

MUSCLE & FITNESS **30 DAYS TO LEANER TIGHTER LEGS** P 52

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*** A BETTER BUTT**
trainers pick the #1 move



*411

Samantha Harris
Host on E!
Entertainment
Television

Samantha Harris is newly married and following her career dreams, all while making time to sculpt perfect abs.

mon.

I take a 60-minute crazy, high-power cardio kickboxing class at the gym, with the requisite fast-paced punches, throws and kicks, Billy Blanks style.

This workout leaves me dripping by the end. It's pretty intense.

We always follow the cardio portion of the class with abs and stretching.

tues.

I run the Santa Monica stairs. I warm up, do some stretching and then run up the cement steps and back down again two times.

After that, I run "laps" up the wood steps, over to the cement ones and down them. I'll do 8-9 laps and then throw a last one in there as a cool-down.

**wed.**

I take a 60-minute cardio-sculpt class, which mixes cardio intervals with resistance training. Sometimes we'll alternate five minutes of jumping rope or stepping with resistance training, and other times we'll work with light dumbbells while on the step. **At the end** we focus on abs and stretching.

"HOLD ON A MINUTE, I'm parallel parking,"

reveals Samantha Harris with a laugh when I phone her for this interview. As the fresh face in entertainment television, the former fitness model remains a girl's girl, laughing at the irony of trying to stay in shape while working on a fitness infomercial.

"I have a tough time giving myself a day off," Samantha admits when asked about how she stays in shape in spite of hosting several shows on the E! Entertainment Television network, in addition to an infomercial for Crunch Express, the hottest in-home workout. "The reason is that most of the time I have forced days off because of my daily shooting schedule, which often doesn't end until very late in the evening." During a week when she's able to work out regularly, Samantha follows a workout schedule like the one here.

— M.B.B.

thurs.

Usually I'll do a half-hour of upper-body weight training, either on my own or in a sculpt class, followed by 30 minutes on a cardio machine.

Sometimes I'll do the elliptical, stair-stepper or stationary bike, and other times I'll spend 10 minutes on each one.

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I do a 60-minute sculpt and stretch class that includes abs. This is kind of a rest day for me since it's not nearly as intense as my other workouts. **I'll use** 3-, 5- and 10-pounders, doubling up when I can and drop-setting when we go for more reps to really get the muscles burning.

sat.

Some weeks I'll go back to the gym for another installment of the cardio kickboxing class, but if the weather is nice, I'll get outdoors and run the stairs again. **However,** when we have a chance, my husband and I enjoy going for a hike in the mountains near our home.

**FUN IN THE SUN:** Samantha & husband

MODEL PERFECT: The camera doesn't add any fat to Samantha's made-for-TV physique.