

Blast 600 Calories Without Breaking a Sweat!

# SHAPE

SHAPE  
YOUR LIFE  
SHAPE.COM

## DANCE OFF THE POUNDS

Burn Fat the Fun Way P. 44

**Rev Up  
Your Sex  
Drive**  
5 HOT MOVES

American  
Idol's  
**Jordin  
Sparks**  
Her Inspiring  
**50 lb  
Weight Loss!**

**GET A  
Sexy  
SIX-PACK**

**THE BEST  
BURGERS  
WE'VE EVER  
TASTED** P. 130

**SCORE A  
PERFECT 10  
BODY!**

*Tone Every Inch at Home*

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