

The Real Deal: Summer Accessories

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Flat tight abs, a killer booty, and firm triceps are all you need to rock the summer and get noticed in the Hamptons.

The glossy mags are lining the streets of the Hamptons again and everyone has a list of must-have items for summer. Whether it's the hottest \$1,000 sundress, that \$5,000 must-have timepiece, or a new ride with a price tag above most annual salaries, these guys have it all wrong. You don't need any of this stuff for a killer summer in the Hamptons. What you do need is a killer body.

The temperature is rising fast, time for less clothes and more fun. Hampton's hotties come in all shapes and sizes but there are a few universal must-haves if you plan to work it at the beach, the country club, or the nightclub.

There seems to be an epidemic of "muffin tops" out there as the big sweaters and winter jackets disappear. If you plan to show some tummy this summer you've got to tighten it up fast. Turn off the late night TV and put away the AMEX, you can't buy a flat belly. You have to get it the old-fashioned way - you earn it! Men get a little leeway on this one, sometimes lovehandles are a good thing, but if you need to pull up a stool for your stomach, where's your date going to sit?

First thing to do - Move, Move, Move! No matter what the Surgeon General says a half-hour a few days a week isn't going to help you now. You're a short timer - you need to work like your summer depends on it, because it does!

Second thing to do - work the core. Sit-ups, crunches, twists, all that Pilates junk, whatever you can do to strengthen the core is going to seriously help your posture and your confidence. This is also your back-up plan. If you don't burn the muffin top in time maybe you can hold it in for the whole summer.

Third and most painful thing to do - eat smart. You can start gorging for winter hibernation in October, but for now - two words, "portion control."

The booty crisis is definitely in full swing. There's no doubt about it, if you want to look good coming and going you have to lift and shape the junk in the trunk. I'm not just talking about the ladies. Gentlemen, when you're not looking, someone else is. Expertise in this area is going to put my kids through college. Booty training is to the Hamptons trainer what Gambrel roofing and walk-in closets are to the Hamptons builder, bread and butter baby.

You can do all the spin classes you want, I don't care. I have three winners for every Beyonce wannabe. First - squats, enough said. Second - lunges, and I'll give you a little diamond in the rough tip. The part of the lunge that really focuses on the hindquarters is the push-off. Going down deep, using a small step (allowing more range of motion) and no swinging will maximize the booty building effect. Third - rear leg raises, these oldies but goodies may seem Jane Fonda-ish but they focus on all the right spots. Add a little leg weight and do 100 more after you feel like quitting and you'll look good walking out that door.

Let's say you've got the cute belly and the backside is banging, you're home free right? Not quite. Nothing spoils a sexy physique like flabby old lady triceps. Same for the guys, if you're arms are wimpy you better have a great personality or a big wallet.

As the sleeves get shorter and disappear, the pressure mounts. There's a plethora of good exercises like push-ups, dips, push-downs, scull crushers, and kick-backs, the trick is to mix and match them often enough and with enough weight to make a difference. You cannot "tone" the muscle, you have to work it hard and build it up. For the guys, the triceps constitutes two-thirds of the upper arm so trade in Friday night biceps for Friday night triceps. If you expect to look good in that sleeveless number, work the triceps every other day for the next few weeks - it will definitely help.

I'm not saying the six figure automobile or the killer wardrobe won't help, but if you want to fire up the Hamptons scene and keep them looking, a hot bod is the way to go. Put all that warm fuzzy, New Years resolution "I want to get fit this year" crap aside and get down to business. This is take no prisoners time of year. Butt, belly and triceps, this is where you should focus if you're in crisis mode and the summer crept up on you - again. If you work it right we may all get to see you shaking it in the magazines.

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