



Estee Benitah Height 5'7.5" | 171cm Bust 34" | 86cm Waist 24" | 61cm Hips 34" | 86cm
Dress 2 US | 32 EU Shoe 7 US | 38 EU Hair Brown Eyes Brown



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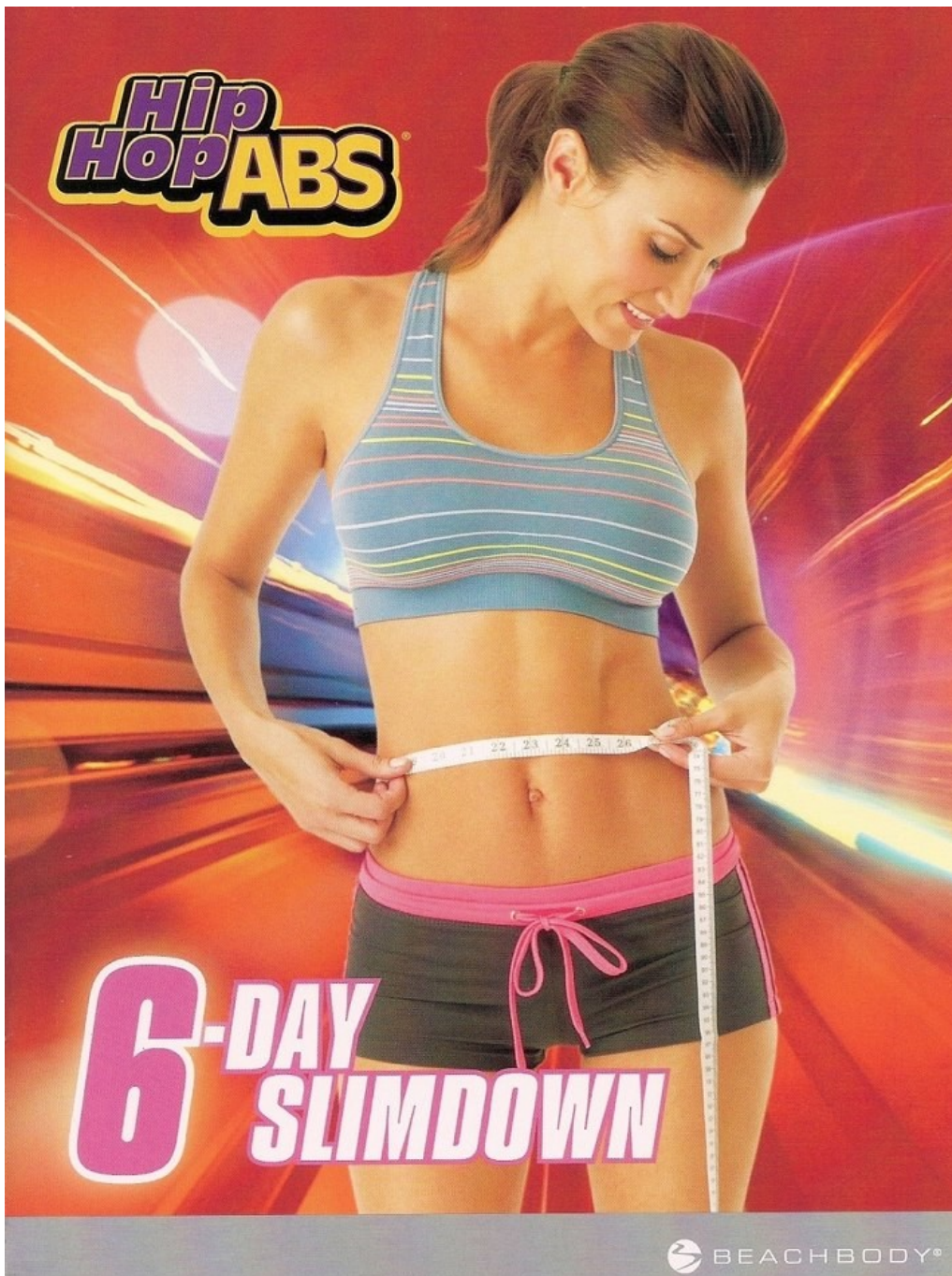


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Handlebars
Setting your handlebars to the right height helps prevent back, neck and shoulder pain. • Road bike: In line with or up to three inches lower than saddle. • Mountain bike: In line with or up to one inch lower. • Cruiser: One or two inches higher.

Saddle
The width of your saddle should match the width of your sit bones. Even more important: seat height. Sit on saddle, feet on pedals, and extend one leg. Your other knee should be bent 25 to 30 degrees, says Scott Holz, a fit specialist at Specialized Bicycles in Morgan Hill, California.

Cassette
This is the cluster of gears on the rear wheel that determines how many speeds your bike has. Wipe it down with a cotton cloth every few weeks so you can shift smoothly.

Chain rings
Your bike chain has to be oiled about every 300 miles, more often if you ride in wet weather. Drip on a thin coat of a bike-specific lubricant, such as Phil Wood Tenacious Oil (\$6.39, amazon.com); wipe off any excess oil.

Gears
These help you handle varying terrain. In low gears, the pedals are easy to turn; use uphill. In high gears, they're harder to turn; use downhill. Click the right shifter often to fine-tune the gears. Click the left shifter once to make a big change in your resistance.

Pedals
Choose from platform (the flat ones your kid's bike came with), cage (flat with straps that go over your feet) and clipless (require shoes that lock into them). Beginners and commuters should start with platforms. Once comfortable, try going clipless.

Tube
Inside the tire is an air-filled inner tube, also called a balloon. To figure out how much air it needs, look for the psi (pounds per square inch) on your tire's sidewall. Gone flat? Learn how to fix it fast at www.fitnessmagazine.com/cycle.

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Stay pretty and protected all summer long with these new head-to-toe defenders and dermatologists' secrets for preventing sun damage, burning and skin cancer. Now go out and play!

By Eleanor Langston

sun? set!

SKIP THE EXCUSE

"Sunblock is too greasy to wear under makeup."

SUNNY SOLUTION It's risky to rely solely on the SPF in your base: Derms say that to get the full SPF value listed on the packaging, it would require seven times the amount of foundation and 14 times the powder you normally wear. "Women don't put enough on, and the makeup's pigments may dilute the sunscreen," says Joshua Fox, M.D., a dermatologist in New York City. Pair makeup with a broad-spectrum sunscreen that's tailored to your complexion concern. Have dry skin? **Olay Regenerist UV Defense Regenerating Lotion SPF 50** (\$30, drugstores) contains moisturizing peptides. Want to prevent lines? **Shiseido Urban Environment UV Protection Cream SPF 35** (\$30, sephora.com) is packed with antioxidants. Looking to fade spots? **StriVectin SH Age Protect SPF 30** (\$49, Macy's stores) is infused with niacin to repair damage.



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So long, sarong!

Get a Beach Body by July 1

Terrified of a two-piece? Don't be. Blast maximum calories while toning your toughest trouble spots in quick-fix 15-minute sessions!

By NICOLE DORSEY
Photographs by BETH STUDENBERG

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Cover models aside, most of us dread the thought of slipping on a bikini (especially at the beginning of the season). Well, get ready to kiss your swimsuit phobia good-bye. This workout, created by Los Angeles-based trainer Patrick Goudeau, tames your biggest trouble zones through a series of circuits. "Circuits are designed to strengthen muscles while adding a fat-burning cardio element in a very time-efficient manner," says Jan Schroeder, Ph.D., senior exercise physiologist for IDEA Health and Fitness Association. So even while you're performing the weight moves, your heart rate remains elevated to boost your overall fitness level. Result: a head-turning trifecta of flat abs, firm butt and sleek thighs in just four weeks. ▶

SUMMER-BODY COUNTDOWN

Circuits can be intense, since you don't have a lot of time to catch your breath between moves. Modify the workout to suit your level. You'll need a set of dumbbells and a step bench. Do each exercise for one minute, except where indicated. Try just one 15-minute circuit to zap a particularly persnickety body part, or do all three and burn up to 450 calories.

BEGINNERS:

- ③ Use 5- to 8-pound dumbbells where noted.
- ③ Skip the one-minute cardio burst after the first and last moves, doing just the two-minute interval after the second move.

INTERMEDIATE/ADVANCED:

- ③ Use 8- to 15-pound dumbbells and choose the more challenging options where noted.
- ③ Do the one-minute cardio burst after the first and last moves; include a two-minute interval after the second exercise.

EVERYONE:

- ③ Warm up with a few minutes of low-impact cardio; cool down and stretch when you're done.
- ③ Do each circuit twice.
- ③ Do any or all of the circuits two or three times a week, but don't work the same trouble zone on consecutive days.

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