

COSMOPOLITAN

OCTOBER 2006

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**Sexy vs. Skanky**

Check Out Our New Column!

## 30 SEX BOOSTERS

Amazing Little Extras That Make Sex Even Sexier

**Every Guy's Private Marriage Checklist**

**GORGEOUS SKIN** THE NEW SECRET

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**PATRICK DEMPSEY SPECIAL!**

WARNING: Staring at These Pictures Could Cause Cardiac Arrest

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# GET TONED LEGS

Transform your thighs with this effective workout.

"The best leg routine incorporates moves that target each major muscle group," says Brad Schoenfeld, author of *28-Day Body Shapeover*. "This strategy really maximizes their shape." Do three sets of 10 to 20 reps two to three times per week. Take 48-hour breaks between workouts so your muscles can recover.

## MOVES TO MASTER

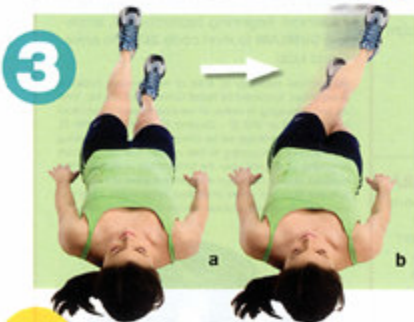


### OUTER-THIGH LIFT

Stand with feet shoulder-width apart, knees slightly bent. Place all of your weight on your left leg, and lift your right leg (keep your foot flexed) slightly to the side (a). Tighten your right leg and lift it as high as you can (b). Keeping it taut, hold for a five-second count. Switch sides. **MAX THE MOVE:** Do the exercise in slow motion to increase resistance.



**SISSY SQUAT**  
Stand next to a chair with your feet facing forward, legs slightly apart (a). Hold on to the back of the chair for support, and in one motion, lean back until your knees are parallel to the floor (you'll be balancing on your toes) (b). Return to starting position. **MAX THE MOVE:** Hold a 5-pound dumbbell over your chest. You'll really feel a burn from the extra weight.



### LYING DOWN CROSSOVER

Lie on your back with your arms at your sides, feet flexed. Lift your left leg about 12 inches (a). Keeping your left thigh tight, swing that leg across the right one, then bring it back to starting position (b). Switch sides. **MAX THE MOVE:** Strap a 2-pound ankle weight on the leg you're lifting for more effective toning.

**HEALTH HINT**

COOKING PASTA AL DENTE DECREASES THE RATE AT WHICH IT METABOLIZES INTO GLUCOSE (WHICH IS STORED AS FAT).

SOURCE: SECRETS OF THE LEAN PLATE DIET, BY SALLY SQUARES

## LEG LIES

The trick to sculpting gorgeous gams? Know your facts.



### MYTH

Cardio alone can give you toned stems.



### FACT

If you want cut legs, you have to add resistance training—squats, lunges, etc.—to your routine so your muscles tear down and "grow" back with more definition.



### MYTH

Leg presses will make you majorly bulk up.



### FACT

Estrogen prevents women from becoming enormously muscle-bound. Some female bodybuilders take steroids or hormone supplements.



### MYTH

It's better to increase reps than pounds lifted.



### FACT

It's not one or the other. An effective workout should incorporate both elements. If you're not struggling at the end of your set, it's time to jack up the weights and tack on three more reps.

SOURCE: PERSONAL TRAINER STEVAN ASCHAR, FOUNDER OF PERSONAL FITNESS COMPANY STRENGTH 123

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