Using the latest research, experts

have come up with science-savvy workouts.

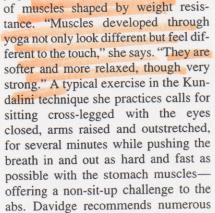
By Dava Sobel



recently enrolled at

n editor I work with nals, hips, thighs, calves, and buttocks. of those per

> Donna Davidge, a New York-based yoga teacher, also decries the tightness



specific "exercise sets" to help individual clients tone whatever parts of their

bodies they want to change.

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