

COSMOPOLITAN

YOUR SECRET
SEX



POWER PILATES

Rev up your routine by adding weights.

How does Madonna stay so ripped? She does intensive Pilates, deep-muscle floor exercises and stretches. But the latest Pilates craze is iron-fortified...in the form of 3- to 8-pound dumbbells. "If you want to sculpt your body, mat-based Pilates combined with hand weights will make all the difference," explains Tracy York, costar of the workout video *Breakthru Pilates Sculpt* (available at www.collagevideo.com). Why? Combining strong poses with iron isolates the right muscle groups, giving you a more effective workout. To find a Pilates studio in your hood, call Physiscalmind Institute, a national organization that certifies trainers, at 800-505-1990. Or pump up at home with DVDs such as *Power Pilates: Connect to Your Body's Core* (www.powerpilates.com) or Liz Gillies' *Progressive Pilates: 4 10-Minute Target-Tone Workouts* (www.amazon.com).

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