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EXPRESS FITNESS

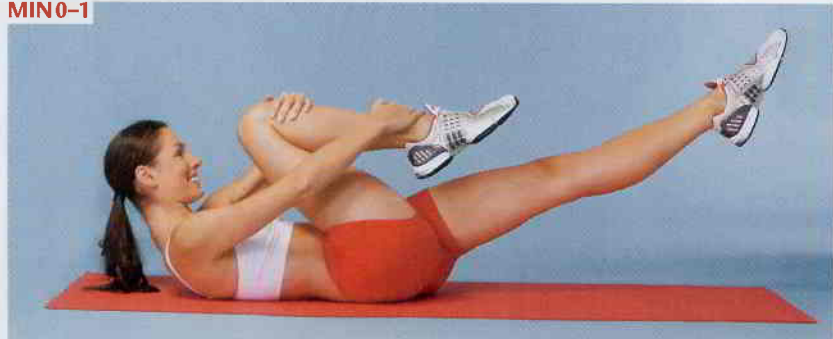
ALL NEW! CARDIO/PILATES

Combine two powerful belly-flab busters in this super-effective routine from Susan Moran-Perich, vice president of Power Pilates in New York City. **BY LINDSEY EMERY**

THE ROUTINE: Do all of the core exercises, followed by two minutes of cardio. Repeat the sequence three times; it'll take about 21 minutes.

WHAT YOU'LL NEED: An exercise mat and a jump rope (optional)

MIN 0-1



MIN 1-2



MIN 2-3



MIN 3-4



MIN 4-5b



MIN 4-5a



Mary Claire, a dancer, practices Pilates or yoga about three times a week.

MINUTE 0-1

SINGLE-LEG STRETCH

Strengthens abdominals, stretches hip flexors

Lie faceup, knees into chest, abs engaged. Lift head, place left hand on right knee, right hand at right ankle, and extend left leg 45 degrees. Pull right knee into chest while reaching left leg out and up. Switch legs and hands. Do 20 reps total, continuing to alternate legs.

MINUTE 1-2

DOUBLE-LEG LOWER/LIFT

Strengthens abdominals

Lie faceup, abs engaged. Place hands under the bottom of your spine. Lift head and extend legs over hips. Lower legs toward floor for 3 counts, then lift up for 1 count. Do 10 reps.

MINUTE 2-3

SAW

Strengthens obliques, stretches back and hamstrings

Sit with legs a bit wider than mat, arms out to sides at shoulder height, abs engaged, back straight. Twist to the right for 3 counts, reaching your pinky finger past your pinky toe, keeping butt on floor. Return to center; twist to the left. Do 3 reps on each side.

MINUTE 3-4

SIDEKICK

Strengthens abdominals, hips, hamstrings

Lie on your right side along the back of the mat, with legs, hips and shoulders stacked. Lean on your right elbow and bring legs to the front corner of the mat. Kick left leg forward twice, then swing leg behind you in a sweeping motion. Do 10 reps; switch sides and repeat.

MINUTE 4-5

DOUBLE-LEG STRETCH

Strengthens abdominals, stretches lower back and hip flexors

a. Lie faceup, head lifted, knees into chest, abs engaged. **b.** Straighten arms overhead, in line with ears, while extending legs 45 degrees. Keep legs still and head lifted as you circle arms wide to your sides, then hug knees back into chest. Do 5 slow reps, then 5 faster reps.

MINUTE 5-7

CARDIO BURST

Jump rope, jog in place, or do high knee or butt kicks. Repeat full sequence 2 more times.

CHRIS FANNING. HAIR: ANTONIO CASALE FOR THE STYLE ROOM AT THE ARTISTS CO-OP. MAKEUP: MICHELE YURAS FOR ARTISTS BY TIMOTHY RIANO.COM. BALANCE COLLECTION BY MARIKA CAMISOLE BRA. ADMIT ONE/BODY/DICTION KOOL SHORTS. ADIDAS SHOES.