



MARILEE JACOBSON

Height: 5'10" Bust: 36" B Waist: 28" Hip: 36" Dress: 6-8 US Shoe: 9 US Hair: Brown Eyes: Blue



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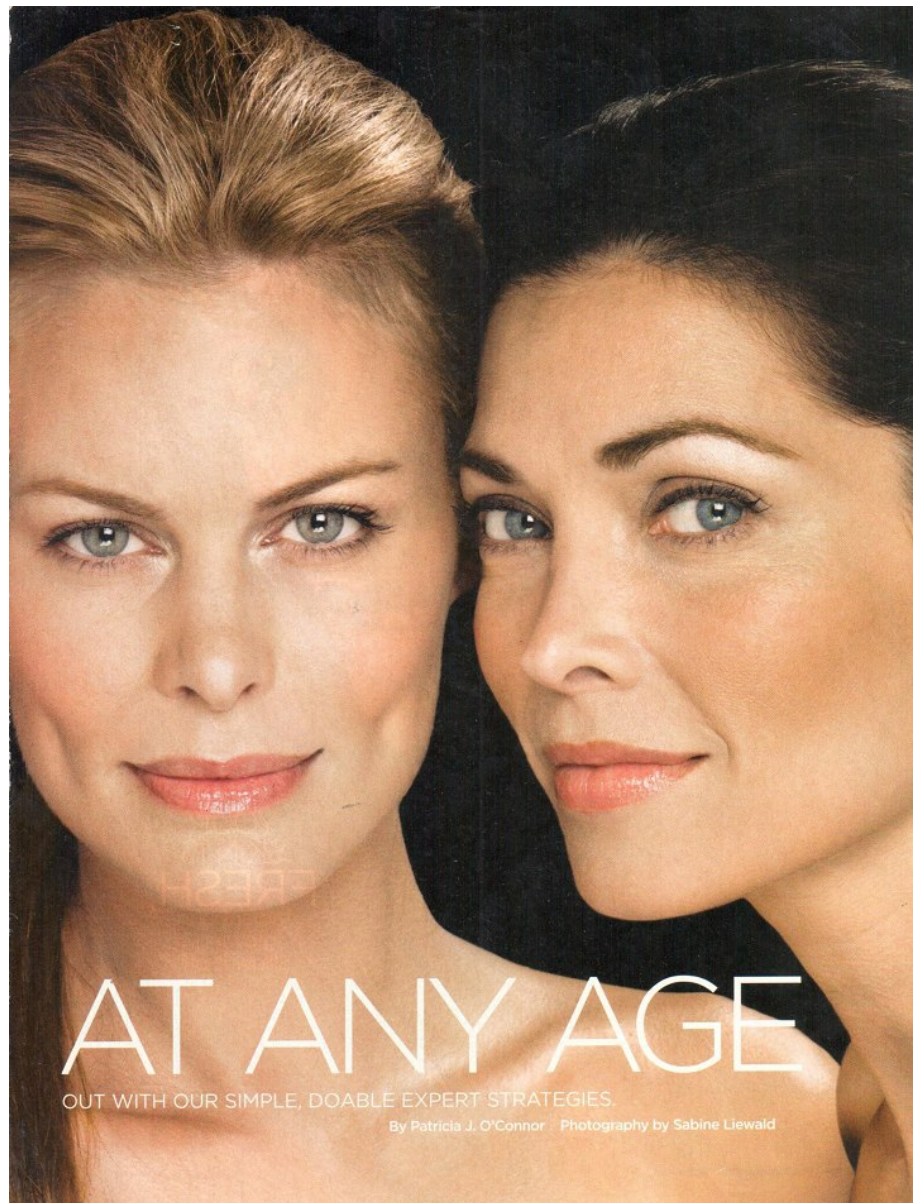
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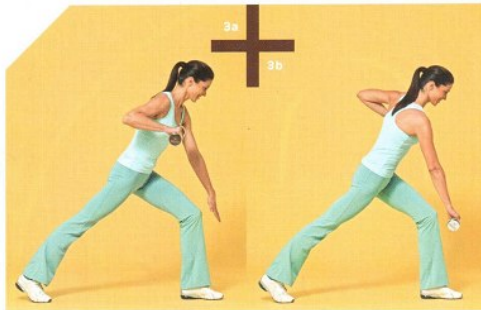


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✱ FITNESS

Body+MIND



3. OPPOSITION ROW
Works upper back, middle back and shoulders

a Start in a wide lunge, with your left leg in front of your right leg, leaning forward from the hips. Keep your body weight on your left heel, and rise up on the ball of your right foot. Holding an eight- to 12-pound weight in your right hand, bend your elbow to raise weight to chest level. Extend your left arm down in front of your left knee.

b Engage your abdominals, and smoothly bend your left arm as you extend your right arm. Be sure to pull your shoulder blades together to avoid hunching your shoulders; you'll feel a slight pinch between your blades. One-sided weight lifting actually stimulates your abs and back to maintain your balance. Repeat 12 times on each side.



TRAINER TIP
The more you engage your abdominal muscles, the greater the rotation you'll get.

4. ROTATIONAL LUNGE
Works lower back and abs

a Start with your feet hip-width apart, arms by your sides. Raise both arms to shoulder level, forming a T. Balance your weight on your left foot.

b Step back, with your right leg into a lunge, keeping

most of your weight on your front left heel; as you lower yourself, rotate your right shoulder and arm toward your left knee while extending your left arm back. Keep your chest up. Don't let your right arm go past your left knee. Return to start, and do 12 reps. Switch sides and repeat.

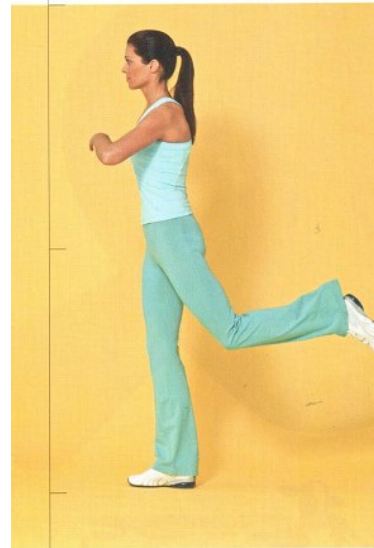
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✱ FITNESS

Body+MIND

Build a Better Back

This do-it-all series builds strength, endurance and flexibility, so you can keep moving pain-free



1. LEG SWING
Works lower back, hip flexors and hamstrings

a Stand with your feet hip-width apart; center your body weight on your right foot. Keeping your left leg relaxed, slowly swing it from back to front.

b Focus on bringing your navel toward your spine to control the backward momentum of your hips. Let your arms move naturally in opposition as your leg swings. Repeat 20 to 30 times. Switch sides and repeat.

You may try to stand up straighter or do more stretching, but "The most effective thing you can do to keep your back healthy is to exercise it," says personal trainer Tomas Anthony, founder of the Everyday Athlete, in Brooklyn, New York. Because most back pain is due to improper movement or posture, he has devised a series of dynamic exercises that mimic the motions of everyday life to make your back muscles fit for any challenge. You'll notice that these moves involve many other body parts. "That's because the back muscles, along with the abs, work synergistically when you move your arms and legs," Anthony says. If you've ever had back pain (or want to avoid it), think of these exercises as insurance. —KAREN SCHWARTZ

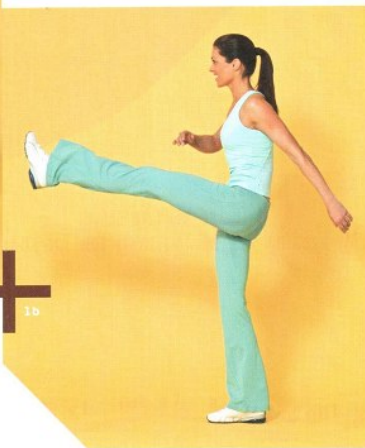


PHOTO: MARK WHEEL; STYLING: KATY KUBINSKI@JAYWOMAN.COM; HAIR AND MAKEUP: MICHELLE CONNERY FOR ARTISTBYPHOTOFINNO.COM

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