

SCULPTED ARMS • SEXY TUSH • SLEEK THIGHS

SHAPE

SHAPE
YOUR LIFE

DROP 10 LBS FAST!

- Easy Diet Plan
- 20-Min. Workout
- Pro Secrets

**The Best
Swimsuits for
Your Shape**

TIGHTEN YOUR TUMMY

5 WAYS TO
FLATTEN
AND TONE P.14



BRITNEY
At Her Best!
31, FIRM &
FABULOUS

STRIP AWAY STRESS

Get It Now!
**A BODY
BUILT
FOR SEX**

JUNE 2013 / SHAPE.COM
DISPLAY UNTIL JUNE 24, 2013

\$4.99US \$5.99CAN 06>

0 74470 51078 9