

WHO'S UNDER 100 POUNDS?

GRAMMY GOWNS & PARTIES!

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"I've always been athletic. I went to the junior Olympics as a swimmer," Swank (in November) tells *Us*.

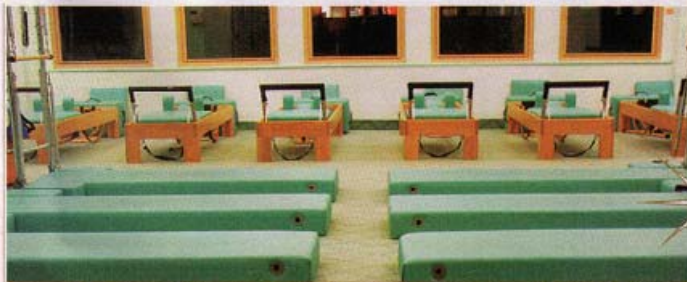
■ **Stretch yourself lean** Nominees **Hilary Swank**, 30, and **Laura Linney**, 41, get red-carpet ready by doing an hourlong ab-flattening, body-lengthening routine three times a week at New York City's Power Pilates. "Hilary likes the sidekick series done on the mat with the added resistance of a Thera-Band to target the outer thigh," Swank's instructor, Anne Brendle, tells *Us*. Says Carrie Clark, who trains Linney, "Laura loves the magic circle, a rubber and metal ring you squeeze between your arms to strengthen your biceps and triceps."

■ **Drink up** Diet guru Oz Garcia, who helped Swank gain — then lose — 19 pounds for *Million Dollar Baby*, advises clients to drink Amino Vital (\$3, at GNC), an amino acid-packed aqua favored by **Jennifer Garner**, 32, and **Debra Messing**, 36. "It keeps you unbelievably well-hydrated, and that helps prevent hunger cravings," says Garcia.

■ **Go beyond the gym** Nominee **Natalie Portman**, who developed her *Closer* character (and figure) by taking pole-dancing lessons, recently rode the waves at surf camp. And fellow nominee **Kate Winslet** tells *Us*. "I occasionally go on treadmills, [but more often] I just dance around the living room with my daughter!"

■ **Hit the mat** To tone her five-foot-nine figure, nominee **Cate Blanchett** does yoga three times a week. "She hires a personal yoga teacher to make sure she stays in the best shape possible," a friend of the *Aviator* star tells *Us*.

■ **Run for it** Trainer Mark Jenkins has his clients — including Oscar performer **Beyoncé**, 23 — begin workouts with short sprints on an incline. "It quickly starts the fat burning and muscle building," Jenkins tells *Us*. "And works your legs and butt."



Swank and Linney prep for Oscar on machines (such as the Cadillac and Reformer) at New York City's Power Pilates (powerpilates.com).