

**SANDRA REJECTS JOHN!**

WEEKLY  
**INTOUCH**

**ONLY  
\$2.99**

**KENDRA  
TELLS HANK  
IT'S  
OVER!**

After sleeping in separate beds, they go on an emotional make-or-break trip. Kendra finally admits, **"I'M TIRED OF PRETENDING"**

**JAKE & JEN  
HEAT UP!**

**JENELLE'S  
HOTEL ROOM  
TRASHED**

**PLUS  
ASHLEE  
& PETE'S  
SEXLESS  
MARRIAGE**

FEBRUARY 28, 2011 \$2.99



0 9 >  
7 25274 46133 0

# Lose weight, kee

These celebs have slimmed down, but still flaunt sexy, hourglass shapes. Trainer to



## J. Lo switches things up

With her amazingly toned body, you'd think Jennifer Lopez spends hours a day at the gym. But celebrity trainer Gunnar Peterson, who has worked with the star, told *In Touch* at the Under Armour Charged Cotton launch event that J. Lo, 41, isn't obsessive about working out. "She's consistent, not compulsive," he reveals.

### IT'S ALL ABOUT VARIETY

"If you do the same workout every day, your body will know what to expect and do as little as it has to," he tells *In Touch*. "Changing your routine forces your body to adapt to new stimuli."

### SIMPLE CHANGES

"On the treadmill, add hills; if you run outside, try a new route. With weights, switch up the order. Even different music or workout gear will help."

### GREAT BOOTY WORKOUT

Do lunges and combo moves like squatting while lifting weights (once you can do 12-15 reps with perfect form, increase dumbbell weight). Peterson says not to worry about bulking up. "The majority of women are genetically incapable of creating large bulky muscles," he says. "And squats won't make you big. Food makes you big."

# to the **CURVES**

stars Gunnar Peterson reveals their figure-flattering workout and diet secrets



## Kim mixes cardio and weights

After gaining 10 pounds while filming *Kourtney & Kim Take New York* in the fall, Kim Kardashian, 30, is getting back in shape. And with Peterson's help, she's losing weight and toning up in all the right places.

### A GOOD MIX

Kim maintains her womanly curves by mixing cardio with strengthening exercises. "Combining cardio and weights confuses the body, so it keeps struggling to keep up with you — and you'll see better results," explains Peterson.

### PROTEIN, PROTEIN, PROTEIN

"A protein-based diet is good," says Peterson, because it helps to repair worn muscles, which burn calories so "your engine is revving higher."

## Halle targets her abs

Halle Berry admits she's not a huge fan of working out, but for the past year, she's been hitting the gym five times a week with Peterson for 90-minute sessions. "She's so committed," he says of Halle, 44.

### TIMING IS EVERYTHING

"If you really want to see results, mix abs exercises throughout the workout, not when you are running low on energy," he says.

### BEST TUMMY-SHRINKING MOVES

Peterson has clients tackle their core with crunches, bicycles or supermans — lie flat on stomach with feet shoulder-width apart and lift right arm and left leg and hold for a few seconds, then alternate.

