

WEEKLY

US

Best

BIKINI DIET TIPS

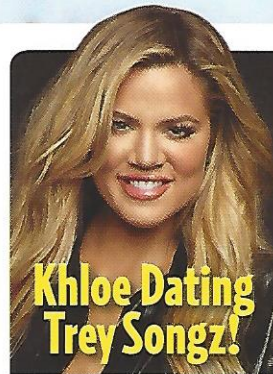


It's not too late! Stars share simple tricks to tone up fast

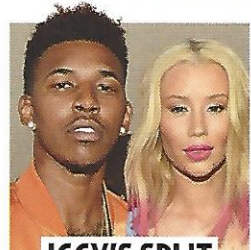


JOJO

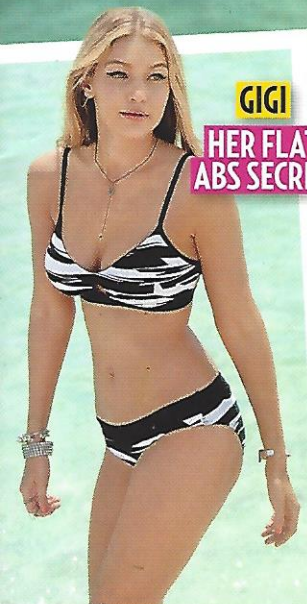
EASY FOOD
SWAPS



Khloe Dating
Trey Songz!



IGGY'S SPLIT
Baby Mama
Breaks Silence



GIGI

HER FLAT
ABS SECRET



JESSICA

HOW SHE
BATTLES
BLOAT

\$4.99



One Month Before

PILE ON THE PROTEIN

Three days a week, Michele tops protein-packed Ezekiel bread (made from sprouted whole grains) with avocado and vegan mayonnaise. "It's tasty and filling!" she tells *Us*. A 2016 study in *The American Journal of Clinical Nutrition* showed that those who ate more protein had a decrease in fat mass after four weeks.

MAKE YOUR BODY WORK

Kristin Cavallari focuses on strength-training during her four-day-a-week meetings with Chicago trainer Michael Sorrentino. "The more muscle you have, the more fat you burn," the star, who had third child Saylor in November, has said. With a mix of squats and dead lifts, the *Balancing in Heels* author tells *Us*, "I'm getting my ass kicked!"

TRY A SNEAKY ABS SCULPTER

In between her yoga, boxing and boot-camp workouts, Ellie Goulding slips in a weekly gymnastics session. "It's just a really good way to keep fit because you're constantly having to engage your core," the singer explains to *Us*. "And it's fun!"

LEAN YOUR LOWER HALF

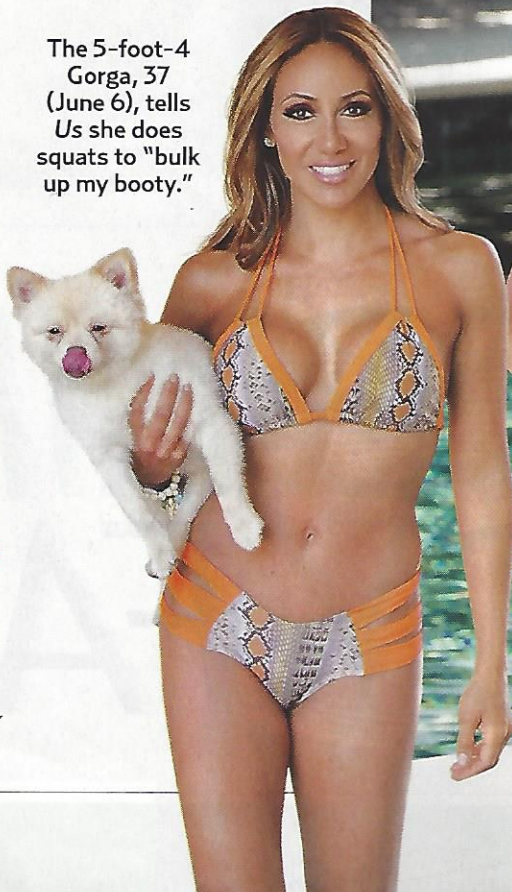
Try this butt and hip toner from Heather Peterson, senior vice president of programming at Core-Power Yoga. (Hough, Kaley Cuoco and Michele are

regulars at the L.A.-area studios.) Stand with legs together and bend your knees to lower into a chair position, holding 5-pound weights at your chest. Lift your right foot and tap it to the side, keeping hips level. Continue for 30 seconds, then switch legs.

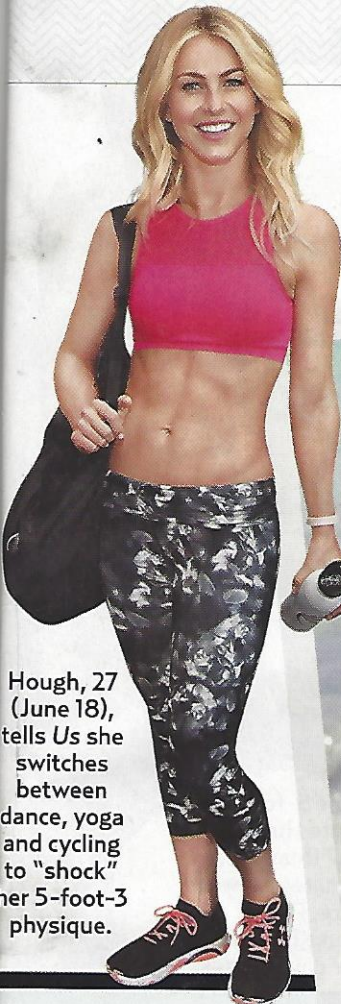
JUMP AROUND

Rob Piela, creator and owner of NYC's Gotham Gym (where Gigi and Bella Hadid box) suggests working up to 30 minutes of jump rope every other day. (You'll torch about 375 calories each time!) To define your core, do three sets of planks daily. Hold the position for as long as you can keep your core engaged, he says: "It's an excellent way to hit the transverse abdominals."

The 5-foot-4 Gorga, 37 (June 6), tells *Us* she does squats to "bulk up my booty."



"I do a lot of cardio," 5-foot-4 Fletcher, 25 (May 26), tells *Us*. "I like the stair-climber."



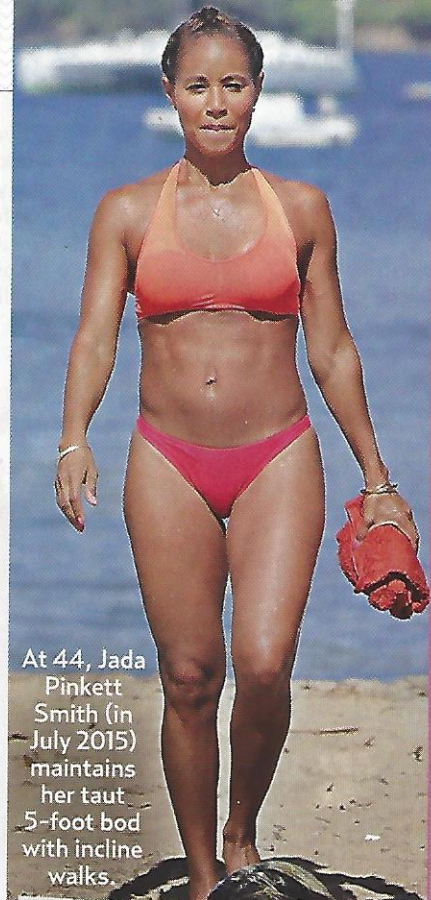
The 5-foot Kourtney Kardashian, 37 (May 3), does daily strength-training sessions with her trainer.



Hiking and squats are go-to workouts for 5-foot-1 Ariel Winter, 18 (April 6).



At 44, Jada Pinkett Smith (in July 2015) maintains her taut 5-foot bod with incline walks.



The 5-foot-5 Selena Gomez, 23 (May 6), sips a juice with carrots, kale and ginger before shows.

Hough, 27 (June 18), tells *Us* she switches between dance, yoga and cycling to "shock" her 5-foot-3 physique.

One Week Before

DELAY BREAKFAST

Push through 20 to 60 minutes of exercise on an empty stomach and you'll burn more fat "because that's the only source of energy available," says Eric the Trainer, author of *Hollywood Muscle*. Postsweat, the L.A. pro, who has trained *Walking Dead*'s Lauren Cohan, suggests refueling with proteins, carbs and fat: an egg white omelet, blueberries and raw almonds.

CONSIDER A CLEANSE

Actress Amber Stevens West committed to the seven-day Bikini Cleanse (\$189, bikinicleanse.com) before her 2014

wedding. Creator Nicole Pollard Bayme says the plan (two meals, a protein shake and tea) helps dieters lose up to 10 pounds!

HIT IT HARD

Rev your metabolism with high-intensity interval training. On their website ToneItUp.com (Lauren Conrad is a fan), L.A. pros Karena Dawn and Katrina Scott offer a free 14-minute abs-focused plan. London-based *Lean in 15* scribe Joe Wicks suggests 20 minutes of cardio moves, such as burpees. And Melissa Gorga uses Tabata (20-second intervals of toners) to burn off her Sunday pasta.

CUT OUT CARBS

Ditching grains helped Bachelorette JoJo Fletcher "get shredded," she says. Her swap at Chipotle — extra meat and beans instead of rice — was wise. A 2016 study showed satiating beans can lead to weight loss.

GUZZLE WATER

L.A. pro Jennifer "JJ Dancer" Johnson tells clients such as Jessica Alba to sip a gallon a day. "Drinking stimulates your body to release fluids," she says. Add mint or parsley, says Sheryl Crow's L.A. dietitian, *Power Souping* author Rachel Beller: "They minimize bloat."