

# EXCLUSIVE: THE HUNGER GAMES WORKOUT

SHAPE  
YOUR LIFE  
SHAPE.COM

# SHAPE

## WIN AT STAYING SLIM!

*Blast 300 Calories in 20 Minutes*

**15-Minute Meals You'll Love** P.150

## BIKINI BODY DIET

**Our Easy 3-Month Plan Starts Now**

**THE BIGGEST LOSER'S Ali Sweeney**

**"HOW I DROPPED 20 LBS AND KEPT THEM OFF!"**

**SHAPE TESTED The Best New Sneakers**

- ✓ **FLAT ABS**
  - ✓ **LEAN LEGS**
  - ✓ **FIRM BUTT**
- Sculpt Your Dream Body Today**

**Give Your Doc a Checkup**

**3 Questions to Ask**

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