



The BIKINI-

Tarnee Jacobson, 30
"I'm dying to do the Body Challenge ...

... because I want a permanent healthy-lifestyle solution. Even though I'm always making the commitment to lose weight and get fit, it never happens. I need the extra motivation to stick to my plan -- no excuses. It'd be great to have more confidence to wear the latest fashions, too."



TARNEE'S VITAL STATS

- Height - 165cm
- Bust - 93cm
- Waist - 82cm
- Hips - 117cm
- Ankle - 102cm
- Weight - 74kg

A HOT BODY IN 17 MINUTES

James "Chief" Brabon, CLEO's fitness expert, has a bachelor's degree in military science, plus a masters degree in sports science.



Sporty Sounds

Forget the chunky tape-playing walkmans of the '90s, the new MP3 Walkman from Sony is so sleek you can wear it on your arm. It's water resistant, super-fast to charge and has heaps of great features including built-in G-sensor technology that automatically counts steps and calories.

We have two Sony MP3 Walkmans worth \$249.95 each to give away. To win these plus other great prizes, register at www.clubcleo.co.nz.

Think a killer body means hours and hours of exercise? Nuh-uh. All it takes is 17 minutes a day. **How is that possible? It's all** about a brand-new way of working out - the 2:1 system. There are three different workouts to complete twice a week. You do one exercise for 20 seconds, then take 10 seconds to recover before starting another set. Repeat the sequence eight times for each exercise and, in four weeks, you'll have your hottest bikini shape ever. Turn the page to get started!

“It may sound too good to be true, but this 20-minute workout will give you better results than the average one-and-a-half-hour session.”

BODY-PANIC

plan

MONTH
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Work out for less time than it takes to watch an episode of *Shorty Street* and still get serious results? Oh, yeah!