

Clothes That Make **YOUR BODY** Look Great!

BONUS!
FREE
Movie Tix, Concerts,
Music & More

seventeen

**YOUR
Fall Style
GUIDE!**

**653
Fashion
& Beauty
Secrets!**

Hot Trends, Amazing Deals
And Cute Stuff Under \$20

enter for a chance to

WIN \$250,000

Go To College For Free!

HELLCATS!

**Aly Michalka &
Ashley Tisdale**

On Girl Fights,
Bad Boyfriends & Being
Best Friends

**50+
HAIR
IDEAS
INSIDE!**

Look Pretty Now!

- ✓ Play Up Your Best Feature!
- ✓ Get Hair You'll Love Every Day!
- ✓ Clear Your Skin Forever!

**FREE
T-Shirt**
See P. 20

SPECIAL REPORT: Are Your Breasts Normal?

OCTOBER 2010 \$2.99



seventeen.com

OCTOBER 2010
seventeen.com
It's fun to be seventeen
HEARST magazines | CMG 08176 | VOL. 69, NO. 10

health

LOOK LEANER & TALLER!

When you're strong and toned, you stand up straight and feel *unbelievably* confident. A few easy moves from Joey Rubino (who trains **Demi Lovato**) will get you there!

Hot body, big smile—
Demi worked hard to get toned,
and she has been owning
the red carpet ever since!



OPEN FOR WORKOUT MOVES!

MAIN PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: DANIELLA AT WORKGROUP. ON MODEL: DRESS: MATERIAL GIRL; SPORTS BRA, TEFRON; NECKLACE, LULU'S; BANGLES, ALL FOREVER 21; SNEAKERS, PT FLYERS. LOVATO: JORDAN STRAUSS/WIREIMAGE.

get strong and sleek in 4

YOUR PERSONAL TRAINER

NAME: Joey Rubino

LOCATION: Hollywood, CA

CELEBS HE TRAINS: Demi Lovato, Jonas Brothers, Jordin Sparks

WEB SITE: joeyrubino.com



TRAINING TIP:

"Don't quit—fight to the finish! If you're tempted to stop midset, do at least three more reps. I promise you'll surprise yourself."

do cardio to burn fat!

JUMP ROPE



Nyasia, 16, is captain of her fencing team!



TRAINING TIP:

"Do all three moves in a row, then repeat twice, for a 15-minute cardio workout that really flies by!"

Jump with feet together, twirling the rope forward. Do for one minute, then repeat, rotating the rope backward.

CANNONBALL



Jump up high, pulling your knees into your chest, then release them to land. Repeat for 90 seconds.

SINGLE-LE



Jump up and down on your left leg 50 times, then rest for 30 seconds. Repeat on your right leg.

tighten your abs to look slim!

LEG RAISE



A



TRAINING TIP:

"For more resistance (and faster results), have a friend stand behind you and push your legs down as you lift them back up each time."



B

A Lie flat on your back, then use your abs to lift your legs straight up to 90°.

B Lower legs until they're a few inches off the floor, but don't let them touch it. Lift legs again. Do 3 sets of 20.

stretch your legs to make them look longer!

BALANCING STICK



TRAINING TIP:

"Focus on keeping your abs tight. It helps tone them, plus it keeps you balanced."

Stand with arms overhead and fingers locked. Lean forward and lift right leg back until body is parallel to ground. Hold for 60 seconds. Do twice on each leg.

TR



Stand, legs wide apart. Lean forward and touch your shins with your hands. Hold for 60 seconds.

TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support from other readers and exclusive content!

Week in 4 weeks!

These moves target all the right areas—fast! Do them every other day and you'll look long, lean, and little around your middle.

ONBALL



Jumping your knees up and then release them to the floor for 30 seconds.

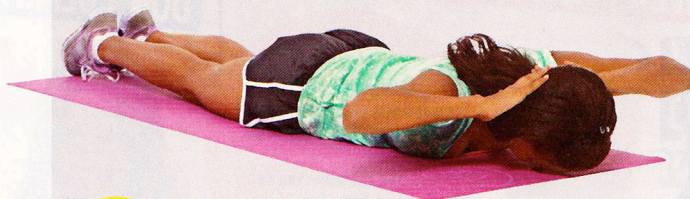
SINGLE-LEG HOP



Jump up and down on your left leg 50 times, then rest for 30 seconds. Repeat on your right leg.

strengthen your back to stand tall!

SEAL LIFT



A



TRAINING TIP:

"When you get stronger, make this move more intense by lifting your legs an inch or two off the floor as you lift your chest."



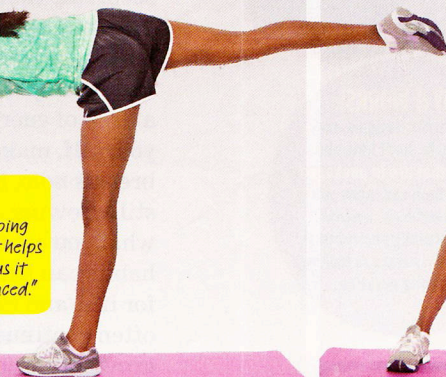
B

A Lie face down. Place your hands behind your head and contract your abs to keep them tight.

B Squeeze your back to lift your chest a few inches off the floor. Lower down and repeat. Do 3 sets of 12 reps.

make them look longer!

CING STICK



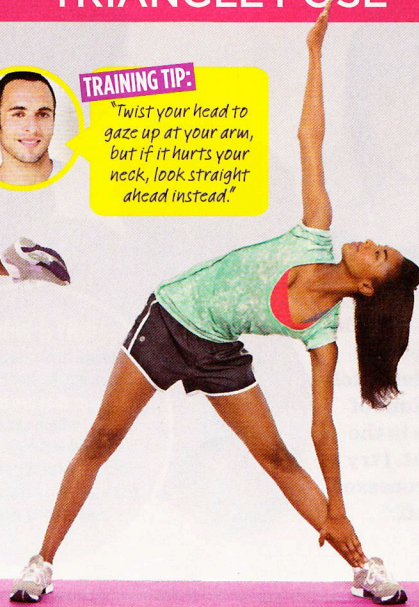
Head and fingers locked. Lean leg back until body is parallel to floor for 30 seconds. Do twice on each leg.

TRIANGLE POSE



TRAINING TIP:

"Twist your head to gaze up at your arm, but if it hurts your neck, look straight ahead instead."



Stand, legs wide and arms out in a T. Bend left at hip to touch your shin, then twist torso right to reach right arm overhead. Hold for 45 seconds. Do twice on each side.

WIN A SWAG BAG!



These sporty pieces from aerie f.i.t. will give you the perfect layered look for your workout! Go to seventeen.com/freebies for a chance to win.

WORTH \$206 TOTAL!