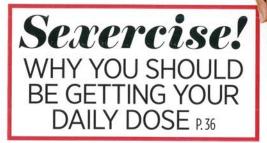
BIKINI COUNTDOWN! 30 DAYS TO YOUR BEST BODY EVER

ABS FASI No Crunches Required

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Eat This & Burn More Fat R71



INSTANT ENERGY Real-Life Tips to Try Today

"How I Lost 30 lbs and Got My Confidence Back"

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Our Super

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SHAPE YOUR LIFE FITNESS

Ride and Go Chic

If you bike to the office, you deserve major props (way to burn calories *and* help the environment). But you also face a conundrum: What to wear? Start with this gear, which rolls from road to cubicle in style. HEADSTRONG Before slipping on the sleek GIRO REVERB HELMET (\$60; giro .com), gather your hair into a low, loose braid to help fight frizz.

> HOLD IT Choose a tote with a cross-body strap, which helps keep it from bouncing around. This KIPLING SYRO BAG (\$79; kipling-usa.com) is water-resistant and has zippered pockets for your wallet and phone. •

UNDER COVER The MOTT 50 WRAP CARDIGAN (\$95; mott50.com) is a fashionable way to shield yourself from the elements. Made of a bamboo and cotton blend, it's breathable and provides UPF 50 sun protection.

SMART CYCLE Can't find a bike rack? Take it inside! This super-portable MONTAGUE BOSTON 8 BIKE (\$1,099; montaguebikes .com for stores) weighs just 27 pounds and folds in half with the flip of a lever. BOTTOMS UP Pants with stretch are crucial for a comfy commute, and HUDSON X EQUINOX JEANS (\$154; hudsonjeans .com) hit the mark.

LLUSTRATION: KELLY SMITH STILL LIFE NICOLAI GROSEL

HIGH AND MIGHTY Hard outsoles and no-slip treads, like those on the MERRELL EVERA MJ HEELS (\$110; merrell.com), make it easier to push the pedals.

Bike to Work Week begins May 14. Go to bikeleague.org for info on switching to a two-wheel commute.

