

Us Exclusive!

# HOW BRITNEY GOT HER BODY BACK

Spears' trainer, Manny Bujold, reveals how the sexy mom of two has lost 12 pounds in the past month

BY JENNIFER O'NEILL

**T**RYING ON DRESSES at the Sydney Michelle boutique at the Glen Centre mall in Los Angeles April 12, Britney Spears, says an onlooker, seemed "very happy, and ready to shop!" And why shouldn't she? According to her new trainer, Manny Bujold, the 25-year-old mom of two (Jayden, 7 months, and Sean, 19 months), who was a size 8 after losing 26 pounds postbaby, has peeled off another 12 pounds in little more than a month. "She's very much leaned-out," Bujold tells *Us*, adding that the star actually likes crunches!

The secret to her shape-up success? "She works extremely hard," says Bujold. Two to four days each week, at Spears' home in Beverly Hills, the trainer works two hours with the 5-foot-4 singer, whose divorce from Kevin Federline was



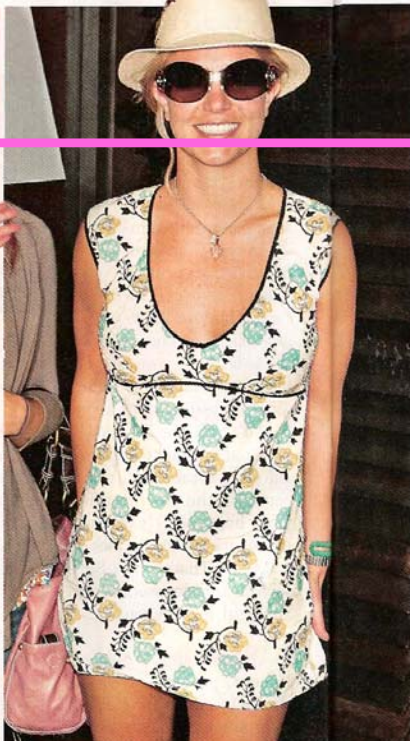
Jan. 27

"She came in with the mind-set 'I want to work,'" Bujold says of Spears (in Hollywood).



April 12

Spears so loved this Development by Erica Davies dress (\$334), she wore it out of the L.A. store and asked if it could be custom-made in baby pink!



April 13

"Will I be working with Britney? I don't know," says Timbaland of Spears' comeback. But a source close to the producer says a deal with the singer (at a Beverly Hills restaurant) is "80 percent done."



April 15

"She likes the Pilates-style body: lean muscles, very toned," Bujold tells *Us* of Spears (at Target in Hollywood).

finalized March 29 (the kids have been splitting time with Mom and Dad). She does lunges and squats, as well as kickboxing and running on the treadmill — to Prince and Madonna tunes. "She's really good about not groaning," says the trainer, who admits he can be "mean."

Spears also torches the calories (up to 1,500 an hour) with jazz and hip-hop dance classes at North Hollywood's Millennium Dance Complex. "Her body was in phenomenal shape," instructor Darrien Henning tells *Us* of a recent visit. As for her diet, Spears has swapped the Cheetos for healthy sushi (she's a fan of the California rolls at L.A.'s SHU sushi) and eats six mini-meals a day. "I think she's excited to get where she wants to be," Bujold says of his client. A staffer at L.A.'s Eptome salon, where Spears goes tanning, has an idea where that might be: "I heard her say she wants to look good in a bikini!" **US**

## A Shot for Melting Fat?

**W**hen Spears was spotted at a LipoDissolve clinic in Las Vegas on March 31, speculation of weight-loss surgery swept the media. But LipoDissolve, yet to be approved by the FDA, is "for people who don't want to go under the knife," says Neil Sadick, an NYC-based cosmetic surgeon (who hasn't worked with Spears). The procedure is a series of chemical injections (three to four sessions at \$400 to \$600 each) that "dissolves" small areas of fat. While critics call for more studies, some say it will be the next big trend. As one fan tells *Us*, "It's like getting a tummy tuck without the surgery." **MONIQUE MENESES**

## BRIT'S VIDEO RANT

**T**his wasn't exactly the comeback video Spears fans had been waiting to see: On April 13, photo agency Web site X17online.com posted a clip of the singer — shot at the star's behest — delivering a sarcastic message (in a Valley Girl accent) about "how nice our world is." Spears called out the press, people who offer her unsolicited advice and her management, who, she said with contempt, "totally knew what they were doing" by sending her to rehab. A rep for her estranged manager, Larry Rudolph, had no comment.



With reporting by Pernilla Cedenheim & Natalie Thomas