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America's Best Selling Celebrity Weekly

EXCLUSIVE PHOTOS!

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MARY-KATE'S RECOVERY



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How Madonna Got Her 'OLYMPIAN' ARMS!

FITNESS fanatic Madonna is now strapping herself into a torture chamber-like

contraption to help maintain her long and lean physique. The results? Shockingly muscular fat free arms! Each week, the 46-year-old mother of two is chauffeur-driven to fitness trainer James D'Silva's London studio and climbs into the \$6,400 wooden Gyrotonic Expansion System — a.k.a. "The Rack."

It features straps to hoist Madge's legs and arms toward the ceiling, and huge rotating weights to push around in circles.

The movements are based on elements of yoga, dance, tai chi and swimming.

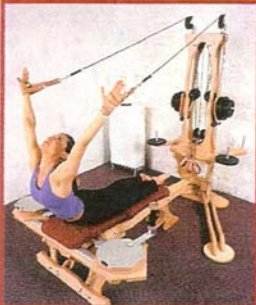
Madonna was persuaded by D'Silva to start the weekly 90-minute, \$165 sessions on "The Rack" after she began taking Pilates classes at his studio.

Matt Aversa, director of the Pennsylvania-based Gyrotonic company, says the machine "creates muscle that is strong and has suppleness and dexterity.

This will decrease the chance of injury and prepare Madonna's body for performing."

— DAVID CAPLAN & MAX TRACY ★

Gyrotonic®: Her New Workout



Madonna straps herself into this contraption each week!

MADGE TAKES HER ARMS OUT ON THE TOWN



The Material Girl shows off her Olympic-worthy arms in London on Aug. 16, her birthday.

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