



“ I PUT GOOD THINGS IN MY BODY, AND WHEN I DON'T, IT LETS ME KNOW. WHEN I EAT FRENCH FRIES, I FEEL AWFUL THE NEXT DAY.”

UNDERWOOD TELLS US

good hill, I will lunge up the hill and that will burn them out.

You're married to an athlete. Do you ever train with him?

We don't work out together, but we will work out in the same space. We do a lot of the same stuff — he just might be using some heavier weights.

How has your body changed since giving birth to Isaiah?

There are things that are never going to go back — let's face it. I am starting over with a different set of rules. But that said, at this point in my life, I have more of a shot at having abs. I feel like I have been working 10 years to have abs, so I am on the verge of real, you-can-count-them ones. Maybe.

Are the abs your favorite part of your body?

I like my legs, because I feel like that is the easiest thing to make pop. But my arms are a strong second. We have been working hard

on them. I used to curl 8 pounds and now I curl 20!

What would your husband say is his favorite?

I have no idea. Maybe my legs? I think he appreciates that I am an active person, especially because he is a professional athlete.

Is there anyone in Hollywood you would swap bodies with for a day?

I have always admired Pink's body. I feel she incorporates so much physicality into her performances, and it shows.

When do you feel accomplished?

When I feel strong. Whenever I have a great workout and it is like, "Oh, my gosh, I lifted that." I feel like I have reached a place in my life and with my body [where I'm like], I have had a baby, my body can do anything. There is definitely a sense of amazement in the human body. So I just want to push it to its limits and I want to feel strong.

US

GET
CARRIE'S
LEAN LEGS

» Six mornings a week on her *Storyteller* tour, Underwood sweats with trainer Eve Overland for 90 minutes. The Atlanta-based pro shares their go-to lower-body moves.

1. WEIGHTED SUMO

SQUAT Stand with legs wider than shoulders, legs and toes turned out. Hold a dumbbell in each hand (Underwood uses 50-pound weights, but beginners can try 15), arms straight toward the floor. Keeping chest lifted and glutes back, bend knees and lower into a deep squat. With the weight in your heels, stand and return to start. Do four sets of 10 to 12 reps.

2. BULGARIAN SPLIT

SQUAT Stand with a flat bench 3 feet behind you, 8-pound weights in each hand. Extend left leg back onto the bench, shoelaces facing down. Center weight between both feet. Bend knees and lower until hips are parallel to or slightly below front knee, and back knee almost touches the floor. Keeping chest lifted, rise to start. Do three sets of 10 reps per leg.

3. TUCK JUMP BURPEES

Begin standing. Bring hands to the floor just in front of feet. Jump feet behind you into a plank, with back straight and core engaged. Jump feet back toward hands into a crouch, then stand. Jump up, bringing knees to chest at the top of the motion. Do for 40 seconds, then rest for 20 seconds. Do four to eight sets.

ZIGLANE (BODYSUIT); GENEVIE DENNIS (SHORTS); HOUSE OF CER (SHOES); JEFFY JEWELRY (EARRINGS); LYNN BAN, LF COLLECTION; JEFFY JEWELRY; DANA REBECCA DESIGNS (RINGS)