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CosmoGIRL! Total Body Workout: Fun Moves to Look and Feel Your Best

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Every *CosmoGIRL!* is on the quest for a workout that's fun, effective, and just right for her—and she'll find it in this great guide from her favorite magazine. With step-by-step photos throughout, it features a diverse selection of fitness plans devised by top trainers, prominent gym owners, and elite coaches. Sign up for Bathing Suit Bootcamp. Join the "Bod Squad" for cheerleading routines created by the choreographer of the movie *Bring it On*. Have a blast dancing Reggaeton, Broadway style, or Bollywood Bhangra. Or train like the stars: these pages reveal how Jennifer Aniston, Jessica Alba, and Fergie got their super-toned arms, abs, and butts. There's even a stay-in-bed workout! Each exercise includes an explanation of which body part it strengthens and a quiz helps each reader find the workout that fits her personality. This way, she'll be motivated to stay active on a regular basis, which will help her to look great. More importantly, she'll have the energy to conquer all of her big dreams and goals—and that's what being a *CosmoGIRL!* is all about.

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