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# MINNIE DRIVER'S GET FIT QUICK WORKOUT



■ Even a dedicated exerciser like Hollywood hot-bod **Minnie Driver** can get side-tracked. Her secret to toning up quick: A 30-minute regime designed by L.A. trainer and nutritionist **Rich Guzmán** (the man who helped her get back a super-sleek physique after she gained weight for *Circle of Friends*). Do it every other day for results in about 3 weeks. By Susan Redstone ✳

## Easy Eats

Guzmán taught Minnie these stay-slim tricks:

- Don't be afraid of fat. The right kind, as found in tofu, fish and olive oil, is good for you.
- Order a salad the minute you sit down at a restaurant. This will keep you away from the bread basket.
- Keep a sensible snack (like almonds) on hand to curb cravings.
- Don't get fanatical about weight. "The scale can be evil!" says Driver. Use the mirror or how clothes fit to judge your progress.

## Workout Wear

Minnie's favorites:

- Adidas sneakers
- Baggy track pants
- Basketball jerseys
- Cropped, stretchy T-shirts in dark, solid colors

## 1 THE WARM-UP

**CARDIO ACTIVITY** Begin by doing 10 minutes of cardiovascular exercise. Driver usually gets on the Precor EFX at the gym. "It's easy to get in your groove on this machine," says Driver. "I mostly do the 'forward' running motion, which feels like it hits your butt harder." If you're working out at home, try biking, power walking or jogging in a pool, if you have one, suggests Guzmán.

## 2 ABS

**CRUNCHES** Lie on the floor with a Flexa-ball (available at sporting goods stores for approximately \$30) positioned beneath your lower back for comfort. Do 20 basic crunches, then move the ball about 2" lower and do 20 more. "This is the best way to work your abs," says Driver. "The ball is really kind to your back." By moving the ball slightly to one side or the other and then performing your crunches, you can work your side obliques, too, adds Guzmán.

## 3 LEGS

**WEIGHTED PLIÉ** Stand with your feet slightly wider than hip-distance apart, arms by your sides, holding a 5- to 8-lb. weight in each hand. Raise yourself up on your toes, then go down into a squat. (Sit down as if you're sitting on a chair until your thighs are parallel to the floor.) Do 15.

**LEG SQUATS** Place a 10- to 15-lb. body bar across your shoulders and hold onto it with both hands. Keeping your back straight, lift one leg a few inches off the ground and do 6 single-leg squats. Switch legs and do 6 more. "If your form is precise, it doesn't hurt at all," says Driver.

**4 ARMS FRONT RAISER** Guzmán calls this shoulder-toning move Driver's "evening gown exercise." To do: Stand with your hands by your sides, holding a 5-lb. weight in one of them. Lift the hand with the weight as if you're



raising a glass to toast someone. Repeat 15 times, then switch to your other arm.

**TRICEP PUSH** Lie on a bench with your feet on the floor and your hands placed about

shoulder-width apart around a 10- to 15-lb. body bar. Straighten your arms and raise the bar directly over your shoulders. Bend your elbows and lower the bar toward your forehead. Do 15.

## 5 WRAP-UP FREE ROPING

At the end of Driver's session, Guzmán has her jump rope for 5 30-second intervals to increase her heart rate. "This is more fun to music," says Driver. □