

The 5-foot-11 Gigi Hadid, 21 (in April 2015), calls boxing at NYC's Gotham Gym her "obsession."



Beyoncé, 34 (June 18), has done a vegan cleanse to slim her 5-foot-7 body.



"I love high-intensity interval training," 5-foot-3 vegan Underwood, 33 (May 16), tells *Us*.

ON THE COVER: MARC ROYCE; INSETS: CLOCKWISE FROM TOP RIGHT: MIKE ROSENTHAL; MICHAEL BUCKNER/BMA 2015/GETTY IMAGES FOR ECP; CHAOS/STEVEY/FAMELYNET PICTURES; INFPHOTO.COM; MICHAEL SIMON/STARTRAKSPHOTO.COM; FROM LEFT: INFPHOTO.COM; DE PUGLIESE/SPLASH NEWS; CHAOS/STEVEY/FAMELYNET PICTURES

Before you suit up, try these slimming tricks from **Gigi, Lea, Jessica** and other sculpted stars

BY SARAH GROSSBART

The secret to Lea Michele's whittled waistline doesn't involve a single crunch. The *Scream Queens* lead tells *Us* she pedaled her way to a killer core with near-daily SoulCycle classes. "Even though it's spinning, it really focuses on your abs," the 5-foot-3 star tells *Us* of the 500-calorie-torching sessions, which require riders to keep their middle tight to support themselves on the bike. "It has really changed my body. I see it now in my sort-of abs — my almost abs!" Dedication to the 45-minute workouts (she even went the Monday morning after partying at Elton John's post-Oscar bash February 28!) plus heated CorePower Yoga classes with fellow *Glee* alum Becca Tobin have also tightened her legs, arms and butt. Says the 29-year-old, "I feel like right now I'm in the best shape that I've ever been in my life." Take heed of her advice — and tips culled from the pros who sculpt stars such as Carrie Underwood and Julianne Hough — and you can say the same before beach season ends!



Michele (May 30) is a cycling, yoga and hiking devotee. She tells *Us*, "I love working out."

GET BIKINI READY FAST

One Month Before

PILE ON THE PROTEIN

Three days a week, Michele tops protein-packed Ezekiel bread (made from sprouted whole grains) with avocado and vegan mayonnaise. "It's tasty and filling!" she tells *Us*. A 2016 study in *The American Journal of Clinical Nutrition* showed that those who ate more protein had a decrease in fat mass after four weeks.

MAKE YOUR BODY WORK

Kristin Cavallari focuses on strength-training during her four-day-a-week meetings with Chicago trainer Michael Sorrentino. "The more muscle you have, the more fat you burn," the star, who had third child Saylor in November, has said. With a mix of squats and dead lifts, the *Balancing in Heels* author tells *Us*, "I'm getting my ass kicked!"

TRY A SNEAKY ABS SCULPTER

In between her yoga, boxing and boot-camp workouts, Ellie Goulding slips in a weekly gymnastics session. "It's just a really good way to keep fit because you're constantly having to engage your core," the singer explains to *Us*. "And it's fun!"

LEAN YOUR LOWER HALF

Try this butt and hip toner from Heather Peterson, senior vice president of programming at Core-Power Yoga. (Hough, Kaley Cuoco and Michele are

regulars at the L.A.-area studios.) Stand with legs together and bend your knees to lower into a chair position, holding 5-pound weights at your chest. Lift your right foot and tap it to the side, keeping hips level. Continue for 30 seconds, then switch legs.

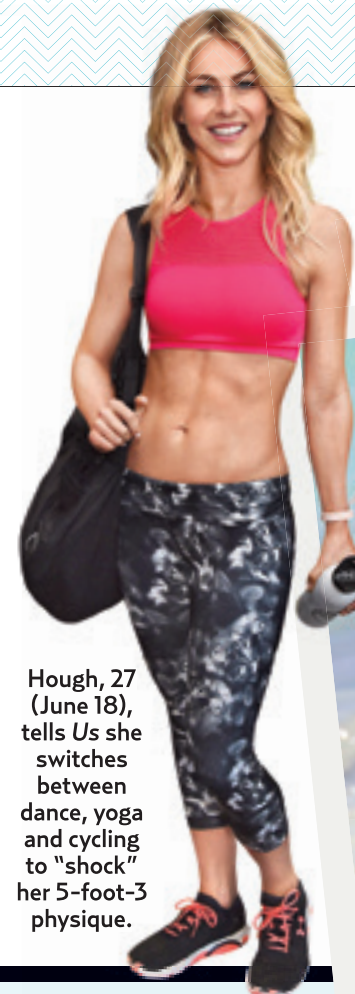
JUMP AROUND

Rob Piela, creator and owner of NYC's Gotham Gym (where Gigi and Bella Hadid box) suggests working up to 30 minutes of jump rope every other day. (You'll torch about 375 calories each time!) To define your core, do three sets of planks daily. Hold the position for as long as you can keep your core engaged, he says: "It's an excellent way to hit the transverse abdominals."

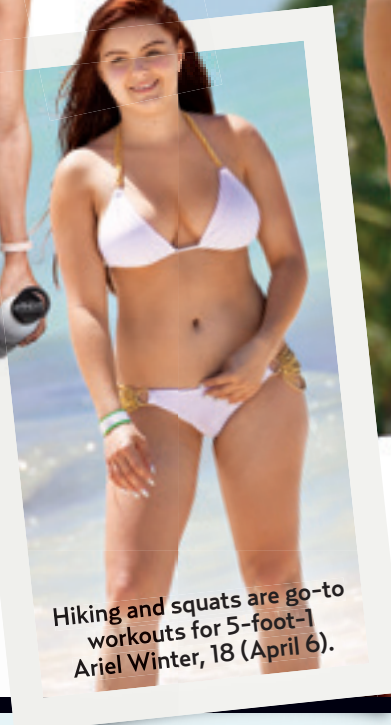
The 5-foot-4 Gorga, 37 (June 6), tells *Us* she does squats to "bulk up my booty."



"I do a lot of cardio," 5-foot-4 Fletcher, 25 (May 26), tells *Us*. "I like the stair-climber."

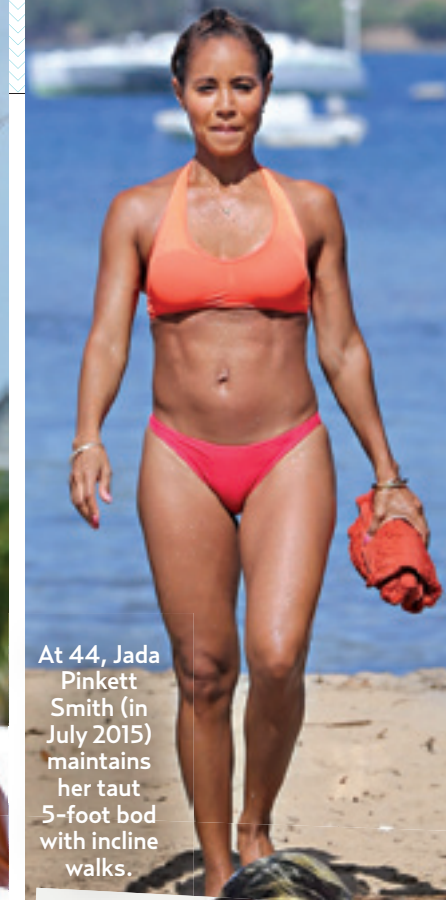


Hough, 27 (June 18), tells *Us* she switches between dance, yoga and cycling to "shock" her 5-foot-3 physique.



Hiking and squats are go-to workouts for 5-foot-1 Ariel Winter, 18 (April 6).

The 5-foot Kourtney Kardashian, 37 (May 3), does daily strength-training sessions with her trainer.



At 44, Jada Pinkett Smith (in July 2015) maintains her taut 5-foot bod with incline walks.

One Week Before

DELAY BREAKFAST

Push through 20 to 60 minutes of exercise on an empty stomach and you'll burn more fat "because that's the only source of energy available," says Eric the Trainer, author of *Hollywood Muscle*. Post-sweat, the L.A. pro, who has trained *Walking Dead*'s Lauren Cohan, suggests refueling with proteins, carbs and fat: an egg white omelet, blueberries and raw almonds.

CONSIDER A CLEANSE

Actress Amber Stevens West committed to the seven-day Bikini Cleanse (\$189, bikinicleanse.com) before her 2014

wedding. Creator Nicole Pollard Bayme says the plan (two meals, a protein shake and tea) helps dieters lose up to 10 pounds!

HIT IT HARD

Rev your metabolism with high-intensity interval training. On their website ToneItUp.com (Lauren Conrad is a fan), L.A. pros Karena Dawn and Katrina Scott offer a free 14-minute abs-focused plan. London-based *Lean in 15* scribe Joe Wicks suggests 20 minutes of cardio moves, such as burpees. And Melissa Gorga uses Tabata (20-second intervals of toners) to burn off her Sunday pasta.

CUT OUT CARBS

Ditching grains helped Bachelorette JoJo Fletcher "get shredded," she says. Her swap at Chipotle — extra meat and beans instead of rice — was wise. A 2016 study showed satiating beans can lead to weight loss.

GUZZLE WATER

L.A. pro Jennifer "JJ Dancer" Johnson tells clients such as Jessica Alba to sip a gallon a day. "Drinking stimulates your body to release fluids," she says. Add mint or parsley, says Sheryl Crow's L.A. dietitian, *Power Souping* author Rachel Beller: "They minimize bloat."



The 5-foot-5 Selena Gomez, 23 (May 6), sips a juice with carrots, kale and ginger before shows.



"I've been working out really hard," 5-foot-4 Cavallari, 29 (April 28), tells *Us*.



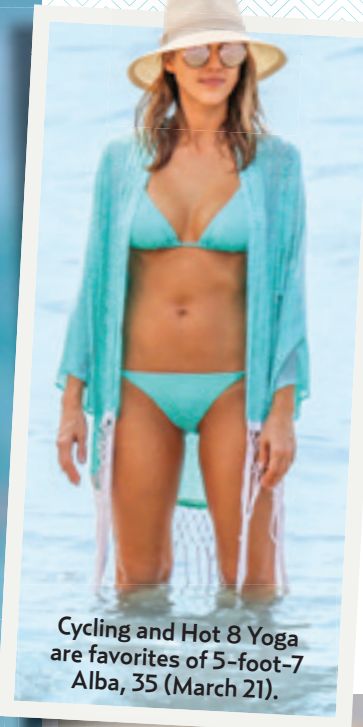
The 5-foot-9 Bella Hadid, 19 (April 2), runs and drinks green juices.



The 5-foot-6 Kate Hudson, 37 (May 29), alternates between dance, Pilates and strength-training four days a week.



Padma Lakshmi, 45 (in February 2015), boxes and walks at high inclines to tone her 5-foot-9 frame.



Cycling and Hot 8 Yoga are favorites of 5-foot-7 Alba, 35 (March 21).



The 5-foot-4 Goulding, 29 (April 28), follows a plant-based diet.

"I try to have five small meals a day to keep my metabolism up," 5-foot-9 Agdal, 24 (Feb. 20), has said.



Nina Dobrev, 27 (Jan. 29), credits yoga for her strong 5-foot-7 figure.

One Day Before

SLIDE INTO TIGHTER ABS

Squeeze in a final core toner with this move from L.A. trainer Simone De La Rue. (Jennifer Garner and Reese Witherspoon are regulars at her Body by Simone studio.) Start in a plank with a towel under your right foot. Slide your right leg to your right shoulder. Do 10 reps, then repeat on the left side.

ADD IN ASPARAGUS

Include a side of the green veggie with your prebeach dinner, proposes Hough's Los Angeles-based trainer Astrid Swan. The low-calorie eat (just 40 calories per cup) "is a natural diuretic."

BUST YOUR BUTT

Shakira's NYC-based pro Anna Kaiser, founder of AKT InMotion, advises trying this glute toner "as close to going to the beach as you can." Lie on the ground with knees bent and feet flat, then lift your hips so you're in a bridge position. Extend the right leg toward the ceiling, then pulse up with the left side of your butt. Do for a minute, then switch legs.

AVOID BELLY BLOATERS

For the tautest stomach possible, Dawn and Scott advise steering clear of sodium, while New York dietitian Keri Glassman says to skip carbonated

beverages and fruit. Though it's packed with vitamins and fiber, says the pro, "its high sugar content can leave you feeling bloated."

PAINT ON PERFECT ABS

Before slipping into a two-piece, *Sports Illustrated* swimsuit model Nina Agdal reaches for St. Tropez's self-tanning mousse (from \$19, sttropeztan.com). "You put it all over your body and on your face, then you sleep with it," she tells *Us*. "You immediately look skinnier. It's the best trick!" Next step: Bust out your bikini and bask in the sun.



GET READY FOR NEXT SUMMER

Dedicate a year to healthy living and rock your best bod in 2017

THE DIETITIANS SAY

Make like Carrie Underwood and keep a food journal, recommend C&J Nutrition dietitians Stephanie Clarke and Willow Jarosh. (Note your energy level and mood after each meal, too, to see how your choices affect your body.) Then, start swapping refined carbs (think: pasta) for filling whole grains and sweet potatoes. "Refined carbs cause your blood sugar to spike," says Clarke. "Over time that can increase hormones that make you store fat."

THE TRAINERS SAY

Commit yourself to a workout regimen five days a week. And make it excuse-free. The iPhone app QE2 (\$8, itunes.apple.com) from Kate Hudson's Pilates pro Nicole Stuart offers 10-minute do-anywhere routines. Look for ways to make hard work fun, adds Underwood's trainer Eve Overland. "We like to play a game with cards where each suit represents a different exercise — a 10 of clubs, for example, would be 10 burpees," she says. "Find something you like."