GIRLS' LIFE MAGAZINE

QUIZ! WILL YOUR SUMMER BE AWESOME?

girlslife.com

From flirting to first kiss, your biggest crush questions...answered

Bikini blowout

Suits so flattering you'll wanna live poolside

look cute

Your best beach body

Flat abs, toned arms, lean legs and MAJOR CONFIDENCE



Warm Weather Warmup



BELLA THORNE

"This is the scariest thing I've ever done"

> Want hair this hot? see page 30

Just because it's H-O-T outside doesn't mean you don't need to warm up before working out. "You still need to stretch your muscles to make them more elastic and efficient," says personal trainer Franci Cohen. Here, she offers a warm-up for the hottest summer days that you can do in a cool six minutes or less.

JOG TO BUTT KICKS. "Begin by jogging in place for two minutes at a steady pace," she says. "Then, for the next minute, alternate the jog every 20 seconds with 'butt kicks,' making sure the heel of your foot touches your glutes."

TIGHTROPE. Walk on your toes for 60 seconds. "This increases ankle motion and strengthens your calf muscles."

ARM SWINGS. "Stand tall, hold your arms out to the side, and slowly and continuously swing them back and forth across your body about 30 times."

FRONT KICKS. "Focus on kicking with the ball of your foot, making sure to extend your leg as fully as you can without locking. Do 25 kicks on each leg to warm up your hamstrings and increase flexibility."