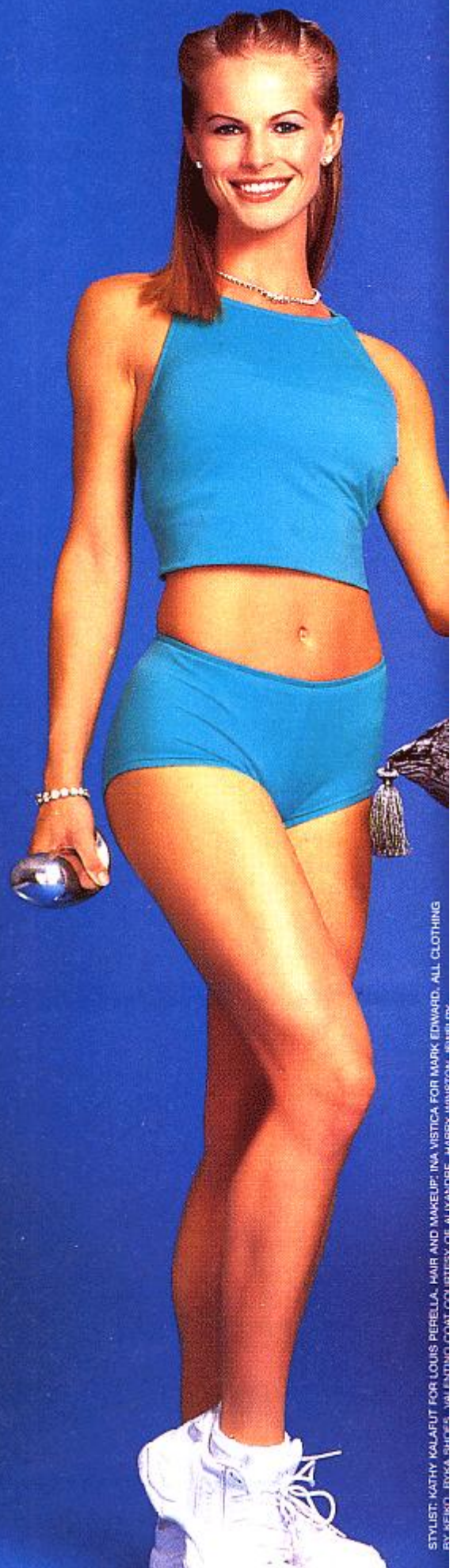
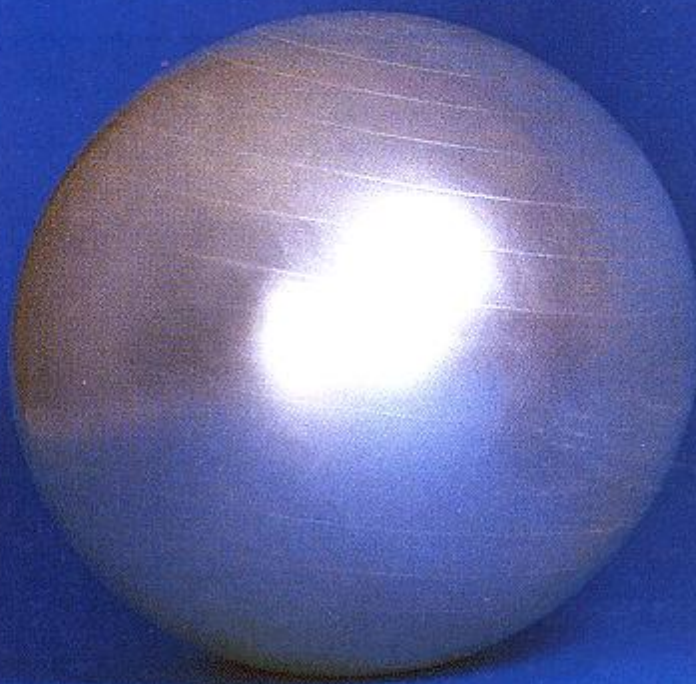


Nobility not in your blood? How about your bod? Just because you weren't born into royalty doesn't mean you can't look like you belong on a pedestal. When we found out that Lisa Simonsen, a trainer in New York City, has worked with real-life Middle and Far Eastern princesses, we decided to get their secrets and share them with the less privileged. The result? A workout to firm you up and bring your butt back to its royal highness.

"Well-known people are constantly scrutinized," says Simonsen. And because they travel across continents to parties, benefits and engagements, they must work out in their hotel (or host's palace). Accordingly, this is a home workout that uses minimal equipment. We chose a pair of the noblest weights around—ergonomically correct \$350 dumbbells by interior designer Philippe Starck—and asked Simonsen to give us her most aristocratic body-sculpting moves. Warm up with 5 to 10 minutes of brisk walking, and stretch after your workout. Do three sets of 8 to 12 reps for each move, three times per week. Afterward, indulge your inner princess with a cup of tea and a hot bath.

by KIMBERLY DAWN NEUMANN
photographs by ROBERT LAKOW

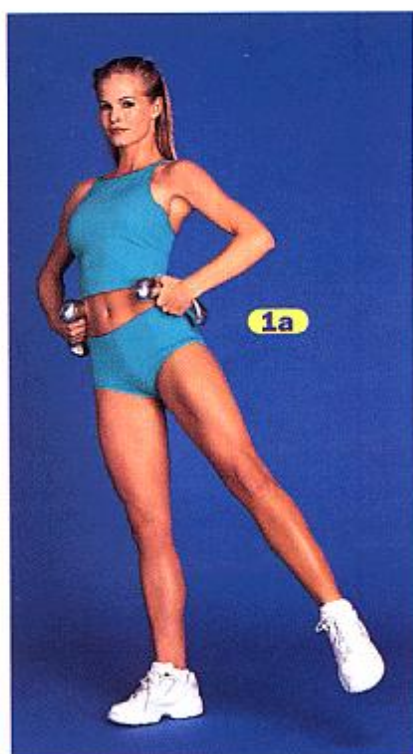


a royal workout

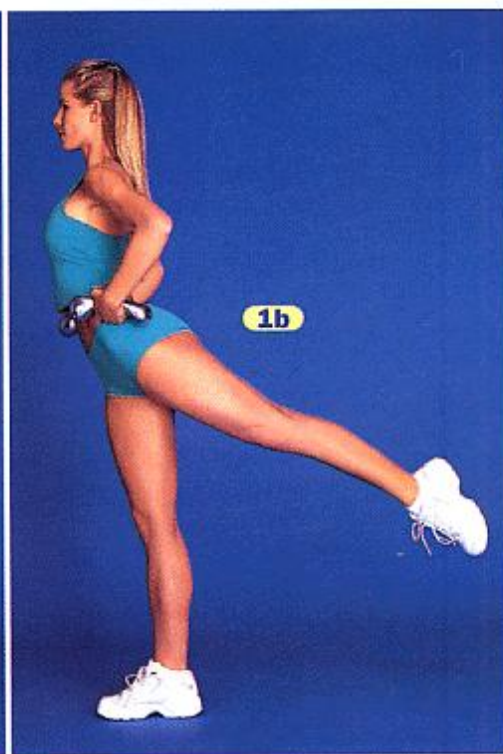
Princesses have problem spots too.

So we went straight to Her Highness's personal trainer for the best tiara-to-toe, whole-body routine.





1a



1b

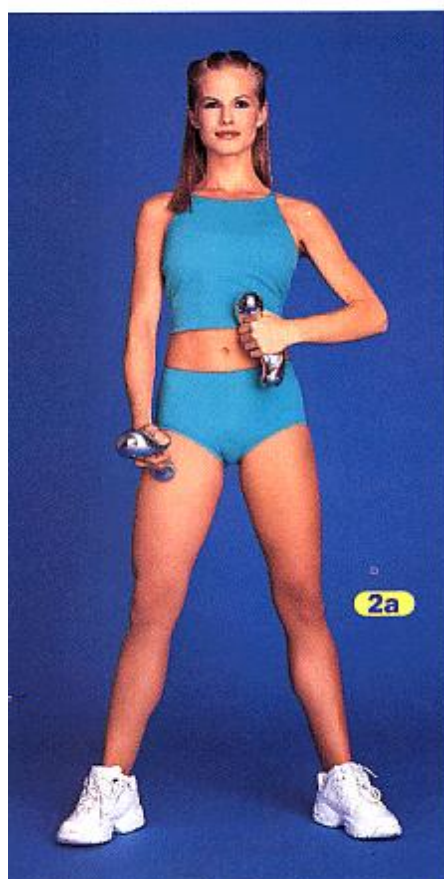
gown-worthy glutes:

What good are glorious gams if your backside has done a backslide? The following exercise will work your gluteus minimus, medius and maximus to nothing but, uh, butt perfection.

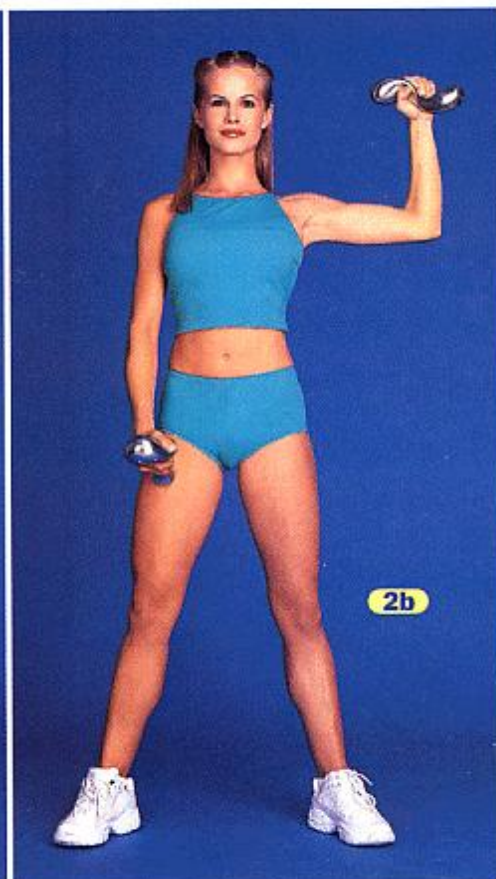
1a. Stand with weights on hips, feet hip-width apart. Without tilting pelvis, shift body weight to right foot and lift left leg approximately 45 degrees to the side. You should feel a slight squeeze in your left or outer hip. Release leg back down to starting position.

1b. Lift leg to the back 45 degrees. When you feel a squeeze in your butt, lower leg back to start. Alternate side and back lifts, then switch legs.

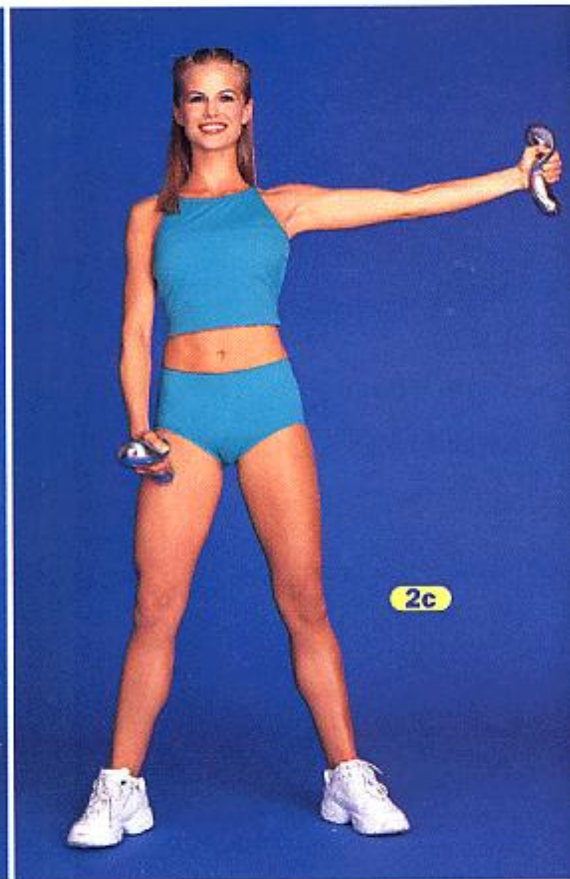
tip: Advanced exercisers may add light ankle weights to this move (no more than five pounds each) for added intensity.



2a



2b



2c

waveable arms

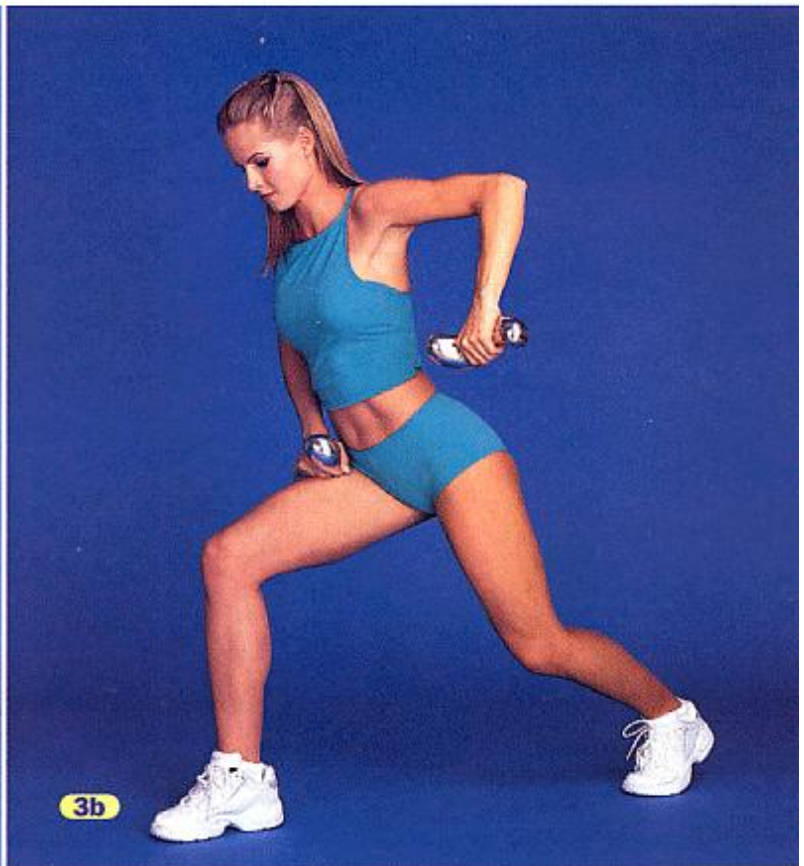
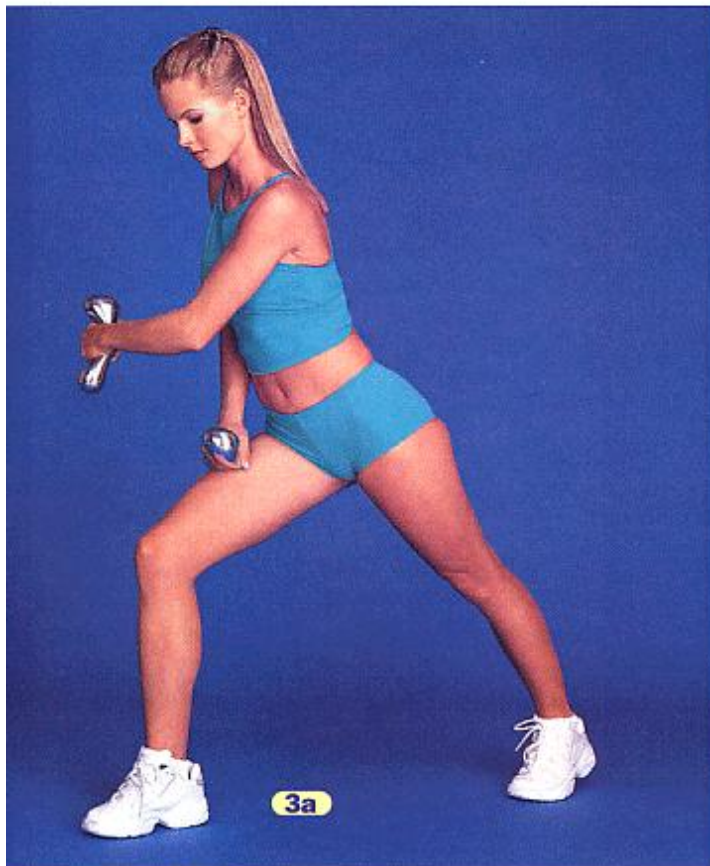
We've got a new twist on the traditional Queen Elizabeth hand gesture, since the last thing you want waving is flab. This move targets the deltoids, biceps and rotator-cuff muscles.

2a. Stand with feet slightly wider than shoulder-width apart, a dumbbell in each hand, arms by sides. Place left hand on abdomen to left of belly button, elbow bent to about 90 degrees.

2b. Slowly rotate your left arm out and up by flipping left forearm up and lifting it until elbow is at shoulder level. Palm should be facing forward.

2c. Extend arm by straightening elbow, keeping weight at shoulder level. Hold, then keep upper arm in place as you bend elbow; rotate forearm down to start. Repeat; switch sides.

tip: Lighten weight if shoulder strains during the rotation.



crowneable cleavage

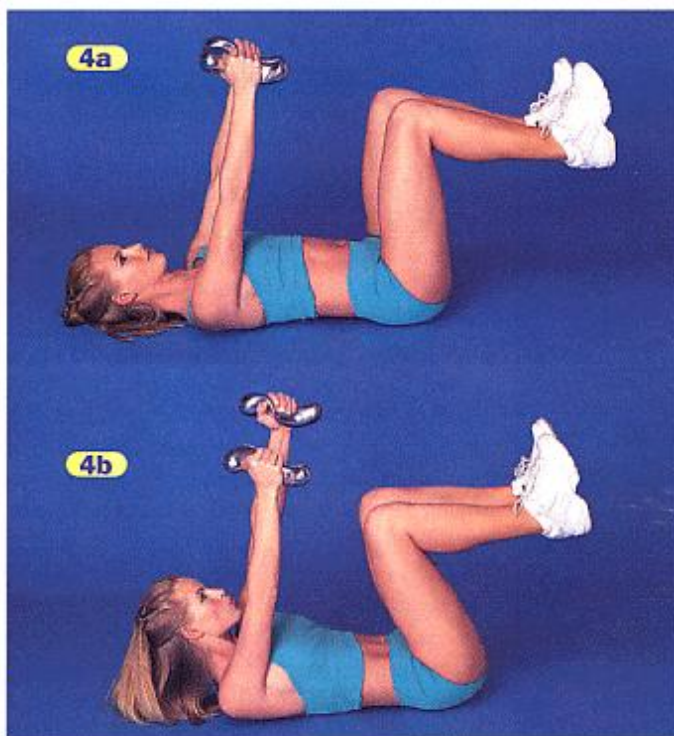
Since you want to put your best chest forward, this move strengthens the pectorals in the chest and the rhomboids in your back to give you 24-hour support.

3a. Stand with legs split wide apart, right in front of left, both feet pointing forward. Hold a weight in each hand. Keep back straight but lean slightly forward, placing right hand on middle of right thigh for support. With left palm facing body, move

left arm across chest and reach left hand to right side of body. Lift weight until you feel chest muscles and left upper inner arm tighten.

3b. Exhale and pull arm toward left, leading with elbow. Stop when you feel back of the shoulder and middle of the shoulder blades tighten. Hold, then repeat crossover. Switch sides.

tip: Cross the arm in front as far as you can, then pull your elbow away from your body as you open the arm.



Our model, Misty Rice, is an actress and certified fitness trainer. Besides lifting weights and running, she in-line skates and takes kickboxing classes. "The hardest thing I've ever done is kneeboarding [surfing on your knees]," she says.

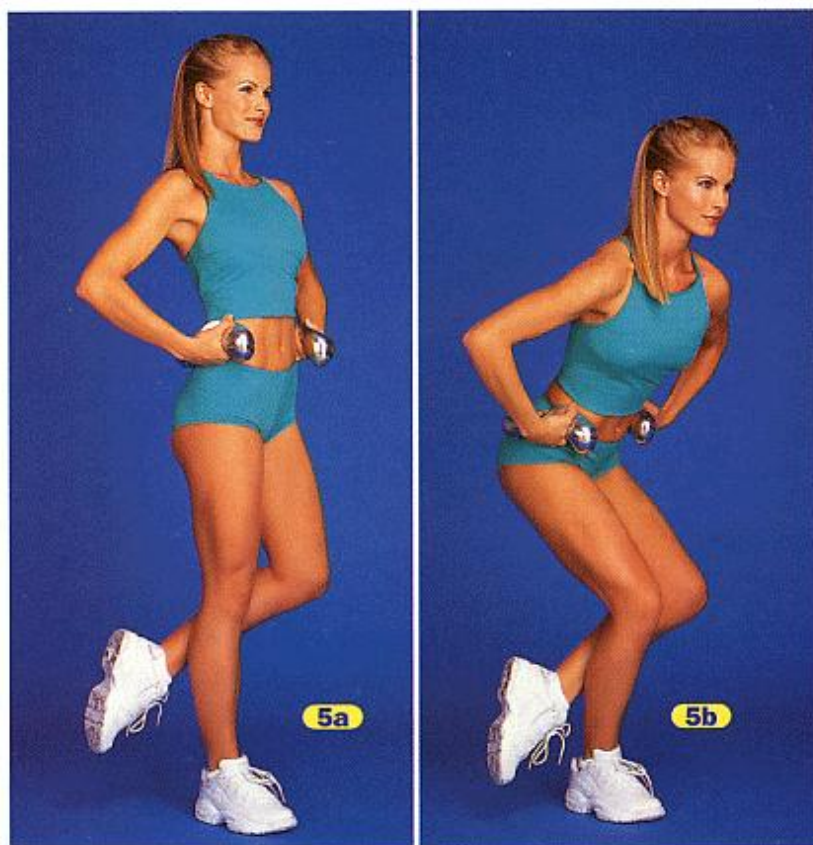
aristocratic abs

Nothing ruins the sleek shimmer of a sequined gown more than a pouchy stomach caused by weak obliques. This move will firm you up for your fans.

4a. Lie down on the floor with your legs up, knees over hips, thighs perpendicular to the floor. Hold weights straight above your chest, arms fully extended, palms facing in.

4b. Tighten abs by pulling belly button in and tilting pelvis so that knees move toward chest. At the same time, raise shoulders to bring chest slightly forward. Then push left hand up higher than the right so that your torso rotates slightly right (keep hips stable). Hold, then lower and lift right hand, turning to the left this time. Repeat.

tip: If your neck fatigues, hold up one arm at a time; support head with the other hand. Keep shoulders lifted throughout the entire move.



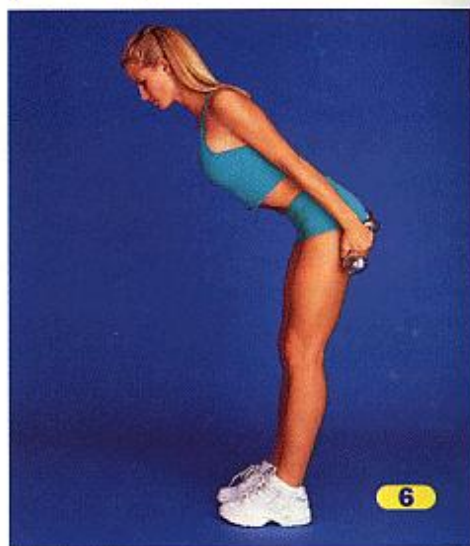
curtsy squat

Think this polite little dip is all about grace? Wrong! We've discovered a version that's also a great way to prep you for anything thigh-high. Curtsy your way to better gluteals, quadriceps and hamstrings.

5a. Stand with hands holding weights on hips, abs tight. Shift body weight to right foot; cross left calf behind your right calf, left heel up.

5b. Bend right knee and sit into right hip as you lean upper body slightly forward. Push buttocks out in back to make sure that right knee stays directly over right ankle. Straighten right leg to stand, then repeat before switching to other leg.

tip: Don't dip too low. You don't need to. The important thing is to feel the muscles of your hamstrings, quads and butt working as you bend and press through the supporting leg. Keep your chest lifted as you lower hips.

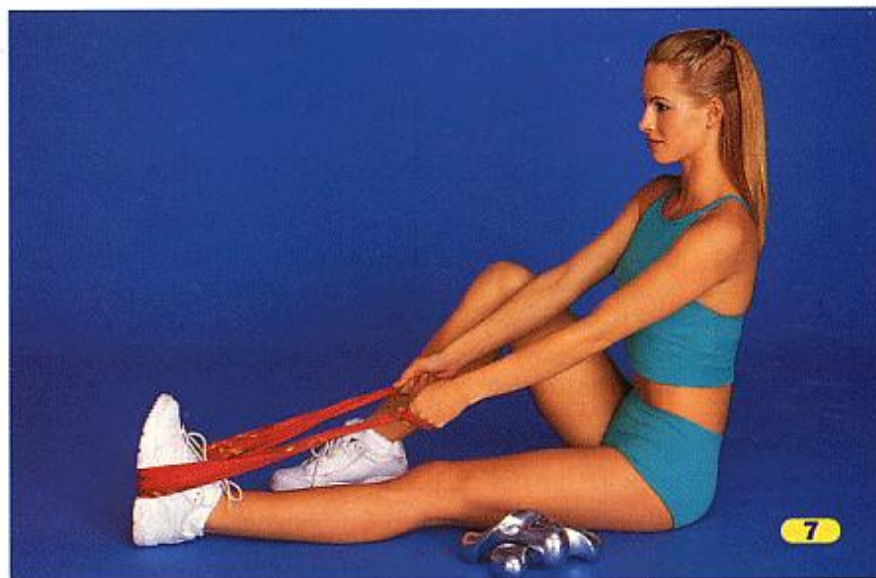


princess posture

To sit and stand like a princess, a duchess or even a queen, you must have a strong torso. So in addition to your daily drills of race-walking with a book on your head, we've included a posture exercise for your back. This move works the muscles that run along the spine, the erector spinae. It will also give your glutes a royal boost. Practice this bow and you'll be sitting pretty!

6. Stand tall with pelvis neutral (neither tucked nor swayed), shoulders down, hands holding weights by sides. You should feel as if you could balance a book on your head. Tighten abs as you bend forward from the hips until torso is 45 degrees from standing. Squeeze glutes and envision a string pulling you from back of your head to return you to upright standing position. Do three sets of 8 to 12 reps.

tip: Avoid rounding your back as you lean forward; lengthen your spine.



high-heel stretch

When you get home from your final public appearance of the day, you can kick off your Manolo Blahniks and grab your favorite stole, scarf or boa for a stretch to lengthen those tight, tired calves. This move lengthens the soleus and gastrocnemius.

7. Sit straight with left leg extended, right knee bent. Wrap scarf (or towel) around arch of left foot, holding one end in each hand. Slowly flex and point left foot 10 times. Use towel to pull foot gently toward you each time you flex for a deeper stretch. Rest for a few seconds (feel free to bend knees and pamper yourself with a foot massage). Repeat three times. Switch legs.

tip: Avoid flexing toe too far forward if your calf hurts.