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PAGE 196

FLIP THIS OVER!
**BONUS
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*get
inspired!*
**723 WAYS
TO WOW
YOUR
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*Sex on the
honeymoon:
Who's doing it,
who's not.
Page 98.*

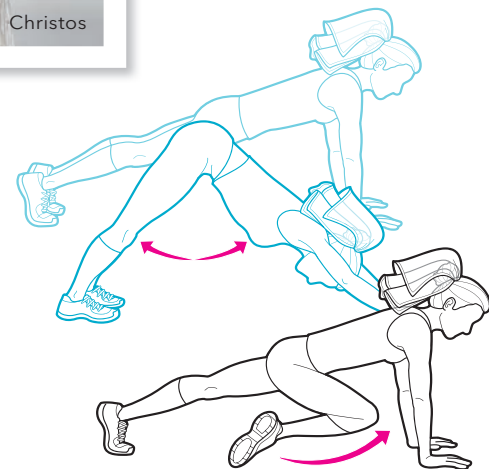
from the publisher
of *Vogue & Glamour*

THE ROCK-THAT-

STRAPLESS, BACKLESS, SEXY-SHORT—WE'VE GOT THE POWER MOVES



If you like
STRAPLESS



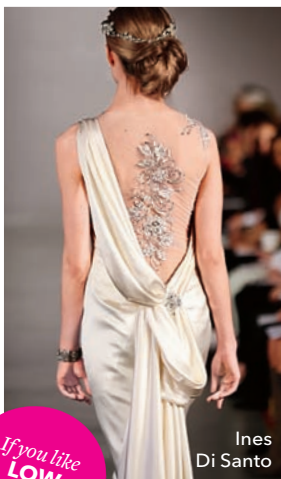
FIT TIP

Shave gym time with compound moves. Bridal boot-camp guru Terri Walsh says this one tones the shoulders, back, and tummy too!

TARGET ZONE: ARMS

DOWN-DOG/ MOUNTAIN-CLIMBER COMBO

- 1 Start in plank position, with arms straight and planted directly below shoulders (as shown below).
- 2 Do two flowing downward dogs. (Raise rear in the air, then return to plank.)
- 3 Add eight mountain climbers: Bring one knee to opposite elbow. Switch sides. Repeat sequence eight times.

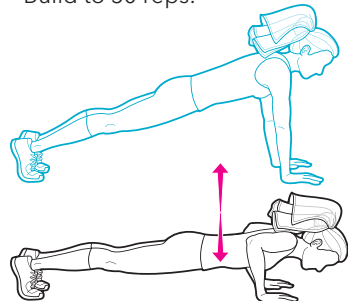


If you like
**LOW
BACKS**

TARGET ZONE: BACK

GOOD OLE PUSH-UPS (BUT DO THEM RIGHT!)

- 1 From plank position, slowly lower your body, keeping shoulders over hands.
- 2 Dip as close to the floor as possible, maintaining form.
- 3 Squeeze shoulder blades, then return to plank position. Build to 50 reps.



DRESS WORKOUT

TO BLAST YOUR BOD INTO **AISLE-WORTHY SHAPE.** (NO GYM NEEDED!)

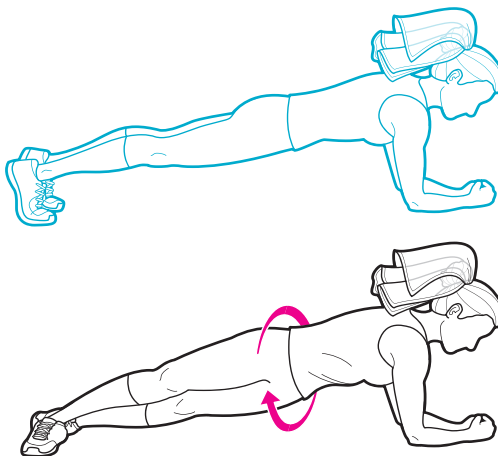


Lela Rose

If you like
**FLOWY
FABRIC**

TARGET ZONE: STOMACH PLANK WITH TWISTY HIP DROP

- 1 Get in plank position, with body straight and elbows on the floor.
- 2 Pull in belly button until your abs shake. Hold for 30 seconds.
- 3 Drop one hip to the side, as close to the floor as possible without touching it.
- 4 Use obliques (side stomach muscles) to pull hip back to starting position. Switch sides. Build to holding plank for three minutes and doing 30 reps of twist on each side.



FIT TIP Why do so many of these exercises include planks? Trainer Ariane Hundt says they're the magic move, engaging the entire core and upper body.

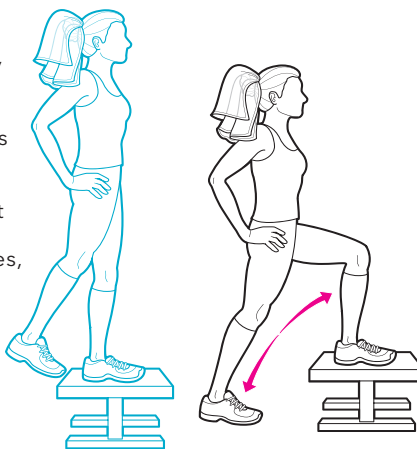


Pronovias

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SHORT

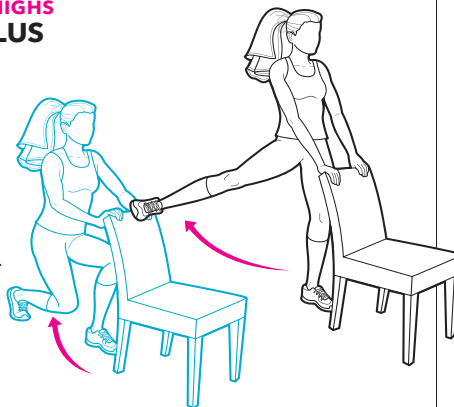
TARGET ZONE: LEGS STEP-TO-ITS

- 1 Put your left foot on a park bench or sturdy stool and step up with your right leg so that all your weight remains on the left foot and both legs are straight.
- 2 Lower your right foot back to the ground.
- 3 Repeat 20 to 30 times, keeping your left foot on the bench throughout. Switch legs. Perform entire sequence three times.



TARGET ZONE: HIPS & THIGHS CURTSY LUNGE PLUS SIDE KICK

- 1 Holding onto a sturdy chair, move right foot directly behind you, and bend both knees deeply, keeping weight on the front left foot.
- 2 Pulse up and down into a lunge three times.
- 3 Swing right leg up and out to the side so the inner thigh is parallel to the floor. Repeat 20 times on each side.



Legends
by Romona
Keveza

If you like
**FIT-AND-
FLARES**

BONUS ROUND: CARDIO!

To shed pounds while toning your target zone, add some old-school cardio to your routine. Swap long treadmill-a-thons, which—eek!—actually cause muscle loss, for short 20-minute sessions. “Go for high-intensity bursts of energy instead,” says Hundt. “They burn mega calories and get you leaner.” Think intervals: You know that “hills” plan on the elliptical, the one that moves you up and down like a yo-yo? Set it to the highest intensity you can take. If you’re a runner, start slow (10 minutes), speed up (3 minutes), go slow (5 minutes more), and speed up again (2 minutes). Then go home, feeling mighty damn proud of yourself.