

So Long, Spillover Spots!

Want to blast off back fat, bra rolls, muffin tops, and more? These targeted 5-minute workouts will have you sleek and toned in just 2 weeks.

BY **SELENE YEAGER**

PHOTOGRAPHS BY **CHRISTA RENEE**



“I got on a pair of jeans I hadn’t worn in months,” raved one tester

Technically speaking, your clothes fit. You can zip your jeans (with a little *oomph*), hook your bra (okay, it *stretches*), and button your blouses (does anyone really see that little tug?). But you know your wardrobe is on the edge—and not in a good way. Bulges at your armpits, over your waistband, or around your bra band are notorious outfit wreckers. We call them spillover spots, and most of us have them—even otherwise slim women. But now you can eliminate them: Our targeted workouts laser in on tiny muscles beneath spillover spots that standard moves miss. When eight women tried the plan, they lost an average of 3 pounds and nearly 2 inches off their trouble spots in just 2 weeks. Now it's your turn. You can drop up to 6 pounds in 14 days and look smoother and more streamlined in everything you wear.

THE EXPERT:
Chris Freytag,
certified personal
trainer, designed
this workout
and models the
moves.



SPILLOVER SPOT WORKOUTS

Pick your trouble zone (it may be more than one) and do the prescribed toning moves (p. 84 to 89) 3 times a week on alternating days to firm up that area.

Combine that with 30 minutes of cardio (p. 87) 5 or 6 times a week to shed fat. (You can do toning and cardio on the same day.)

What you need: A resistance band, mat, and maybe a pair of 3- to 5-lb dumbbells (depending on the routines you choose)

PULSE ROW ▲

Loop band around a sturdy pole or banister at waist height. Hold both ends in right hand so band is taut and arm is extended, left hand on hip. Sit back slightly. Squeeze shoulder blades, bend elbow, and pull hand back toward ribs. Keep elbow close to body. Do 10 reps, then hold by ribs and pulse for 10 reps, releasing and pulling the band only a few inches each time. Repeat with left arm.

“I lost fat in my chest

Blast Back Fat

Firm your upper and middle back to eliminate bra bulges.

READ THE PAPER ▼

Sit tall with legs bent and resistance band wrapped around feet and crossed in an X. Hold an end in each hand, arms out in front of you. Squeeze shoulder blades together and open arms to sides, as if you were opening a newspaper. Keep abs tight. Slowly return to start. Do 12 to 15 reps.



MAKE IT HARDER

Extend both legs, ankles crossed so left foot is in front of right.



▲ SIDE PLANK WITH ARM SWEEP

Lie on right side, right leg bent, left one extended. Prop yourself up on right elbow. Hold dumbbell in left hand with arm extended in front of you, weight near (but not touching) floor. Squeeze shoulder blades and raise dumbbell in an arc toward ceiling. Slowly lower arm while holding plank for all reps. Do 12 to 15 reps on each side.

and back! My bra doesn't feel so tight."

Colleen Berto, 37; lost 3¹/₄ lb and 2 inches around chest and back

Trim Muffin Top

Whittle your waist and better define your abs to fit into your jeans again.



BELLY BUTTON ROLL-UP ▲

Hold band taut between hands and lie faceup with legs extended and arms overhead. Pull abs in, lift arms toward ceiling, tuck in chin, and roll head, shoulders, and torso up and over legs as far as comfortably possible. Keep heels firmly on floor and reach hands toward feet. Pause, then slowly roll down onto floor. Do 5 to 8 reps.



“My pants are looser and



MAKE IT HARDER

Do the move with both legs extended.

▲ WINDSHIELD WIPER

Lie faceup with arms out to sides, palms down, and legs bent 90 degrees so feet are off floor. Keep abs tight (A). Slowly lower legs to left as far as comfortably possible, keeping shoulders on floor (B). Pause, then return to start. Repeat to right. Do 20 reps, alternating sides.

◀ SPIDERMAN CLIMBER

Balance in plank position with arms extended, hands beneath shoulders, and legs extended, feet flexed. Keep abs tight (A). Bend left leg out to side and bring knee toward left elbow (B). Pause, then return to start. Switch sides. Do 20 reps, alternating sides.

MELT SPILLOVER FAT

Our toning moves will firm up the muscles under those spillover spots. But to fully erase the bumps and bulges, you need to burn off excess fat as well, and that means cardio. Here's what we suggest to see the speediest results:

For under-arm flab and back fat, try...

Cardio kickboxing Tossing punches and jabs is a super trouble-spot firmer.

Rowing machine All those arm pulls are particularly good for shedding back fat.

Swimming Doing laps, especially the breaststroke, works

the entire armpit area front and back.

For a muffin top, try...

Zumba This hot dance trend engages your abs while you shake your hips to shimmy off that unwanted belly roll.



Water aerobics Twisting and turning moves target and firm your waistline.

Tennis Every swing tones your abs and obliques.

I have more energy."

Claire Olson, 52; lost 6 lb and 2 1/2 inches off waist

INSTANT SMOOTHING

While you wait for the toning moves to pay off, keep spill-over spots in check with these clever clothing solutions.

► **Get a professional bra fitting** Experts say 80% of women wear the wrong bra size. To prevent your bra from riding up and causing bulges, “choose a bra with a wider band and straps, made out of a supportive but stretchy material,” says New York City-based celebrity stylist Katy Robbins.

► **Wear a base layer** Robbins swears by Spanx Slim Cognito Body Shaping Cami made from light compression fabric for smooth, flattering lines. (\$74; spanx.com)

► **Take three sizes into the dressing room** Wearing clothes that are too tight cause more spillover. To find the most flattering fit, try on the size you think you are, one above it, and one below it, says Marie Denee, founder and editor of *The*



Curvy Fashionista.

► **Don't be clingy** Thin, body-hugging materials like rayon, light knits, or lightweight cashmere accentuate bulges, while midweight cotton, thick knits, and two-ply fabrics minimize lumps, says Robbins.

► **Find your natural waist** Stand up straight and bend to the side. The spot at which you bend is your natural waist. For the most flattering look, pants should sit at or just below this point. “The wrong rise [where high pants hit on your waist] quickly kills your look,” Denee says.



CRANK THE WHEEL ▲

Stand with band under one foot and hold an end in each hand. Extend arms straight out in front at shoulder height. Don't lock elbows. Rotate hands in a circular motion, as if drawing circles with fists. Do 10 reps in one direction. Repeat in opposite direction.

“My clothes look better

ON OPENER: STYLING BY RITA RAGO; HAIR AND MAKEUP BY JENNIFER PITT FOR TRACEY MATTINGLY

Shrink Under-Arm Flab

Tone your upper chest to look great in sleeveless tops.



CHEST FLY WITH A BRIDGE ▲

Hold dumbbells and lie faceup, knees bent, feet flat, and arms out to sides (palms up, elbows slightly bent). Lift hips so body forms straight line from knees to shoulders. Squeeze chest and raise arms over chest as though hugging a beach ball. Pause, then slowly lower arms. Keep hips lifted throughout. Do 12 to 15 reps.



MAKE IT HARDER

Extend legs so you're on toes instead of knees.

OFFSET PUSH-UP ▲

Begin on hands (more than shoulder-width apart) and knees so body forms straight line from head to knees. Bend elbows—left one out to side and right one so it's close to body—and lower chest almost to floor. Press back up and repeat on other side, bending right elbow out and keeping left one in. Do 12 reps, alternating sides.

and my body feels tighter.”

Kathy Melnychuk, 44; lost 3 lb and 1¹/₄ inches around chest

FITNESS PHOTOGRAPHS BY TIM PEARSON; HAIR AND MAKEUP BY AMY PRESSON FOR JETT MAKEUP; TOP BY LULELEMON; PANTS BY ANUE