

Get a **HOT** Holly

Celebrity trainer **Gunnar Peterson** gives OK! readers a star-worthy workout

Mega celebrities have their picks of nutritionists, chefs, assistants and personal trainers. So it says a lot that Hollywood's elite consistently call on one trainer, Gunnar Peterson, when they want to get in shape or maintain their buff bods. In fact, Gunnar — whose client roster includes A-listers such as Jennifer Lopez, Penélope

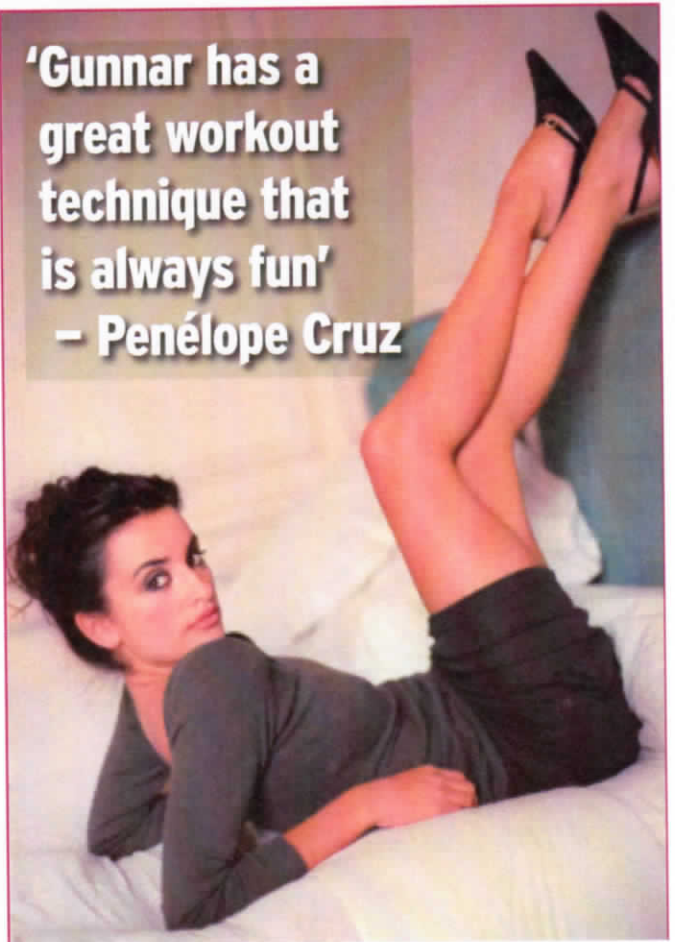
Cruz, Ben Affleck and Debra Messing — is the go-to trainer in Tinseltown. Lucky for you, we got him to offer up a few of his favorite fitness moves just for OK! readers. Grab some dumbbells and a stability ball (available at most gyms, sporting-goods stores and coresecrets.com) and get the body you've always wanted.



Gunnar Peterson

Gunnar helped **DEBRA MESSING** lose her baby weight.

'Gunnar has a great workout technique that is always fun' — Penélope Cruz



Wood Body!

Fitness Exclusive!

SQUAT PRESS

Targets the butt, thighs and shoulders

- Stand with your feet shoulder-width apart.
- Hold a dumbbell in each hand (choose a dumbbell weight that doesn't compromise your ability to do this exercise).
- Raise your arms so that your hands (with the dumbbells) are on either side of your head (about earlobe level), palms facing forward.
- Push your rear end back and go down into a squat. Be sure to keep your weight in your heels and your back straight.
- As you stand up out of the squat, press the dumbbells over your head.
- As you squat down again, bring the dumbbells back to earlobe level. "The dumbbells go where the body goes. As you stand up, the dumbbells go up; as you go down, the dumbbells go down," says Gunnar.
- Start with two sets of eight repetitions. Work up to five sets of 20 reps.

STEPPING EXTENSION

Targets the triceps and core

- Stand with feet hip-width apart.
- With one dumbbell in both hands, raise your arms over your head. The dumbbell should hang vertically.
- Slowly lower the weight behind your head until your forearms are parallel to the floor (your elbows should form a 90-degree angle).
- Slowly raise the weight back over your head as you step forward with your left foot.
- Lower the weight and step back to the starting position.
- Raise the weight overhead and step forward with your right foot.
- Continue repeating, alternating feet. "By stepping as you do the arm extension, you're using a lot more core and making the triceps respond more fully," says Gunnar. Do two to five sets of 12 to 20 reps.

CREATIVE CURL

Targets the biceps

- Stand with feet hip-width apart.
- Hold dumbbells down close to your sides. Pin your elbows and upper arms to your torso and turn your hands so that your thumbs are facing behind you and your palms are facing out to your sides.
- Keeping your upper arms pinned to your torso, curl the weights up so that your palms face the sides of your shoulders. Do six to 10 reps.

- Then, shift your arms so that your palms are facing out in front of you. The dumbbell heads should touch.
- Curl the weights up, keeping the heads of the dumbbells together. "The pressure on the inside of the dumbbells helps work your body more completely than regular bicep curls with arms at your sides," says Gunnar. Do six to 10 reps.

'Gunnar is the best at getting me in the best shape in the least amount of time'

— Jennifer Lopez

BALL CRUNCH

Works the abs and torso

- Lie down on a stability ball in the ready-to-crunch position.
- With one six- to 10-pound dumbbell in both hands, straighten your arms so that they are pointing up toward the ceiling.
- With your arms extended, crunch up, so that you bring the dumbbell to the right of center.
- Go back down (keeping arms straight) and crunch up, this time bringing the dumbbell to the left of center.
- Continue crunching, alternating sides. "This engages more of the ab muscles than just crunching in a straight up-and-down movement," says Gunnar. Start with two sets of 10 reps. **OK!**

TO WATCH GUNNAR demonstrate these moves or create your own workout routine with help from Gunnar, visit workoutwithgunnar.com. You can also print out or download the moves to your iPod for free. **Left: Core Secrets ball and The Workout by Gunnar Peterson, \$17, amazon.com**



J.LO can thank Gunnar for her toned look.

