

Get-Fit Tricks

In actress Elsa Pataky's native Spain, the phrase *hacer un Pataky* ("to do a Pataky") is as common as "the J. Lo glow" is here.

What does it mean? Essentially, to pose in a way that shows off your amazing ass(ets). It was coined when the *Fast & Furious 6* star—and wife of actor Chris Hemsworth—innocently started glancing coyly over her shoulder at photographers on the red carpet, her backless dresses tempting eyes a *little* lower down to her enviable bottom.

Of course, this was never some grand spotlight-stealing strategy—it just happened. And Elsa isn't complaining.

"It's such a silly thing," she says in her charming, rolling Spanish accent. "But I feel like one of the most sensual parts of a woman is the back. And sometimes

dresses are really beautiful in the back. I know people look at the bum, but you know, you work hard for it! It is hard to maintain and needs a lot of exercise. You have to work it."

And work it she does. Elsa, 36, is admittedly a fitness junkie, and her fabulous rear view is a welcome side effect. "Exercise is like an addiction. Once you're in it, you feel like your body needs it," she says. For her, that means strength training at least twice a week, doing yoga or Pilates three or four times a week, and, lately, practicing muay Thai, a martial art form also known as Thai boxing that she picked up from hubby Chris, 29, star of *Thor* and *The Avengers*. "He helps train me. But I have to punch up," she says with a laugh, referring to her husband's 6'3" stature (Elsa is about a foot shorter). While

Of cutting her long hair last December, Elsa says, "I tried wigs and asked everybody...I love it now. I don't regret it."

Dressing the Parts

Forget jewelry: Elsa knows that toned muscles can be the ultimate accessory. Here's how she flaunts hers with clothes.

Think Sensual

That means revealing the goods—but not all at once. To showcase her back and butt, she chooses slinky dresses, especially those with a deep plunge in the back. And to highlight her buff shoulders: "I like one-shoulder things."

Think Short

"I wear jean shorts, but loose ones. I do short styles—if I do it in the middle of my leg, it shortens my leg. I wear them with boots."

Think Fitted, Not Suffocating

Elsa likes J Brand and Levi's for jeans. "Skinny jeans are good, but not so tight that you can't move." She also goes for little details, like multiple gold-zippered pockets at the hip.

Think Confident

"In my twenties, I would wear high heels all the time," she says. Now she opts out—unless she's dressing up for an event with Chris. "Look at my husband!" she says, referring to his height. "So I have a couple pairs of high heels, but then I'm done. Ultimately, I think you have to get over things."

pregnant, Elsa exercised up to the day before her daughter, India, was born last May.

With a toddler and this workout schedule, it's hard to imagine time for much else—but Elsa is just as dedicated to her career. She's working on a documentary about children around the world, which she'll direct. (Elsa studied journalism in college prior to becoming an actress.) She's also writing a book with her trainer, Fernando Sartorius, star of the new Latino fitness show, *Califorma*. "We want it to be an inspiration for people to be healthy and change their habits," she says.

And then there's her day job: acting. Stateside, Elsa has starred in *Snakes on a Plane* and *Fast Five* (in which she plays cop Elena Neves, the role she reprises in *Fast & Furious 6*), but in Spain, she's starred in more than a dozen films and nearly as many TV shows.

"Aside from her beauty and presence, Elsa is extremely committed," says her *Fast 6* costar Vin Diesel. "Every second that she is on set, she is focused on her character." And apparently she looks darn good doing it: "Oh, man, there's nothing like a sexy woman wearing a police uniform and being aggressive when she needs to be," says costar Tyrese Gibson. "She could put handcuffs on me anytime."

Because of Chris's busy work schedule, Elsa is being selective about the roles she takes on. "It's a good moment for him, so I'm looking for special roles, and, like, if it moves me inside." But now she also considers whether a particular project is worth the time it might take—she and Chris try not to be apart for more than two weeks. "The family is our priority. We both make an effort and give up things. [When you have a baby] you really have to change the way you view life. It's not just about you, but it's amazing."

Which is why she plans to do it again, saying she wants

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two or three kids. One of the things she first noticed about Chris, actually, was his love for family. "I knew he would be an amazing father. I could tell. He has three nieces and he loves them, and it was important for me to see that in a man—it's not really usual. It made us really close and on the same page in how we want things."

This includes living close to nature (their home is in Los Angeles, near the beach). An only child, Elsa was born into outdoorsy adventure, skiing the Pyrenees and Alps and biking with her father. She grew up in Madrid and envies Chris's rugged upbringing in the Australian bush. "He was in the wild," she says wistfully. "He has such good memories, and I want something similar for my family."

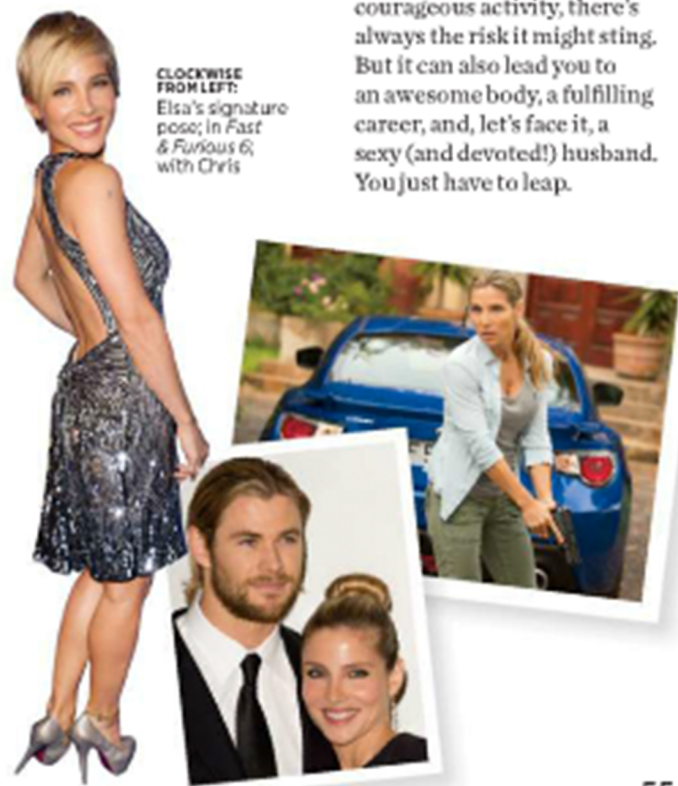
You might find the adrenaline-loving dynamo speeding on her—yes, her—Ducati motorcycle around a

special track. Elsa also likes to perform her own movie stunts, once jumping two stories into a moving garbage truck without cushioning.

"With *Fast & Furious*, it can become an extension of people's personalities," says Tyrese. "It can't be a stretch for you. The little kid inside of you is going crazy, saying, 'I want to do that!'"

Elsa is as much of a daredevil off the set. On a recent vacation, she leaped off a huge waterfall. "There was a sign that said 'No jumping,' and there was this moment when I thought, *Ugh, I'm doing a bad thing*. And then my ass was so red from the impact," she says, laughing. "I looked like one of those monkeys with the red bum. It was so worth it. I loved it. I love that [moment when you're like] 'Eeccc!'"

It's a statement that could sum up Elsa's philosophy on life in general: As with any courageous activity, there's always the risk it might sting. But it can also lead you to an awesome body, a fulfilling career, and, let's face it, a sexy (and devoted!) husband. You just have to leap.



CLOCKWISE FROM LEFT: Elsa's signature pose; in *Fast & Furious 6*; with Chris

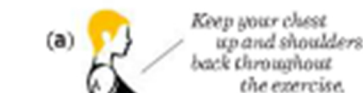
Bringing Up the Rear

So you want to “hacer un Pataky”? “If you train hard, you need only 30 minutes,” says Elsa. “But you have to be focused. When you’re working your bum, think about your bum and how it’s moving. That helps you work it harder.” Her trainer, Fernando Sartorius, calls it connecting the mind with the body. “It allows you to maximize the muscle’s potential,” he says. Here, he lets us in on the bum and back exercises the actress uses.

Do two or three sets of each twice a week to score your own red carpet-worthy rear view. (For the best results, do cardio intervals two days a week too: Sartorius sets the elliptical machine on a high incline to further target Elsa’s glutes and has her perform five 30-second interval bursts with 45 to 60 seconds of active rest—for example, walking or jogging if you’re sprinting—in between.)



“Women are so good at hiding things,” says Elsa. “But instead of trying to hide your body, start working it!”



Keep your chest up and shoulders back throughout the exercise.

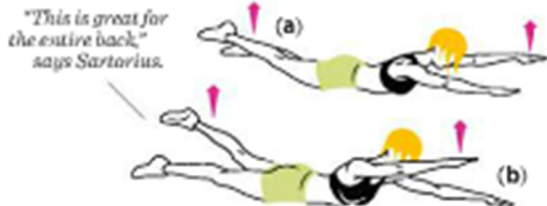
Step Lunge

Place one foot on a step or bench and the other foot two to three feet behind you on the floor (a). Without pushing your hips forward, bend both knees to lower your body toward the floor, keeping your front knee in line with your raised foot and sinking your butt down as low as possible (b). Press back up and repeat for 15 reps before switching legs.



MAKE IT HARDER: Lace your fingers behind your head or hold dumbbells (about two to eight pounds each).

“This is great for the entire back,” says Sartorius.



Alternating Superman

Lie facedown, arms extended past your head. Contract your glutes and lift your chest and arms an inch off the floor. Raise your left arm and right leg a few inches off the floor (a). Pause, then return to the starting position before lifting your right arm and left leg (b). Alternate for 15 reps per side.

Low Squats

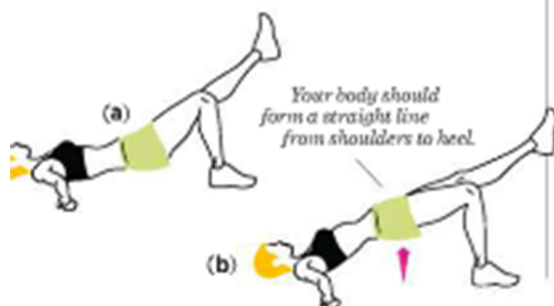
Stand with your feet shoulder-width apart and your fingers laced behind your head (a). With your chest up, push your hips back into a squat, keeping your knees in line with your toes (b). Go lower than 90 degrees—as low as you can without breaking form. Press through your heels to push back up to the starting position. Do 15 reps. ■



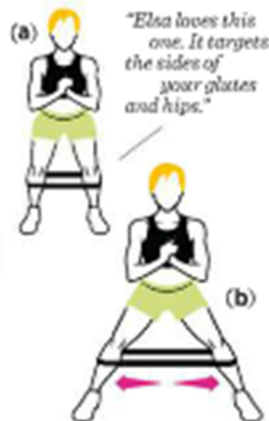
“The lower you go, the more you’ll activate your glutes,” says Sartorius.

Single-Leg Glute Bridge

Lie on your back with your arms out to the side, knees bent, and feet flat on the floor, hip-width apart. Keeping your thighs aligned, straighten one leg so that your toes point up (a). Squeeze your glutes to lift your hips evenly off the floor (b), then lower. Do 15 to 20 reps, then switch legs.



Your body should form a straight line from shoulders to heel.



“Elsa loves this one. It targets the sides of your glutes and hips.”

Low Lateral Band Walk

Tie a resistance band in a small loop. Step inside the band, placing it around your ankles or just below your knees, then clasp your hands in front of your chest for balance and sink into a squat, your chest and eyes up (a). Step out to the side in the squat position to create tension in the band (b). Step sideways 10 times, then step 10 times in the opposite direction.