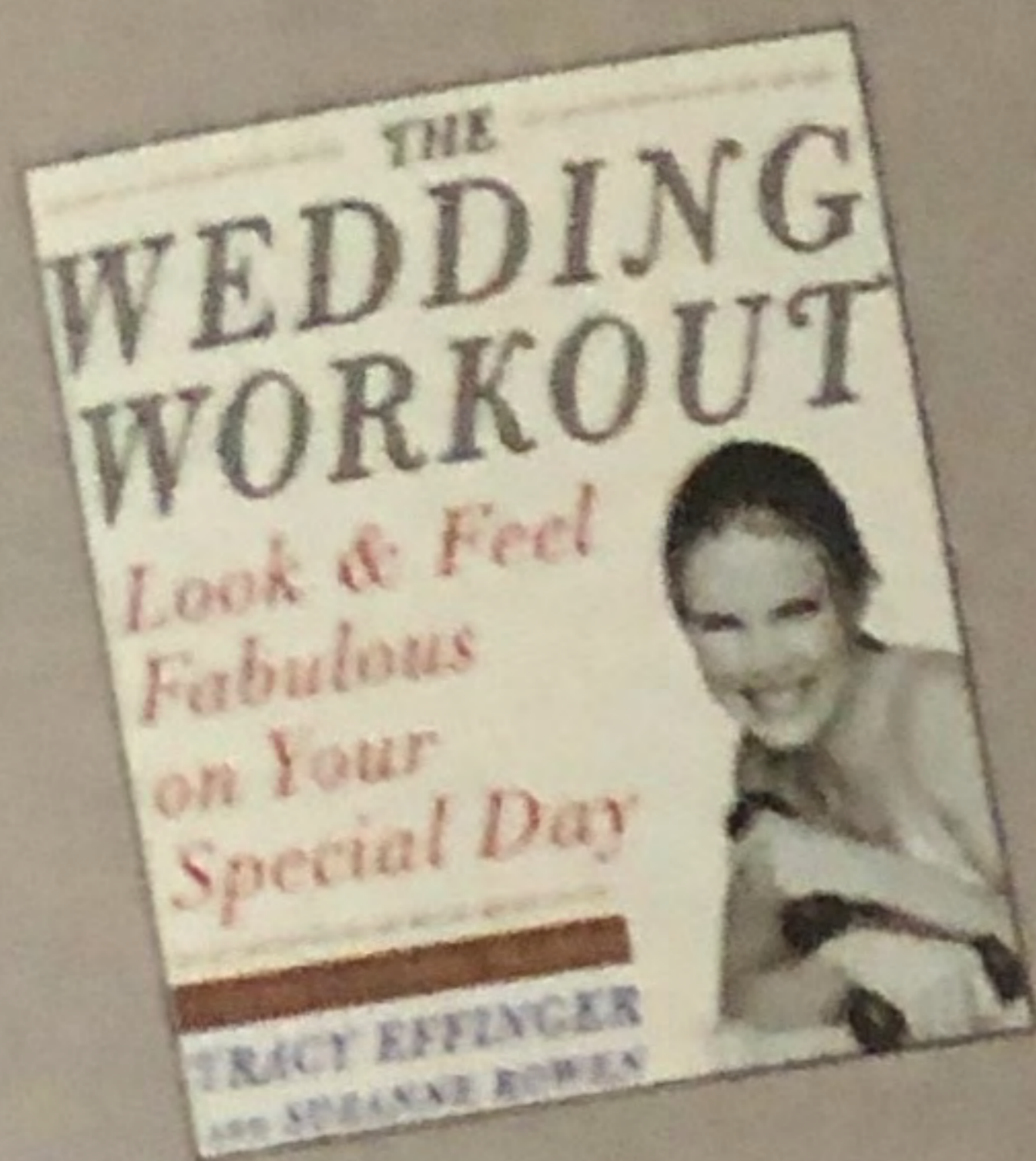


celebrity trainer shows you
how to get a

blockbuster body!



By Erin Brereton

When trainer Tracy Effinger moved to Los Angeles and began teaching fitness classes, she was starstruck.

"Dyan Cannon was in my first class and my hands were shaking and I could hardly speak," Tracy says. But celeb jitters didn't last long for Tracy—her personal trainer roster now boasts famous fitness buffs like Renée Zellweger, Sela Ward and Sylvester Stallone's model wife, Jennifer Flavin.

Although that may sound like a lot of working out, Tracy's a firm believer in taking it all in stride in between stretches. "If you go for 100% all the time you just set yourself up to really rebound the other way."

Here, the co-author of *The Wedding Workout* (McGraw-Hill) shares how you can get into star shape in no time...

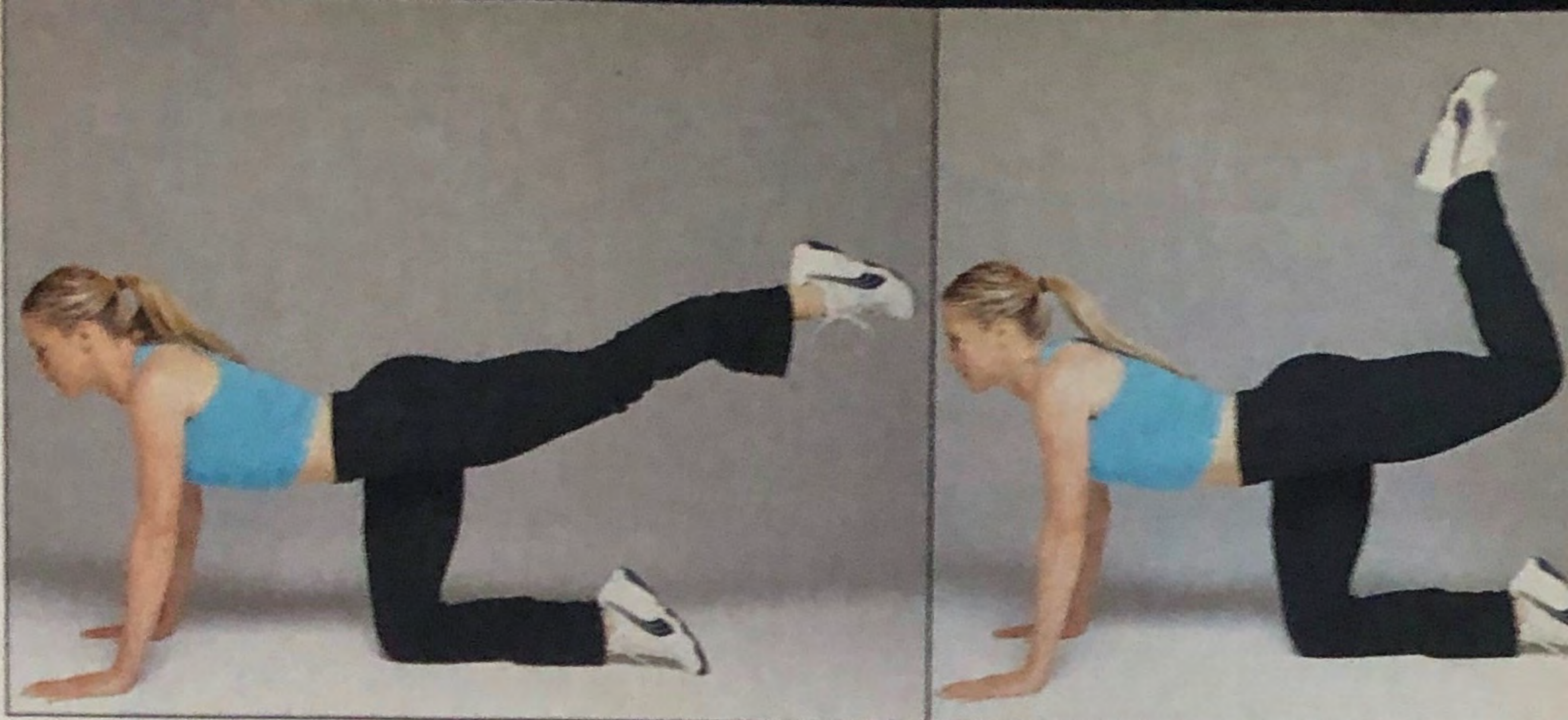


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DAVID JAKLE;
HAIR AND MAKEUP:
BRENDA GREEN/
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FASHION STYLING:
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The "T" Back

Step 1: Lie down with your hands and knees on the floor. Lengthen one leg back, squeezing your glutes. Repeat 10 times slowly, and then 10 times quickly.

Step 2: For a variation, pull your heel in toward your seat for 10 fast and slow repetitions.



Renée

Can You Stomach It?

Stars Renée Zellweger, Jennifer Grey and Jennifer Flavin all have to-die-for tummies... and so can you, courtesy of these belly-buffin' moves.



Jennifer

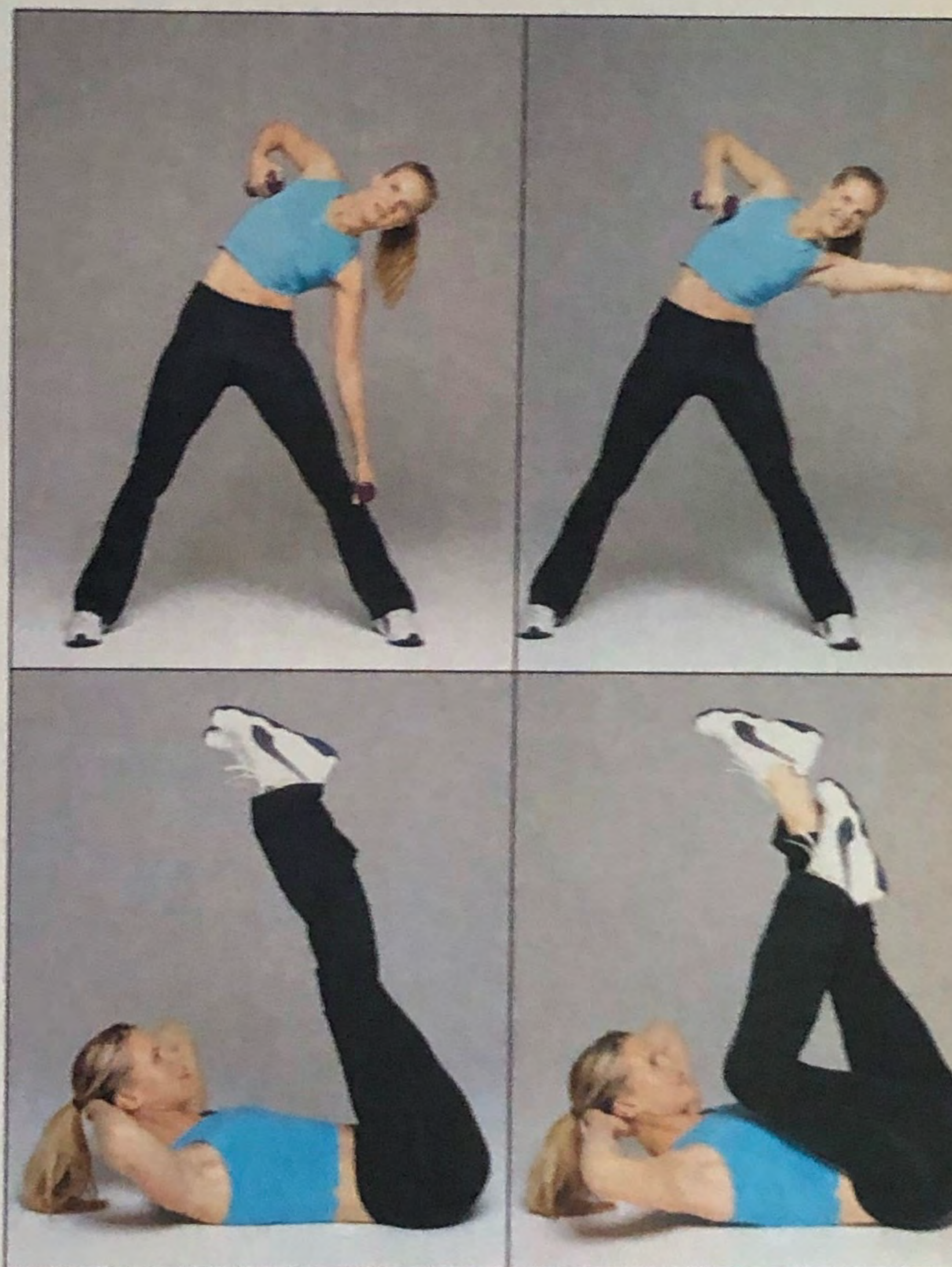
Waist Whittler

Step 1: Hold a weight on each hip. Place your feet wide apart with your knees slightly bent. Toes should be turned out. Tip your pelvis under and contract your glutes and abdominal muscles. Inhale and pull your rib cage up away from your hips. Keep your shoulders back and your chest up.

Step 2: Exhale and try reaching lower, toward your ankle. Try to touch your ankle. Reach, hold, then return to your waist. Pause for one count, inhale, exhale and then repeat on your other side. Do 15 times per side. For a variation, try reaching to the side.



Jennifer



Abdominal Stairclimber

Step 1: Lie on your back with your legs in the air. Put your hands behind your head in sit-up position.

Step 2: Pull your right knee in toward your chest, contracting your lower abdominals. Simultaneously, pull your bottom off the ground as you push your straightened left leg toward the ceiling. Repeat the motion on the left side and continue alternating sides (as if you were climbing stairs). Repeat 20 times per side.

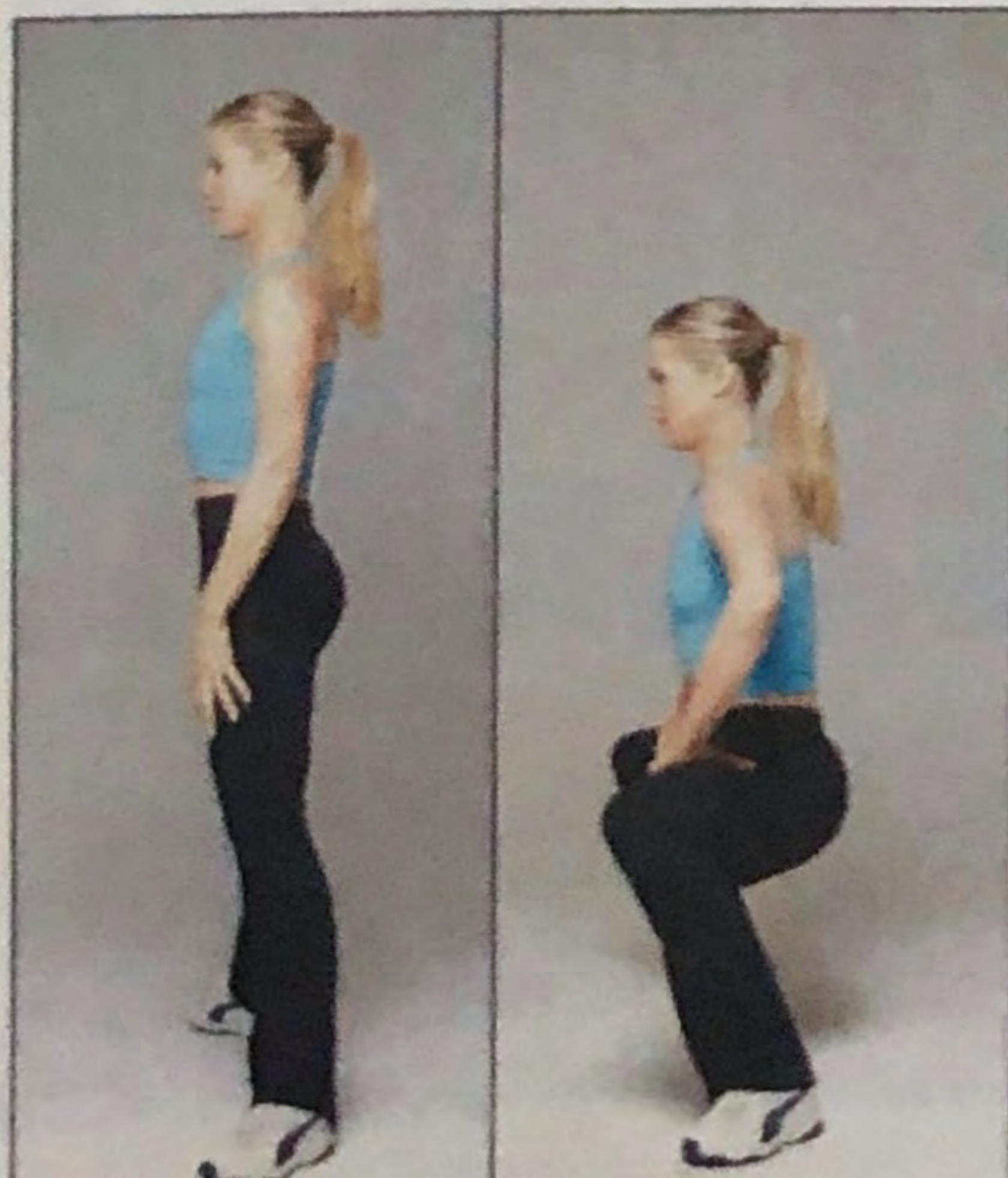
Leg It All Hang Out

Get the great gams all of Tracy's celeb clients have with the following fun lifts and stretches!

Wall Plié

Step 1: Stand with your back against a wall and your feet more than shoulder-width apart. Toes should be turned out.

Step 2: Place your hands on your thighs and slowly slide your back down the wall until your thighs are parallel to the floor. Hold and pulse up and down about an inch for 50 repetitions.



Stretch Stuff

Tracy is a fan of following extreme muscular workouts with immediate stretching—so after you do a tough move like the Wall Plié, try this flexibility-increasing stretch!

Step 1: Lie on back and lift leg into air. Hold—work on at first holding position for 30 seconds, then a minute, then more. And enjoy!

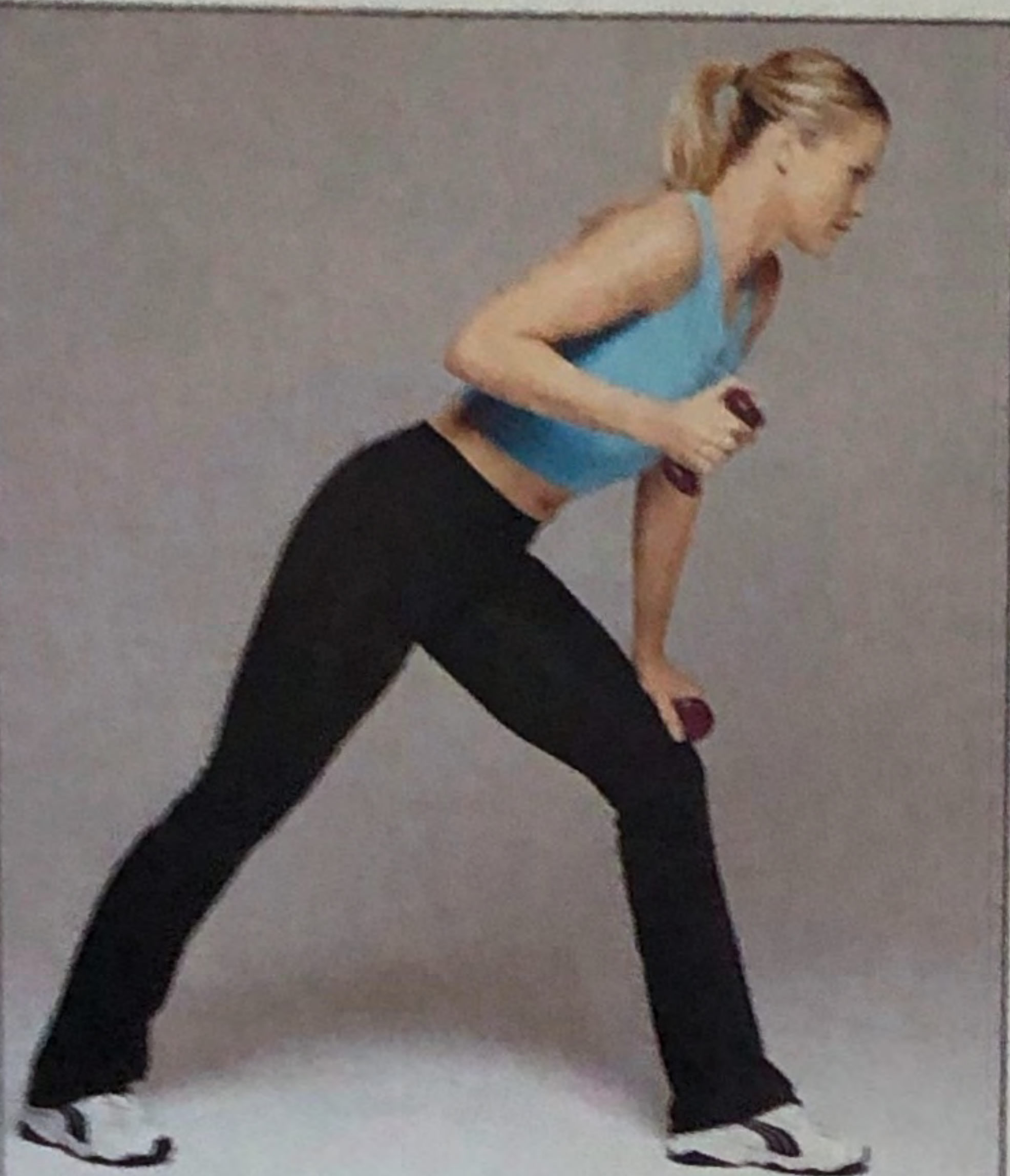
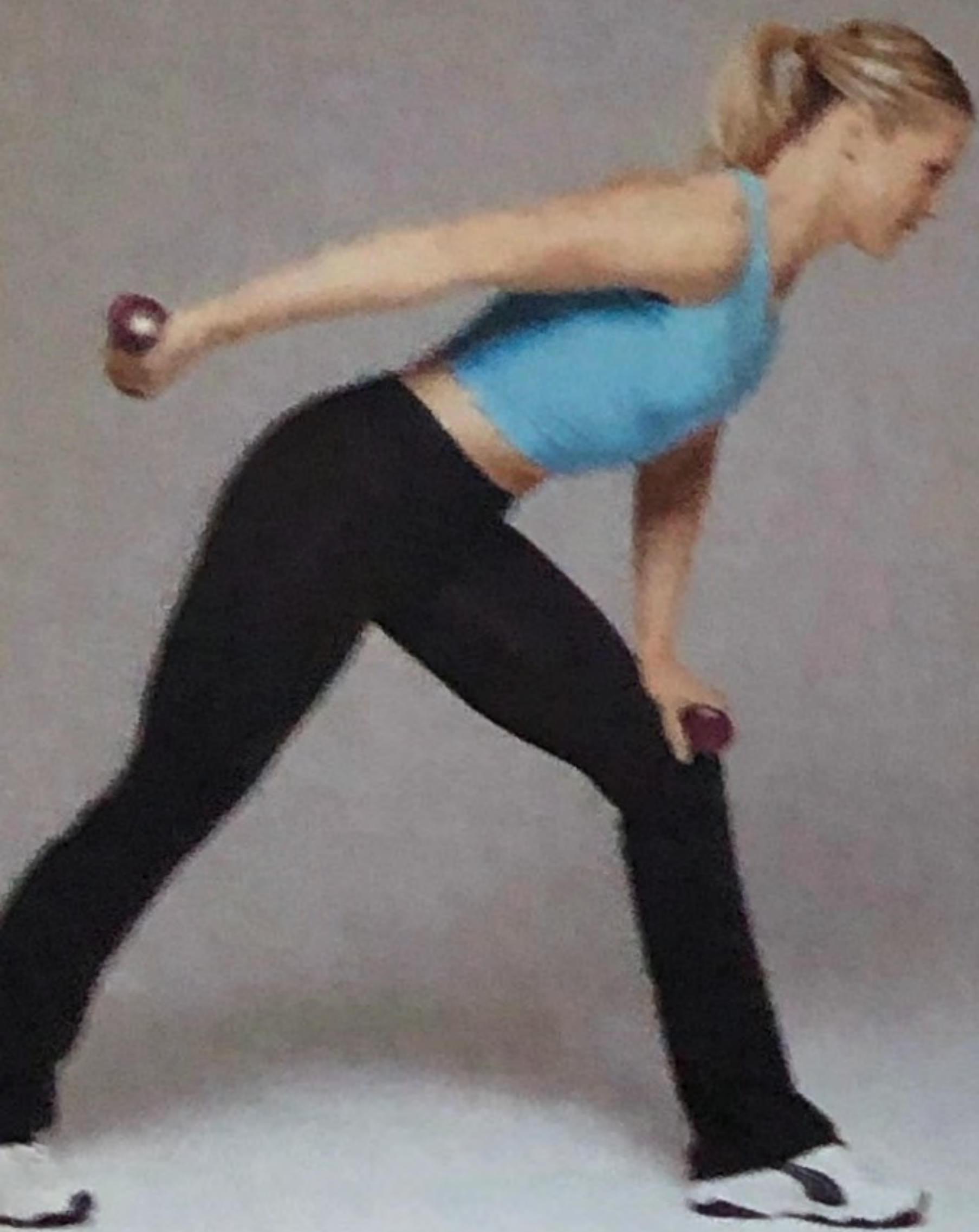


Armed and Ready

Looking to buff up your biceps? Get set to wear those tell-all tanks with the following exercises to tone the arms, an area actress Sela Ward is always keen on tightening.



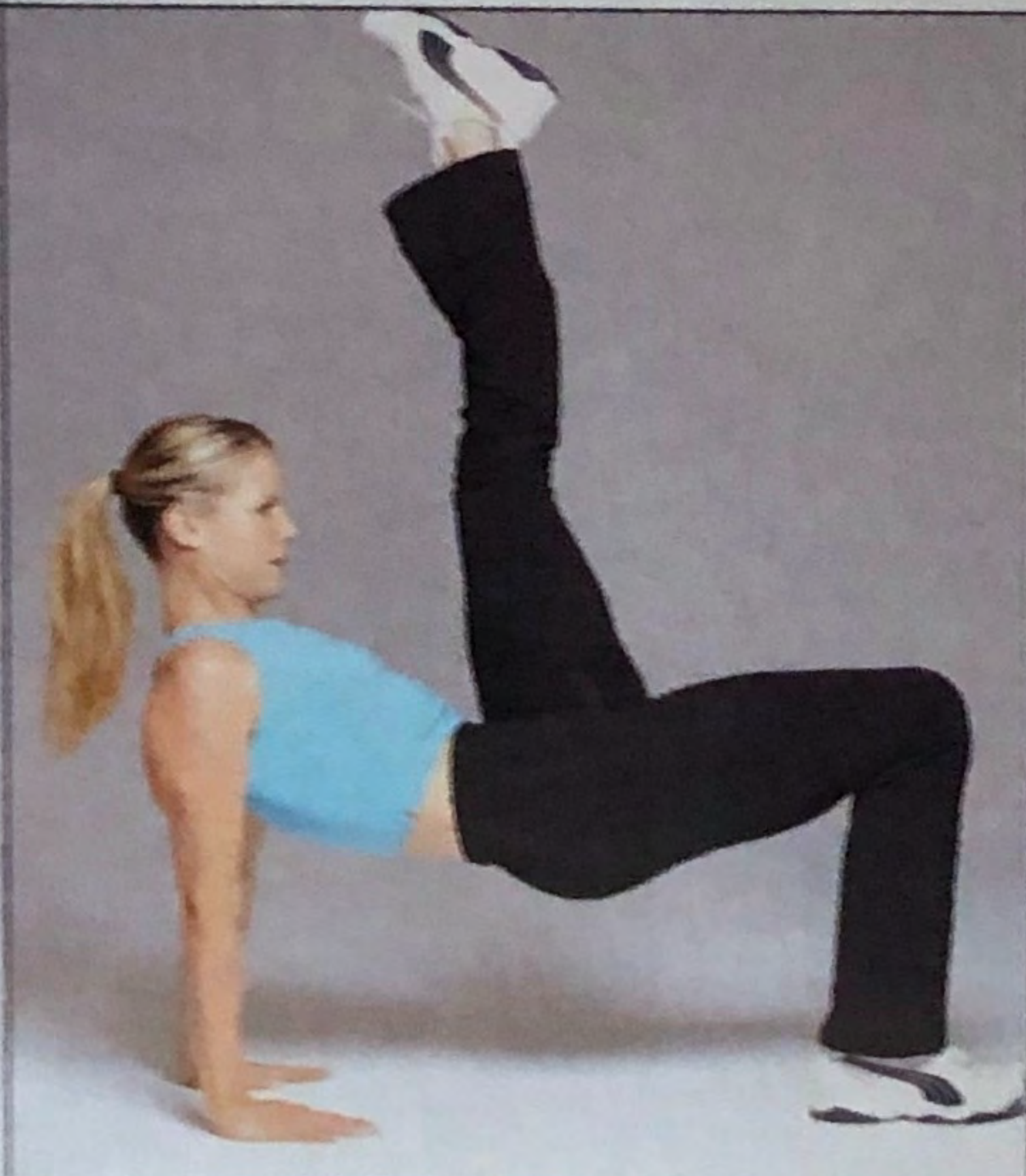
Sela



Triceps Toner

Step 1: Hold a weight in each hand and set your right leg in front in a lunge position. Rest your right hand on your right knee and keep your back leg straight. Extend your left arm straight out behind you at shoulder level and hold it. Hold the weight in a vertical position with your palm facing your side.

Step 2: Exhale and bring your arm in toward your side. Hold it there for one second. Then, squeeze the back of your arm and lift your arm at least 1/2 inch toward the ceiling. Hold arm there for one second and then repeat from the beginning 8-15 times. Repeat exercise on other side of your body.



Tricep Push-Up

Step 1: Sit on the floor. Make a "table" out of your body by putting your hands and feet flat on the floor, bending your knees and lifting your hips. Keep your body weight directly over your hands.

Step 2: Bend your elbows and slowly lower your body to the floor. Try to at least reach a 90-degree angle with your elbows before lifting yourself again. Repeat 8-15 times, slowly, then follow with 8-15 quick pulsation movements of the exercise. For a variation, try raising your leg.



Backing it Up

Actress Amy Brenneman is always looking for some butt-toning twists and turns—and she's got the form to prove it! Check out some of Tracy's special behind-the-scenes minimizing moves.



Amy

The Twist

Step 1: Sit with one knee bent and your foot in front of you. The opposite knee should be behind you.

Step 2: Lift your knee off the floor with the motion of your buttocks and pull it up. Hold the position for a count, and then drop it down. After 10 slow repetitions, pulse up and down quickly.