



A Shocking Thing 68% of Chicks Do in Bed

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YOU NAUGHTY, NAUGHTY GIRLS

DEEP SEX

Breathing and Technique That So Intense, You'll Both Reach a New Level of Pleasure

The 22 Relations Tips Ever

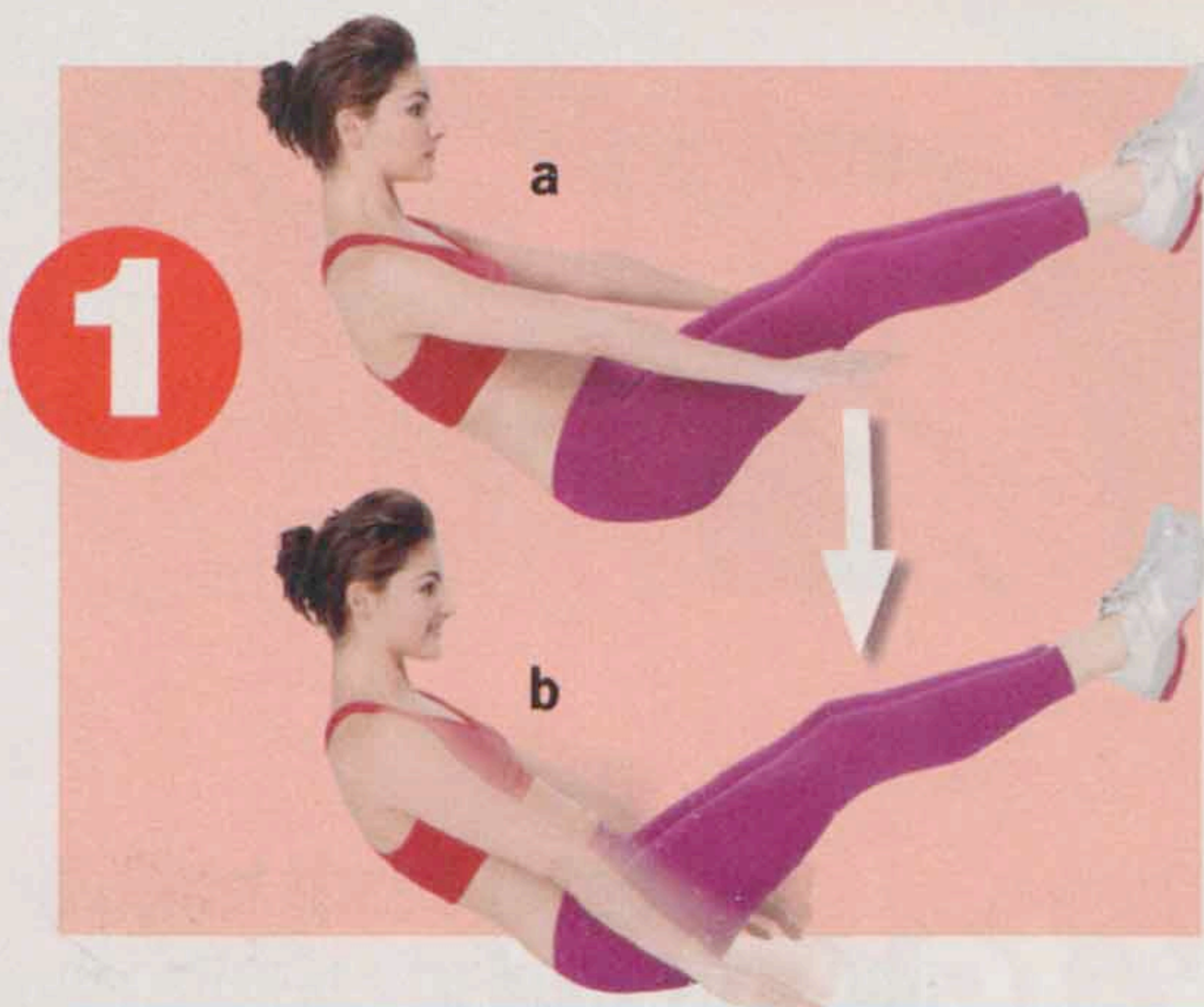
GUINNESS

White Lie Tell Women All the Time

# TIGHTEN YOUR ABS

If your routine of crunches isn't doing the trick, switch it up! "Performing the same workout over and over doesn't challenge your muscles," says personal trainer Stacy Berman, founder of Stacy's Boot Camp in New York City. Do three 15-rep sets of her intense moves twice a week, and work up to four times.

## MOVES TO MASTER



### PILATES 100s

Lie on your back, legs extended and together. Lift your head and shoulders, pull in your abs, and raise your legs about 2 feet. Arms are raised next to your thighs (a). Press your hands down then back up quickly for 100 counts (b). **MAX THE MOVE:** Lower your legs a few inches when you reach 50.

### LOWER-BODY TWIST

Lie on your back with legs raised and straight, feet flexed (a). Contract your stomach and keep your upper body pressed against the floor as you bring your legs down to the left side, about 1 inch off the ground (b). Return to starting position, and repeat on the opposite side. **MAX THE MOVE:** Do 20 repetitions to exhaust your muscles.



### SEATED KNEE RAISE

Keeping your chest out and back straight, place your palms on the floor behind you. Lean back, using your hands for support. Bring your heels together and knees to your chest (a). Tighten your abs and extend your legs straight (b). Return to starting position and repeat. **MAX THE MOVE:** Don't lean on your hands to engage lower abs.

Beyoncé Takes the Cosmo Quiz!

The Sex Position Craves

It Gives Him the Hottest View... and Hits All the Right Spots

GET AHEAD FASTER

12 Brilliant (Slightly Badass) Ways to Do It

Health got to Mention

\$4.29 US/\$5.49 CANADA/FOR

