



Wong says Lawrence (Feb. 28) loves to eat salad with chicken and asparagus.

FROM LEFT: MATT BARON/GETTY IMAGES; COURTESY OF DALTON WONG; STILL LIFE, WENNEN MEDIA

SPRING INTO A NEW ROUTINE!

Kick off the season with a fresh workout — courtesy of the pros behind **Jennifer** and **Jessica's** taut bods **BY SARAH GROSSBART**

Jennifer Lawrence prefers her fitness with a side of fries. When she meets up with London pro Dalton Wong, “I love to train in his gym, then afterward we go out for burgers,” she writes in his book, *The Feelgood Plan*. That’s the sort of balance Wong advocates. In his tome, he offers easy diet tweaks (oat-based pancakes!) and time-saving fitness, such as the 14-minute legs-and-butt circuit he crafted for *Us* (see page 52). “It can be done in your pajamas,” he says of the routine, inspired by quickie workouts he gives stars on set. Twice a week, do the first five moves twice, then move six. Add in cardio and soon you’ll be putting your best, er, leg forward.



The Oscar winner has said Wong “changed my body.”



The Feelgood Plan is on sale now. (\$22, amazon.com)

TRY HER WORKOUT!

1 DUMBBELL STEP-UP

Stand in front of a stair or stool with 2-pound weights in each hand. Plant your right foot on the stair and step up, raising your left foot too. Step down and repeat on left. Alternate for two minutes.



2 BUTT DEAD LIFT

Holding weights in each hand, bend at the waist, pushing your butt back, until your hands are shin level. Keeping your spine and arms straight, drive your pelvis forward to stand. Do for one minute.



3 THREE-WAY BURPEE

From a standing position, lower into a squat, hands touching the floor. Jump both feet back, then lower into a pushup. Jump to the squat, then jump straight up, arms extended. On the next rep, jump feet angled to the right. On the following rep, jump feet back to the left. Alternate for one minute.

4 SINGLE-LEG SQUAT TOUCHDOWN

From a standing position, raise your right foot an inch off the floor. Balancing on your left leg, slowly squat down. Then reach your right hand to touch the toe of your left foot. Return to start, then repeat on other side. Continue, alternating sides, for one minute.

5 LUNGE JUMP

Start in a lunge position, right leg in front (inset A). Jump and switch your legs in the air so you land in a lunge with the left leg in front (inset B). Alternate for one minute.



A

B

A

6 MARCHING HIP RAISE

Lie on your back, knees bent and feet flat on the ground. Squeeze your butt to float your hips up (inset A). Tightening the right side of your butt, move your left knee toward you (inset B). Lower it slowly, then repeat on the right. Alternate for two minutes.



B

NOW, TONE YOUR ABS!

Jennifer “JJ Dancer” Johnson knows how to keep stars abs fab (see: Jessica Alba’s beach bod). And the L.A. pro, who also trains Jenna Dewan Tatum, is sharing her moves with *Us*. These six exercises (aim to do them two to three times a week) tone everything from the core to triceps. Paired with 45 minutes of cardio five days a week — onetime ballerina Johnson favors dance “because it works all your muscles and keeps you guessing” — they’ll have you looking tauter in two weeks.



Johnson



“I try to keep my core strong,” Alba (in Hawaii March 22) tells *Us* of her top fitness goal.

1 ELBOW TAPS

Start in a wide squat, legs turned out with knees pointing over toes and hands behind head. Holding the squat, bring the right elbow down to tap the right knee. Return to start. Do 15 reps, then repeat with the left elbow.

2 OPEN UP

Stand with a resistance band in both hands, arms straight in front of you. Keeping your left arm steady, open your right arm all the way to the side as you twist your torso to the right. Return to start. Do 20 reps, then repeat on left.

3 TOWEL SLIDE

Begin in a modified pushup, with knees on the ground and a small towel under your right hand. Slowly bend your left elbow and extend your right hand away from you on the floor, lowering your body in a straight line. Return to start. Do 10 reps, then repeat on the other side.

4 TOWEL TWISTS

Sit with heels on the ground, knees slightly bent. Hold a towel over your head, then lean back. Keeping the core tight, pull the left end of the towel to the floor and extend the left leg. Return to start and extend the right. Do 10 reps.

5 LAWNMOWER

Stand on the end of the resistance band with your left foot and wrap the other end around your right hand until you feel tension. Pull your right elbow up, moving the hand to the armpit, as if you were starting a lawnmower. Take three counts to extend the arm. Do 20 reps. Repeat on the left.

6 TRICEPS TURNUP

Place your shins on an exercise ball (or use a stool) and your hands on the ground in a plank position. Pulse your arms down 4 inches, making sure elbows bend back toward you. Do 30 reps.