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THE BODY SHOP

Fit Club

THINK MODELS SUBSIST ON TIC TACS AND RED BULL? FOR RUNWAY VETERAN **KAROLINA KURKOVA**, STAYING IN SUPER SHAPE REQUIRES **ONE STEAM ROOM, TWO TRAINERS, AND A FARMERS' MARKET'S WORTH OF GREENS.** BY NICOLE CATANESE

COUNTDOWN TO CATWALK

Kurkova's four-week runway prep



ONE MONTH

Great Escape

While other models "network" at the Rose Bar with Josh Hartnett, K.K. (her nickname) rounds up a group of friends and heads to the countryside of Pilar, Argentina (40 minutes north of Buenos Aires). "I relax and work out—hard," says Kurkova, who spends her days getting massages, riding horses, and kickboxing with local trainer Norberto Alejandro Imas. "It's the only cardio that really gets me sweating."



ONE WEEK

Dance Off

With only seven days to go, Kurkova wakes up for 5 A.M. sessions with socialite-favorite NYC trainer Brett Hoebel (who even travels with her for preshow tune-ups). Hoebel's workout fuses Brazilian martial art capoeira with weight training and sprints. "The moves engage her core and legs, which is ideal last-minute strengthening for walking in four-inch heels," Hoebel says. "Plus, they're easy on joints and don't leave her feeling achy."



DAVID KIRSCH'S

SCIENCE-BASED SUPPLEMENTS BOOST VITAMIN-MINERAL POWDER FOR HEALTHIER SKIN AT THE CELLULAR LEVEL. THROUGH A NEW "WET SITES" TECHNOLOGY, THE POWDER PENETRATES DEEP INTO THE SKIN TO PROVIDE A MOISTURIZING EFFECT.



ONE DAY

Clean Machine

For glowing skin from top to toe, Kurkova dry-brushes, then steams for 10 minutes—two proven circulation boosters. To prevent even a hint of bloat, she drinks 100 ounces of water (some infused with David Kirsch's Vitamin/Mineral Powder in Raspberry, at left) and eats fresh vegetables and fruit, eschewing salt and carbs. (Research shows that the body can retain three grams of water weight for every gram of simple carbs.)

ONE HOUR

Tan-tastic

Even Kurkova needs a little camo. K.K. sprays caffeine-based Victoria Secret Active Body Lift (at right) on her lower body. (Topical caffeine works as a vasoconstrictor to tighten the look of skin temporarily.) "Shine definitely gets cleavage noticed," says Victoria's Secret makeup artist Linda Hay, who coats Kurkova in Bare Bronze Shimmering Body Oil, focusing on her shoulders, collarbones, and chest.



SHAKE THINGS UP

"Green juices are good for digestion," says Kurkova, who blends this vitamin, mineral, and chlorophyll cocktail every A.M. and even totes a mini blender while traveling. "When I open my suitcase, airport security looks at me like I'm crazy."

Karolina's Green Party

- 1 bunch spinach
- 1 bunch kale
- 1 bunch parsley
- ½ sliced apple
- ¼ stalks of celery

Squeeze of lemon juice to taste
Place ingredients directly into a juicer or chop before adding to a blender. Drink immediately and chase with 8 oz. of water.

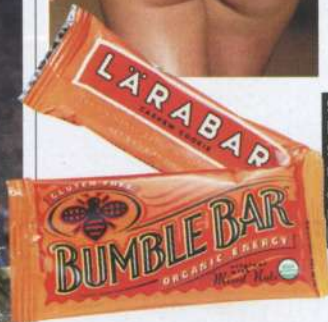


REAR VIEW

Kurkova calls New York City trainer David Kirsch "Master of the Ass.... He knows exactly where to attack a woman's body." Kurkova, who sees Kirsch up to three times a week, year-round, favors his best booty-lifting move: the Platypus Walk. Waddle around a room (at least 15 steps each way) with feet turned out and knees bent in a grand-plié squat. "Hold the position until your legs start to shake," Kirsch says.



STASH BEHAVIOR: The inside of Kurkova's purse looks as though she raided a natural-foods vending machine. In addition to bags of nuts and fruits, she munches (from top) nutty Larabars and organic Bumble Bars. "I snack all day," she says.



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