

HOW J. LO LOST 50 POUNDS... and kept it off!



THEN
 "I gained about 50 pounds with my twins, and the first 30 dropped off like *that*," J. Lo, seen here in March 2008, has said. "The last 20 — that took a while."



NOW
 "Jennifer looks amazing and trains diligently," her trainer, Gunnar Peterson, tells *In Touch*. "She makes healthy choices and it shows."

LEFT TO RIGHT: TERRY GARANIS/GLOBE PHOTOS; FAMEY PHOTO; GRIFFON/SARMENTO/SPLASHNEWS/ONLINE

At 40, Jennifer's body looks better than ever. Now her trainer, Gunnar Peterson, reveals her fitness secrets to *In Touch*

Not only did Jennifer Lopez shed 50 pounds after giving birth to her twins, Max and Emme, in February 2008 — but the 40-year-old mom has kept the weight off and looks hotter than ever! Granted, staying in shape hasn't been an easy feat. "I had to work really hard," Jennifer confesses. But luckily, the sweat and suffering has all been worth it for the singer and actress. "She isn't afraid to push herself in the gym," her trainer,

Gunnar Peterson, tells *In Touch*. "She's not somebody who blows it off because she's working 18-hour days on the set. She finds a way to get back in, even if it means exercising really late at night."

How she does it
 Peterson tells *In Touch* that Jennifer exercises for at least one hour, anywhere from two to six days a week. "After a 10-minute warm-up, we do a series of strength and resistance moves, coupled with high-intensity cardio intervals and some flexibility work."

Even though she's

serious about training, she's careful not to lose her curves. "I do weights and cardio, but I try to take a soft, feminine approach," Jennifer has said.

As far as her diet, J. Lo has been using the meal delivery service Freshology (freshology.com) since October 2008. She sticks to about 1,200 to 1,400 calories a day, and eats lean proteins, fruits, vegetables, good fats and low-glycemic carbs.

"She stays ready so she doesn't ever have to *get* ready," Peterson tells *In Touch*. "She just keeps her foot on the pedal."

HER DAILY DIET

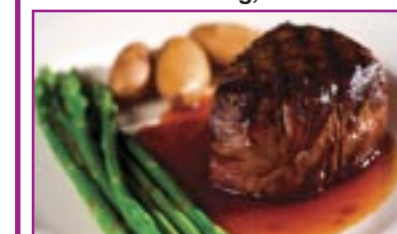
BREAKFAST
WHOLE WHEAT PANCAKES WITH STRAWBERRY COULIS, TURKEY BACON & FRESH FRUIT
 With Freshology's customized meal plans, Jen chooses exactly how she wants to start her day.



LUNCH
WILD-CAUGHT HALIBUT WITH GRILLED FENNEL & ARTICHOKE-OLIVE RAGU
 "I believe in having a well-balanced diet," says J. Lo, who fills up on fish and veggies for lunch.



DINNER
NY STEAK WITH GRILLED ASPARAGUS, CRIMINI MUSHROOMS & ROASTED FINGERLING POTATOES
 A protein-rich dinner helps Jennifer build strong, lean muscles.



SNACK
S'MORES
 She ends the day with a low-cal treat. "I don't have anything banned from my diet," says the star.



SEXY BIKINI BODY
 On August 2, Jennifer flaunted her fit figure while vacationing in Italy.

HER FAVE WORKOUTS

These hot new exercise tools keep Jennifer in tip-top shape

■ **TRX SUSPENSION TRAINER** "Jen uses it to do everything from squats to body-weight rows to push-ups," Peterson tells *In Touch*. "It's a portable training tool composed of nylon straps that makes everything harder by using your body weight." \$150, fitnessanywhere.com.

■ **ROPES GONE WILD** "By lifting the ropes and then beating them against the ground for 20 to 60 seconds three to 12 times, Jen tones her core, hips, shoulders and butt," says Peterson. Artofstrength.com.

■ **ALTER-G TREADMILL** The machine is enclosed in an anti-gravity bubble, which makes running easier and minimizes the pounding by reducing the pressure of your body weight up to 80 percent. Alter-g.com.