

To target your thighs, glutes and arms, combine biceps curls with plié squats.

# Get It Now: Lean All Over

7 flab-fighting moves that burn serious calories.

Bonus: Drop a pound of fat by Friday with our exclusive melt-it-off workout.

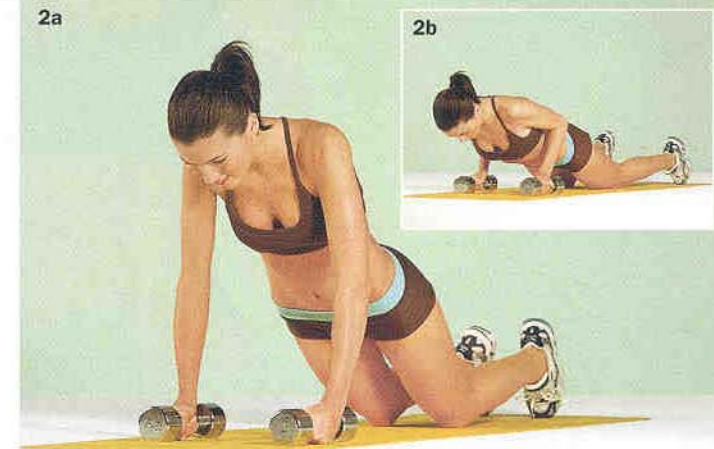
# The Workout

If you really want to change your shape, you need a combo of reduced body fat and better muscle tone. To get it, try our supercharged workout, which burns close to 500 calories in less than an hour. "I combined intense cardio bursts with multi-muscle strength moves to sculpt your body and kick your metabolism into overdrive," says Sarah Robertson, a personal trainer in Washington, D.C., and fitness consultant at Green Mountain at Fox Run, a women's health spa in Ludlow, Vermont. Do the cardio intervals immediately after the last set of each move. You'll need dumbbells, a weighted ball and a stability ball. Do the 50-minute routine three times a week and after four weeks you'll be lean, firm and strong all over.



## 1 Wall Hamstring Curl (targets backs of legs)

Stand with your legs hip-width apart, hips and torso against a wall. Place a small weighted ball between the wall and your right heel. Keep your left knee soft. Bend your right knee and slowly roll the ball up the wall toward your butt. Hold for 1 count, then roll the ball back down toward the floor. Repeat for a total of 8 to 12 reps; switch legs without resting in between. Do 2 sets total. • **3-minute cardio burst:** Jog up and down stairs or use a stairclimber or step.



## 2 Elbow-Tuck Push-up (targets chest, triceps, shoulders)

**a.** Using dumbbells here keeps your wrists straight. Grip large dumbbells and get into push-up position with knees and toes on the floor and hands slightly wider than shoulder-width apart. (Lift knees for an added challenge.) **b.** Keep elbows tucked close to your sides, wrists straight and abs tight as you lower your chest toward the floor. Slowly push up and repeat. Start with 5 to 8 reps and work up to 12. Rest 45 seconds, then do second set. • **3-minute cardio burst:** Plyometric jumps with both feet onto a step.



## 3 Balancing Outer-Thigh Raise (targets outer thighs, butt)

Stand with feet hip-width apart. Shift weight to left foot (bend knee slightly) and raise right leg straight out to the side as high as you can, foot flexed and toes pointing forward. Lower leg until it's about a foot off the floor and repeat. Do 8 to 12 reps on each leg without resting in between. Repeat lift on both sides, but raise leg behind you on a diagonal. • **3-minute cardio burst:** Kickbox, doing a combination of front, back and side kicks.

4b



4a

## 4 Wide-Plank Rear Flye

(targets shoulders, abs and back)

**a.** Get in plank position with legs wide, left hand on floor under shoulder and right hand holding a 3- to 5-pound weight. **b.** Keeping abs tight, raise right arm out to side to shoulder height, elbow soft, squeezing shoulder blade as you lift. Slowly lower to start and repeat. Do 2 sets of 8 to 12 reps per arm. • **3-minute cardio burst:** Plyometric split lunges. Step forward with right leg and lower until right thigh is parallel to floor. Jump up, switching legs in midair, and lower back into a lunge. The lower you lunge, the greater the challenge.

6



## 6 Pulse Crunches on Exercise Ball

(targets abs)

Lie with lower back on stability ball (upper torso will be slightly below parallel to floor), feet hip-width apart (not shown). Place hands behind ears. Crunch up about 30 degrees and pulse a little higher 3 times; lower. Do 12 reps, then do 12 crunches to each side (left shoulder toward right hip). Rest for 30 seconds; repeat. • **3-minute cardio burst:** Four-corner broad jumps. Jump randomly forward, backward and side to side—about 2 feet in each direction.

5



## 5 Lateral One-Legged Squat Jump

(targets legs, glutes)

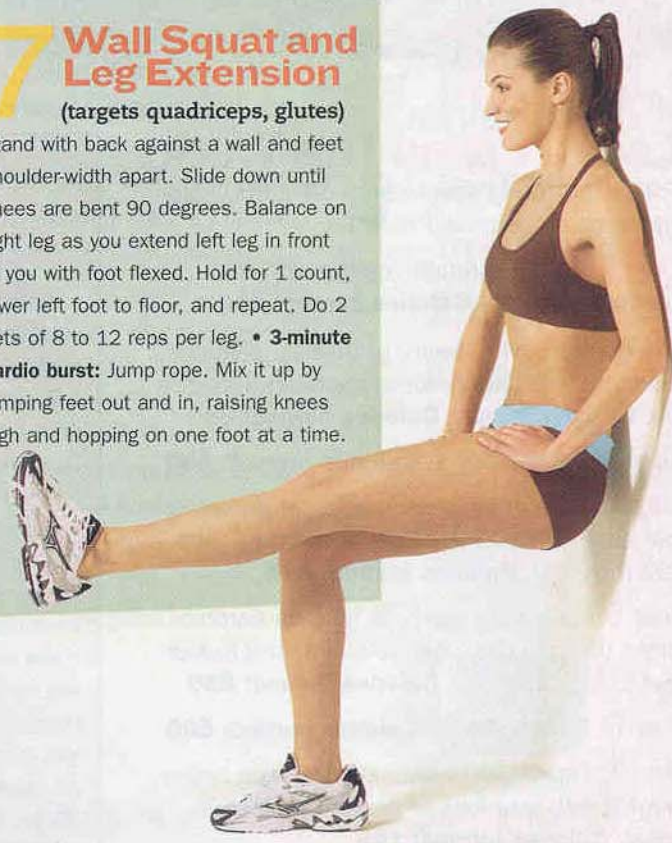
Hop slowly side to side from one leg to the other. When comfortable with the movement, do a single-leg squat on the landing leg: Hop to left with left foot and bend left knee as far as you can. Press up, hop to right foot and repeat. Keep knee behind toes as you squat. Jump for 45 seconds, then rest for 30 seconds; repeat twice. • **3-minute cardio burst:** Jump rope. Mix it up by jumping feet out and in, raising knees high or hopping on one foot.

## 7 Wall Squat and Leg Extension

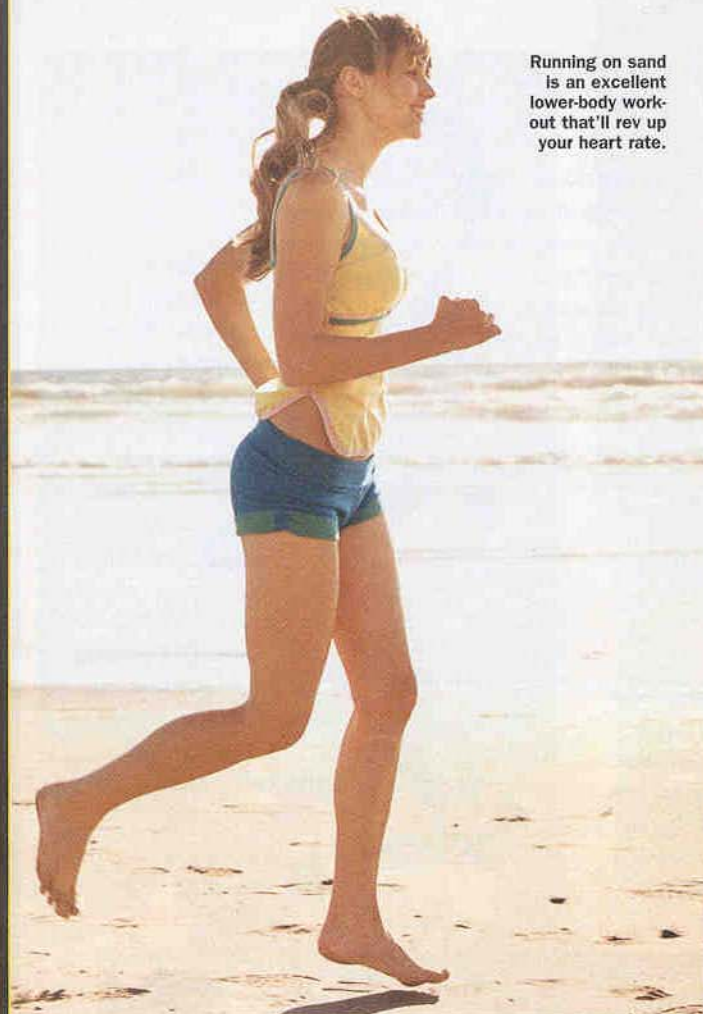
(targets quadriceps, glutes)

Stand with back against a wall and feet shoulder-width apart. Slide down until knees are bent 90 degrees. Balance on right leg as you extend left leg in front of you with foot flexed. Hold for 1 count, lower left foot to floor, and repeat. Do 2 sets of 8 to 12 reps per leg. • **3-minute cardio burst:** Jump rope. Mix it up by jumping feet out and in, raising knees high and hopping on one foot at a time.

7



Running on sand is an excellent lower-body workout that'll rev up your heart rate.



# Outdoor Calorie Blasters

**Surprise! You can burn more calories outdoors** than in. "Thanks to wind and terrain changes, your heart rate is, on average, 5 to 10 beats per minute higher and you burn 10 to 15 percent more calories," says John Porcari, Ph.D., a professor in the department of exercise and sports science and the executive director of the La Crosse Exercise and Health Program at the University of Wisconsin at La Crosse. Here's how your favorite activities measure up when done at comparable intensities.

ACTIVITY	INSIDE CAL.	OUTSIDE CAL.
<b>Walking</b>	220*	255
<b>Take it up a notch:</b> Tie resistance tubes around your waist and hold them as you swing your arms.		
<b>Running</b>	485	560
<b>Take it up a notch:</b> Run on trails or sand. The uneven terrain adds an extra challenge for your hip, leg and butt muscles.		
<b>Biking</b>	485	560
<b>Take it up a notch:</b> Use a lower (harder) gear to challenge your legs during the entire pedal stroke.		
<b>Stairclimbing</b>	290	335
<b>Take it up a notch:</b> Take two steps at a time if you can (not easily doable on gym machines).		

\*All calorie counts are based on a 135-pound woman doing an activity for 45 minutes.

## Lose a Pound This Week

Follow this 7-day plan to burn off 3,500 calories (that's one pound of fat).

**Day 1:** Do our strength/cardio workout, preceding pages. **Calories burned: 500**

**Day 2:** Run, bike, swim, or take an aerobics class (60 minutes). Aim to maintain a moderate to high intensity. **Calories burned: 650**

**Day 3:** Repeat Day 1. **Calories burned: 500**

**Day 4:** Do a moderately paced, longer workout such as walking, hiking or a dance class (90 minutes). **Calories burned: 585**

**Day 5:** Run, bike, swim, or take an aerobics class (60 minutes). Aim to maintain a moderate to high intensity. **Calories burned: 650**

**Day 6:** Repeat Day 1. **Calories burned: 500**

**Day 7:** Do easy activities like cleaning house, playing with your kids or gardening (30 minutes). **Calories burned: 145**

## 4 Ways to Get Lean Faster

• **Pump up your resistance training.** Research has shown that higher-intensity strength training—heavier weights and more sets—not only burns more calories but can also boost your metabolism.

• **Surprise your body.** Even small changes—like choosing a hill profile on a cardio machine—challenge your body in new ways, says Felicia D. Stoler, R.D., a New York City-based exercise physiologist and nutritionist. Prove it to yourself by taking a power yoga class in place of a strength or cardio workout (we guarantee you'll feel it the next day).

• **Add plyometrics.** These explosive moves—like the lateral one-legged squat jump and the split lunge jump in our workout—use more muscle fibers to sculpt legs faster while increasing intensity.

• **Use proper form.** If your upper body moves back and forth to help you lift weights, you're cheating, says Stoler. Try this move the next time you do biceps curls: Stand against a wall with your arms an inch from your sides and elbows flush with the wall. Curl the weights up toward your shoulders and lower. Since your trunk can't help you lift, you probably won't be able to lift as much weight.