

THIS MONTH'S  
GUARANTEE

fitness body bonus

## The new pilates body

A fresh twist on the method Madonna made famous is Hollywood's hottest ab flattener.

By Holly St. Lifer


**THE TRAINER** **Nonna Gleyzer**, a pilates pro in Los Angeles, whose famous following includes Midge, Debi Mazar and Trudie Styler, created this antiflabb routine. "Adding a ball to pilates-inspired moves provides unique resistance to firm your abs, butt and thighs fast," Gleyzer explains. "Plus, the ball transfers the work from your back to your abdominals, which helps you get an even more effective ab workout."

**THE PLAN** Perform one set of each move three days a week on nonconsecutive days. All you need is an 8- to 10-inch soft sports ball. Find one at [Fitball.com](http://Fitball.com).

**TECHNIQUE TIPS** Concentrate on your core throughout. Suck your tummy in and up, as if you were trying to zip a too-tight pair of jeans. Make each movement slow and controlled, keeping the emphasis on your abs.



**Madonna**  
Fabulously fit at 40-plus, this pilates devotee was one of the first Hollywood hardbodies to catch on to the core craze. Could it be her fountain of youth?



**Gwyneth Paltrow**  
After the birth of son Moses in 2006, the hot mama of two achieved body bliss with a little help from a pilates regimen.