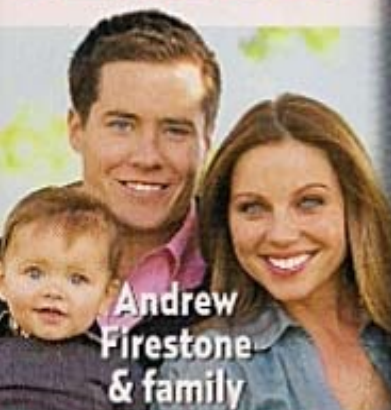


WEEK

B251012



Carrie Underwood
MY DIET SECRETS



Andrew Firestone & family

BACHELOR COUPLES!
Weddings, baby & a split



ELIN'S RAGE

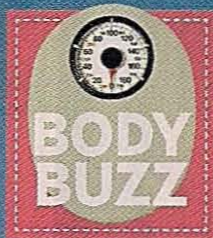
WHAT SHE KNEW

- Inside the new mom's lonely life — and her secret plan to escape
- Her humiliating call to his mistress
- Prenup details, what she'll get

EXCLUSIVELY SHOCKING

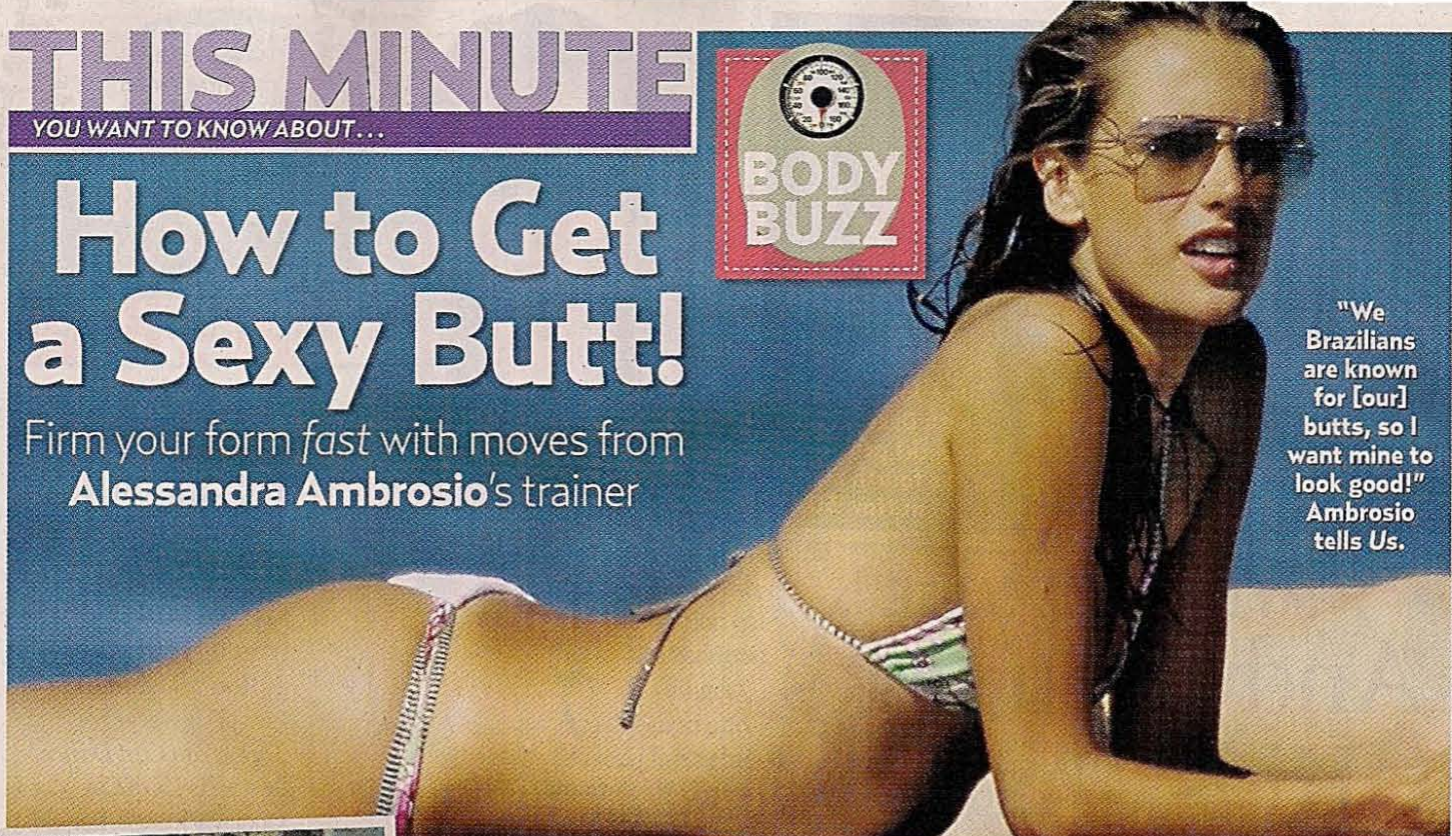
THIS MINUTE

YOU WANT TO KNOW ABOUT...



How to Get a Sexy Butt!

Firm your form fast with moves from **Alessandra Ambrosio's** trainer



"We Brazilians are known for [our] butts, so I want mine to look good!" Ambrosio tells Us.



Carvalho (with Ambrosio) also trains Angel Izabel Goulart.

EVERYTHING ABOUT A VICTORIA'S SECRET Angel has to be perky — especially her rear! So when **Alessandra Ambrosio** wants to pump up her rump, she enlists a secret workout weapon: fellow Brazilian Leandro Carvalho. The dancer turned trainer, who teaches at Equinox in NYC, created a heavy-duty booty routine just for Ambrosio seven years ago. Now, the hot pre-runway regimen is available to all with

his *Brazil Butt Lift* DVD, out in January (leandrofitness.com).



Ambrosio, 28, tells Us that four weeks of her trainer's 30-minute cardio-sculpting sessions (mixing ballet, martial arts and Afro-Brazilian dance) will "make your butt harder and more roundish."

The secret? Working all angles of the seat with super-deep squats that transition right into lunges.

"It's fun," Carvalho says. "But the next day, walking does hurt a little!" JENNIFER O'NEILL

CLOCKWISE FROM TOP: LA APP/STARTRAKS/PHOTO.COM; N.C.; MICHAEL BUCKNER/WIREIMAGE.COM; N.C.; DELIA WATSON/PHOTO.COM; N.C.



THE US BUZZZZ-O-METER HOT BODY EDITION

From good vibrations (one bee) to major quakes (five bees), the people, places and things that are keeping Us abuzz...

NO GYM REQUIRED

Ditch the stilettos! **Courtney Cox** and **Jennifer Garner** tone their lower half and torch calories with these weighted sneaks. (\$160, ngrfit.com)



DUAL WORKOUTS

Reese Witherspoon sweats alongside beau **Jake Gyllenhaal** at Burn 60, and **Renée Zellweger** hits the gym with **Bradley Cooper**.

BOOTCAMP FOR TUMMIES

Kimora Lee Simmons and **Brooke Sheen** whittle their waists with this pack of ab tips and collagen-boosting creams. (\$99, mamamio.com)



DAVID BARTON GYM

The hip spot frequented by **Will Smith** has a new four-floor NYC location. Already a fan? **Rihanna!** (davidbartongym.com)

YOGEN FRÜZ

Brooke Shields and **Denise Richards** indulge guilt-free with this low-cal frozen yogurt. (From \$2.50, yogenfruz.com)

SARAH GROSSBART

