

The Fit List

Kick-start your summer with our trio of fit to-dos.

MIND

In ABC's summer show *Extreme Makeover: Weight Loss Edition*, trainer Chris Powell takes eight people on a yearlong fitness journey. Try his workout tip: Don't make the common mistake of saving your least favorite exercise, like squats, for the end of your workout. "Do it first; it will give you a mental victory that will push you through the rest of your routine," Powell says.



BODY

We asked Katy Perry's trainer, Harley Pasternak, for a move that keeps her body rocking on tour. "Katy loves single-leg dumbbell dead lifts," he says. Stand on your left leg, knee slightly bent, with your right knee bent and right foot raised behind you, holding a five- to 10-pound dumbbell in each hand, arms by sides. Bend forward at the hips until your back is nearly parallel to the ground. Return to start. Do 12 reps. Switch legs. Do three sets.



SPIRIT

The classic tank gets a design upgrade and—finally!—a female-friendly name. Ten percent of the proceeds from the women's "I Am Pure Joy" Wife Lover (\$40, aziam.com) goes to the Joyful Heart Foundation, a nonprofit created by Law & Order: Special Victims Unit's Mariska Hargitay to help victims of sexual assault, domestic violence and child abuse.

—Marianne Magno



Hot New Hue
Blue is sure to be all the rage when *The Smurfs* hits the big screen (listen for the voices of Neil Patrick Harris and *Modern Family*'s Sofia Vergara). To help you wear the color, we found four pieces perfect for the gym. —Karla Walsh

Puma's Complete Lightweight Jacket folds up into its own pocket. (\$85, shop.puma.com)



The X-back Lululemon Push Ur Limits Tank supports every move. (\$52, shop.lululemon.com)



The soft, seamless Phat Buddha Chakra Lace Bra is supercomfortable. (\$40, phatbuddhaweare.com)



Stash gym and work stuff in the Adidas by Stella McCartney Carry-on Bag (\$130, shopadidas.com)



Sweatiquette

"What's the trick to taking a wetsuit off without getting stuck?"

Because the suits are made partially of rubber, they stay fitted to your body and tend to adhere even more after getting wet. "Unzip and then peel off one side at a time from the shoulder down, being careful not to let the fabric bunch up," recommends Kassia Meador, a pro surfer who designs wetsuits for Roxy. You'll be stripped in a jiff! —K.W.

