

YES! LET SELF MAKE YOU SLIM p. 61

SELF

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AT YOUR
BEST

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* See
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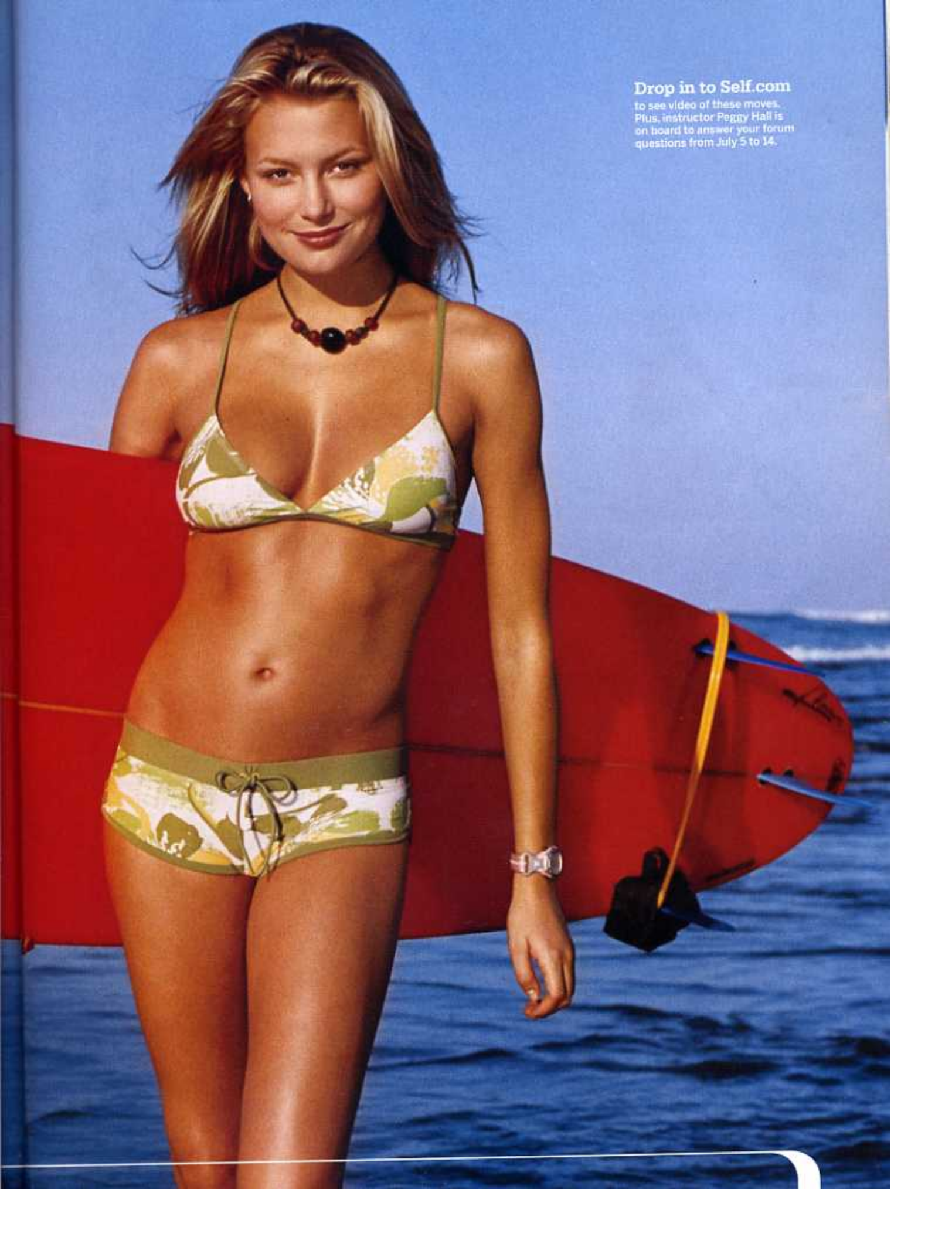
get summer sleek

You don't need to own a board or live by the beach to have a surfer-girl body. This do-anywhere, equipment-free workout will help you achieve that long, lean look (think Cameron Diaz) even if you're landlocked. "It challenges you to use your own weight for resistance, as surfers do, so you sculpt toned, sexy muscles like theirs," says yoga instructor Peggy Hall of Laguna Beach, California, who shared these moves exclusively with SELF. (See more in her upcoming DVD, *Fit for Surf*.) Work up to two sets of 12 to 15 reps of each exercise on nonconsecutive days, and you'll make waves in a bikini in only two weeks.

By Shanti Soslenski Photographs by Jorg Badura

Drop in to Self.com

to see video of these moves.
Plus, instructor Peggy Hall is
on board to answer your forum
questions from July 5 to 14.



One-leg chair

WORKS CORE, ARMS, BUTT, LEGS

Stand with feet shoulder-width apart, knees soft, arms at sides, chest lifted. Bend left leg as you lift right leg, knee bent 90 degrees, and reach overhead, palms in and fingers closed (as shown). Return to start. Repeat, alternating legs.



Swimming dolphin

WORKS CORE, SHOULDERS, ARMS, BACK

Start in an inverted V with forearms on ground, elbows under shoulders, hands clasped, butt lifted, legs straight and heels raised (as shown). Keep neck relaxed as you press forward until chin is in front of hands. Return to start; repeat.



Surf diva

WORKS BACK, SHOULDERS, CHEST, BUTT

Lie facedown with arms at sides, elbows bent and palms down. Point toes and lift chest, arms and legs a few inches off ground as you squeeze shoulder blades together (as shown). Hold for two seconds. Return to start; repeat.



Sandpiper squat

WORKS CORE, CHEST, BACK, BUTT, LEGS

Stand with feet hip-width apart, fingers interlaced behind back, shoulder blades pulled back to open chest. Bend left knee and lean forward at waist, extending right leg back as high as you comfortably can (as shown). Hold for one second and return to start. Repeat, alternating legs.



Sea and sky

WORKS CORE, LEGS, BICEPS, TRICEPS

Crouch low with heels lifted, palms together in front of chest (as shown). Press palms together firmly and extend arms overhead as you rise, keeping heels up, to stand on balls of feet. (Focus on a fixed point to help with balance.) Hold for one second, then slowly return to start; repeat.



Pop-up

WORKS CORE, SHOULDERS, CHEST, BUTT, LEGS

Start in push-up position, arms shoulder-width apart, body aligned from head to heels. Lower chest to ground and, in a single explosive movement, push off ground with hands and jump to feet, landing with knees slightly bent, right foot behind left, arms at shoulder level and elbows bent (as shown). Return to start; repeat, alternating legs.



Want to surf?
Do like our
model and go
from kneeling...

Hang five

WORKS CORE, ARMS, BUTT, LEGS

Balance on left leg with knee soft. Bend right knee so shin is parallel to ground and lean forward at waist, arms extended out to sides with palms down. Twist torso to left, reaching right hand to outside left foot, allowing right leg to swing up behind you (still bent), toes pointed (as shown). Slowly return to start. Do all reps; switch legs; repeat.

Styling: Lida Moore Musso; hair, Noah Hatton for Cutler/Redken; makeup, Willow Mayor for Nars Cosmetics. Shot on location in Golfo Dulce Peninsula de Osa, Costa Rica. See Get-It Guide.



...to popping up in one quick, fluid motion.



With knees bent and eyes forward, charge ahead.

You can do it, too!

Our fitness model, Rosa Korhonen, had never surfed before SELF's shoot. But with a little coaching and practice, she got up in one day.