

Oxygen Magazine

December 2005 Issue

THE TRUTH ABOUT ABS WHY CRUNCHES ARE NEVER ENOUGH. PG. 74

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ROBERT KENNEDY'S
WOMEN'S FITNESS

Gym
to Office
BEAUTY
TIPS

TV TURN
OFF TIPS:
Free up your time

Higher Rounder Tighter!

3 WEEKS TO
ROCK-HARD
GLUTES!

Is your salad
making you fat?

Turn your ordinary greens
into extraordinary meals. PG. 96

6 Moves To
A Sexier
V-TAPER

Show off your back
this holiday season!



Want to be a fit momma?

helpful tips for moms and moms-to-be

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