

LOSE UP TO 10 POUNDS WITHOUT TRYING One simple tweak makes all the difference


SHAPE
YOUR
LIFE

WALK
OFF
MORE
CALORIES
p.112

START TODAY!

GET
SLIM
IN JUST
5 WEEKS

THE PERSONALIZED
PLAN THAT
BLASTS FAT
BOOSTS ENERGY
SCULPTS
EVERY INCH

 Not in
the mood?
How to boost your
mood by tonight

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SPECIAL REPORT

The #1 killer
of women

You'll want to
see your doctor
after reading
this, p.138



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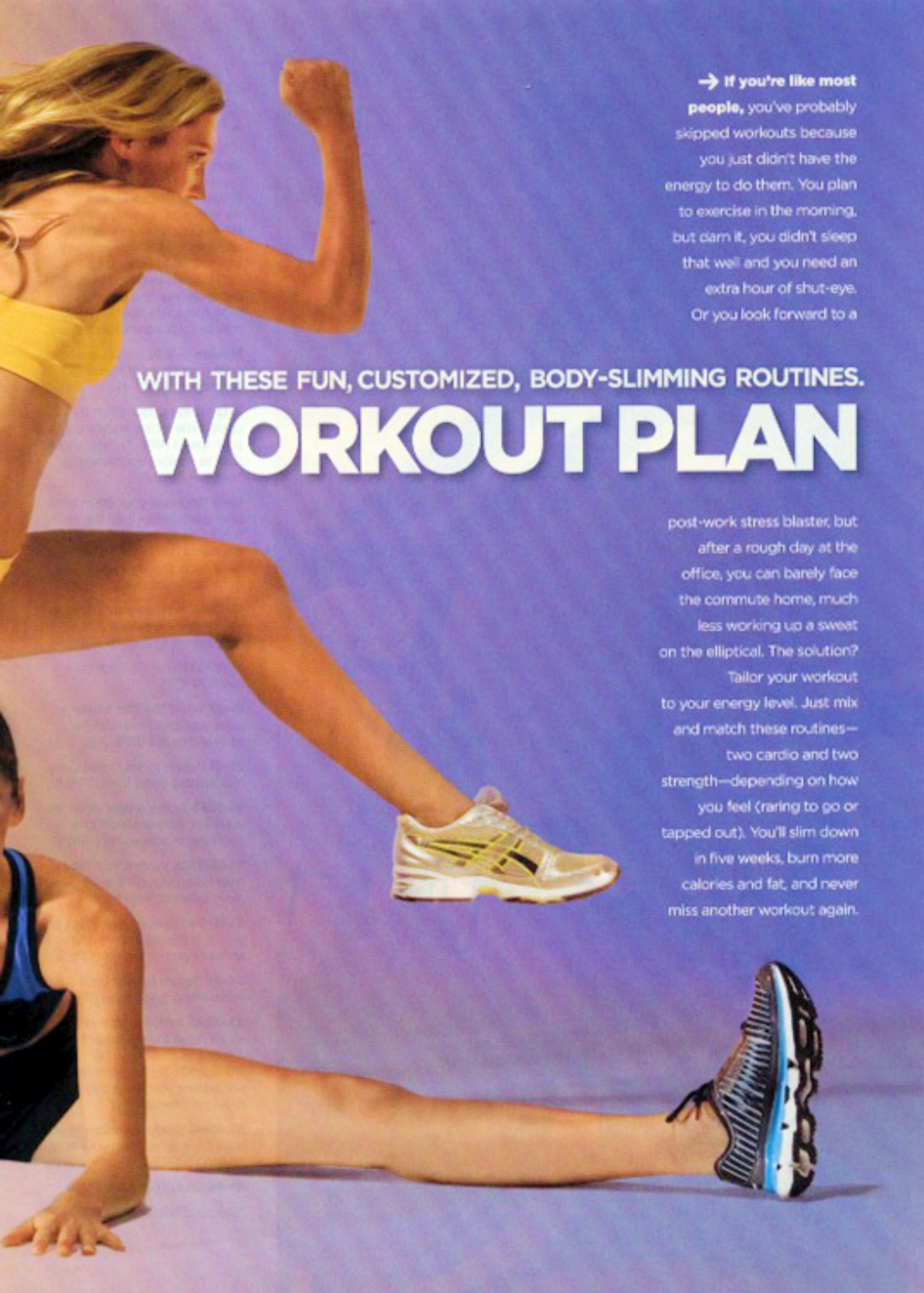
PLUS Fabulous Fakes
7 ANIMAL-FRIENDLY WAYS TO STAY STYLISH

TAKE ADVANTAGE OF YOUR NATURAL ENERGY HIGHS AND LOWS

THE NO-EXCUSES

BY DIMITY McDOWELL / PHOTOGRAPHY BY DARRYL ESTRINE





→ If you're like most people, you've probably skipped workouts because you just didn't have the energy to do them. You plan to exercise in the morning, but darn it, you didn't sleep that well and you need an extra hour of shut-eye. Or you look forward to a

WITH THESE FUN, CUSTOMIZED, BODY-SLIMMING ROUTINES. WORKOUT PLAN

post-work stress blaster, but after a rough day at the office, you can barely face the commute home, much less working up a sweat on the elliptical. The solution?

Tailor your workout to your energy level. Just mix and match these routines—two cardio and two strength—depending on how you feel (raring to go or tapped out). You'll slim down in five weeks, burn more calories and fat, and never miss another workout again.



TRY THIS
OUTSIDE, TOO:
NATURAL
LIGHT IS
AN EXCELLENT
ENERGIZER

CARDIO / LOW ENERGY

Do this if...YOU'D RATHER BE ON THE COUCH

This walking (and some jogging) routine, also created by Kahn, gradually gets your heart pumping faster, but with no sprinting, no serious climbs, no huffing and puffing. After a couple of minutes, we guarantee you'll have more energy and be motivated to keep going. The varying moves and inclines engage your brain, which also helps increase alertness.

Minutes 0-10 Walk on flat ground, taking deep breaths (RPE 4). Do 3 sets of 10 large arm circles—5 forward and 5 back—over the course of the warm-up.

10-15 Challenge your coordination by doing a V step. Instead of using a normal one-foot-in-front-of-the-other stride, walk forward, stepping wide out to each side, then bring feet close together (RPE 5). If you're on a treadmill, make the V narrower.

15-20 Climb a hill or stairs if you're outdoors, or up the grade on a treadmill (RPE 8). Lean forward slightly. If you're on flat terrain (or if your hill ends before the 5 minutes are up), alternate doing 10 walking lunges with each leg followed by 1 minute of walking or jogging.

20-30 Walk backward (retro walk) on a slight incline, if possible, for 2 minutes (RPE 5). Turn around and walk or jog for another 2. Repeat once, then finish with 2 minutes of retro walking.

30-39 Walk briskly—use short, fast strides—or jog for 9 minutes (RPE 6-7). Swing arms vigorously to boost the intensity.

39-45 Bring down the intensity so your breathing returns to normal, but don't back off completely yet (RPE 5).

45-50 Slow down to an easy stroll and do side kicks as you walk (RPE 4). With hands on hips or out to each side, extend your right leg out to the right, keeping hips level, then place right foot directly in front of left (as if walking a tightrope). Repeat with left leg. Continue for 1 minute. "This works the sides of the glutes, which don't get used much in forward-motion activities," explains Kahn. Spend the last few minutes walking at a slow pace.

Do this if...YOU FEEL SUPER-STRONG AND MOTIVATED

This hit-it-hard routine, designed by trainer Tanja Djelevic of LoudFitness in Los Angeles, uses high-intensity plyometrics to pump up results. After a warm-up, do 1 set of each move (use 5- to 10-pound weights) in order, without resting. Repeat once or twice.



1

↑ Curl and press

WORKS SHOULDERS, BICEPS, AND OBLIQUES

Curl dumbbells toward shoulders as you twist upper body to the right (shown). Return to center and press weights up, turning palms forward. Lower weights to sides; repeat to other side to complete 1 rep. Do 10 reps.

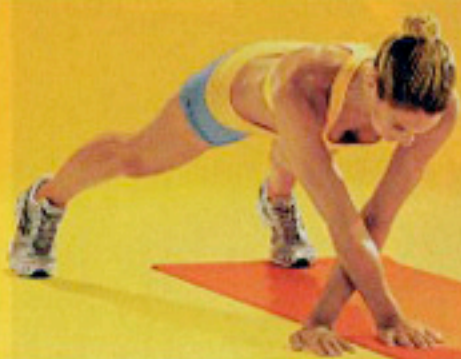


2

↑ Frog jumps

WORKS LEGS AND BUTT

With feet shoulder-width apart and arms in front of you, elbows bent, squat (shown). In one explosive movement, jump up and forward, using your arms for momentum. Repeat for 30 to 60 seconds.



3 Crossover push-up

WORKS CHEST, ARMS, AND CORE

Get in push-up position on toes and hands, right toes on top of left heel. Do one push-up. Step right foot to right as you cross left hand behind right (shown). Move right hand under right shoulder as you place left foot on right. Do a push-up; "walk" to the left. Do up to 10 reps.



4 Plié jump

WORKS INNER THIGHS, LEGS, BUTT, AND ABS

Standing with feet wide, knees and toes turned out, lower into a squat. Raise arms in front of you at shoulder height, elbows slightly bent and palms turned toward you as if you were holding a large ball. Tighten abs, pulse down three times by bending knees, and at the bottom of the third pulse, extend arms overhead and jump straight up (shown). Repeat for 30 to 60 seconds.

Do this if... YOU'RE TOO TIRED TO GO TO THE GYM BUT STILL WANT TO GET SCULPTED FROM HEAD TO TOE

This moderate-intensity workout, designed by Djelevis, incorporates moves that work more than one area at a time. Do 1 set of each exercise in order (use 3- to 10-pound dumbbells and a resistance tube), resting about 30 seconds between sets. Repeat the series twice.

**↑ Extended lunge**

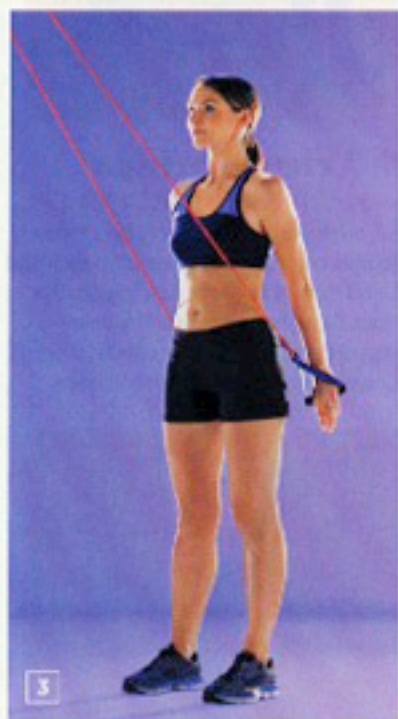
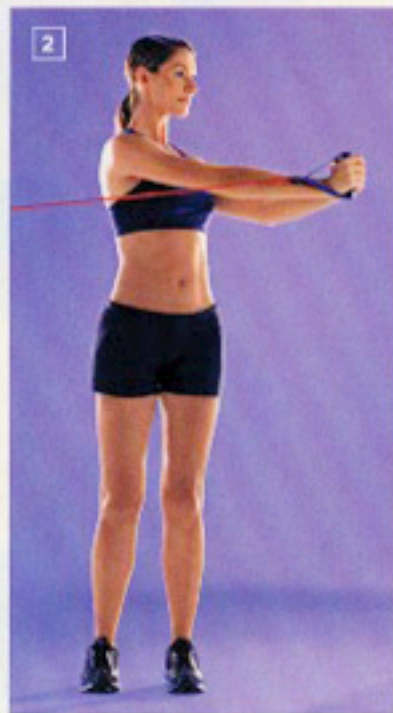
WORKS LEGS, BUTT, SHOULDERS, AND BACK

Hold a dumbbell in each hand at sides, palms facing in, and lunge forward with left leg. In one motion and with abs tight, push off right foot, straighten left knee, and extend right leg in front as high as you can. Simultaneously lift weights overhead, palms facing each other [shown]. Hold for one count, then lower weights and lunge; repeat. Do 5 to 10 reps; switch sides to complete set.

↓ Oblique twist

WORKS OBLIQUES AND BACK

Attach one end of a resistance tube to a stable object a little below shoulder height and stand a few feet away, perpendicular to anchor point. Hold one handle with both hands in front of chest. Step away from anchor point until band is taut. Keeping abs tight, twist upper body slowly to the left [shown]. Return to start and repeat. Do 10 to 20 reps, then switch sides to complete set.

**↑ Superman pull**

WORKS QUADS, GLUTES, HAMSTRINGS, TRICEPS, BACK, AND REAR SHOULDER

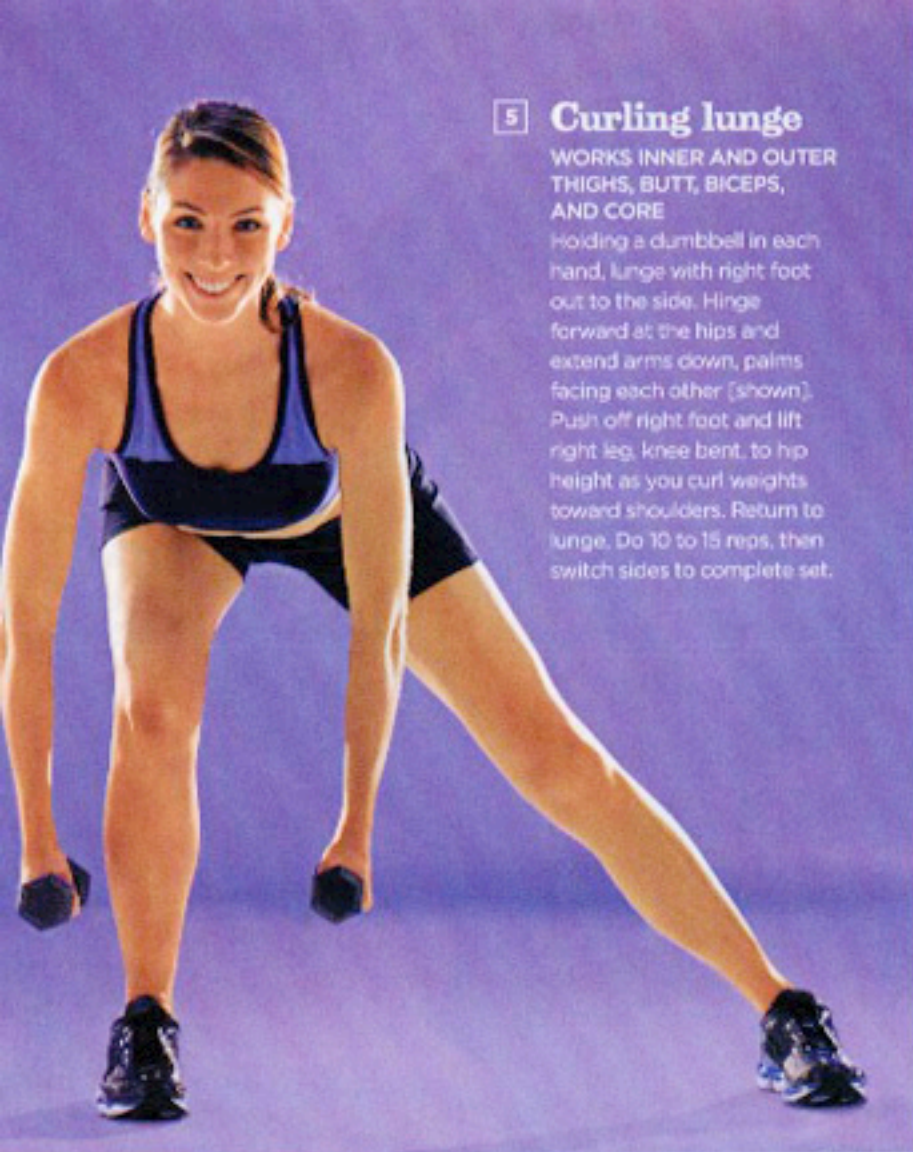
Holding an end in each hand, lower into a squat as you raise arms out in front at an angle and parallel, palms facing floor. Keeping arms straight, stand up as you pull both sides of the band down and slightly behind hips [shown]. Raise arms and return to squat. Do 10 to 15 reps.

4 Twisting push-up

WORKS CHEST, ARMS, AND CORE

Get in push-up position on toes (or knees, if necessary) and hands, so body is straight from head to heels. Do a push-up, then draw your right knee under you and to the left, so knee is just a few inches off the floor [shown]. Place right foot on the floor and repeat on other side to complete 1 rep. Do 10 to 16 reps.

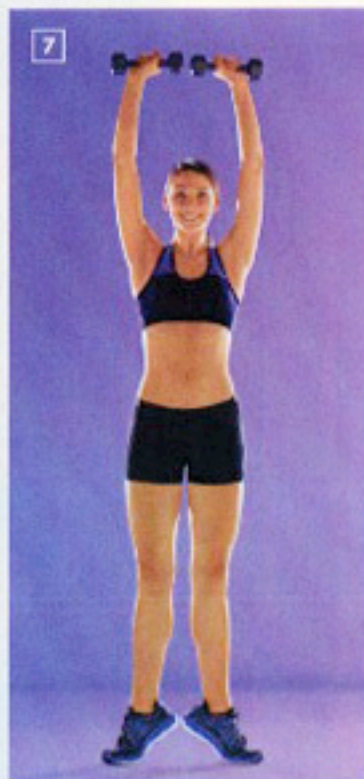




5 Curling lunge

WORKS INNER AND OUTER THIGHS, BUTT, BICEPS, AND CORE

Holding a dumbbell in each hand, lunge with right foot out to the side. Hinge forward at the hips and extend arms down, palms facing each other (shown). Push off right foot and lift right leg, knee bent, to hip height as you curl weights toward shoulders. Return to lunge. Do 10 to 15 reps, then switch sides to complete set.



7 Swimming plié

WORKS LEGS AND SHOULDERS

Holding a dumbbell in each hand stand with feet in a V. Rise up onto toes and stay there as you curl dumbbells toward chin; extend arms overhead (shown), then lower dumbbells out to the side and down as you lower into a plié squat; repeat. Do 10 to 15 reps.

6 Balance dip

WORKS TRICEPS, BACK, LEGS, AND CORE

Sit on the edge of a bench, palms next to hips. Lower hips down, then straighten arms and extend right leg and left arm in front of you (shown). Repeat with opposite arm and leg to complete 1 rep. Do 10 to 15 reps.



8 Windmill

WORKS ABS AND OBLIQUES

Lie faceup with legs on the floor and arms extended behind you, palms up. Lift left leg and right arm, grabbing ankle, as you twist upper body and head slightly to the left (shown). Hold for one count; switch sides to complete 1 rep. Do 5 to 7 reps.

