

eights (yoga mat optional).

**STEP 1**

Do 2 sets of these moves in order, three days a week on alternate days.

**STEP 2**

Add 10 to 20 minutes of your favorite cardio at least twice a week—or try our treadmill ideas, opposite.

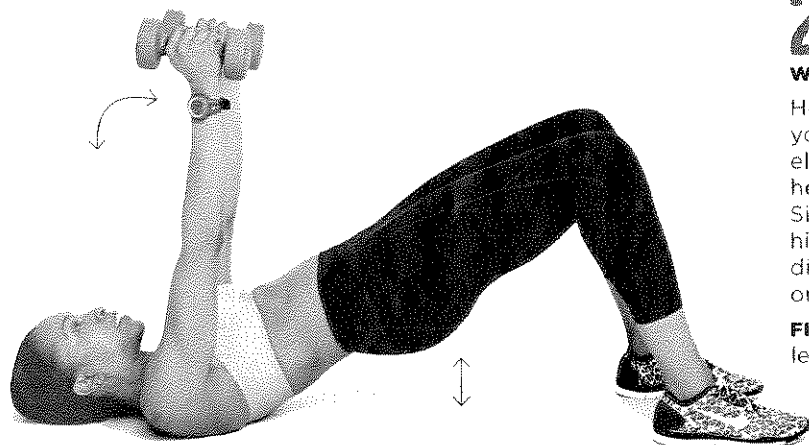
# 1 SKIER SWING

**WORKS GLUTES, HAMSTRINGS, HIPS**

Stand with feet hip-width apart, knees bent slightly, a dumbbell in each hand. **A.** Push hips back and bring dumbbells slightly behind you. **B.** Quickly thrust hips forward, squeezing glutes as you swing dumbbells to shoulder height. Repeat for 12 reps total.

**FIT TIP** Let all of the power come from the hip thrust.

**GO EASY**  
Drop the weights.



# 2 TRICEPS BRIDGE

**WORKS TRICEPS, GLUTES, BACK, ABS**

Holding a dumbbell in each hand, lie on your back with knees bent, feet flat. Bend elbows so weights are on either side of your head, elbows pointed toward the ceiling. Simultaneously contract glutes and raise hips as you extend arms so weights are directly above chest. Return to start for one rep; repeat for 12 reps total.

**FIT TIP** Watch hips to make sure they're level, not dipping to one side.

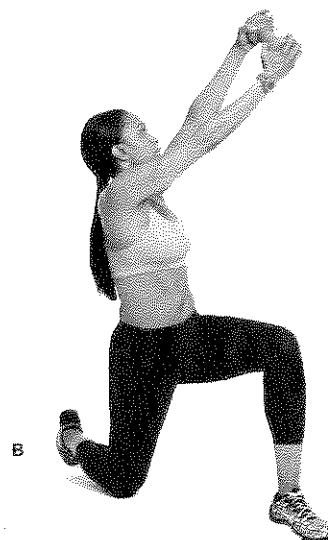
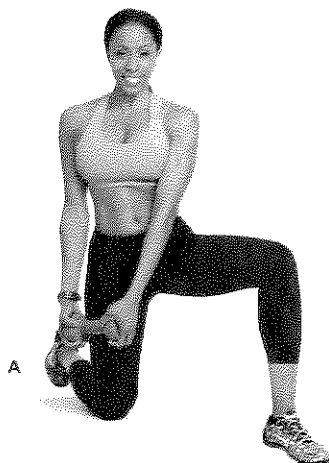
# 3 KNEELING WOOD CHOP

**WORKS ABS, OBLIQUES, SHOULDERS**

**A.** Kneel on right knee, holding a dumbbell with both hands at right thigh.

**B.** Slowly bring the weight across your body and over your left shoulder, looking at hands. Hold briefly, then return to start for one rep. Do 12 reps, then switch sides.

**FIT TIP** Keep arms straight without locking elbows.



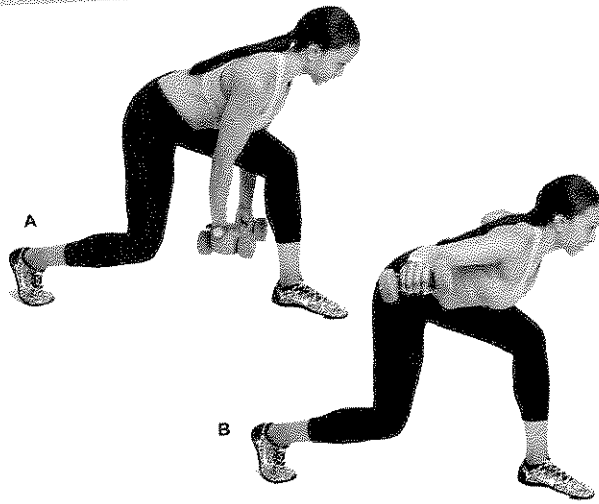
SUSAN PITTARD/Studio D. Hair and makeup by Birgitte for Malin + Goetz.

## 4 LUNGE & FLY

**WORKS LEGS, BACK**

Start with feet hip-width apart, holding a dumbbell in each hand, palms inward. **A.** Step back with right foot into a lunge, hinging forward at hips. **B.** Draw arms out to sides as you squeeze shoulder blades together. Holding the lunge, continue for 12 reps; switch sides and repeat.

**FIT TIP** Keep a slight bend in your elbows to protect your shoulders.

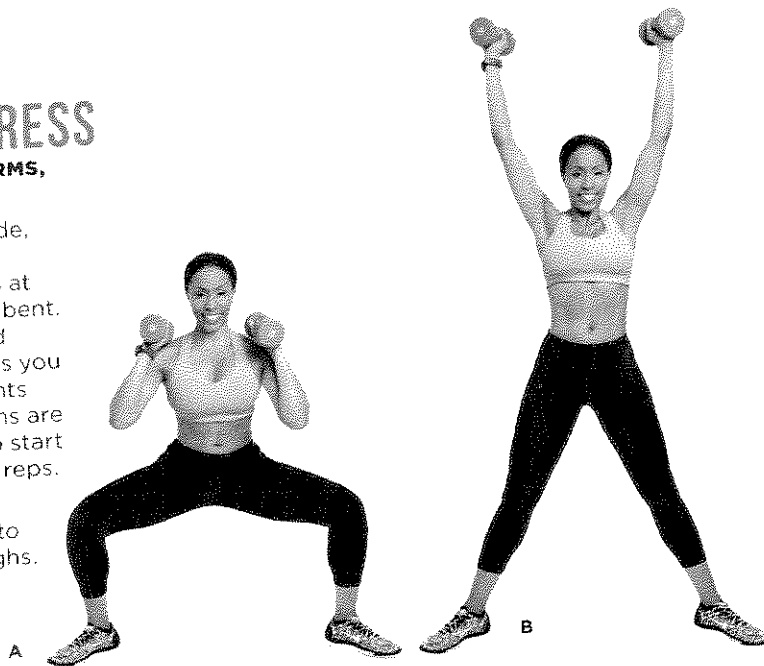


## 5 SUMO PRESS

**WORKS GLUTES, ARMS, QUADS**

Stand with feet wide, toes turned out, holding dumbbells at shoulders, elbows bent. **A.** Bend knees and squat deeply. **B.** As you stand, press weights overhead until arms are straight. Return to start for one rep. Do 12 reps.

**FIT TIP** Keep toes pointed outward to activate inner thighs.

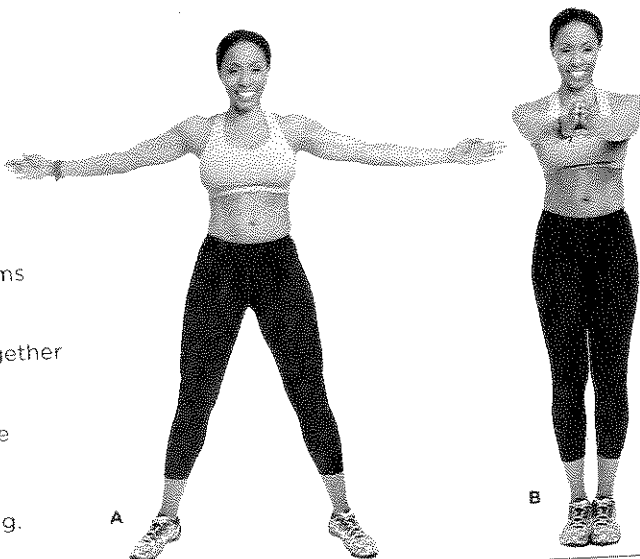


## 6 SEAL JACKS

**WORKS CHEST, SHOULDERS, BACK; COUNTS AS CARDIO**

**A.** Start with feet wide, arms straight out to the sides at shoulder height. **B.** Jump, bringing feet together as you clap hands in front of chest. Jump back to starting position. Continue for 30 to 45 seconds.

**FIT TIP** Tired? Step feet in and out instead of jumping.



## QUICK CARDIO: TREADMILL

Three fast, effective calorie burners from La

### POWER WALK

MINUTES	INCLINE	SPEED
2	1	3
2	3	3
1	5	3
1	5	3.5
1	7	3
1	9	3
2	12	3

**TOTAL TIME: 10 MINUTES**

### RUN/WALK SIZZLER

MINUTES	INCLINE	SPEED
2	1	3
1	8	3
2	5	5
1	7	3.5
2	4	5
1	6	3.5
2	3	5
1	2	3

**TOTAL TIME: 12 MINUTES**

### SPEEDY SPRINT

MINUTES	SPEED
5	Walk or light jog
1	6
1	Recover (3)
1	7
1	Recover (3)
2	7
2	Recover (3)
3	7
3	Recover (3)
2	7
2	Recover (3)
1	7
1	Recover (3)

**TOTAL TIME: 25 MINUTES**

See page 78 for the GH Institute's top treadmill picks for 2015!

Illustrations: iStockphoto.com (Aarts), iStockphoto.com (Aarts), iStockphoto.com (Aarts)