

Bikini Bods After Baby

Look how fast these hot mamas got back into their skimpy suits!

2 Years After Baby!

"It didn't take me long to get back to my prepregnancy weight. I was lucky," Denise Richards, 36, tells *Us* of shedding the 30 pounds she gained with both Sam, 3, and Lola, 2 (dad is Charlie Sheen). Thanks to Pilates workouts, she posed for *Playboy* just five months after Sam's birth in March 2004. Now play sessions with her girls keep her lean. "In the summer, we swim almost every day!" she says.

June 26



May 2005



Harmon and Finley in July 2006.

13 Months After Baby!

5 Months After Baby!

"I started working out a week after she was born," Brooke Burke, 35, tells *Us* of shaping up following Heaven's January 8 delivery. Thrice-weekly sweat sessions, including Pilates and hikes with fiancé (and Heaven's dad) David Charvet, plus a low-carb diet helped the mom of three drop almost 30 pounds. "I probably have 10 pounds left," she says, "but I'm not putting pressure on myself."

December 2006



June 1

For Angie Harmon, a mom of two daughters (Finley, 3, and Avery, 2) with football player Jason Sehorn, a healthy diet burns off baby weight. "It's not about starving yourself or a diet of coffee and cigarettes," says the Tae Bo veteran, 34, who has also done balance training, using boards and balls to improve strength and equilibrium. "It's about high protein and fiber and listening to your body."



May 2005