

Shaping Up. Really

Using the latest research, experts

have come up with science-savvy workouts.

By Dava Sobel



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One Method

Donna Davidge, a New York-based yoga teacher, also decries the tightness of muscles shaped by weight resistance. "Muscles developed through yoga not only look different but feel different to the touch," she says. "They are softer and more relaxed, though very strong." A typical exercise in the Kundalini technique she practices calls for sitting cross-legged with the eyes closed, arms raised and outstretched, for several minutes while pushing the breath in and out as hard and fast as possible with the stomach muscles—offering a non-sit-up challenge to the abs. Davidge recommends numerous specific "exercise sets" to help individual clients tone whatever parts of their bodies they want to change.