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AUGUST 2003
\$3.50 U.S. \$4.50 Canadian/Foreign
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Celebrity trainer Kerrie Brooks gets Venus and Serena Williams into ace shape with a leg-intensive sculpting plan.

Their Goal:
To build power and endurance in the lower body.



Serena (left) and Venus.

Venus and Serena Williams are known as much for their physiques as for their dominance of women's tennis. It's their strong, sculpted legs that give them a winning edge. "Legs are a primary source of power in tennis," explains Kerrie Brooks, a trainer and physical therapist in Palm Beach Gardens, Florida, who has worked with the duo for three years. "We try to get the muscles to a point where they're just beginning to burn, then push past that," says Brooks. But the payoff—51 championship titles between the two, and counting—is well worth the effort.

Trainer's TIP

"Get a pal to join in your workout. Whenever Venus and Serena train together, they push each other. A little competition can make you work harder."



The Workout

Venus and Serena try to train with Brooks three days a week.

Warm-up (8 to 10 minutes): Light stationary cycle or jog

CYCLE 1 (Do 3 to 5 times):

•**Hamstring curls with ball:** Lie on floor with hands flat and heels on an exercise ball; lift hips and roll ball toward body with heels (10 reps with both legs; 10 reps with single leg).

•**Bridges on ball:** Lie with legs straight, heels on ball; lift hips off floor. Hold for 1 count and lower (10 reps). Bend knees, keeping heels on ball; lift hips and hands off floor (10 reps).

CYCLE 2 (Do 3 to 5 times):

•**Long squats:** Squat until thighs are parallel to floor. Hold 20 seconds; repeat 5 times.

•**Lower-leg lifts:** Kneel on mat or other cushioned surface with knees about hip-distance apart, hands on hips. Lift one knee 6 inches in front, keeping other knee on floor. Hold 20 seconds; switch legs. Do 5 reps per leg.

•**Scissor jumps:** Place a 10-pound body bar across shoul-

ders and do a shallow lunge. Jump up, switching legs in midair (8 to 10 reps per leg).

CYCLE 3 (Do 1 time):

•**Single-leg jumps:** Stand in front of a step bench (one riser). Hop on and off step, first with right foot only, then left (5 times per side; 5 to 8 sets).

•**Double-leg jumps:** Stand in front of step bench (3 risers). Jump over step, bringing legs as high as possible. Land with knees soft (5 reps). Turn so left side faces step; jump over it laterally (5 reps). Rest 5 seconds; repeat to exhaustion.

Cooldown (5 minutes): Walk on treadmill or ride bike.

Stretching (5 minutes): Focus on legs and glutes.

Favorite Move:

Boxer drill. Have a friend hold one end of a jump rope; tie the other end around a pole so rope is taut and about 3 feet off floor. Duck back and forth under the rope as quickly as possible (20 times per side).