

FITNESS SPECIAL: MICHELLE OBAMA'S WORKOUT PLAN



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Get Into First Lady Shape!

We asked experts for the scoop on how to look as fabulous as Michelle Obama. Whether it's ways to eat smart or advice for tailoring your workout, we're passing on their tips to you

BY MARKETTE SMITH

steal her look...

Sport styles that accentuate your best features, such as sheath dresses, which allow your arms to shine, and short skirts, which show off long legs.



get her arms...

Knock out some dumbbell curls for beautiful biceps, suggests celeb trainer Mark Jenkins. ▶



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