

NO GYM REQUIRED! 10 minutes to sexy, sculpted legs

SHAPE
YOUR
LIFE

FREE!
\$10 WORTH OF
WORKOUT
MUSIC
YOU'LL LOVE
P. 131

fashion & function



Weatherproof your workout with an **Asics** Rapido water-resistant jacket (\$70; asics.com for stores) and **Under Armour** Women's Team Sporty tank (\$25; underarmour.com).



Right and left RU4 socks from **Falke** (\$15; falke.com for stores) cushion feet in all the right places.

Keep your noggin warm in a **Nike** ACG Thermo Fit beanie (\$20; dicksportinggoods.com).



When you buy a pair of **Oakley** Enduring Pace Breast Cancer Awareness Edition shades (\$165; oakley.com), \$20 is donated to the Young Survival Coalition.

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- ✓ Banish

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March 2009

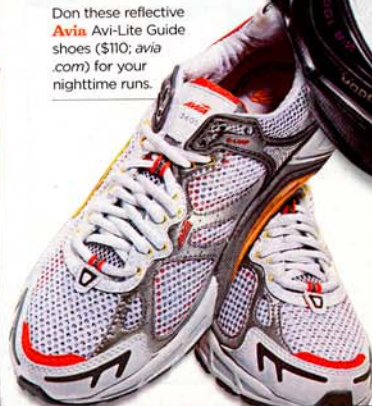
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The **Amphipod** Full-Tilt Velocity nylon pack (\$30; amphipod.com for stores) hugs your body's contours.

full speed

Don these reflective **Avia** Avi-Lite Guide shoes (\$110; avia.com) for your nighttime runs.



These loose-fitting running shorts from **Adidas by Stella McCartney** (\$70; shop.adidas.com) are super-breathable.



The **Timex** Ironman Race Trainer watch and heart rate monitor (\$220; timex.com) syncs wirelessly to your PC.

\$4.99 U.S. \$5.99 Canada
Shape.com

Get Halle's arms, Cameron's butt,
and more, p. 182

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