

STRONG. FIT. HEALTHY.

Carrie Underwood defies the laws of physiques! She tells us the secrets to her killer legs — and her abs and arms

If Carrie Underwood could travel back in time, she'd have some tough talk for her younger self. "I mean, every college student ate a lot of pizza and fast food," says the singer, who enjoyed three-for-\$15 pies with her pals at Oklahoma's Northeastern State University. "I would have been like, 'Sandwiches are good too. Try some of those.'" It's a lesson the seven-time Grammy winner mastered after winning season 4 of *American Idol* in 2005. As her music career soared (she's up for three more trophies at the June 8 CMT Music Awards), so did her dedication to the gym and healthy eating. Once a sporadic exerciser, the mom, who gave birth to 15-month-old Isaiah (with her husband, NHL center Mike Fisher, 36) via a caesarean section, now turns up the heavy metal on Spotify and pushes through pullups and squats up to six times a week in her touring gym. Then she refuels with vegan eats. "I feel much better now at 33 than I did when I was 20 because I take better care of myself," the 5-foot-3 star says.



The star (May 16) designed a fully stocked mobile gym for touring.