

Go Bare! The Ultimate Summer Skin Guide

SHAPE
YOUR
LIFE

SHAPRE

Sassy Abs!

Get 'em in
15 Minutes p202

Lose
Weight
This
Weekend

No Deprivation
Required p186

THE
BIGGEST
LOSER'S

*Jillian
Michaels*

THE TV STAR
SHARES HER

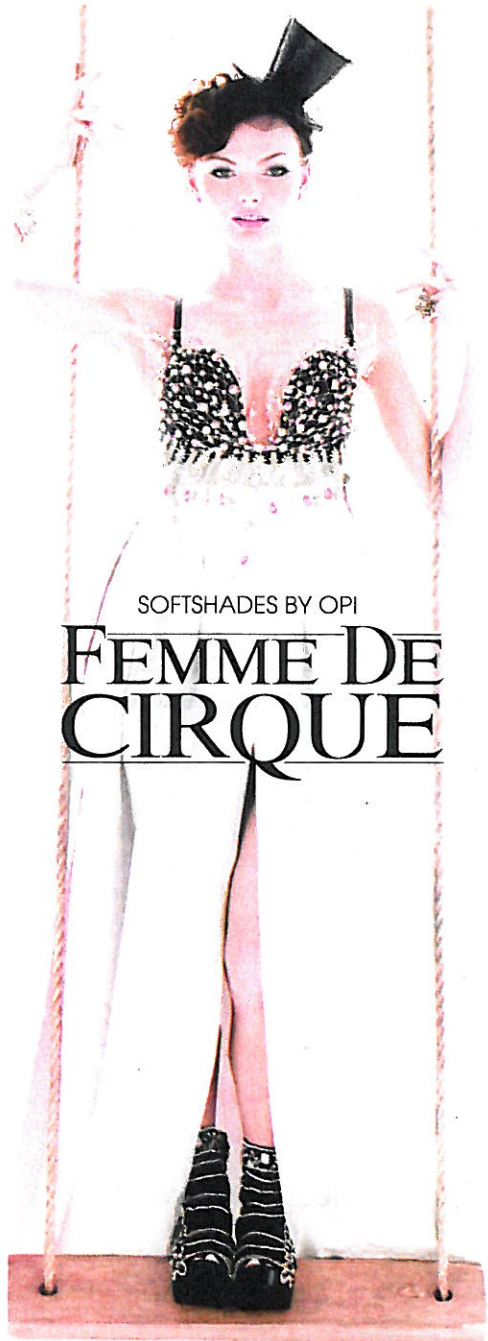
20
MINUTE
WORKOUT

**GET
FIT
WITH
YOUR
GUY**

Improve Your
Sex Life &
Your Body



#BXJLBO *****U.S./\$5.99 CANADA
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DENVER CO 80206-5815



SOFTSHADES BY OPI

FEMME DE CIRQUE



LACQUERS FROM LEFT TO RIGHT:
 In the Spot-Light Pink,
 So Many Clowns...So Little Time,
 Step Right Up!, I Juggle...Men

O.P.I

Try it on at opi.com

Model is wearing In the Spot-Light Pink
 Available at Professional Salons, including select
 Beauty Brands, Trade Secret, and ULTA locations.

CONTAINS NO DBP, TOLUENE,
 OR FORMALDEHYDE.

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SHAPE YOUR LIFE **TRAVEL**



• Daily yoga classes at Safari Surf get you primed for the waves.

Great Escapes

Four ways to torch calories, enjoy the scenery, and have the time of your life.

1/ IN THE WATER

Safari Surf School & Surf Stronger's Fit Camp—Nosara, Costa Rica (from \$2,185; safarisurfschool.com)

Besides the fitness classes (including yoga and Pilates) and surfing lessons, you'll get HD videos and professional shots taken of you catching gnarly waves.

2/ IN THE AIR

New York Zipline Adventure Tours—Catskill Mountains, New York (\$119; zipline.newyork.com)

Sign up for the new SkyRider tour to get 4.6 miles of whoop-inducing ziplines suspended 600 feet from the ground. It's now the longest zipline tour in North America.

3/ BY FOOT

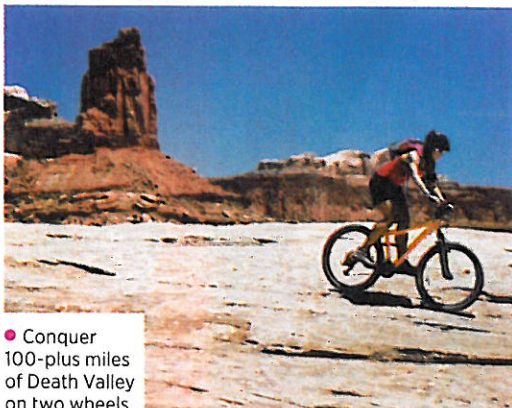
Walter Tisham Way trekking trip—Estes Park, Colorado (from \$900; footpathsoftheworld.com)

See Rocky Mountain National Park as you hike from one local lodging to the next on this five-night, 42-mile tour. At each destination, your belongings will be waiting in your room!

4/ ON A BIKE

REI Adventures Death Valley cycling weekend—Death Valley, California (from \$1,250; reiadventures.com)

Pedal through Badwater Basin to the top of Dante's View, which towers 5,500 feet above the desert. The trip includes a Trek bike, an expert guide, food, and lodging.



• Conquer 100-plus miles of Death Valley on two wheels.