

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK

shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown

Chilly days spent on the couch binge-watching *The Crown* may have been relaxing, but they probably didn't do your body any favors.

With warmer weather (and swimsuits!) in sight, it's time to pay more attention to the areas you want to show off—like your abs, legs, and booty. Obviously, the first step is to back off the comfort food, start reaching for healthier options (see page 94), and watch portion sizes. But embracing exercise is also key. Thankfully, Frank Baptiste, owner of FranklyFitness in New York City, developed the perfect post-winter plan specifically for *Health*. "These exercises are going to impact your metabolism because they work a lot of different muscles at the same time, which increases your calorie burn," notes Baptiste. "Plus they focus on body parts people care about, while making you move better and feel stronger." Now, who's ready to get fit for spring?

GET A LEG UP

Do the entire circuit twice, 2 or 3 times a week, or choose the area you want to target and complete the routine three times, 2 or 3 times a week.

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

NATALIA LALONDE

height 5'9.5 · bust 34" · cup C · waist 24" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 40.5 EU/9.5 US/7 UK · hair brown · eyes brown

