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MODEL & FITNESS PERSONALITY

KAREN MCDUGAL

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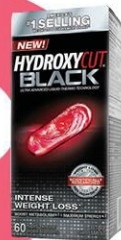
WITH A
BARBELL

P84

8 Week ABS PLAN

TRANSFORM YOUR BODY

With These Healthy Meals P114



**SHED
WEIGHT
FAST!**
P156

20 WAYS TO GET LEAN

NOW

P148

SPRING 2017

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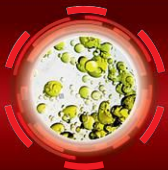
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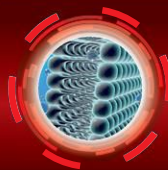
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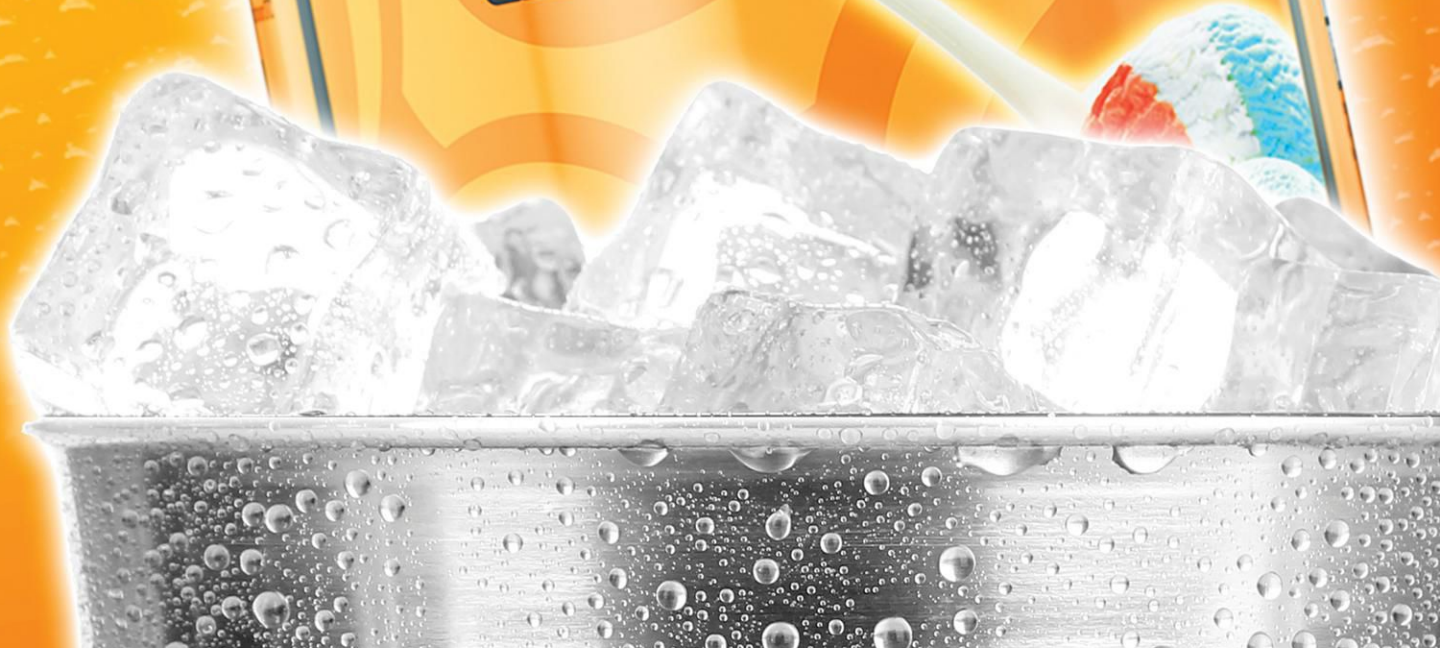
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INTRA-WORKOUT COMPLEX

10:1:1 I-BCAA DOSING RATIO



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Karen McDougal
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Kimberly Carlson
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Bottom: Elisabetta Rogiani



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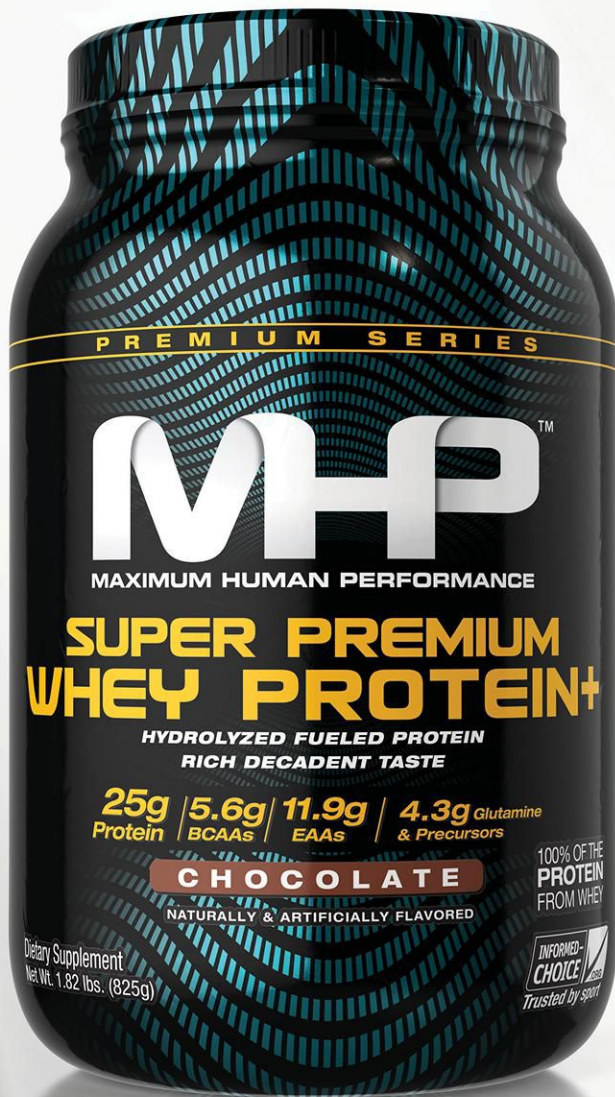
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On set with
cover model
Karen McDougal,
age 46.

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COVER SHOOT SECRETS!

Peek behind the scenes of cover model **Karen McDougal**'s photo shoot with *Muscle & Fitness Hers*. Watch her get camera-ready and demonstrate some of the moves from her workout feature at muscleandfitness.com/karen.

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I DON'T HIDE FROM CHALLENGES, I CONQUER THEM ALL

KATIE MILLER
NPC BIKINI COMPETITOR
@ktmillerfit

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500 mg
Garcinia indica

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From the CHAIRMAN

• **WHAT MOTIVATES YOU** to get up each day and live your healthiest lifestyle? Is it the moving success story of someone who's managed to shed unhealthy habits and extra pounds? The encouragement of your family and friends who help you make time to get to the gym and/or provide supportive feedback along the way? Or a clever saying on a T-shirt? Inspiration is all around us—we only have to recognize it and embrace the opportunities before us.

The editors at *Muscle & Fitness Hers* are constantly inspired by stories of amazing, active women like you who strive to be their best, whether it's an ultra-marathoner who races on some of the planet's toughest terrain (p. 38) or a bikini competitor who only about a year ago was so out of shape that she could barely climb a flight of stairs (p. 104). We love what Jen Widerstrom, one of the most inspiring fitness coaches on the planet, shares in her anyone-can-do-it diet plan (including a special pullout workout poster) on page 110.

You'll also find **supereasy clean-eating recipes** featuring the most important nutrients you may not be eating (p. 114), **twenty 20-minute body-shredding routines** that will get your workout over and done in less than a half hour (p. 148), and an **8-week abs exercise and diet plan** (p. 92) that will totally inspire you to purchase a new two-piece by this summer! Plus **cover model Karen McDougal** reveals her secrets for staying fit and fabulous in your 40s and beyond (p. 18).

Tell us what (or who!) inspires you! Tweet us @MandFHers, post on our Facebook page, tag us on Instagram @MuscleandFitnessHers, or visit Pinterest @MandFHers. As always, your feedback and trust are essential to our success.

David J. Pecker
Chairman, President, and
Chief Executive Officer
of American Media, Inc.



Cover model Karen McDougal shares her ageless fitness routine.

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*For more motivating fitness gear, turn to the Fit Life section, page 70.



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"On Fleek":
*Smooth, nice,
or sweet.* As
in "Your meal
prep is on
fleek, girl!"

TURN UP YOUR MEAL-PREP MOJO

Plan your meals for the week ahead but don't forget to put a little spice into it! These six fitness influencers share the make-ahead favorites that they look forward to most. Log on to muscleandfitness.com/meal-prep for all of these delicious recipes and more inspiration.



SARAH & NICK

@MEALPREONFLEEK

Salmon, Brown Rice, Roasted Brussels Sprouts

▶ This is one of our favorite meal preps. It is made with only five ingredients and

comes together in less than 10 minutes because of the pre-cooked and pre-portioned items used in it! It's also very nutrient dense and has a great balance of protein, carbs, and healthy fats, plus flavor to keep us on point with our health goals!



CHRISTA BROWN

@MISS_FITNESSPDX

Cinnamon Apple Protein Muffins

▶ My favorite meal-prep recipe right now is perfect for crisp days and allows me to stay on track with my diet. They are simple to make, have only clean ingredients, offer the perfect balance of nutrients to fuel my workouts and day (whole grains, saturated fats, and lots of protein), plus are easy to store, which is great for a busy weekday breakfast. Best of all, they taste like I'm cheating, but I'm not!



MICHELLE MIDDLETON

@MADLYMISH

Chicken Breast with Red Quinoa, Dates and Broccolini (and Optional Crumbled Goat Cheese)

▶ This is one of my favorite meal-prep recipes because it's quick and easy to make, plus the dates and goat cheese give it such a great flavor.



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TINA CHOW

@FITCHICKSCOOK

Taco Tuesday Mason Jar Salad

► This meal is easy when you're on the go. It keeps really well in a Mason jar—it lasts for five days! Also, there's no reheating necessary since it can be eaten cold. I also love how flavorful and colorful it is; plus it's refreshing and really fills you up.



JENN CHEE

@CARVEQUEEN

Soya Ginger Drumettes

► This is a staple chicken dish in a lot of Chinese households. Its popularity is most likely due to how simple it is to make. Throw everything into a big pot, boil, and an hour or so later it's ready to serve. The chicken is tender and flavorful, so I always triple the recipe and freeze several portions, making meals midweek much faster.



AMANDA MEIXNER

@MEOWMEIX

Turkey Marinara

► This is one of my favorite meal-prep recipes because it keeps great all week, is full of flavor, and is supereasy to make. I often serve it over spaghetti squash or spiralized zucchini noodles.



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sculpt your **BODY BEAUTIFUL**

You don't always have to go heavy to get great results. Light resistance (or just your body weight!) and higher rep counts can help you get sleek and strong all over.

BY **ALYSSA SHAFFER**

WORKOUT BY **GINO CACCAVALE**

PHOTOGRAPHS BY **DUSTIN SNIPES**

COVER MODEL:
Karen McDougal,
age 46

Heavy weights have their place in your workout routine, but you may be in a place with little access or opportunity to load up with a lot of resistance. The good news is that research shows it doesn't matter if you go heavy or light—just as long as you're working your muscles to their fullest capacity. "This workout will help strengthen and tone your muscles using light dumbbells, resistance bands, or just your own body weight," notes Gino Caccavale, *Hers* technical adviser. Our cover model and fitness enthusiast Karen McDougal demos this total-body conditioning circuit that will help you get lean and strong in all the right places.

REVERSE LUNGE TO V RAISE

WORKS: SHOULDERS, CHEST, QUADS, GLUTES, CALVES

- › Stand tall holding dumbbells in front of thighs with palms forward **(A)**.
- › Step right leg back into reverse lunge, bending both knees about 90 degrees and lowering right knee toward floor. At the same time, lift weights to shoulder height, rotating palms so weights form a V position **(B)**.
- › Lower arms while stepping right foot back to start. Do 2 sets of 10-12 reps per side.



CROSS CRUNCH

WORKS: OBLIQUES, HIPS

- › Stand tall with feet together, hands behind head with elbows out to sides at shoulder height **(A)**.
- › Lift left knee toward chest; at the same time, bring right elbow across body to touch left knee. Keep left elbow out to side **(B)**. Do 2 sets of 20 touches per leg as fast as possible.



V-UP BAND ROW

WORKS: ARMS, BACK, CORE

- › Sit with resistance band around bottoms of feet, holding ends in each hand, arms straight and palms down.
- › Lift legs 45 degrees to floor while leaning torso back, keeping core engaged, until body forms a V. Keep arms straight with palms facing floor **(A)**.
- › Draw elbows back toward sides, rotating palms to face up **(B)**. Keep upper body and legs lifted throughout.
- › Extend arms to start. Do 3 sets of 20 slow reps.



A



B

BEAR SQUAT

WORKS: CORE, LEGS

- › Begin on all fours, hands on floor under shoulders and knees under hips. Lift knees a few inches from floor, abs engaged **(A)**.
- › Keeping hands in place, push glutes back toward heels, bringing chest toward thighs **(B)**.
- › Return to start position without knees touching floor. Do 3 sets of 20 reps.



A



B

PUSHUP WITH CROSS REACH

WORKS: SHOULDERS, CHEST, TRICEPS, CORE

- › Start in top of pushup position, hands on floor below shoulders and feet slightly wider than hip-distance apart **(A)**.
- › Do a pushup, lowering chest toward floor while keeping abs engaged **(B)**.
- › Press back up to full pushup position, then reach your left hand toward your right foot, keeping legs straight and forming an inverted V with your body **(C)**.
- › Return to start, and bring right hand to touch left foot. Do 2 sets of 12 pushups and touches per side.

A



B



C



SUPERGIRL LAT SQUEEZE

WORKS: BACK, CORE,
GLUTES

- › Lie facedown on a mat with arms extended forward and legs extended behind you in a V shape. Lift arms, chest, and legs about a foot off the floor, squeezing glutes **(A)**.
- › Draw elbows back, bringing shoulder blades together. Keep glutes engaged and legs lifted **(B)**. Hold here for one to two counts.
- › Extend arms back to starting position and repeat, trying not to allow legs to touch down throughout the exercise. Do 3 sets of 15 slow reps.



SIDE PLANK TWIST

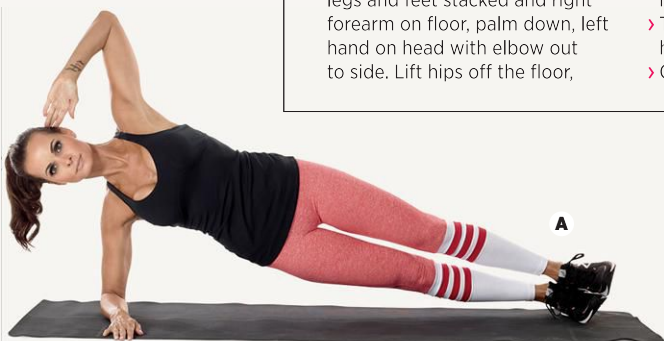
(WORKS: CORE, HIPS)

- › Begin in a side plank position, legs and feet stacked and right forearm on floor, palm down, left hand on head with elbow out to side. Lift hips off the floor,

forming a straight line from head to heels **(A)**.

- › Twist left elbow toward right hand, rotating torso to right **(B)**.
- › Open back up into side plank

position, keeping left hand behind head. Do 2 sets of 20 reps per side.



BANANA BRIDGE

WORKS: TRICEPS, CORE, GLUTES

- › Lie faceup on the floor, legs and arms extended. Lift arms and shoulders, bringing biceps next to ears, palms facing ceiling. At the same time, lift legs about 45 degrees to floor **(A)**.
- › Bring heels to floor, bending knees 90 degrees; at the same time, place palms on floor; press hips up to a bridge position **(B)**.
- › Return to start position, with arms and legs extended. Do 3 sets of 20 fast reps.



OUR COVER MODEL:

KAREN MCDUGAL has been modeling for almost 20 years, but she fell in love with working out almost by accident. “I started exercising because I was doing a lot of photo shoots for fitness publications,” she recalls. “I soon

discovered that I loved what working out did for my body!” Today, she values her regular workouts more for their health benefits than aesthetics. “Exercise makes you feel better; it gives you energy and keeps you strong like nothing else!”

McDougal typically hits the gym five to six days a week, with her primary focus on strength training. She follows a split routine as well as regular cardio sessions on the bike or treadmill.

Although she primarily maintains a clean diet (favorite

foods include oatmeal, salmon, chicken, and broccoli), she’ll give in to her sweet tooth. “My body craves sugar!” she says. “I eat clean mostly and work out, so I don’t feel too guilty about eating sweets.”

And she won’t go anywhere without a water bottle by her side. “Drinking water makes your skin look nicer and flushes out toxins,” says McDougal, who drinks several liters of water a day plus three to five green teas. When she’s not working out or on set, McDougal listens to music, reads, and takes walks with her puppy, Prince, as well as answering questions from her fan site (karenmcdougal.com). “If I can make one person smile, my day is complete!”

HOW SHE DOES IT

Training Schedule

- MONDAY:** 10-min. warmup; legs
- TUESDAY:** Tri’s and bi’s; 30-min. cardio
- WEDNESDAY:** Shoulders and back
- THURSDAY:** 10-min. warmup; legs
- FRIDAY:** Tri’s and bi’s; 30-min. cardio
- SATURDAY:** Shoulders and back
- SUNDAY:** Off

ON HER PLAYLIST:

“It all depends on my mood—one day I’ll play rock, one day Christian music, one day hip-hop. I like to switch it up.”

CHEAT TREAT:

Dunkin’ Donuts chocolate-glazed donut

SUPPLEMENTS:

NRG (all-natural energizer); multivitamin; CoQ10; vitamins B, D, and C

FACEBOOK:

[karenmcdougal](https://www.facebook.com/karenmcdougal)

INSTAGRAM:

[@karenmcdougal98](https://www.instagram.com/karenmcdougal98)





This spring, find one new fitness class or activity to be part of. It'll keep muscles guessing and build up your fitness family.



SPRING 2017

Pulse

ALL THE LATEST ON: [TRAINING](#), [NUTRITION](#), [HEALTH](#), [BEAUTY](#), AND MORE

Harness the inspiration of this active and energetic season to push your own growth. Take some time to tap into what makes you happy and then set goals that will challenge you (and change you) for the better. Strive to be a more ambitious and more dedicated you, and the results *will* follow.

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PULSE SECTIONS

 **TRAINING** P.26

 **NUTRITION** P.42

 **HEALTH** P.56

 **FIT LIFE** P.70



Don't be afraid to mix it up! Competitive workouts can spark your motivation to do more.

SPRING 2017

Training

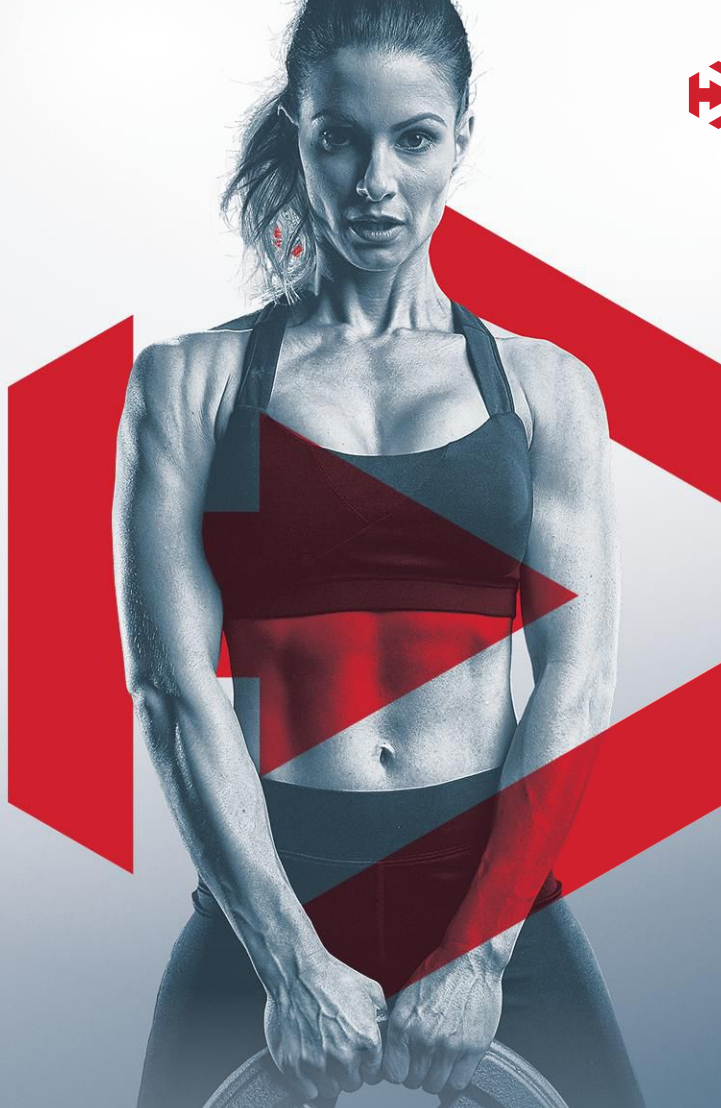
PULSE

28 BOOST YOUR AFTERBURN | 30 GOOD MORNINGS DONE RIGHT | 32 ALL ABOUT YOGA | 34 5 AMAZING FAT-BURNER WORKOUTS | 38 INSPIRING ULTRA-RUNNER | 40 AERIAL FITNESS

■ Find your fitness motivation starting to wane? Consider signing up for a workout that pits you against your peers. Research published in the journal *Preventive Medicine Reports* found subjects who took part in competitive workouts went to 90% more classes than those whose workouts were more individually oriented. Try kickboxing, basketball, or even running a 5K.

KATHERINE AMPOLINI
REGISTERED NURSE ANESTHETIST
IFBB BIKINI PRO

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BOOST YOUR AFTERBURN

Burn more calories long after you've left the gym with these metabolism-elevating workouts from the pros

BY KRISTIN MAHONEY



ELISABETH AKINWALE

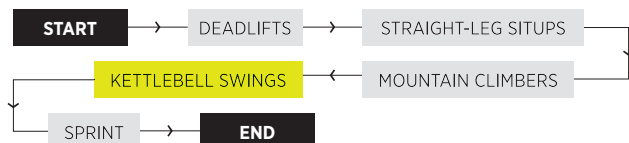
CROSSFIT ATHLETE, TRAINER

"High-intensity training and resistance training are proven methods to improve metabolism and increase fat loss and lean muscle gain.

Choose weights that are challenging but still allow for proper technique throughout each interval. This workout is effective, and it also provides a great combo of whole-body movements, resistance training, and cardio to keep it fun and challenging."

TOTAL-BODY FIRE-UP

Complete the following sequence five times, doing each exercise for 30 seconds, followed by a 10-second recovery. Rest two minutes at the end of the circuit.



ARIEL KHADR

IFBB FITNESS COMPETITOR

"My favorite workouts for boosting my metabolism incorporate weight training with short rest periods. I end my workout with high-intensity cardio for no more than 30 minutes. Keeping your heart rate consistently elevated while strength training sparks a greater boost in metabolism, and following it with some high-intensity cardio will greatly accelerate your fat burn."

STRENGTH AND CARDIO COMBO

WARM UP WITH CARDIO OF CHOICE (10 min.)

**STRENGTH
ROUTINE** (Do 5
times through,
resting 45 sec.
between sets)

1 CURTSY LUNGES (20 reps)
(15 reps per side)

**2 SIDE LATERAL
RAISES** (25 reps)
(10 reps)

**3 KETTLEBELL
SQUATS WITH
FRONT RAISES**
(30 min. at high
intensity)

MY STRENGTH IS BUILT BY TRAINING WITHOUT LIMITS

ELISSA MARTIS

IFBB PRO

@EMartisIFBBPro

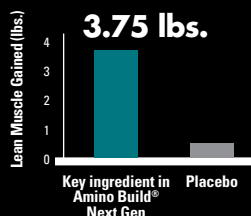


Read Elissa's story at
MUSCLETECH.COM

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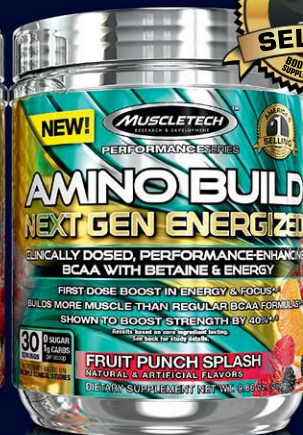
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BCAAs

4g
Leucine

2.5g
Betaine

0mg
Caffeine

Per 2 scoops



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BCAAs

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Brighten Your Good Morning

Rise and shine with this classic training move that targets the entire back of your body

BY ALYSSA SHAFFER



TRAINER:
RACHEL MARIOTTI,
C.P.T.

• **UNDERAPPRECIATED** and often misunderstood, the good morning is a strength move that doesn't often get the respect it deserves. "This classic exercise is a great way to start building the muscles of the posterior chain, including the hamstrings, glutes, and lower back," explains Rachel Mariotti, a personal trainer at Equinox in New York. That's important for more than just looking good in some booty shorts. "Having a strong posterior chain can assist with lower-back issues while also helping to balance out the front of the body, which is often worked disproportionately," she says. Good mornings can also help you progress to doing deadlifts from the ground up.

Because they load the upper back, good mornings are controversial. But with proper mechanics, they can actually improve back health by strengthening weak links, including the lower back and core. Start with very light weight and gradually increase the load over time.



HOW TO

1

Start by racking a barbell on your back, specifically the upper traps, as you would for a back squat. Stand straight with feet hip-distance apart.

2

Hinge forward from hips. Push hips back, knees slightly bent, as if closing a door with your butt. Lower torso until your spine is almost parallel to floor, maintaining a slight arch in lower back.

3

Keeping your core engaged, lift torso to return to starting position.



Pair Up

The following exercises work well with a workout that includes good mornings:

- › WEIGHTED SQUATS
- › GLUTE BRIDGES
- › LUNGES
- › SQUAT JUMPS
- › KETTLEBELL SWINGS

FORM TIPS

A Keep your spine long and slightly arched with the shoulder blades pinched together.

B Maintain a slight bend in your knees—too straight and you'll strain your back; too bent and the move becomes more of a squat than a hamstring exercise.

C Your shins should stay vertical to the floor.

D To avoid straining your lower back, lead the movement by pushing your hips back rather than dropping your chest forward.

Have you seen?



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ALL ABOUT... YOGA

BY ALYSSA SHAFFER



> 3 Yoga Poses Every Woman Should Do

Even if you're not into yoga, it pays to incorporate some essential moves into your regular routine that will help target typical tight spots. Mindy Caplan, a yoga instructor, trainer, and ACSM-certified exercise physiologist, recommends these three key poses to keep your muscles and joints functioning at their best.

1

Pigeon Pose

Why it helps: "This hip opener helps target the piriformis—a triangular-shaped muscle that helps rotate the thigh bone," says Caplan. When it is tight, it can squeeze the sciatic nerve, causing pain to shoot down the leg and into the lower back.

How to: Begin on all fours, knees under hips, hands under shoulders. Slide right knee toward right hand and left leg back as far as you can. Bring right foot forward; aim to get right shin parallel to front of mat while keeping hips square to the floor. Sink hips forward and down, resting on palms or forearms. Stay here for about five to 10 full breaths; switch sides.

2

Downward Facing Dog

Why it helps: Downward dog is an important stretch for the shoulders, hips, hamstrings, and calves. It's especially key for the rotator cuff—the muscles that help stabilize the shoulder. "When these muscles are tight, injury can occur with even the simplest movement," Caplan says. "Downward dog helps keep the rotator cuff stable."

How to: Begin on all fours, knees under hips, hands under shoulders. Tuck toes under, press into hands, and lift hips. Spread fingers wide and press hips up and back as you ease heels toward floor. Stay here for five to eight breaths.

3

Spinal Twist

Why it helps: This exercise targets the neck, shoulders, obliques, and hips and helps improve spinal flexibility. It also can relieve stiff muscles—especially if you tend to sit at a desk all day.

How to: Sit on floor with legs extended. Bend right knee, placing right foot on floor outside left thigh; keep left foot flexed. Turn torso to the right, placing right hand on floor just behind you. Cradle right leg with left arm, hugging it toward your left shoulder. Hold here for three to five breaths or longer, trying to move more deeply into the twist with each breath. Release and repeat on opposite side.

WHAT TYPE
OF YOGINI
ARE YOU?

> IF YOU'RE A BEGINNER

TRY: **Hatha**

The most basic form of yoga, hatha classes generally take you through a variety of poses.

> IF YOU WANT TO BOOST YOUR CALORIE BURN

TRY: **Vinyasa**

Also known as yoga flow, vinyasa links several poses with your breathing. Classes tend to be faster paced and fitness focused (i.e., lots of low pushups).

> IF YOU LIKE A CHALLENGE

TRY: **Ashtanga**

Sometimes called "power yoga," it appeals to those who want next-level fitness. Most classes are based on a series of six poses that increase in difficulty.

> IF YOU'RE A PERFECTIONIST

TRY: **Iyengar**

With a strict emphasis on alignment and plenty of props (belts, blocks, bolsters), this yoga practice is for those who really like to get it right.

> IF YOU LIKE TO SWEAT

TRY: **Bikram**

This hot yoga is done in a room often heated at 105°F or above—the better to help your muscles stay loose through a 26-pose sequence.

> IF YOU'RE SPIRITUAL

TRY: **Kundalini**

Ancient Kundalini draws spiritual energy from the base of your spine through a combo of chanting, meditation, breathing, and physical postures.

> IF YOU WANT TO UNWIND AFTER A WORKOUT

TRY: **Restorative**

Settle down with pillows, blankets, and blocks and let go with a series of passive poses that help you relax and recover.

36.7 MILLION NUMBER OF AMERICANS WHO PRACTICED YOGA LAST YEAR

72% OF YOGA PRACTITIONERS WHO ARE WOMEN

5 WAYS YOGA CAN KEEP YOU HEALTHIER

Exercise in general brings innumerable gains to your health, but yoga in particular appears to offer a bonanza of benefits, including the following:

1. YOU'LL STAY LEANER.

A study of more than 15,000 middle-aged adults found those who practiced yoga for four or more years were less likely to gain weight over a 10-year period. Other research has found yoga practitioners tend to be more mindful about what and when they eat and are more sensitive to hunger cues and feelings of fullness.

2. YOUR IMMUNE SYSTEM WILL BE STRONGER.

A study in the *Journal of Alternative and Complementary Medicine* found participants who did yoga for 90 minutes once a week for 12 weeks had higher blood levels of disease-fighting antioxidants and amped their immune function.

3. YOUR BACK WILL HURT LESS.

Dozens of studies have found that yoga can provide relief for low-back pain, including a recent review of nearly 1,000 patients. And it doesn't take long to see results: A study of 80 participants with chronic low-back pain found those who took just one week of yoga reported less

disability and better flexibility than those who did other forms of exercise.

4. YOU'LL BREEZE THROUGH MENOPAUSE.

A study from the University of California, San Francisco, found women going through menopause reported 30% fewer hot flashes after two months of weekly yoga classes. And a study from the University of Illinois found postmenopausal women who took a 90-minute Iyengar class twice a week had better energy and moods and lower levels of sexual discomfort, stress, and anxiety after four months.

5. YOUR HEART WILL BE HAPPIER.

Studies have shown that yoga can help lower blood pressure, cholesterol, and blood sugar, all of which can help keep your cardiovascular system functioning at its best.

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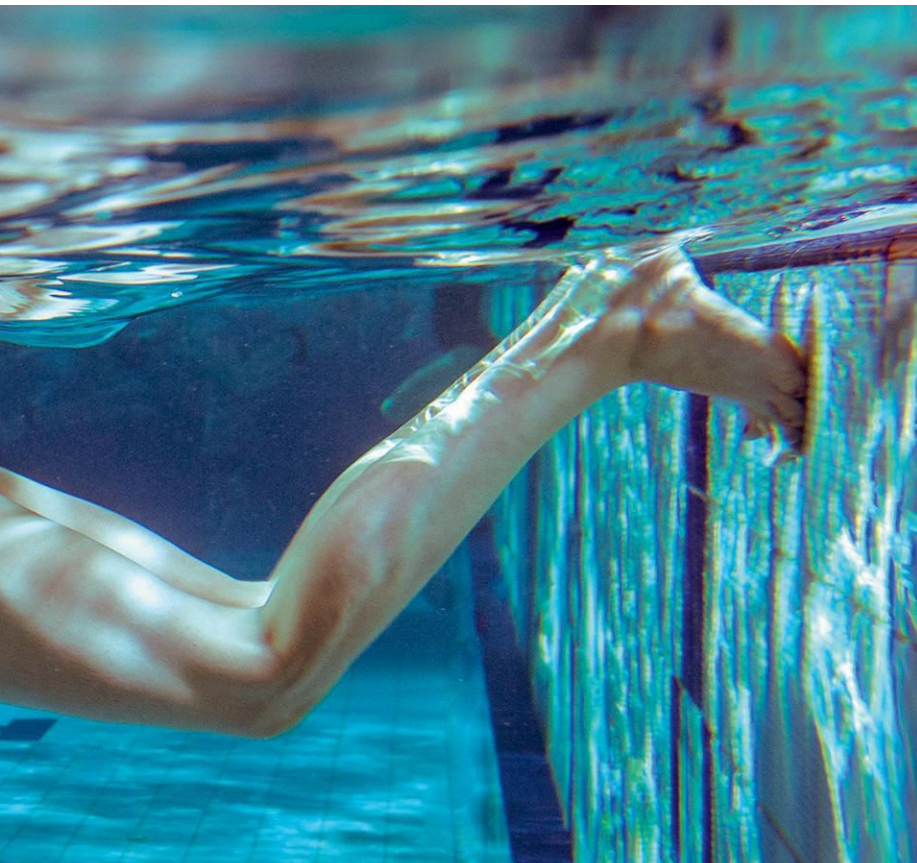


5 MEGA FAT-BLASTING ROUTINES

Take your typical cardio up a notch—or several—with these short but intense workouts that continue to burn fat and calories long after you've left the gym

BY ALYSSA SHAFFER

• **WE ALREADY CREDIT** cardio-focused activities like running, rowing, and swimming as great ways to blast calories and incinerate fat. But we also know your time is precious, which is why you don't have hours to mindlessly spend on a machine. We asked some top trainers for their favorite ways to make their cardio even better when it comes to maximizing results in minimum time.



IN THE POOL



TRAINER:
Cooper Mann,
Equinox Fitness,
New York

WHY THIS WORKOUT: “Swimming taxes your energy systems without the same breakdown as high-impact activities like running. And you don’t have to swim thousands of mind-numbing yards to get a good workout. During short sprints you mostly burn sugar, but the recovery time allows for more fat burn while increasing speed and efficiency. Even just swimming hard the length of the pool can leave you breathless. Adding in drills helps increase your speed by improving your technique.”

HOW IT WORKS: Since most people are the most comfortable with basic freestyle, use that as your main stroke. If you can, mix in other strokes (back, breast, butterfly) where indicated. Try to keep your speeds consistent or faster during the intervals.

TIME: About 30 to 40 minutes (total 1,650 yards)

DISTANCE	WORKOUT
100–200 yards	Warmup, easy
8 x 50 yards	Hard effort. Rest 20–30 sec. between each interval.
100 yards	Easy (try to use a different stroke).
12 x 25 yards	Sprint. Rest 15–20 sec. between each interval.
100 yards	Easy (try to use a different stroke).
Rest 2 min.	
4 x 50 yards	Hard effort. Rest 20–30 sec. between each interval.
50 yards	Easy (try to use a different stroke).
6 x 25 yards	Sprint (all-out effort). Rest 20–30 sec. between each interval.
50 yards	Easy (try to use a different stroke).
50–100 yards	Cool down.

ON THE TREADMILL



TRAINER:
Hollis Lotharius,
Mile High Run
Club, New York

WHY THIS WORKOUT: “Runners often stick to a moderate pace, but to improve fitness, increase speed, and decrease body fat, do at least one weekly session of interval training. Elevating your heart rate into the anaerobic zone via incline and speed bursts will burn more calories both during and after your run.”

HOW IT WORKS: Use your rate of perceived exertion (RPE) on a scale of 1 to 10, with 10 being superchallenging.

TIME: 28 minutes

TIME	INCLINE	RPE
4 min.	1%	5*
<i>*Warmup</i>		
1 min.	1%	6
1 min.	4%	6–7
1 min.	6%	6–7
1 min.	4%	6–7
1 min.	1%	6
1 min.	1%	5*
<i>*Full recovery, walk if necessary</i>		
1 min.	1%	6
3 min.	1%	8–9*
<i>*Increase pace for last 90 sec.</i>		
1 min.	1%	6–7
1 min.	1%	5*
<i>*Full recovery, walk if necessary</i>		
1 min.	1%	6–7
3 min.	1%	8–9*
<i>*Increase pace for last 90 sec.</i>		
1 min.	1%	6–7
1 min.	1%	5*
<i>*Full recovery, walk if necessary</i>		
1 min.	1%	10
1 min.	1%	5
30 sec.	1%	10
1 min.	1%	5
30 sec.	1%	10
2 min.	1%	4–5

**Cool down*



ON THE ROWER



TRAINER:

Coleman Rutherford,
Orangetheory Fitness,
Boca Raton, FL

WHY THIS WORKOUT: “Rowing itself is a great fat-burning workout because it uses just about every muscle in your body. Adding in intervals increases your aerobic and anaerobic capacity and boosts your metabolism. By coming off the rower to do some different strength exercises, you create a different muscular stimulus while giving your body a chance for active recovery.”

HOW IT WORKS: Start with proper rowing technique to maximize efficiency and decrease injury risk. Secure feet in the foot plates with the strap across the widest part of the foot and pulled tight. Grasp the handle and focus on your timing: Drive through your legs, as if jumping backward, then, engaging the core, lean back slightly, pulling handle to just under bra line. Finally, recover by pushing arms forward first, then bringing seat toward feet.

ROW DOWN CIRCUIT

- 600m Row (1:40–3:00)
- DB Goblet Squat (x12)
- DB Overhead Triceps Extension (x12)
- 550m Row (1:30–2:45)
- DB Goblet Squat (x14)
- DB Overhead Triceps Extension (x14)
- 500m Row (1:20–2:30)
- DB Goblet Squat (x16)
- DB Overhead Triceps Extension (x16)

**If time allows, repeat from top.*

ON THE BIKE



TRAINER:

Jennifer Jacobs,
Peloton Cycle,
New York

WHY THIS WORKOUT: “Cycling is a great fat-burning workout that’s easy on the joints but creates a high demand on the body. If your goal is to burn fat, anaerobic intervals—incorporating max periods of work with short recoveries—should definitely be part of your program, since they are a great way to transform your body in less time!”

HOW IT WORKS: This routine is based on “Boxed-in Burn Intervals,” which include 3 minutes of intensity with 1 minute of rest between rounds. The workout varies between the effort levels below.

TIME: 30 minutes

■ **EASY:** Flat road, slight resistance at a pace that you could ride all day.

■ **MODERATE:** Harder effort level, but still a pace you can maintain a conversation.

■ **HARD:** High intensity, can only sustain it for 15 minutes to 1 hour; you’re breathing

heavy but can speak a few words at a time.

■ **ALL OUT:** Submaximal or anaerobic efforts you can sustain for 30 seconds to 2 minutes.

■ **MAX:** Sprint bursts of your best effort, can only sustain 5 to 20 seconds.

TIME	INTENSITY	WORKOUT
3 min.	■	Warmup: Find a speed and resistance that is easy, resembling a flat road (RPM 80–90).
3 min.	■	Every 30 sec., perform acceleration “speed ups” at moderate resistance (3 x 30 sec.). Repeat 2x.
3 min.	■	Find resistance and speed that feels intense. Each minute progressively add more resistance without going all out.
1 min.	■	Recover 1 min.; light resistance.
3 min.	■ ■ ■	Round 1: 30/20/10 “interval loop.” Perform 30 sec. hard effort, directly into 20 sec. all-out effort into 10 sec. max “sprint.” Return to 30 sec. hard effort. Continuously move through the loop 3x for a total of 3 min.
1 min.	■	Recover 1 min.; light resistance.
3 min.	■ ■ ■	Round 2: Repeat Round 1.
1 min.	■	Recover 1 min.; light resistance.
3 min.	■	Round 3: “Dirty 30s.” Do 3 x 30 sec. all-out intervals followed by 30 sec. of recovery (30 sec. all-out effort/30 sec. easy/moderate).
1 min.	■	Recover 1 min.; light resistance.
3 min.	■	Round 4: Repeat Round 3.
1 min.	■	Recover 1 min.; light resistance.
3 min.	■ ■ ■	Round 5: Sprints and speed play. Insert 10–15 sec. max power sprints among 3 min. at random, intermixed with easy to moderate periods of cycling. Example: 15 sec. max effort, 45 sec. easy, 10 sec. max effort, 40 sec. moderate, 10 sec. max effort, 45 sec. easy, 15 sec. max effort.
1 min.	■	Recover 1 min.; light resistance.

WITH A JUMP ROPE


TRAINER:

Corinne
Tate-Jackson,
New York Health
& Racquet Club,
New York

WHY THIS WORKOUT: “Doing timed bursts of cardio like jumping rope intermixed with weight training gives you the best of both worlds in terms of building muscle while burning fat. Double unders are an all-around fitness favorite, but since jumping rope itself can be difficult, try mastering one jump, one turn before trying them. The key is to use your wrists while turning the rope, keeping your core engaged without jumping too high.”

HOW IT WORKS: Jump rope as steadily as possible for the warmup, then move on to quick drills before getting into the strength circuits. For each circuit, do 12 to 15 reps of each move, 3 to 4 sets total.

TIME: About 25 minutes


JUMP ROPE

(warmup; 5 to 7 minutes)

QUICK DRILLS (3 minutes)

› Inchworm with Alternating Arm Lift: Stand with legs straight, lean forward and walk hands into a plank, keeping legs as straight as possible, then lift one arm. Walk hands back to start and repeat with opposite hand. Continue for 1 minute, alternating hands.

› Inchworm with Alternating Arm and Leg Lift: Lift one arm, then with both hands planted on the floor, lift one leg. Walk back to start and repeat on opposite side; 1 min.

› Inchworm with Alternating Arm and Leg Lift plus Spider Lunge: Step one foot forward as close to hand as possible. Hold for 1 count; step back to start and repeat on opposite side; 1 min.

CIRCUIT 1:

- › Dumbbell Shoulder Presses
- › Barbell Curls
- › Medicine Ball Slams
- › Jump Rope with Double Unders (1 minute)

CIRCUIT 2:

- › Barbell Sumo Squats
- › Dumbbell Stationary Lunges
- › Medicine Ball Squat Ball Throws
- › Jump Rope with Double Unders (1 minute)

CIRCUIT 3:

- › Renegade Rows with Pushups
- › StarJacks
- › Jump Rope with Double Unders (1 minute)

BONUS ROUND:

- (1 minute each)
- › Jump Rope
 - › Mountain Climbers
 - › Russian Twists
 - › Squats
 - › Burpees



Mariash's races take her around the globe, including the Sahara Desert (Namibia, Africa, here and below) and China's Gobi Desert (far left).

SUPER-RUNNER

Ultra-athlete **Jax Mariash's** workouts make your long run seem like an easy jog

BY KRISTIN MAHONEY



"[In ultras], you must lift your head higher than you ever knew and be stronger than you ever thought was possible at times."

• **THINK RUNNING** a marathon is tough? Try logging upwards of 150 miles across some of the toughest terrain on the planet. That's the type of challenge professional ultra-runner Jax Mariash likes to embrace. Last year, she became the first woman (and the fourth runner of all time) to complete the Grand Slam Plus, part of the grueling 4 Deserts Race Series. The races cross some of the hottest, windiest, driest, and coldest deserts in the world, including Africa's Sahara Desert, China's Gobi Desert,

Chile's Atacama Desert, and Antarctica; plus a "roving race" in the extremely humid climate of Sri Lanka. Mariash placed first among women in all the desert races and second in the Sri Lankan race.

Each race of the Grand Slam Plus stretches 155 miles and takes a week to run, with distances ranging from six to 50 miles a day, with one rest day. Support is limited: Runners must carry everything they need to survive in the elements, including food (about 2,000 calories per day),

sleeping supplies, clothing, and safety equipment like blister kits, bandages, sunscreen, a utility knife, and head lamps. Race organizers will provide medical aid only in extreme cases, as well as a tent (shared with up to nine other runners each night), plus hot and cold water.

In addition to the five Grand Slam Plus races, Mariash also took part in eight other smaller races last year, including the Jackson Hole Half Marathon, Huntsville Marathon, and Antelope Island 50K. Each ultra-race brings

its own set of challenges. “On Day 1, Stage 1, Race 1 of the entire year in Sri Lanka I puked four times, twisted my knee between two logs, went off-course for 3 kilometers, and wasn’t sure I could get to the first check-point,” she says. “Two days later, I sprained my ankle and ran the rest of the race hobbling.” In the Gobi Desert, temperatures climbed to 130°F on a day when the racers had to complete 50 miles. “My shoes melted, and I had an extreme case of blisters,” recalls Mariash. By the time she got home from the race, the skin along the bottom of both feet had peeled away.

The ultra-runner community is a tight-knit one, with only about 100 to 200 racers taking part in the most extreme events, about 35% of them women. The dropout rate typically ranges from 7–19%. Mariash considers most of her fellow competitors family. “We’ve gone through rock bottom together and have picked one another up.”

› Training Days

Mariash’s training is relentless. “When you are running in some of the harshest terrain in the world with 15 to 20 pounds of equipment on your back, you have to pay attention to your strength along with your endurance. You can’t just do the minimum and expect to succeed.” From her home base in Park City, UT, Mariash works out six to seven days a week, no matter the conditions. Once or

twice a week she runs with a pack that weighs up to 20 pounds, to help develop her muscular endurance. She’ll add in one or two interval workouts a week to build speed. Most weeks find her logging anywhere from 45 to 100 miles. She’ll also add in four to five days of strength training, including a full-core series.

With so much stress on her body, Mariash says her recovery days are just as important

as her training. “Without both, performance suffers,” she notes. Her recovery routine includes weekly 90-minute massages, daily naps, and at least 20 minutes on the BEMER mat, a physical therapy device that helps increase blood flow through capillaries.

Mariash sticks to healthy whole foods, “the simpler, the better,” she says. Staples include bison, avocado, feta cheese, Greek yogurt, and dark chocolate. She stays away from bread and pasta, but a daily beer provides some well-deserved carbs.

To power her through her grueling workouts and races, Mariash relies on a mix of supplements and whole foods, including Beet Performer beet juice, Honey Stinger waffles, and energy gels and chews. She’ll also have

coconut shavings and nuts on hand for sustained energy.

“Because you have to carry all of your food in a backpack, you need to stick to the bare minimum,” says Mariash, who estimates she loses at least 10 to 12 pounds each race. Hydration is critical. Mariash drinks a gallon of water a day, increasing to 2.5 gallons when racing, spiked with a rehydration powder called Drip Drop.

But all the training, fluids, and fuel in the world aren’t enough to get you to the finish line if you aren’t mentally prepared. “You have to develop a serious level of mental grit,” says Mariash. “You cannot even think of giving up, or all hope is lost. There are some really low and dark moments out there—you just have to put one foot in front of the other and keep going.”

TRAINING SCHEDULE:

MONDAY Off or 3-mile run + strength training

TUESDAY a.m. speed run (12 miles), p.m. easy run (3 miles slow) + strength training

WEDNESDAY medium-long run (11 to 14 miles) +

strength training

THURSDAY a.m. speed run (12 miles), p.m. easy run (3 miles) + strength training

FRIDAY easy run (3 miles)

SATURDAY very long run in the a.m. (26.2 to 31 miles)

SUNDAY long run (20 miles with a 20-pound pack)



Ultra-athletes must battle extreme weather conditions, from the Atacama Desert in Chile (far left) to Antarctica (near left).

NO ORDINARY FITNESS

Try these six untraditional workout moves to sculpt muscle and build strength in brand-new, playful ways that conventional lifting can't touch

BY CAT PERRY

ELEVATE YOUR UPPER-BODY WORKOUT

You may have already heard of aerial yoga, or maybe even tried this challenging practice that brings out the kid in you. So you know that like other forms of aerial fitness, it's a perfect

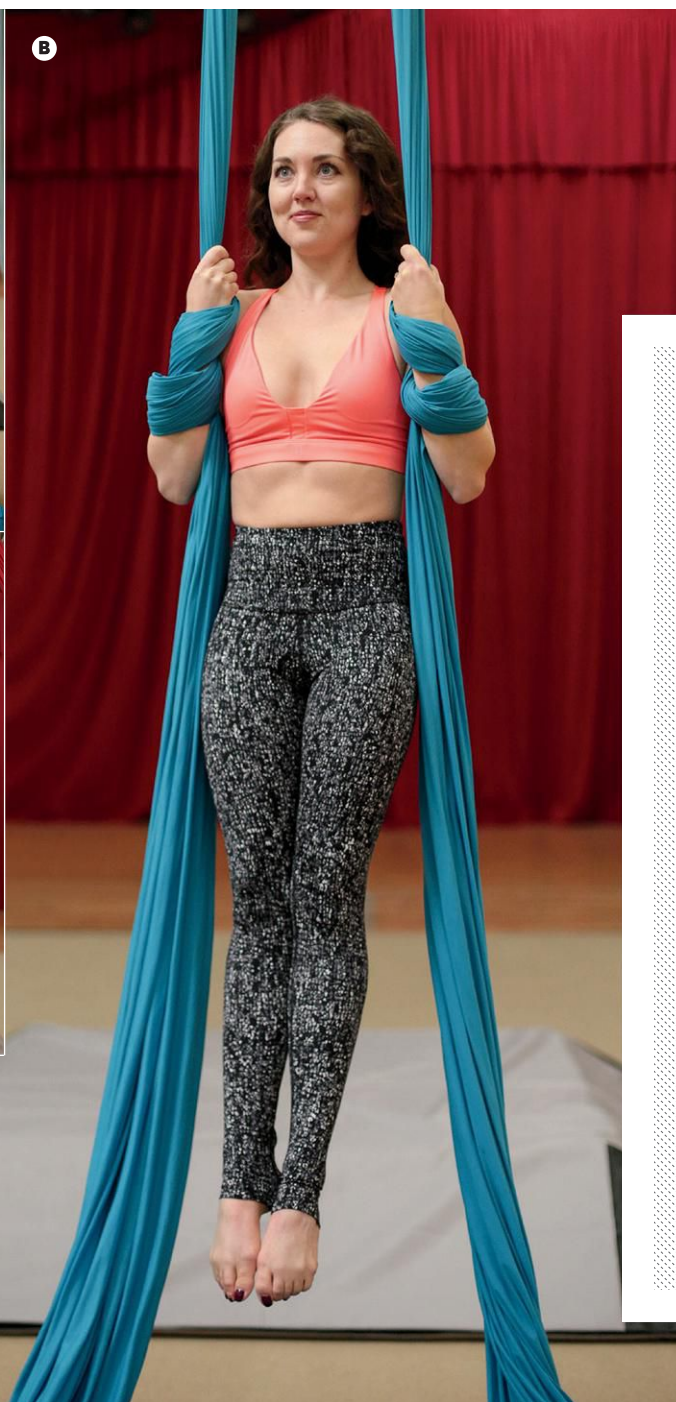
upper-body blaster for your shoulders, biceps, triceps, chest, lats, and core. Try it instead of arm day this week to see how great it is for sculpting muscle while injecting fun into your fitness.

Celebrity trainer and aerial artist Jill Franklin utilizes aerial fitness to build strength and boost her students' confidence in performance. Here, the owner of Los Angeles' Aerial Physique shares her three classic moves to try if your gym has silks fabric in its fitness studio.



PULLUP HOLD

Upper-body moves like these that aerialists use daily build strong and functional muscle without creating bulk.



1

THE PULLUP HOLD (SHOWN)

MUSCLES WORKED:
LATS, BICEPS, TRICEPS,
FOREARMS & CORE

Stand in between the fabrics. Circle your arms upward, bringing arms behind and outside the silks then inward, twice (A). Transfer your weight into your hands and hang down with straight arms, bending your knees slightly. Pull your body up, bending elbows until they meet your hips, keep legs tight and pressed together (B). Hold at the top for 10 seconds, working your way up to a 60-second hold. Optional: For an added core challenge, tuck your knees to your chest at the top of the move (C).

2

ARM CLIMB**MUSCLES WORKED:**
BACK, CORE & FOREARMS

Stand with the fabric next to you and place your hands one on top of the other, gripping fabric, just above your head. Keep feet grounded underneath you as you lean back, creating a diagonal plank position. Walk hands down, hand over hand, until you are a few inches from the floor, then walk back up to starting position. Keep core engaged and your body still throughout.

Using a skateboard will boost the coolness factor and encourage you to burn extra calories riding it from and to your home.



3

CLASSIC PULLUP CLIMB**MUSCLES WORKED:**
TRICEPS, BICEPS, LATS & CORE

Begin standing next to the fabric, gripping it with both hands. Wrap your right leg from the outside in, flex right foot, and lift your knee until it's in line with your right hip. Transfer your weight into your hands while stepping your free left foot on top of the right. Squeeze the fabric together in between your feet. Bend your elbows and pull your body close to the fabric. Reach your arms up high, pull up, and rewrap your feet to climb. Repeat.

ROLL WITH THE PUNCHES

Just because the cold hasn't broken doesn't mean you can't whip out your skateboard. Old-school, smaller boards like Penny Skateboards (See their latest, "White Copper," below, or at pennyskateboards.com) and long boards have seen a huge resurgence in popularity for both females and males, thanks to bright designs and bigger, smoother tires. And during winter, skateboards can be a great substitute for gliders. Integrate one into your next leg day or core workout for an unexpected challenge.

4

ROCKY SQUAT**MUSCLES WORKED:** GLUTES, THIGHS & CALVES

Stand up on your board, arms stretched in the air. As you lower your hips into a squat, bend your torso slightly to touch your ankles or the skateboard. Keep pressing your knees outward over your toes while keeping your back as straight as possible and chest up. This move serves to create a bit of instability in a very grounded move.



5

AB SKATEBOARD ROLLOUT**MUSCLES WORKED:**
SHOULDERS, BICEPS, TRICEPS, PECS, BACK & ABS

Begin on all fours on your mat with both hands firmly holding the board placed in front of you. Push board as far in front of you as possible with your hands, making sure your back doesn't sag. To get back to the starting position, use your core, and tighten your biceps, triceps, pecs, abs, and back muscles to pull board in.

6

LUNGE ON WHEELS (SHOWN)**MUSCLES WORKED:**
CORE, GLUTES, QUADS, HAMSTRINGS

Stand with one foot on the board and the other on the floor, side by side, arms stretched in a Y overhead or out to sides. Push the board forward with your front foot until the knee of the other leg is close to (but not in contact with) the floor. To return to start, push firmly with your foot on the surface of the board and fire up your glutes, quads, and hamstrings to stand up.





Savoring just a few luscious bites may be enough to satisfy those gotta-have indulgences.

SPRING 2017

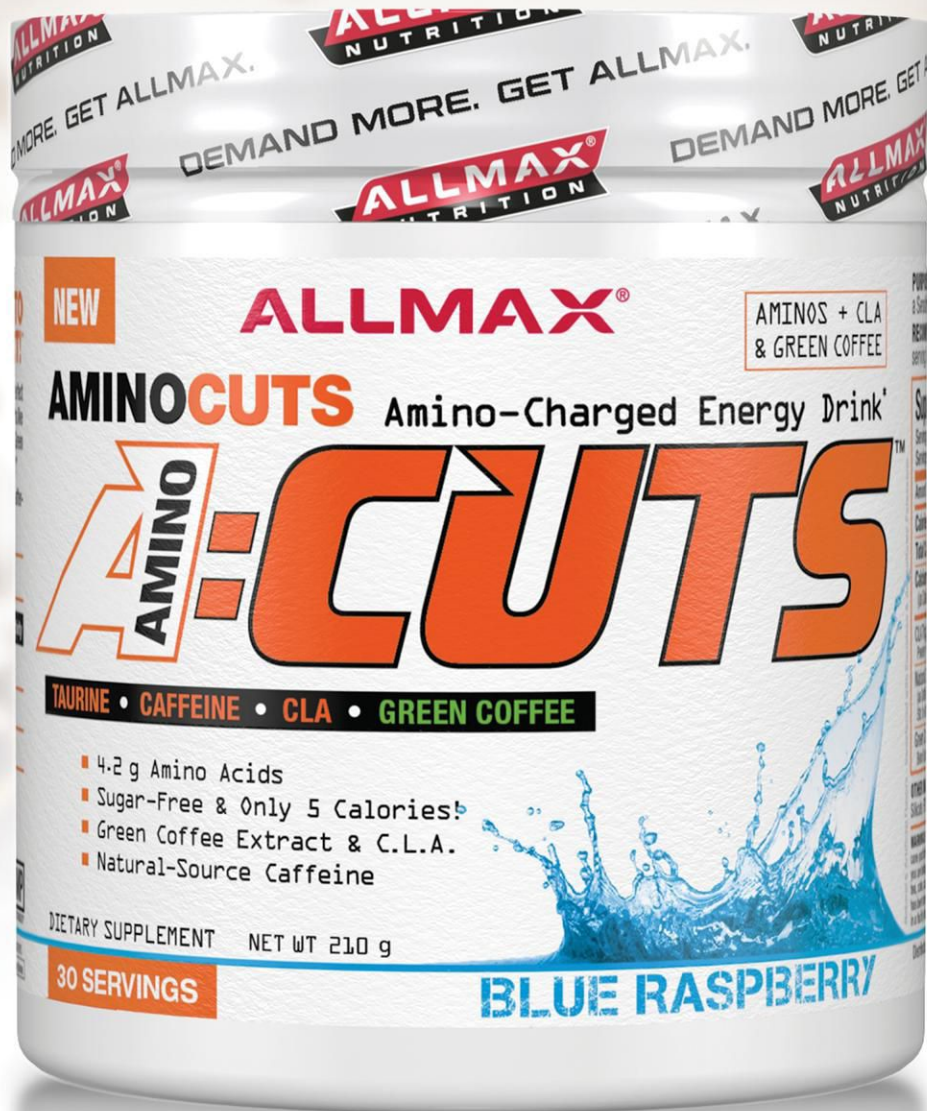
Nutrition

PULSE

44 NUTRITION NEWS | 46 TOP NOSH | 48 CLEAN-DIET TRAPS | 50 PORTION-CONTROLLED RECIPES
54 5 WAYS TO EAT TURMERIC

■ Want to eat less of your cheat treat? Focus on the pleasure of the food itself. New research found that when subjects imagined the taste, smell, and texture of an indulgent dessert—like a rich slice of chocolate cake or a sugary doughnut—before they dug in, they chose smaller portions.

NEW!



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BY DIANA KELLY

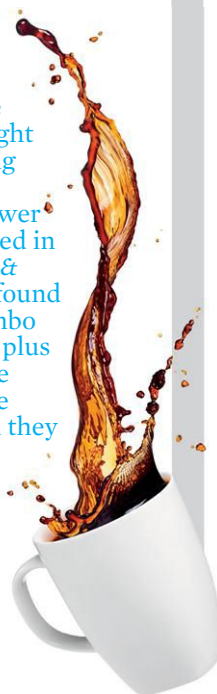
THE BENEFITS OF A BIGGER BREAKFAST

• KEEPING YOUR CALORIE COUNT DOWN

at night may pay off if you're looking to lose weight, according to a study presented at the Obesity Society Annual Meeting. Researchers found that when subjects restricted eating to between 8 a.m. and 2 p.m. they burned about 6% more fat than when they ate the same number of calories between 8 a.m. and 8 p.m., without feeling hungrier at night. "People's appetite levels were more stable when they restricted their eating time," says study author Courtney M. Peterson, Ph.D., an assistant professor in the Department of Nutrition Sciences at the University of Alabama at Birmingham. "It may be that when you've eaten all of your calories, your body knows you've had enough for the day." Although this type of restricted diet is extreme for most people's lifestyle, and the study was done with a relatively small number of participants (11 men and women, all overweight), consider front-loading the majority of your calories earlier in the day, and keep your dinner light.

Drink This Before Leg Day

Want to go a little harder in the weight room? Consider pouring yourself a cup of coffee before working your lower body. Research published in the *Journal of Strength & Conditioning Research* found subjects who had a combo of decaffeinated coffee plus 5mg anhydrous caffeine were able to squat more total weight than when they took either a placebo, anhydrous caffeine alone, or decaf coffee alone. But the study also found caffeine did not appear to have a benefit for upper-body exercises like the bench press.



WHY YOU NEED MORE SEAFOOD

Americans consumed an average of 15½ pounds of fish and shellfish in 2015—a 0.9-pound increase from the previous year, according to recent data from the National Oceanic and Atmospheric Administration. That's still about 10½ pounds below the U.S. dietary guidelines, which recommends eating 8 to 12 ounces of seafood each week (equal to two to three meals a week).

Tops on your list of the healthiest choices are those with plenty of omega-3 fatty acids, such as salmon. A recent rodent study published in the *Federation of American Societies for Experimental Biology* suggests that along with multiple other benefits (like healthy heart and fetal development) these polyunsaturated fats may help reduce your risk of Alzheimer's disease.

Looking for a new way to make salmon? Try this supersimple, delicious Maple Mustard Rosemary Salmon recipe from nutritionists Stephanie Clarke, R.D., and Willow Jarosh, R.D., authors of *Healthy, Happy Pregnancy Cookbook*. Find this and more on cjinutrition.com.

4 in 10

PERCENTAGE OF AMERICANS WHO SAY THAT MOST OR SOME OF THE FOODS THEY EAT ARE ORGANIC Source: Pew Research Center



MAPLE MUSTARD ROSEMARY SALMON

The sweet and savory combination of maple syrup and mustard pair perfectly with hearty, rich salmon.

MAKES: 2 SERVINGS

INGREDIENTS

1 tbsp Dijon mustard

2 tsp maple syrup
1 tsp fresh lemon juice
1 tsp chopped fresh rosemary
8 oz salmon fillet, skin on or off
¼ tsp kosher salt
¼ tsp fresh ground black pepper
1 tbsp chopped parsley (optional)

DIRECTIONS

1. Preheat broiler to high. Whisk mustard, maple syrup, lemon juice, and rosemary together in a small bowl.

2. Place salmon, skin-side down (if skin is left on) on a baking sheet lined with foil or parchment paper.
3. Sprinkle top of fish with salt and pepper. Brush mustard mixture over top and sides of fillet.
4. Broil on high until salmon is just cooked through, about 8 minutes. Garnish with parsley, if desired.

PER SERVING (4 OZ)

Calories: 196, Fat: 8g, Saturated fat: 1g, Carbs: 6g, Fiber: 0.5g, Protein: 23g



Protein Type Matters for Muscle Growth

You know you need protein to help your muscles get stronger, but the type you consume is also important, according to a new review published in *Nutrition & Metabolism*. Researchers determined that protein sources that provide the greatest amount of the amino acid leucine (such as whey protein) are the most efficient in improving muscle protein synthesis and growth.

"Protein is vital for building muscles but also for healthy skin and hair, as well as hormones, enzymes, and even antibodies for a healthy immune system," says Keri Glassman, R.D., founder of Nutritious Life, who was not involved with the study.

These five sources are rich in leucine and low in unhealthy fats, so they're ideal for muscle development and growth. Below, the amount of protein you'll get in each serving size.

- › 4 oz grass-fed tenderloin steak (30g)
- › 4 oz tuna (28g)
- › 4 oz skinless chicken breast (20g)
- › ½ cup edamame (15g)
- › 1 oz almonds (6g)

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TOP NOSH

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Mann's Nourish Bowls

Just heat and serve up the perfect side dish with Mann's Nourish Bowls. They come in savory flavors like Southwest Chipotle, which has (among other things) cauliflower, kale, and corn salsa; Sesame Sriracha, which packs in broccoli, cabbage, and brown rice; and Smokehouse Brussels, which sports kohlrabi, brown rice, and a smoky, sweet glaze. Cook your main and the Mann's Bowls deliver the fiber, vitamins, and minerals you need in as few as 220 calories. nourishbowls.com

Rhythm Superfoods Broccoli Bites

Eating your veggies has never been easier for your ever-busy lifestyle. This dehydrated superfood blend is packed with all the antioxidants of the cruciferous vegetable family, plus a little extra help from sunflower seeds, cashews, and plenty of spices. It's a one-of-a-kind snack that has more than 7 grams of protein, 10% daily value of iron, plus up to 160% vitamin C, all in one bag. rhythmsuperfoods.com



Züpa Noma Ready-to-Sip Soup

Fresh, organic vegetables in a convenient, drinkable formula, Züpa Noma will send your taste buds reeling with happiness. Its slogan is "Whole foods without the bowl"—because sometimes you don't have time for a nutritious sit-down meal. The 12-ounce drinks are packed with the vitamins and minerals our bodies crave on a daily basis and come in six classic and trendy flavors, including Tomato Gazpacho, Beet Orange Basil, and Avocado Fennel. drinkzupa.com



Muuna Cottage Cheese

When a snack attack strikes, reach for this creamy cottage cheese with real fruit on the bottom. Why? Cottage cheese is so good for a healthy, fit physique! Muuna wants you to love its taste as much as its nourishment with bright flavors like mango, strawberry, blueberry, and peach. They contain 15 grams of protein and only 9 to 11 grams of sugar at 130 calories, plus no artificial ingredients or rBST milk. That's a lot of muscle-building, belly-slimming goodness that will curb cravings and fight the good fight against fat. Available at ShopRite or muuna.com

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Exclusively at





SPRING-CLEAN YOUR DIET

Weed out these five potential fat traps to keep your healthy diet goals on track

BY REA FREY

• **IT'S SPRING, WHICH MEANS** time for cleaning, tossing, and storing. Another area to tackle on your to-do list: your kitchen. Even if you're into eating clean, there may be some unexpected diet saboteurs getting in the way of your fitness and health. Here, a few foods in most typical pantries that may be tripping up your better-body goals.

THE TRAP

NATURAL SWEETENERS

You already know to steer clear of the white granulated stuff. But even other so-called healthy or natural sweeteners such as honey, agave, Sucanat, or maple syrup have their dietary dangers. "High levels of excess sugar in your blood can result in elevated triglycerides, weight gain, diabetes, and fatty liver disease," says Mary Jane Detroyer, R.D.N., a New York-based nutritionist. The American Heart Association recommends consuming no more than 6 teaspoons, or 100 calories, of total added sugar daily. And beware of the sugars you may not see. Flavored yogurts and fermented dairy drinks, for example, can have more than 25 grams of extra sugar per serving. Spaghetti sauce, salad dressings, cereals, and even protein bars are all also often laden with sugar, so check labels and stick to whole foods when possible.



2

THE TRAP

DAIRY

A little Greek yogurt here and a little cheese there is fine, right? Dairy is one of the sneakiest culprits because it's full of saturated fat. And while some saturated fat is OK, it's not the most efficient form of fuel for your body, explains Cassandra Forsythe, Ph.D., R.D., a nutritionist based in Manchester, CT. "Saturated fat is not burned as effectively for energy as monounsaturated and polyunsaturated fats found in foods like nuts and seeds."

You may also find yourself experiencing some intestinal discomfort after you consume dairy products like milk or cheese. That's because adults can sometimes develop an intolerance to lactose (the natural sugars found in milk) as we age. If you choose dairy for the calcium it contains, try swapping it for nondairy options such as white beans, fortified tofu, flax, bok choy, broccoli, and kale.



3

THE TRAP

NUTS

Nuts are a great source of healthy fats and protein, but these nutrient-dense powerhouses can be dangerous to your diet in excess. One ounce of nuts (typically 10 to 14 nuts, depending on the size and type) contains 150 to 200 calories and 12 to 22 grams of fat. And while some fat is healthy, too much can have its drawbacks.

"Fat is a necessary macronutrient. Without it, we are unable to absorb the fat-soluble vitamins A, D, K, and E found in food," explains Detroyer. "However, a little goes a long way. Most of us only need about 50 to 70 grams of fat per day, which is equivalent to about 450 to 600 calories, or about a third of all the calories you eat." Mindlessly snack on a few handfuls, then, and it's easy to reach the upper dietary recommendations and beyond. Bottom line? Enjoy your almonds, pecans, walnuts, and the like, but limit your intake to one small handful a day.

4

THE TRAP

GLUTEN-FREE FOODS

Groceries, restaurants, and even convenience stores all tout special "gluten-free" menus, but just because a food contains gluten doesn't mean it's dangerous. And on the flip side, if a food wears a gluten-free label, that doesn't automatically give it a health halo. Many foods marketed as being gluten-free are also processed and made with corn, potato starch, and other fillers. "A gluten-free doughnut is just as unhealthy as the original kind," says Forsythe. If you want to avoid gluten, don't depend on processed food replacements. Opt for naturally gluten-free foods like fruits, veggies, and lean proteins, or try wheat alternatives such as quinoa, millet, buckwheat, and amaranth.



5

THE TRAP

COOKING OILS

While using some oils like olive, canola, and coconut can provide your body with healthy fats, it's easy to overdo it—especially if you're sautéing a bunch of broccoli or making a salad dressing from scratch. One tablespoon of oil equals 120 calories and 14 grams of fat, and most of us—unless measuring—use more than just 1 tablespoon for cooking. Forsythe suggests using a pump cooking spray filled with olive oil to reduce the amount of fat you need when cooking in pans or skillet.





TIP:
Don't have a decorating bag? Place the mashed cauliflower in a large resealable plastic bag. Snip off one corner of the bag and voilà!

5 FAST, DELISH MUFFIN-PAN RECIPES

BY HERS EDITORS

• **FAST FOOD IS A NO-NO**—all *Hers* readers know that! But what about fast, healthy food? With a little prep and one humble muffin pan, you can make breakfast, lunch, and snack foods in a portable size that are easy to take with you anywhere. Plus, you banish between-meal mishaps with this savory solution!

Cooking your favorite meals in a muffin pan is a quick, easy way to add variety to your menu while making portion control a cinch. To eat confidently, just whip up these savory recipes from some of our favorite food bloggers in a muffin tin, bake, and in less than 40 minutes you'll have perfect portions for the road.



BBQ Turkey Meat Loaf Cups with Mashed Cauliflower

Recipe by Brooke Griffin, director of Womanista Wellness, creator of *skinnymom.com*, and best-selling author of *Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family* (skinnymom.com)

MAKES: 12 MUFFINS

INGREDIENTS

Meat Loaf

- 1½ lbs lean ground turkey
- 2 egg whites
- ½ cup Italian breadcrumbs
- ½ cup diced onion
- ½ cup diced green pepper
- ½ cup diced carrot
- ½ cup low-sugar tomato ketchup
- 1 tsp Dijon mustard
- 2 tsp minced garlic
- 1 tbsp Worcestershire sauce
- 1 tsp onion powder
- ½ tsp salt
- ½ tsp black pepper
- ¼ cup low-sugar BBQ sauce

Mashed Cauliflower

- 1 medium head cauliflower
- ¼–½ cup water
- ½ cup low-sodium chicken broth
- 2 tbsp light sour cream
- ½ tsp onion powder
- ½ tsp garlic powder
- Salt and pepper, to taste
- Chopped parsley or chives for garnish

DIRECTIONS

1. Preheat oven to 400°F and lightly coat a 12-cup muffin tin with nonstick cooking spray; set aside.
2. In a large bowl, mix all meat loaf ingredients except BBQ sauce with your hands. Once mixture is thoroughly combined, fill each cup with 2 oz meat loaf mixture. Brush 2 tbsp BBQ sauce onto the tops of each cup.
3. Lightly coat a piece of aluminum foil with cooking spray and cover muffin tin. Bake cups for 15 minutes.
4. Once meat loaf cups are in oven, make cauliflower mash: Cut cauliflower head into small florets. Place florets in a microwave-safe bowl with water, cover with plastic wrap, and microwave for 3 to

5 minutes, or until fork-tender.

5. Place cauliflower in a food processor. Add broth, sour cream, and seasonings and puree until creamy.

6. Remove meat loaf cups from oven and remove foil cover; set aside.

7. Scoop mashed cauliflower into a piping bag and then pipe onto each meat loaf cup.

8. Place meat loaf cups back into the oven and bake uncovered for an additional 20 minutes or until internal temperature reaches 165°F.

9. Garnish with parsley and/or chives and drizzle 2 tbsp BBQ sauce onto the tops. Serve hot along with extra mashed cauliflower.

PER SERVING: (2 MUFFINS)

Calories: 285, Fat: 12g, Carbs: 17g, Protein: 27g



Southwest Quinoa Cakes

Recipe by Maggie Jones,
creator of Home Sweet Jones
(homesweetjones.com)

MAKES: 12 MUFFINS

INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 1 cup black beans, rinsed
- ¾ cup nonfat cottage cheese
- ¼ cup sliced green onions
- 4 large eggs
- 2 tbsp all-purpose flour
- 1 tsp baking powder
- ¼ tsp salt
- 1 cup shredded pepper jack cheese

Salsa

- 1 14-oz can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce, more or less to taste

- ¼ cup fresh cilantro
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Bring water to a boil in a medium saucepan and add quinoa. Reduce to a simmer, cover, and cook until quinoa is tender, about 15 minutes. Transfer to a large bowl; let cool.
3. Add beans, cottage cheese, and green onions and toss to combine. Gently whisk eggs, flour, baking powder, and salt in a small bowl. Stir into quinoa mixture.
4. Spray a 12-cup muffin tin with nonstick spray and divide quinoa mixture among the cups. Top each with 1 tbsp pepper jack cheese.
5. Bake until cakes are puffed and golden, about 20 minutes.
6. Meanwhile, combine salsa ingredients in a blender or food processor and puree until smooth.
7. Serve cakes with salsa on the side.

PER SERVING: (2 MUFFINS)

Calories: 157, Fat: 6g, Carbs: 17, Protein: 10g



Lemon-Coconut Baked Oatmeal Cups

Recipe by Alexis Joseph, R.D.,
creator of Hummusapien blog
(hummusapien.com)

MAKES: 12 MUFFINS

INGREDIENTS

- 2 tbsp ground flaxseed plus 6 tbsp water (or 2 eggs)
- 3 overripe medium bananas
- $\frac{1}{4}$ cup creamy almond butter
- $\frac{3}{4}$ cup unsweetened vanilla almond milk
- $\frac{1}{4}$ cup pure maple syrup (optional)
- Zest and juice of 1 large lemon ($\frac{1}{4}$ cup lemon juice)
- $1\frac{1}{2}$ tsp vanilla extract
- 3 cups old-fashioned oats
- $\frac{1}{3}$ cup unsweetened flaked or shredded coconut
- 1 tbsp baking powder
- $\frac{1}{4}$ tsp salt

DIRECTIONS

1. Preheat oven to 350°F. Spray a 12-cup muffin tin with cooking spray.
2. Combine flax and water (or eggs) in a small bowl.
3. Place bananas in a large mixing bowl. Mash with a fork. Add almond butter, almond milk, maple syrup, lemon zest and juice, vanilla, and flax mixture. Stir until combined.
4. Add oats, coconut, baking powder, and salt, stirring to combine.
5. Spoon batter into tin.
6. Bake 25 to 28 minutes, or until set and lightly browned. Cool for 20 minutes on a cooling rack before removing from tin.
7. Store in an airtight container in refrigerator.

PER SERVING: (1 MUFFIN, WITHOUT SYRUP)

Calories: 196, Fat: 9g, Carbs: 34g, Protein: 6g



Sweet Potato, Spinach, and Egg Muffin

Recipe by Kristen McCaffery,
creator of Slender Kitchen
(slenderkitchen.com)

MAKES: 12 MUFFINS

INGREDIENTS

- 6 whole eggs
- 6 egg whites
- $\frac{1}{3}$ cup skim milk (leave out for Paleo/Whole30)
- 1 tbsp fresh chives
- Salt and pepper
- $\frac{1}{2}$ tbsp olive oil
- 1 cup diced sweet potato
- $\frac{1}{4}$ cup diced onion
- 2 cups spinach
- 1 garlic clove, minced
- $\frac{1}{8}$ tsp nutmeg

DIRECTIONS

1. Preheat oven to 400°F. Spray a 12-cup muffin tin with cooking spray or use liners.
2. Whisk together eggs, egg whites, skim milk, and chives. Season with salt and pepper.
3. In a skillet, heat oil over medium heat. Add sweet potato and onion. Cook for 8 minutes or until softened.

WHICH PAN TO COOK IN?

Depending on your recipe, aluminum, silicone, carbon steel, or nonstick may be best, says Chris Freytag (see her Skinny Lasagna Cupcakes at right). Here's how to pick the right pan.

Silicone

► "The flexible rubbery material used for silicone bakeware is trendy right now for a reason: versatility. It's oven-safe, microwave-safe, goes in the fridge and freezer, and will not be damaged by the dishwasher," Freytag says. Plus, it's a cinch to remove the muffins from the pan by bending it. "I like them for muffins and desserts, but they work for everything."

Nonstick

► This pan is popular due to the obvious: Nothing sticks. "They are easier to clean up, and you don't need to use paper cups with them. I still oil them a little for flavor and to ensure clean removal of food."



4. Add spinach, garlic, and nutmeg. Cook for 2 minutes or until wilted.
5. Let cool for 2 minutes and then mix into eggs. Pour into muffin tin and bake for 20 minutes or until cooked through.

**PER SERVING:
(1 MUFFIN)**

Calories: 104, Fat: 4g,
Carbs: 7g, Protein: 9g

Aluminum or Steel

► “Old-fashioned metal tins are the cheapest, and they last forever. I have one of my grandma’s really old tins, and it’s browned but still works amazingly well.”

Cast Iron

► “It creates slow, even heating, but you have to be a watchful cook to use cast iron. It’s a little trickier, and the bottoms of your food will get a little crispier—they can burn if you’re not careful.”



Skinny Lasagna Cupcakes

Recipe by Chris Freytag, founder of Get Healthy U and Get Healthy U TV (gethealthyu.com)

MAKES: 24 CUPCAKES

INGREDIENTS

- Optional: 1 lb ground beef
- 1 tbsp butter
- 8 oz mushrooms, washed and diced
- 1 zucchini, diced
- ½ yellow onion, diced
- 1 tsp Italian seasoning
- 1 garlic clove, minced
- 48 wonton wrappers
- 1 cup skim ricotta cheese
- 8 tbsp mozzarella cheese, divided
- 2 tbsp grated Parmesan cheese
- 9 leaves fresh basil, chopped and divided

- ¼ tsp nutmeg
- ½ tsp salt
- ½ tsp black pepper
- 1 cup your favorite marinara sauce

DIRECTIONS

- 1.** Preheat oven to 375°F. Spray two 12-cup muffin tins with cooking spray.
- 2.** If using ground beef, sauté until cooked through in a skillet while you cut veggies. Drain and set aside.
- 3.** In a skillet, heat butter on medium heat; add mushrooms, zucchini, onion, and Italian seasoning and cook for 5 minutes. Add garlic and sauté for 1 minute.
- 4.** Drain cooked vegetables and let cool in strainer. Then line each muffin cup with 1 wonton wrapper.
- 5.** Place ricotta in a mixing bowl and add 3 tbsp mozzarella, 2 tbsp Parmesan, 6 leaves chopped basil, nutmeg, salt, pepper, and mix together.
- 6.** Scoop 1 tbsp vegetable mixture into each muffin cup and top with ½ tbsp ricotta mixture. Then add another wonton to each muffin cup, pressing down mixture and making sure that wonton corners are staggered.
- 7.** Next add ½ tbsp veggies and 1 tbsp marinara sauce, and top with 1 tsp shredded mozzarella.
- 8.** Bake for about 16 minutes, until golden brown.
- 9.** Let cupcakes cool for 3 minutes, then remove from tins. Top with basil shreds if desired.

**PER SERVING:
(3 CUPCAKES)**

Calories: 334, Fat: 14g,
Carbs: 28g, Protein: 23g
(Without ground beef:
Calories: 233, Fat: 8g,
Carbs: 28g, Protein: 11g)





ONE FOOD, FIVE WAYS: TURMERIC

Think beyond the curry with fresh ways to use the powerful healing spice

BY JENNIFER ISERLOH

• **ONCE PRIMARILY LIMITED TO** Southeast Asian cuisine, turmeric is having a worldwide moment. That's thanks in large part to its chemical compound curcumin, a widely studied antioxidant and anti-inflammatory agent credited with helping reduce the risk of everything from high cholesterol to cancer.

The bright-orange root turns yellow when dried and ground and provides a subtle flavor to any dish. (Just be careful, because that yellow color can also easily stain its surroundings, including your clothes and countertop.) For health benefits, pair it with black pepper to enhance its bioavailability, and aim for around 1 teaspoon daily—an easy amount to add to your favorite meals, especially with yummy choices like these.

No. **1**

Turmeric Pad Thai

Pad Thai is traditionally made with high-carb rice noodles mixed with wheat. This refreshing low-cal version is made with zucchini noodles and packed with protein from lean shrimp.

MAKES: 4 SERVINGS

INGREDIENTS

- 2 large zucchini (about 1½ lbs)
- 4 tbsp sesame oil, divided
- 1 lime, zested and juiced
- 2 tsp fish sauce
- ½ tsp turmeric
- ¼ tsp freshly ground black pepper
- 1 lb medium shrimp, peeled
- 1 large cucumber, thinly sliced
- ¼ cup chopped peanuts

DIRECTIONS

- 1.** Using a vegetable cutter or spiralizer, cut the zucchini into vegetable noodles and set aside.
- 2.** In a small bowl, add half the sesame oil and the lime zest and juice, fish sauce, turmeric, and pepper.
- 3.** Warm the other half of the oil in a large skillet over medium heat and add the shrimp. Cook 3 to 4 minutes, stirring often, until the shrimp starts to turn pink.
- 4.** Add the reserved zucchini noodles and toss well, cooking 2 to 3 minutes more until the zucchini is tender and the shrimp is cooked through.
- 5.** Let cool 5 minutes, then garnish with the cucumber and peanuts. Serve immediately.

PER SERVING (2 CUPS)

Calories: 326, Fat: 10g, Saturated fat: 2g, Carbs: 10g, Fiber: 2g, Protein: 26g, Sodium: 414mg

No. 2

Kale Salad with Orange-Turmeric Dressing

This sweet-and-sour salad is topped with an orange-based turmeric dressing that uses tart cider vinegar to play off the sweetness of crunchy apple. Slice kale to make it easier to eat—or opt for tender baby kale instead.

MAKES: 4 SERVINGS

INGREDIENTS

- 1 lb kale, tough stalks removed, thinly sliced (or 1 lb baby kale)
- 1 15-oz can chickpeas, drained and rinsed
- 3 tbsp hemp or chia seeds
- 1 apple, diced (any variety)
- 4 celery stalks, thinly sliced
- ½ cup fresh orange sections
- ¼ cup extra-virgin olive oil
- 2 tbsp cider or white vinegar
- ½ tsp ground turmeric or 1 tsp freshly grated turmeric root
- ¼ tsp salt
- ¼ tsp freshly ground black pepper

DIRECTIONS

1. Place the kale in a large bowl along with the chickpeas, hemp or chia seeds, apple, and celery.
2. Place the orange sections in a blender along with the oil, vinegar, turmeric, salt, and pepper. Blend until smooth.
3. Drizzle dressing over salad. Serve immediately.

PER SERVING (3 CUPS)

Calories: 330, Fat: 19g, Saturated fat: 2g, Carbs: 31g, Fiber: 9g, Protein: 11g, Sodium: 551mg

No. 3

Turmeric-Ginger Smoothie

This turmeric-spiked version of an Orange Julius has the healing power of the medicinal root plus the same great creamy orange taste, without the sugar overload. The turmeric flavor is masked by the orange, so it's a great option for those unsure about trying the spice.

MAKES: 2 SERVINGS

INGREDIENTS

- 2 carrots, peeled and chopped
- 1 cup fresh orange segments
- 2 scoops (¾ cup) plain or vanilla protein powder
- 2 cups low-fat plain Greek yogurt
- 2 tbsp grated ginger
- ½ tsp ground turmeric or 1 tsp freshly grated turmeric root

DIRECTIONS

1. Place the carrots, orange, protein powder, yogurt, ginger, and turmeric in a blender, along with 8 ice cubes. Blend until smooth, then serve.

PER SERVING (3 CUPS)

Calories: 311, Fat: 4g, Saturated fat: 4g, Carbs: 29g, Fiber: 6g, Protein: 39g, Sodium: 187mg



No. 4

Tomato-Turmeric Gazpacho

Gazpacho, a light, flavorful cold soup that's packed with veggies, is low in calories and can be made in mere minutes in the blender. Use it to stay hydrated while also calming hunger pangs post-workout.

MAKES: 4 SERVINGS

INGREDIENTS

- 6 tomatoes, (about 1½ lbs)
- 1 green bell pepper, seeded and chopped
- ½ onion, peeled
- ⅓ cup unsalted roasted almonds
- 3 tbsp red-wine vinegar
- 3 tbsp olive oil
- ½ tsp ground turmeric
- ½ tsp salt
- ¼ tsp freshly ground black pepper

DIRECTIONS

1. Place tomatoes, green bell pepper, onion, almonds, red-wine vinegar, olive oil, turmeric, salt, and pepper in a blender and process until smooth. Serve immediately.

PER SERVING (1½ CUPS)

Calories: 180, Fat: 13g, Saturated fat: 1g, Carbs: 13g, Fiber: 6g, Protein: 4g, Sodium: 164mg

No. 5

Lemon Chicken

Adding turmeric gives these crispy, breadless cutlets a

golden yellow hue. The healthy fats in olive oil help boost the benefits of turmeric's healing compounds.

MAKES: 4 SERVINGS

INGREDIENTS


- 2 tbsp organic cornstarch
- 1 sprig rosemary, leaves removed and chopped
- ½ tsp turmeric
- ¼ tsp garlic salt
- ¼ tsp freshly ground black pepper
- 1 lb raw chicken cutlets
- 3 tbsp olive oil
- 1 lemon, zested and juiced
- ½ cup chicken broth
- 1 lb baby arugula

DIRECTIONS

1. Place the cornstarch, rosemary, turmeric, garlic salt, and pepper on a plate. Dredge the chicken slices in the cornstarch mixture and transfer to another plate.
2. Warm a large skillet over medium-high heat and add the oil. Add the chicken and cook 4 to 5 minutes, until it starts to brown. Flip and cook 4 to 5 minutes more until the chicken is almost cooked through.
3. Add the lemon zest and juice and the chicken broth. Reduce the heat to low and simmer 2 to 3 minutes until a thick sauce forms and the chicken is cooked through. Serve immediately over the greens.

PER SERVING (3 CUPS)

Calories: 269, Fat: 13g, Saturated fat: 2g, Carbs: 11g, Fiber: 2g, Protein: 27g, Sodium: 419mg



Boost your mood no matter the weather with a combo of exercise and deep breathing.

SPRING 2017

Health

PULSE

58 HEALTH NEWS | 60 AVOIDING EXTREME OVERTRAINING
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BENEFITS FOR MULTITASKERS | 69 ASK THE EXPERTS

■ If you're feeling blue, try adding some deep breathing to your cooldown. You already know your mood is usually sunnier after you exercise, but new research from Rutgers University shows doing some focused meditation along with aerobic activity can help fight symptoms of depression and anxiety among adults with and without depression disorders.

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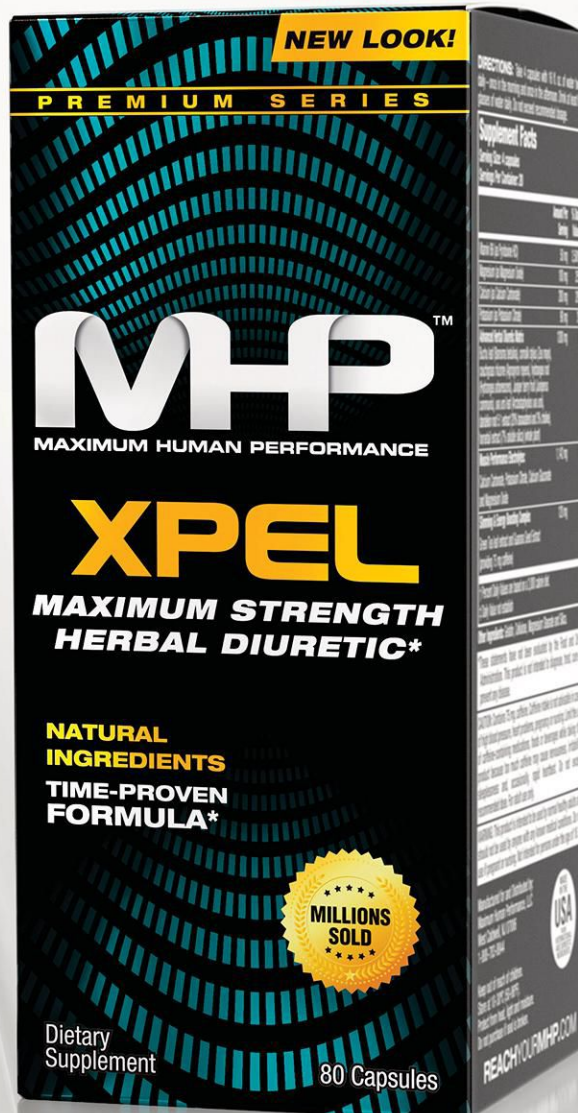
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YOUR BRAIN ON EXERCISE: KEEP UP THE GOOD WORK!

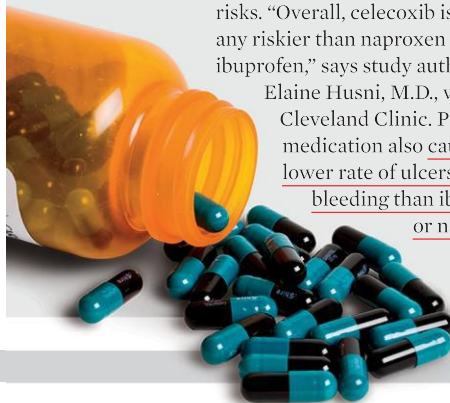
BY DIANA KELLY

• **• TURNS OUT**, your stick-to-itness at the gym may actually help change the way your brain exercises control in other areas of your life. New research published in *Frontiers in Neuroscience* found that living a healthier lifestyle may increase executive function in the brain—the part that has the ability to exert self-control and set and achieve goals, as well as resist temptation and solve problems.

Scientists analyzed data collected from 4,555 adults through the English Longitudinal Study of Aging. They concluded that exercise and executive function were closely interlinked, even after controlling for other factors like demographics and health characteristics. Those with poor executive function had subsequent decreases in participation in physical activity, while older adults who took part in sports or other forms of exercise had higher levels of executive function over time. Physical activity and executive function work together to create a positive feedback loop.



A SAFER PAIN RELIEVER?



➤ For pain relief, there's one more aid you can now count on. A 10-year study of more than 24,000 patients found celecoxib (sold as Celebrex) is just as safe as other nonsteroidal anti-inflammatories when taken as a prescription. The medication had been called into question for possible heart risks. "Overall, celecoxib is not any riskier than naproxen and ibuprofen," says study author Elaine Husni, M.D., with the Cleveland Clinic. Plus, the medication also caused a lower rate of ulcers and GI bleeding than ibuprofen or naproxen.

SLEEP
LESS, EAT
MORE?

▶ As if you needed one more reason to get your sleep under control before we "spring ahead" this season, science is looking pretty solid that shortened and/or poor sleep is likely to impact how you eat the next day. An analysis published in the *European Journal of Clinical Nutrition* concluded that sleep restriction can lead to eating more calories the next day.

"On average, sleep-deprived people consumed an average of 365 calories extra per day," says study author Gerda Pot, Ph.D., assistant professor at Vrije Universiteit Amsterdam. Plus, a new paper from the University of Tsukuba, Japan, found that not getting enough REM sleep may activate an area of the brain that makes you want to eat sweets. Bottom line: Hit the sack a little earlier to keep your diet on track.



11-OUNCE CHOCOLATE MILK SHAKE

ROUGHLY THE
AMOUNT MORE IN
CALORIES YOU'LL
EAT AFTER A BAD
NIGHT'S SLEEP



Harness the Power of Positivity

Ever notice that when you're having a fantastic day, more and more good things keep happening to you? A recent review published in the journal *Neuroscience and Biobehavioral Reviews* found that your rose-colored glasses might just be the result of being more open and positive, which tends to make annoying life details get more easily overlooked. "A positive mood might make people less stressed because it downregulates the impact on the body's stress response," explains Naomi Vanlessen, Ph.D., a researcher in the department of experimental psychology at Ghent University. The happier you feel, the less stressed you'll get—which will only benefit your health in the long run.

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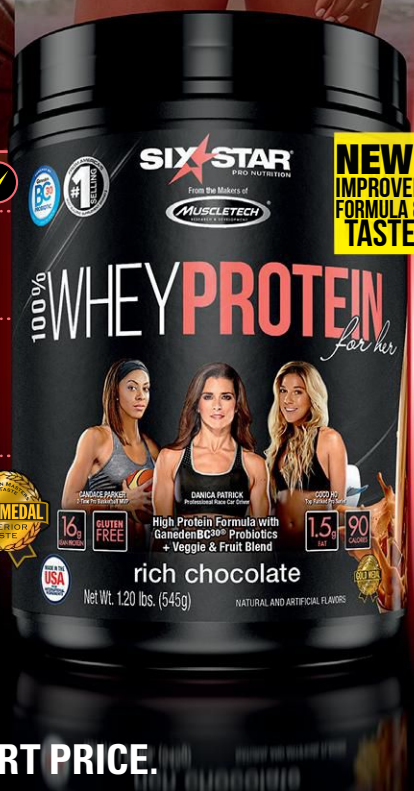
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KILLER WORKOUTS

Pushing it in the gym is one thing, but go too far and you could suffer a potentially life-threatening condition

BY KATHERINE SCHREIBER

• **YOU'VE CERTAINLY HEARD THE EXPRESSION** “no pain, no gain,” but there’s such a thing as pushing it too hard in your workouts. And the consequences can go far beyond sore muscles and fatigue. Athletes who overexert themselves to an extreme point can develop a condition called rhabdomyolysis, a breakdown of muscle tissue that can lead to kidney failure, heart damage, and even death.

Although relatively rare, rhabdo affects approximately 26,000 people in the United States each year. Athletes who do high-intensity or extreme endurance workouts are often among those who feel the effects of rhabdo.

Last October, Paralympic snowboarder Amy Purdy was hospitalized for it; and one month earlier eight student athletes from Texas Woman’s University were also sent to the hospital with signs of the condition.

What Causes It?

■ High-endurance activities involving heavy lifting can increase the risk of rhabdo, as can other forms of over-exertion or trauma, says S. Adam Ramin, M.D., a urologic surgeon and medical director of Urology Cancer Specialists in Los Angeles. But while CrossFit is sometimes blamed for causing rhabdo,

research shows CrossFitters are no more likely to develop it than powerlifters, gymnasts, or rugby players.

Any intense exercise puts a strain on muscles. When that strain exceeds what you can handle, your muscle fibers may tear open, spilling a protein called myoglobin that would normally transport oxygen to your muscle cells into the

do additional high-intensity exercises can develop this dangerous muscle breakdown. Trying to cram in your fitness (doing an extreme amount of exercise in a short amount of time) can also take its toll.

Hydration also plays a part. Research shows that when muscle cells are deprived of adequate water, they shrink and become more vulnerable to breakdown. In addition, alcohol consumption or excessive levels of caffeine can lead to rhabdo. Other culprits include infections like influenza or conditions like herpes or sickle cell anemia and even certain medications such as antihistamines, antidepressants, statins, and acetaminophen.

How You'll Feel

■ Fatigue and achy muscles are the usual first signs of rhabdo, says Steve Yoon, M.D., director of orthobiologics and regenerative medicine at the Kerlan-Jobe Orthopedic Clinic in Los Angeles. Other hallmarks include swollen limbs, brown-colored urine, nausea, vomiting, and fever.

Symptoms appear within a few hours to a couple of days after a traumatic injury or extreme workout. Levels of the electrolytes sodium and potassium become unbalanced and a buildup of the nitrogenous compound urea occurs in the blood if kidneys begin to fail, leading to confusion and heart palpitations.

If you notice these conditions—especially swollen body parts and/or darker-than-normal urine—seek immediate

medical attention. Treatment includes an intravenous saline solution that helps to flush excess myoglobin from the bloodstream,

rhabdo,” Ramin points out. “It may be very self-limited and require minimal medical support. Or it may be very serious, leading to kidney failure.”

Trying to cram in your fitness or always pushing past fatigue can take a toll.

rehydrating the body's cells, and relieving stress on the kidneys. In extreme cases, dialysis may be required to prevent kidney failure. And if a muscle group is experiencing a prolonged loss of circulation, doctors may surgically relieve pressure.

If you're just feeling achy and fatigued, try to see your health-care practitioner within two days to test your blood for high levels of creatine kinase, a biological marker of rhabdo. “There are differing levels of

Staying Strong

■ Since dehydration plays a role in rhabdo, it's important to make sure your body is getting enough fluids, advises Luga Podesta, M.D., director of sports medicine at St. Charles Orthopedics in Setauket, NY. The American College of Sports Medicine recommends drinking 16 to 20 ounces of fluid at least four hours before any workout that lasts up to an hour and 8 to 12 ounces within 15 minutes

of beginning it. For every 15 minutes you exercise to the point of sweating (even mildly), throw back 3 to 8 ounces of water. If your exertion exceeds an hour, have 3 to 8 ounces of a sports drink to balance out your electrolytes.

But most important, listen to your body. “If you can't maintain proper form during a weight routine, or you feel faint, dizzy, or can't catch your breath during cardio, scale down your pace, load, or intensity,” says Nathaniel Oliver, a trainer and founder of Type A Training in New York City. And don't be afraid to take it easy now and then. “One week a month, try to modify your workout,” he adds. Regularly scaling back intensity will help you get stronger and ensure that overtraining won't keep you from performing at your best.



bloodstream. As a result of this spillage, the torn muscle can rapidly deteriorate, while the kidneys can become overwhelmed by rising myoglobin in the blood.

Athletes who perpetually push themselves past the point of fatigue or who do an exercise to muscle failure during the eccentric (negative) phase and then go on to

Halt Muscle Cramps

Don't get sidelined by workout muscle spasms. Here's how to put the kibosh on cramps so you can go strong and long.

BY KRISTIN MAHONEY

• **YOU'RE MIDWAY THROUGH** a run, workout, or CrossFit session when suddenly it strikes—a debilitating muscle cramp that stops you cold. Nothing kills a workout quite like the pain and tightness a cramp brings on. And whether you're lifting weights, running sprints, or doing laps in the pool, you can cramp up.

“A cramp is when the muscle unit itself contracts and doesn't have enough resources to release that contraction,” explains Jennifer J. Beck, M.D., an assistant professor of orthopedic surgery at UCLA's Orthopedic Institute for Children. Muscle cramps typically strike whatever area you're working the hardest. “Runners are likely to get lower-extremity cramps, while rowers and swimmers might be more prone to upper-extremity and chest-wall cramps,” Beck says.

Nutrition No-Nos

■ It's not just the movement that's to blame. “The most common cause of muscle cramps tends to be something nutritional,” says Jordan D. Metztl, M.D., a sports medicine physician at the Hospital for Special Surgery in New York. That's especially true for endurance athletes like distance runners, cyclists, and triathletes, who have lost high amounts of electrolytes through their sweat without replacing them. This can lead to a deficiency in sodium levels, which triggers cramps. “In order to combat these deficiencies you need to make sure you're being nutritionally smart,” says Metztl. That means getting enough electrolytes in your diet with salty foods like pretzels or taking salt tablets during workouts.

In addition to sodium, the minerals potassium, magnesium, and calcium

Staying limber
can help your
muscles power
through workouts.





CALCIUM CURES
Dairy products like low-fat or fat-free milk supply calcium to help keep muscles from cramping up.

can help prevent your muscles from locking up. Aim to get these nutrients through foods first, advises Beck. Key sources include bananas for potassium, leafy green vegetables for magnesium, and dairy products like milk and yogurt for calcium.

Proper hydration is also important, since dehydration causes an alteration in electrolyte concentration as well as a buildup of lactic acid from muscle metabolism, both of which can cause cramps. Individual needs vary—some people do fine with just a little water, others require more fluids or a sports drink with electrolytes. “Experiment to see what works best for you,” says Beck.

Activity Overload

■ Cramping can also occur when your workouts get the best of you. “Functional cramps happen in people who overload their muscular capacity,” says Metzl. That can mean putting too much weight on the bar, maxing out on the number of reps you’re doing, or even putting your body in a position where flexibility is an issue. To help keep muscles mobile, incorporate more flexibility in your training. It can also help to use a foam roller before a workout, adds Metzl.

Sudden and intense movements, such as sprint intervals, may be another cramp trigger. That’s especially true if

you haven’t properly warmed up, stretched, or prepared your body for action. “If you’re going to recruit all the energy required of your hamstrings and quad muscles to do something like sprint 400 meters but your muscles don’t have the energy or building blocks to do so, they will most likely cramp up,” explains Beck.

Improving your flexibility can go a long way toward keeping your muscles limber and less likely to cramp. “Tighter muscles have less change in length during normal function, known as excursion,” says Beck. “That means they have to do the same amount of work but with a shorter change in length.” Repeating this movement at a high rate or high volume can cause the muscle to cramp, since it’s not getting properly stretched during exercise, she notes.

Stretching, as well as a proper warmup, is key to avoiding cramps mid-workout. Stretch the muscles you’ll be using the most—for runners, that might mean the hamstrings; for an upper-body strength day, stretch your chest, shoulders, and arms.

If a cramp does strike while you’re exercising, stop and gently stretch the affected muscle. Don’t try to push through the cramp or do a big, dramatic stretch, warns Beck, since either can result in a muscle tear.

4 Supps to Help Stop Cramps



► SaltStick Fastchews

These chewable electrolytes come in two refreshing flavors, Tart Orange and Zesty Lemon-Lime, to help reduce muscle cramps and boost stamina. Each two-tablet serving has 100mg sodium, 30mg potassium, 10mg calcium, and 6mg magnesium. (\$15, saltstick.com)



► Extreme Endurance

Lactic acid is the cause of that signature hobble after a tough leg day, but its buildup in your muscles can also cause cramps. These tablets help you recover quicker and reduce cramping by lowering lactic acid production by up to 26%. (\$47, xendurance.com)



► Hotshot

This 1.7-ounce sports shot operates off scientific research that shows your muscles cramp when motor neurons in your spinal cord start to fire spontaneously and repetitively. Hotshot boosts your neuromuscular performance and stops cramps, so you can train harder and longer. (\$35 for pack of 6, teamhotshot.com)



► 100% Natural Pickle Juice Sport

It’s not the first food you think of when it comes to replacing lost electrolytes, but this juice has up to 10 times more electrolytes than the average sports drink. Plus, pickle brine is free of artificial additives, sugar, and caffeine so you won’t get an energy crash after taking it. (\$20 for pack of 12, picklepower.com)



AVOID A LINGERING
FOOT INJURY BY
CHANGING OUT
YOUR WORKOUT
SHOES EVERY
FEW MONTHS.

HELP FOR SORE HEELS

Plantar fasciitis is one of the leading sources of foot pain, especially among active women. Here's how to keep your feet feeling healthy.

BY KRISTIN MAHONEY

• **FEELING A STABBING PAIN** near your heel when you step out of bed in the morning or when you get up from your desk? You might have developed plantar fasciitis, one of the most common foot injuries facing athletes today. “It’s the complaint that brings patients to a podiatrist’s office the most often,” says Megan Leahy, D.P.M., podiatrist at the Illinois Bone & Joint Institute in Chicago. In fact, about one in 10 people will develop plantar fasciitis during their lifetime.

What is it?

Plantar fasciitis is an inflammation of the plantar fascia, the ligament that runs along the bottom of the foot. Normally this tissue absorbs shock and supports the arch of the foot, but if it is overstretched or strained, small tears in the tissue can lead to inflammation, causing pain and discomfort—especially where the fascia meets the heel bone or at the arch on the bottom of the foot. Most of the time, plantar fasciitis won’t affect you during exercise—you likely won’t feel it until you get home from the gym and are walking around your house or when you

get out of bed first thing in the a.m. And the more you walk around on it, the better it starts to feel.

How does it happen?

Both athletes and sedentary individuals can develop plantar fasciitis, notes Leahy, since it can be brought on by weight gain, a sudden increase in intensity of activity, or even wearing worn-out shoes. Runners are among those who suffer the most often, especially if they are suddenly adding more weekly mileage to their routine. But even frequent HIIT workouts can be to blame, since the pounding of some

high-intensity exercises creates more stress through the foot. Other activities that place stress on heels can also create problems, adds Leahy.

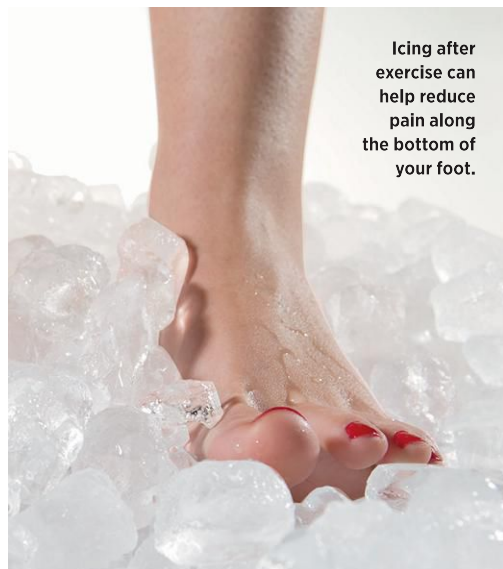
But it’s not just your workouts that can cause trouble. Consider your footwear choices: “Constantly squeezing into narrow shoes can prevent the front part of the foot from moving,” explains biomechanist Katy Bowman, author of *Whole Body Barefoot: Transitioning Well to Minimal Footwear*. That means the smaller muscles of your feet, which should be helping support the arch as well as dealing with the changing terrain

as you walk, are weak, which in turn can stress the plantar fascia. Your toes may also be clenching as you walk, which can further stress the bottom of your feet.

Getting better

Treatment options for plantar fasciitis vary depending on the severity of the injury. For mild to moderate cases, stretching, rest, and modifying your activities, along with using anti-inflammatories such as ibuprofen, may provide help to alleviate the pain. (See “3 Stretches for Relief,” right.) It can also help to apply ice or cold therapy to the affected area. Some patients swear by a technique called ice massage: Simply freeze a water-filled paper cup and roll it along the bottom of your foot for about 5 minutes at a time.

More severe cases may need a supportive boot, cortisone injections, physical therapy, or surgery. “It’s important to see a



Icing after exercise can help reduce pain along the bottom of your foot.

doctor soon after the onset of pain so the injury doesn’t become a chronic issue,” says Leahy. Left untreated, plantar fasciitis can linger for years, creating partial tearing or even a full rupture of the fascia.

In addition to reducing inflammation, it’s also crucial to address the underlying reason for the injury. Bowman advises strengthening the small, intrinsic muscles of the feet, which can help reduce the load placed on the plantar fascia. Mindful barefoot

practice at home and doing moves like lifting your toes one at a time can reduce weakness in these small muscles.

Other devices, such as inserts or orthotics, can help modify biomechanical issues, such as rolling your foot in when you walk, notes Leahy. Talk to your doctor to find out whether you might need additional support or physical therapy to address any imbalances that may have contributed to the development of the injury in the first place, she adds.

Foot-Fault Fixes

Wise up and give your feet the love they deserve. These products help ease plantar fasciitis pain where it starts.



TriggerPoint Nano Foot Roller to ease pain. (\$25, tptherapy.com)



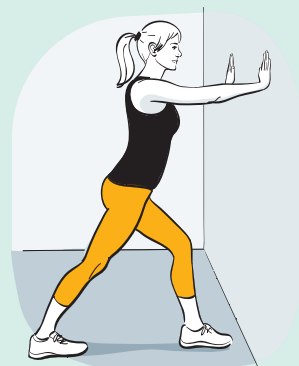
Features! Elite Max Quarter socks add compression. (\$16, featuresrunning.com)



SuperFeet Go Premium Pain Relief training inserts. (\$70, superfeet.com)

3 STRETCHES FOR RELIEF

These gentle stretches can help reduce some of the tightness along the bottom of your foot. Try them up to three times a day.



1. CALF STRETCH

- Stand facing a wall with feet staggered, front foot about 12 to 24 inches away from the wall. Leaning forward, rest both hands on the wall, keeping your back heel, hip, and head in a straight line.
- Pressing your back heel onto the floor, push gently into the wall, feeling the stretch along your calf. Hold 90 seconds; switch sides.

2. TOES STRETCH (NOT SHOWN)

- Sit with your ankle crossed over the opposite knee.
- Use your hands to gently spread your toes apart, bringing the toes away from one another.
- Hold for up to one minute; switch sides.



3. TOP STRETCH

- Stand barefoot with feet hip-distance apart. Reach right leg behind you, tucking the toes of that foot under. The farther back you step, the more intense the stretch.
- Keep the rest of your body standing tall, with head, neck, shoulders, and hips all aligned. Hold this stretch for up to one minute; switch sides.

CHANGE YOUR MIND, CHANGE YOUR LIFE

How meditation can make you happier and more successful than ever

BY CAT PERRY



• **STRESS WILL COME AND GO**, from overstuffed schedules to ambitious hopes for your future. Yet how you handle the challenges can mean the difference between emotional chaos and clarity. But relax: Recent research suggests that calming yourself, redirecting frustration, and viewing life from the brighter side are habits you can practice. In other words, we *can all learn* to live happier lives every day.

Trending relaxation techniques are more than just hype. Far from its roots in the Indus Valley in 5,000 B.C., meditation has become “mental housekeeping” for everyone from yogis to busy parents and executives alike. The research is there: **Studies show deep breathing and clearing the mind can reduce stress, obsessive thinking, and anxiety and improve memory and slow aging of the brain.** Plus, it promises to increase your efficiency and ability to multitask, as well as brighten your day on the spot. Find your favorite form of this stress-melting practice to get more out of life.

What is it?

The gist of meditation is the practice of sitting in a cross-legged or seated position, breathing deeply, and allowing your body and mind to relax. However, it comes in countless forms the world over—from well-known ones like Zen and Transcendental Meditation (made famous by the Beatles) to others like Mindfulness Meditation, or even yoga, which is often viewed as a moving meditation.

According to the Institute of Noetic Sciences, there are four om-filled umbrellas: **concentrative meditation** (returning your focus as it drifts to a single object, sound, image, or breath), **open awareness** (being present and aware of whatever happens in and around you), **mindfulness** (a combo of concentration and open awareness that can even extend to everyday tasks like eating, driving, or housework), and **guided meditation** (any form of meditation that can be guided by a teacher or audio recording that elicits certain imagery). “Meditation is personal, and it’s important for people to find a practice that is comfortable for them. Luckily, there are so many types,” says Krystal L. Culler, M.A., a certified brain-health gerontologist and the Nathan and Lenore Oscar Endowed Director of the Center 4 Brain Health, in Beachwood, OH.

HOW DOES IT WORK?

Taking time out of your day for deep breathing, concentrating, and visualizing “impacts our frontal lobes, which are responsible for higher-order thinking processes, such as problem solving, memory, language, judgment, and impulse control. Many of the positive effects of meditation practice can be attributed to function in the limbic system, or emotional, area of our brains,” says Culler. It also affects the brain’s neurotransmitters, including serotonin (happiness), cortisol (stress), GABA (calm), endorphins (feel good), and melatonin (sleep).

4 Whole-Life Benefits of Meditation

It Can Boost Alertness.

› While some people get stressed and start fidgeting while sitting still, and others tend to get sleepy, meditation may actually strike a happy medium. Recent research in the *International Journal of Psychophysiology* confirmed findings that meditation can help increase alertness. Those subjects who focused more deeply saw greater benefits. This may demonstrate meditation’s cumulative effects: The better your practice, the better your results.

It Can Help You Multitask Better.

› You’re going to multitask anyway, so why not just get better at it? Untrained yogis were tasked with practicing a form of breathing meditation for 30 minutes daily for 90 days. Results show that multiple-task performance increased, and perceived (subjective) workload was reduced in the group that practiced this technique as compared with the control group. In addition, 30 minutes of meditation may help with performing learned motor-memory tasks (as opposed to new tasks) and is characterized by “reduced susceptibility to interference from exposure to other tasks,” according to *Frontiers in Psychology*.

It Can Increase Your Immunity.

› The more you train, and the harder you train, the weaker your immune system may become. But don’t see the doc just yet. Limited analysis finds that mindfulness meditation—the basic practice of being fully present and bringing awareness to what you are doing and what’s going on around you—may have positive effects on your immune response. Mindfulness uses the premise that “You are not your thoughts.” You are tasked with sitting and observing your thoughts and letting judgments about them and yourself roll by, returning back to the present moment, which may keep stress down and immunity up.

It Can Make You More Successful.

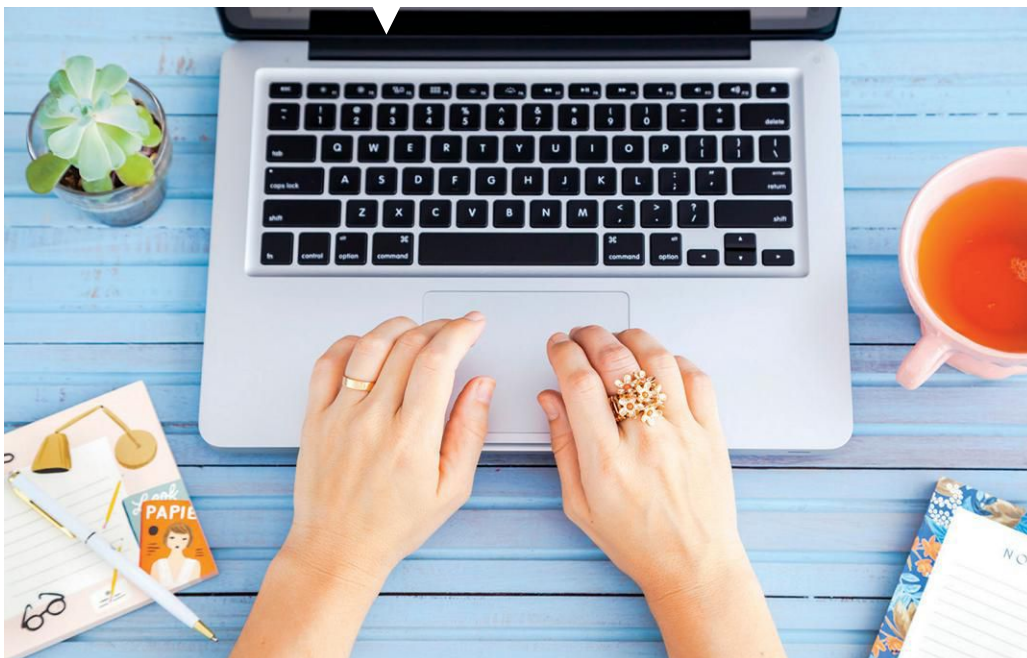
› “Whether in her career or financial life, a successful woman keeps her goals in focus—imagining and visualizing herself as a winner in all situations that matter to her. Meditation can be an extremely valuable tool to help women enhance their power to visualize future success,” says Doron Libshtein, founder of Mentors Channel (*mentorschannel.com*). In short, a meditation in which you visualize and concentrate can be like a self-fulfilling prophecy: You learn to hold a steady vision meditating and are then better at manifesting that vision and can thus hold it steadier the next time you sit to meditate. Win-win!



LISTEN UP

Sometimes you need a little sound cue to help you cool your jets. Try listening to meditative music, or, more specifically, the sound of Tibetan singing bowls. It’s a low-cost prompt to find your bliss that’s backed by research showing the sound can boost mood and enhance feelings of connectedness.

For a more communal experience, look for a “sound bath” in your area. “This type of meditation offers a ‘body massage’ through sound vibrations that participants are able to feel,” Culler says. Picture yourself in a room with great acoustics, either sitting cross-legged or lying on your back, while a sound-bath musician gently plays one or many Tibetan singing bowls and bells as you breathe, meditate, and/or relax into sleep. “The vibrations alter alpha brain waves that promote deep relaxation,” Culler says. “Participants may experience increased focus and awareness, enhanced sleep, and inner peace.”



GET STARTED:

MEDITATION 101

Here are Libshtein's first steps for a beginner to unlock the benefits of a meditative mind.

1

SET ASIDE TIME DAILY.

Start by trying to set aside 10 minutes a day, which you can split into two segments: five minutes in the morning and five minutes at night. The amount of time is not as important as simply doing it regularly. You can sit in a chair or lie down, whichever feels most comfortable.

2

USE A MELLOW-OUT MANTRA.

Maybe you want to use a mantra. Try one of personal affirmation like "I am loved" or "I am at peace" or a more popular mantra like "om" to focus on while you meditate. Just repeat your mantra on both the inhale and exhale.

3

FOCUS ON YOUR BREATH.

Your breath is the most important tool and is also important for stress reduction. Try using four counts on your inhale and eight counts on your exhale. Your breath should not be forced or strained in any way, so don't be concerned if it takes you some time to work up to eight counts.

4

DON'T WORRY ABOUT YOUR MIND WANDERING.

It's completely normal for the mind to wander while you're meditating. So when you notice this happening, simply bring your attention back to your breath.

5

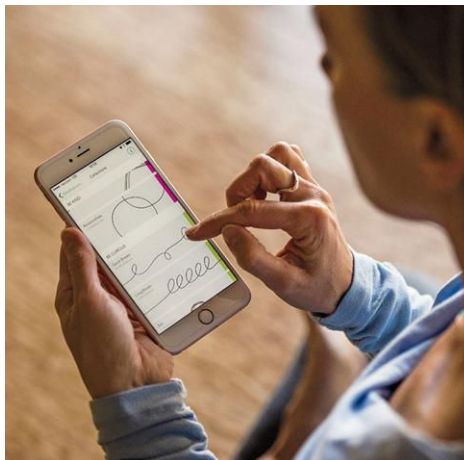
TRY GUIDED MEDITATION.

You may be one of the many people who prefer to meditate when someone else guides you on the meditation journey. The Mentors Channel provides a host of guided meditations and resources for those who prefer it, or see *Hers'* top app picks below.



Get Apps for That!

Setting aside the fact that your constant connectivity may be to blame for the bulk of your stress, research shows there are mood-elevating effects of using one of the plethora of apps and videos available today to guide you through meditation on your handheld devices, according to *Frontiers in Psychology*. Cute, bright graphics; user-friendly interfaces; calming scenes; friendly challenges; instant communities (even Russell Simmons has a meditation app); and reams of guided meditations in a single online space mean you can finally get some peace from your phone! Here are a few of our favorite tension tamers:



SING IN A CHOIR—OR GIRL BAND!

Research from the University of Oxford, in the United Kingdom, shows heart rates can sync up during group singing, which may explain why singing together sometimes feels like a guided group meditation. Belting a tune with the choir has also shown noticeable reductions in the stress hormone cortisol, and limited studies show that hormone levels of oxytocin, which helps you feel more bonded to others, can rise during group singing. Plus, singing may help lessen depression.

> **Insight Timer**

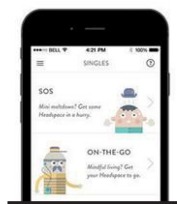
We love the access to more than 2,000 free guided meditations, music, and more from teachers all over the world, plus instant community. (Free: iOS, Android)

> **Sattva**

Includes a simple timer, plenty of free guided meditations, community sharing if desired. (Free: iOS, Android; five-, seven-, 14-, 21-day challenges for a fee)

> **Calm**

Guided breathing and meditation, nature scenes and sounds. (Free seven-day program and breathing guide: iOS, Android)

> **Headspace**

Meditation for those who don't want the spiritual aspects but instead want a gym for the mind. (Free 10-day program: iOS, Android)

> **Meditation Studio**

More than 200 guided meditations and courses by diverse teachers, plus help for sleep and confidence boosting. (\$4: iOS, Android)



JULIA LADEWSKI, C.S.C.S.

My back hurts when I squat. What am I doing wrong?

"Make sure that you are utilizing your midsection to its fullest potential," says Julia Ladewski, C.S.C.S., a strength and fitness coach based in Highland, IN. "Anytime you load the spine with a weight on your shoulders, your abdominals and

lower back become the foundation holding up the house. If that foundation crumbles, it could result in not getting stronger, missing a lift, or an injury." Brace your core so it stays stable—imagine someone is punching you in the stomach. "This sensation can help you remember how to tighten your abs so your legs are lifting the weight without putting stress on your back," she notes. In addition, make sure you're following the correct form. Keep your feet slightly wider than shoulder-width apart with toes turned out slightly. Place the bar slightly lower than the top of your shoulders (not on the bony part of the cervical spine). And as you lower down, make sure your knees stay tracked over the middle of your foot (not buckling inward) and your back is straight, with a natural arch in the lower part of the spine. Ask someone who is well-versed in mechanics and squat technique to review your positioning so you can make sure you're doing the movement correctly.



Q I LOVE TO RUN, AND I LOVE TO LIFT! BUT IT'S TOUGH TO RUN THE DAY AFTER STRENGTH TRAINING BECAUSE I'M SORE. HOW CAN I BALANCE BOTH?

"Contrary to what's been preached in the past, lifting and running complement each other quite well," says **Jay Dicharry**, P.T., director of the REP lab in Bend, OR. In fact, lifting on the same day as

running can improve your running results. But that requires a lot of time. So try to schedule your workouts so they don't clash. "Peak soreness from weightlifting happens about 24 to 48 hours following your strength session," notes Dicharry. To balance both, keep hard runs 48 hours apart from hard gym sessions so you can give it your all during the run, he adds. If you still want to run the day or two after your leg day, keep it light—doing an easy run can actually promote active recovery.



Q MY NEW JOB HAS ME WORKING EVENINGS—AND I'M STARVING WHEN I GET HOME. HOW CAN I KEEP MY DIET ON POINT WHEN MY HOURS ARE SO CRAZY?

"Have a plan," says **Molly Morgan**, R.D., author of *Drink Your Way to Gut Health*. "That way, even when you're tired and hungry, you will be more likely to stick with it." Write down what you are going to have for meals before the week begins and stock up on those foods. "These habits will keep your eating more balanced even on a crazy schedule." When you have time, prep healthy food so it's ready when you walk in the door. Make larger portions of soups, grilled chicken, or chopped veggies. "Then, when you're tired and starving, you're all set." **For more ideas check out the Hers meal-prep hub at muscleandfitness.com/meal-prep.**



Trying out a new trail? Pack an offline map, at least two liters of water, food, sunscreen, a nonphone GPS, and a backup charger.

SPRING 2017

Fit Life

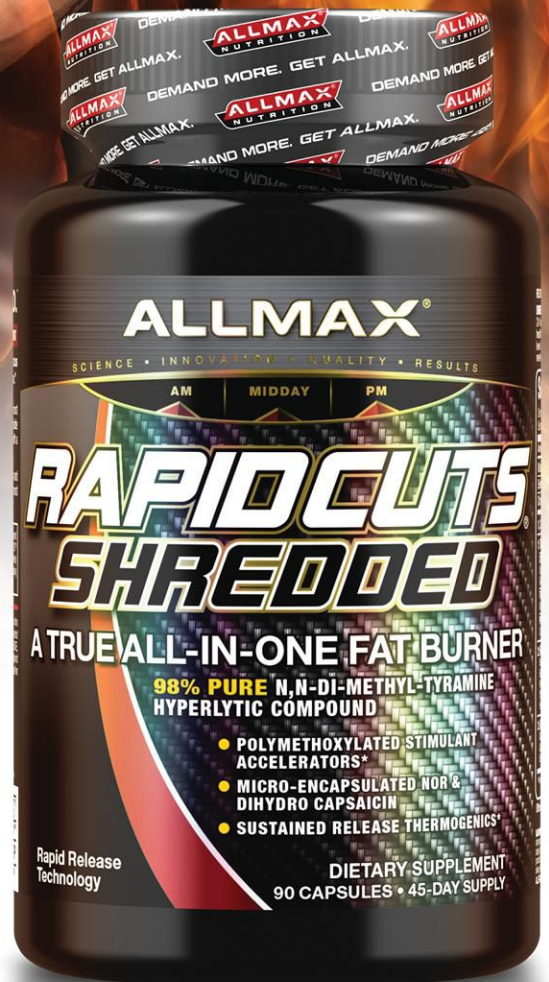
PULSE

72 INSPIRATIONAL GYM GEAR | 76 WIRELESS EARBUDS
78 BODY-BEAUTY FIXES | 80 *SLEEPY HOLLOW* STAR LYNDIE GREENWOOD | 82 *AMERICAN GODS* STAR RICKY WHITTLE

■ Women have more staying power than men do—no surprises there! Research in *Medicine and Science in Sports and Exercise* found that in a 110-kilometer ultra-trail running race the women exhibited less fatigue than the men in certain markers. Scientists conclude that it's why females have better performance as race distances increase. In short, you're built to go that extra mile. So do it!

TEAM ALLMAX
JASMINE FERNANDEZ
BIKINI COMPETITOR

**INCINERATE
FAT**



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



AVAILABLE AT:

24

BY CAT PERRY

Inspiration

Get a mental boost from this inspiring gear for fit chicks

3



Motivational Bottle Be Strong Large

\$20, MOTIVATIONALBOTTLE.COM

This twist-top 34-ounce BPA-free water bottle will be a bright spot in your day every time you take a refreshing sip of water. It has a timeline so you can easily track your fluid intake.

1



Ban.do Just Chill Out Cooler Bag

\$32, BANDO.COM

You're cute, funny, and smart with this roomy cooler bag that holds your prepped-ahead meals for the road.

2

MUSCLE CLUB APPAREL NO DAYS OFF TANK

\$23, MUSCLECLUBAPPAREL.COM

Motivational tanks should go everywhere you go. Say it loud in this racer-back top in a cotton-poly blend.





4

Luv Fit Jewelry I Am Doing This for Me Bracelet

\$20, LUVFITJEWELRY.COM

Simple and powerful affirmations can mean the difference between never getting up off your duff and making today just what you want it to be. This stainless steel bracelet and nickel- and lead-free charm say it all.

5



Enso Rings

\$20, ENSORINGS.COM

Enso is a Zen Buddhist state of being “when the mind is free for the body to create.” These workout-friendly wedding bands were created with that in mind so you can train comfortably and with intention, leaving your actual wedding ring in a safe place and wearing your durable Enso ring instead. It comes in pink, teal, black, and gray—and, of course, in sets.



6

BODY BY BRAZIL ALTO NEVER GIVE UP LEGGING

\$96, BODYBYBRAZIL.COM

Wide-waistband leggings made with a silky soft Supplex fabric and mesh cutouts feel as sexy as you look. Sweat it out in style, sister.

7

Zazzle Good Vibes Only Gym Duffle Bag

\$40, ZAZZLE.COM

You treat your body, mind, and life as an exciting project to always be working on, and collaborators are welcome! Here's a go-anywhere duffel gym bag that calls in the good. Comes in purple, green, blue, or red.





8

REEBOK YOGA SUP SPORTS BRA

\$50, REEBOK.COM

If you're happy and you know it, don this sports bra that says, "Happiness is my warmup" when the going gets tough.

10

Body by Brazil SuperHot In the Pink Socks

\$24, BODYBYBRAZIL.COM

Knee-high breathable socks in shock-me pink keep your calves and ankles warm while also keeping you motivated. Super socks for a super girl!



9

Ban.do Damn I'm Good Pin

\$10, BANDO.COM

Keep it real with a pin you can attach to your gym bag or workout hoodie that says it all.



11

Zazzle Motivational No Excuses Headband

\$16, ZAZZLE.COM

You have a wild side, but your hair shouldn't go there, too. Tame the tresses with a satin, no-slip headband.

12

Unbroken Designs Lifter Necklace

\$75, UNBROKENDESIGNS.COM

A feminine but fierce sterling silver charm to give focus daily.



13

Muscle Club Apparel Towel

\$5, MUSCLECLUBAPPAREL.COM

You can do this—today and again tomorrow. All you need is a towel to wipe off all that glow.

15



Mother Trucker & Co. Killin' It Hat

\$25, MOTHERTRUCKERCO.COM

Hello, beautiful. We know you're #KillinIt today!

16

Luv Fit Jewelry Swole Sisters Bracelet Set

\$30, LUVFITJEWELRY.COM

Buddy up with a bestie and share your daily transformation with each other.

14

MOMENTUM JEWELRY COORDINATED PAIR FOOTNOTES

\$16, MOMENTUMJEWELRY.COM

Lightweight, tarnish-free bling for your laces is a constant reminder that you have everything you need to reach your goals on this exciting road ahead of you.

BEST WIRELESS EARBUDS FOR THE GYM

Five wireless earbuds with music fan- and editor-approved features like deep bass, custom equalizers, touch sensitivity, and more

BY CAT PERRY



1 | JAYBIRD FREEDOM WIRELESS

You'll find powerful sound packed into these lightest-of-the-bunch wireless earbuds. We love how the whole micro-sized unit lies very close to the ear, rather than being a half-inch or more elevated from the head like some other wireless models—so there's little hardware to get caught in hair, headbands, beanies, and hoodies. Plus it comes with two very different types of sweatproof buds: foam (which for some offers a perfectly snug fit), and the more traditional silicone. And the double curved ear fins stay amazingly secure while you're on the move. Inline mic controls add to that ideal combo. Another awesome feature is the connected app that lets you change the equalizer settings of the bass, treble, and more so you can listen to your music the way *you* like it. Compatible with iOS and Android. (\$180, Best Buy or jaybirdsport.com)

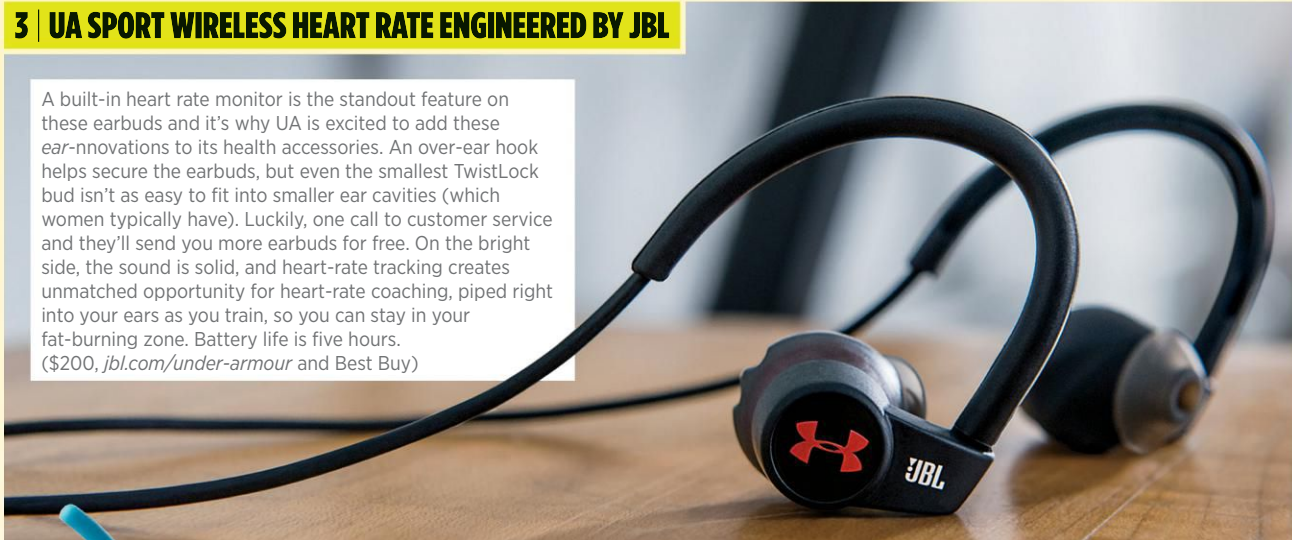
2 | SAMSUNG GEAR ICONX

A totally wire-free workout has arrived! Samsung beat Apple to the wire-free-market punch with this surprisingly addictive set of earbuds. A firm, stay-put ear fin and comfy silicone bud make these a great foray into truly wire-free. Plus the sound right out of the box is fantastic. It also comes with 4GB of storage for songs you've added via the app or a USB cable and can track workouts with a heart-rate monitor in the earbud. There are just a couple of drawbacks. First, the battery life on these last just long enough for that hourlong workout before you need to put them back in the charging case. Second, they're only compatible with Android devices. Note: The touch-sensitive surface takes a bit of getting used to (so you don't accidentally hang up on your boss), but pass that hitch and you won't look back. (\$200, samsung.com)



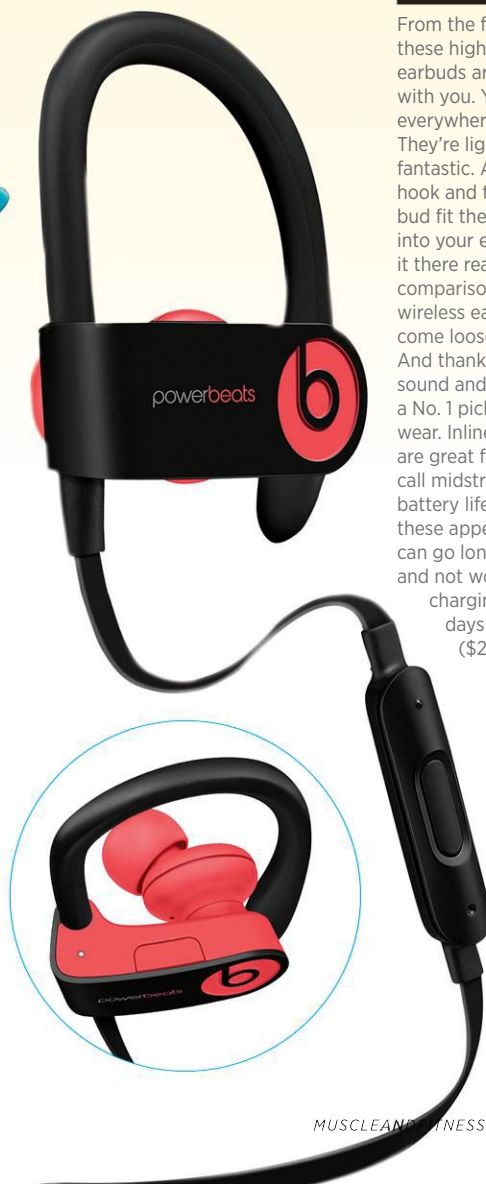
3 | UA SPORT WIRELESS HEART RATE ENGINEERED BY JBL

A built-in heart rate monitor is the standout feature on these earbuds and it's why UA is excited to add these ear-innovations to its health accessories. An over-ear hook helps secure the earbuds, but even the smallest TwistLock bud isn't as easy to fit into smaller ear cavities (which women typically have). Luckily, one call to customer service and they'll send you more earbuds for free. On the bright side, the sound is solid, and heart-rate tracking creates unmatched opportunity for heart-rate coaching, piped right into your ears as you train, so you can stay in your fat-burning zone. Battery life is five hours. (\$200, jbl.com/under-armour and Best Buy)



5 | POWERBEATS3

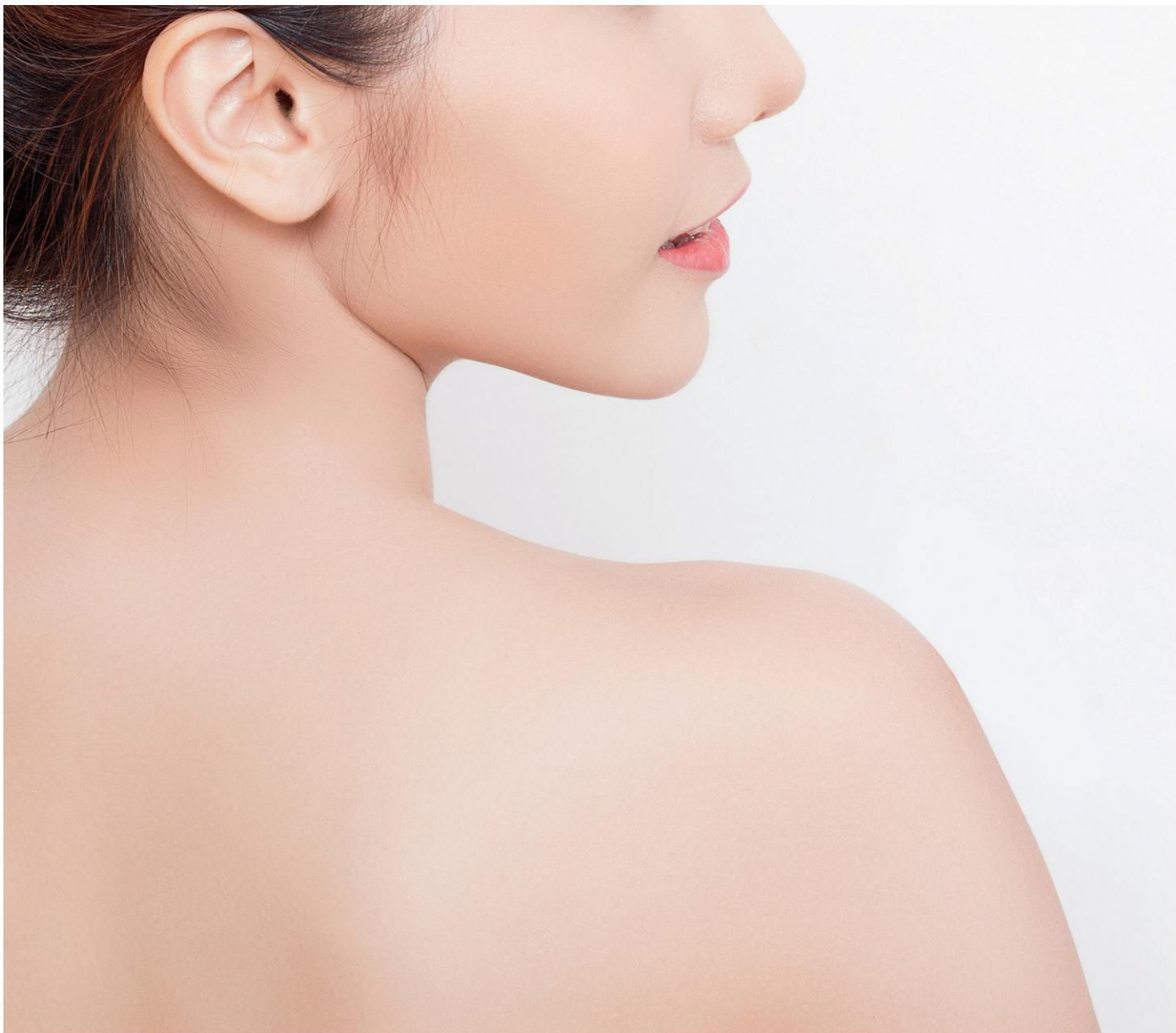
From the first bass beat these high-definition earbuds are right there with you. You see these everywhere for a reason: They're light and sound fantastic. An over-ear hook and the soft silicone bud fit the unit securely into your ear and keep it there really well in comparison with other wireless earbuds that come loose as you sweat. And thanks to the rich sound and comfort, this is a No. 1 pick for everyday wear. Inline mic controls are great for answering a call midstride. A 12-hour battery life also makes these appealing, so you can go long in a workout and not worry about charging it for days more. (\$200, apple.com)



4 | JABRA SPORT COACH

When your wireless earbuds can also automatically track your rep count and coach you throughout your workout, you're entering a new relationship with technology: accountability. These uniquely shaped buds stay put well and come with two types of tips (foam and silicone) so you can truly find the right fit. You won't get distracted anymore, because the passive noise cancellation helps mute external sounds without completely blocking them out, for safety. You'll be just immersed enough in the great sound. Fully waterproof design and a three-year warranty against sweat means you can dig deep no matter the weather or how much you perspire. (\$119, jabra.com)





Below-the-Neck Beauty Tips

Blemish-proof your body by tackling some common skin concerns

BY KARYN REPINSKI

• **WE OFTEN DON'T THINK** further than our face when it comes to healthy skin, but the rest of the body may need some TLC, too. And if you want your arms, back, tummy, and legs to be ready to bare all when the weather gets warmer, now's the time to take action. "It can

take several weeks to several months to see benefits in skin health, so the sooner you start, the better," says David Bank, M.D., a cosmetic dermatologist in Mount Kisco, NY. Here's how to tackle some of the more common body beauty concerns.

THE PROBLEM:

**Chicken Skin
(rough or
bumpy
patches)**

■ If you've got patches of bumps with a graterlike texture on your upper arms, thighs, or butt, chances are it's keratosis pilaris (KP), a common (and completely harmless) condition. KP is genetic and is caused by a buildup of cells that form a scaly plug, which blocks individual hair follicles, explains Audrey

GETTY IMAGES

Kunin, M.D., a board-certified dermatologist in Kansas City, KS, and founder and CEO of DermaDoctor. Depending on the severity, KP can range from barely noticeable to can't-miss-it obvious. The latter is more likely if the follicles become inflamed and take on a red or brown polka-dotted effect, triggered by the body's immune response.

HEALTHY SKIN SOLUTION:

KP isn't completely curable. But regular use of a body scrub to slough dead cells from the skin's surface can help rub out the problem. To keep follicles clear, opt for a lotion with an exfoliating ingredient like retinol, glycolic, or lactic acid. Choose a formula that also contains urea, a moisturizer that softens the crustiest of skin, such as **DermaDoctor KP Duty AHA Moisturizing Therapy for Dry Skin** (\$38, dermadoc.com). Once bumps start to subside, don't slack off on the skin care—consistency is key to controlling KP.

THE PROBLEM:

Bacne

■ Lots of people can develop blemishes along the skin on their back, but exercisers are particularly prone. This area has a hefty amount of oil glands, which may be activated with increased activity. Plus friction from clothing can force the oil—along with surface sweat and bacteria—back into the pores, causing them to become clogged and inflamed.

HEALTHY SKIN SOLUTION:

When it comes to body blemishes, prevention is the best medicine, says Bank, who recommends wearing loose-fitting tops and hitting the showers ASAP after a workout. To treat existing zits, cleanse with an antibacterial soap such as **Cetaphil Gentle Cleansing Antibacterial Bar** (\$6, cetaphil.com), or a body wash that contains benzoyl peroxide. "Keep it on your skin a few minutes so it can really sink into pores," advises Nazanin Saedi, M.D., a dermatologist based in Philadelphia. Topical preparations with ingredients like benzoyl peroxide and salicylic acid can also help unclog pores and control bacteria. For extra exfoliation, Saedi recommends a weekly peel like the glycolic acid-based **DCL G10 Radiance Peel** (\$54, dclskincare.com). Finally, since another pathway to bacne is via your scalp—the oil glands there can be feeding sources for yeast and bacteria that then travel down your neck and onto your back when you're sweating—Bank suggests using an anti-dandruff shampoo a few times a week to keep your scalp clean.

THE PROBLEM:

Stretch Marks

■ Newer stretch marks (the red kind) are easiest to treat, so the faster you can manage them, the better. Just keep in mind they aren't too easy to erase. Stretch marks are essentially scars that have formed from the inside out, often due to rapid skin growth (which is why they're so common with pregnancy and dramatic weight gains).

HEALTHY SKIN SOLUTION:

The cheapest option for reducing stretch marks is a retinoid, a form of vitamin A that's often used to boost collagen production and smooth lines and wrinkles, and which works the same way on stretch marks. In one study, patients with marks less than six months old who applied tretinoin (a prescription version) daily for six months saw the length of stretch marks decrease by an average of 14% and their width by 8%.

A more expensive alternative is to use a medical laser, which can help remove the red pigment and improve textural changes of both new and old (white) marks. Research has shown a fractionated laser is an effective way to treat stretch marks. It works by creating tiny zones of injury that trigger new collagen and allows for fast healing. But beware the high price tag—around \$1,000 per treatment, with several sessions necessary for optimal results.

THE PROBLEM:

Spider Veins

■ These clusters of red, blue, and purple

squiggles are dilated capillaries that become visible because they're situated so close to the skin's surface. The exact cause isn't known, but genetics plays a big role. Other risk factors include hormonal changes, obesity, and trauma, such as a bruise.

HEALTHY SKIN SOLUTION:

If you want your spiders exterminated, ask your doctor about sclerotherapy, an outpatient procedure that's considered the "gold standard" for treating spider veins, says Bank. A solution is injected via a very fine needle that causes the unsightly vessels to dissolve over time. Most people need three or four treatments, ideally one month apart, to clear around 80% of spider veins. Although the procedure can be uncomfortable, including some stinging at the injection site and possible muscle cramping, symptoms typically subside after about 15 minutes, adds Bank. It's crucial to wear compression stockings after the procedure for about 72 hours in order to keep the walls of the treated veins in close contact, so the body can break them down more easily. Cost of the procedure averages around \$350 per session.

Regular use of a body scrub can help get rid of dead cells so your skin can shine.

RIISING TO THE CHALLENGE

Someone offered me a role in a short kung fu film—something clicked and I realized I wanted to act. Acting was the first thing to kick my butt. I love looking at the moments between people as real moments of raw emotion.



RUNNING ROUTINE

I very rarely go to the gym—I love to work out outside. I especially love to run. It has an invaluable effect on my mental health. I run about four days a week on average, usually between 2½ and four miles. I also do strength workouts on my own, three times a week. Running can be hard on the body, so I try to watch my form, keep up my strength training, and stretch after every run.

SOUTHERN CHARM

I just bought a house in Atlanta, where we shoot *Sleepy Hollow*. Atlanta is a mix of a big city with Southern, small-town vibes. It's great for hiking and runs along the Chattahoochee River. There are beautiful trails just outside the city. And there's good food—which is great because eating out is a hobby of mine!

KUNG FU KID

When I was about 16, I started studying martial arts. I did kung fu for about 10 years. It gives you a certain physical confidence. My character on *Sleepy Hollow*, Jenny Mills, walks with a lot of strength—and I take that from my martial arts training.

ROLE PLAY

I admire Jenny's strength and perseverance—to some extent, I wish I could live the exciting life that she does, but without some of the stress she has! We're pretty similar in a lot of ways. A lot of who I am forms who Jenny is.



SLOW GOOD

I really love my slow cooker. I throw in some organic bone broth, plus root veggies and whatever organic meat I can find, along with some seasoning, and there you go!

LYNDIE GREENWOOD

The *Sleepy Hollow* star shares her love of running, her favorite new city, and her secret source of strength

BY KRISTIN MAHONEY

CATCHING UP ON HISTORY

Right now I'm reading a book on the Civil War. I'm Canadian, but I recently got my green card. When we did a shoot in Washington, D.C., I went to the Lincoln Memorial and thought I should learn more about the history of this country.



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*Sharp, et al. 2015 ISSN International Conference (Poster). Muscle mass data based on male subjects.

musclemedsrx.com

**PERFECT DATE**

I'd take her to the beach, do some bodyboarding and Jet Skiing, and then sit down and enjoy the sunset with a **nice picnic**. The beach is a great place to take each other in without any distractions.

FOLLOW YOUR DREAM

My dad was in the Royal Air Force, and every three years we'd move to a different country. I knew I didn't want to stay in England. I moved to America to take my career to the next level. I believe with enough sacrifice, hard work, dedication, and a little bit of luck anything is possible.

JUST FOR FUN

I'm a bit of an adrenaline junkie. I skydive and race cars. I have a **Harley-Davidson** and I like to ride with friends on the Pacific Coast Highway. I try to do as many of my own stunts as I can. I love fight scenes—it's a lot of fun trying to make them edgy. It's like a dance. You build a story within the fight: who's winning, who's losing, who's the aggressor.

RICKY WHITTLE

The *American Gods* star on transforming his body, speeding recovery, and the importance of chasing your dreams

BY KRISTIN MAHONEY

**HOME COOKING**

I miss the food back in England. It's like having Thanksgiving every Sunday—a **beautiful roast with potatoes and gravy**, the works!

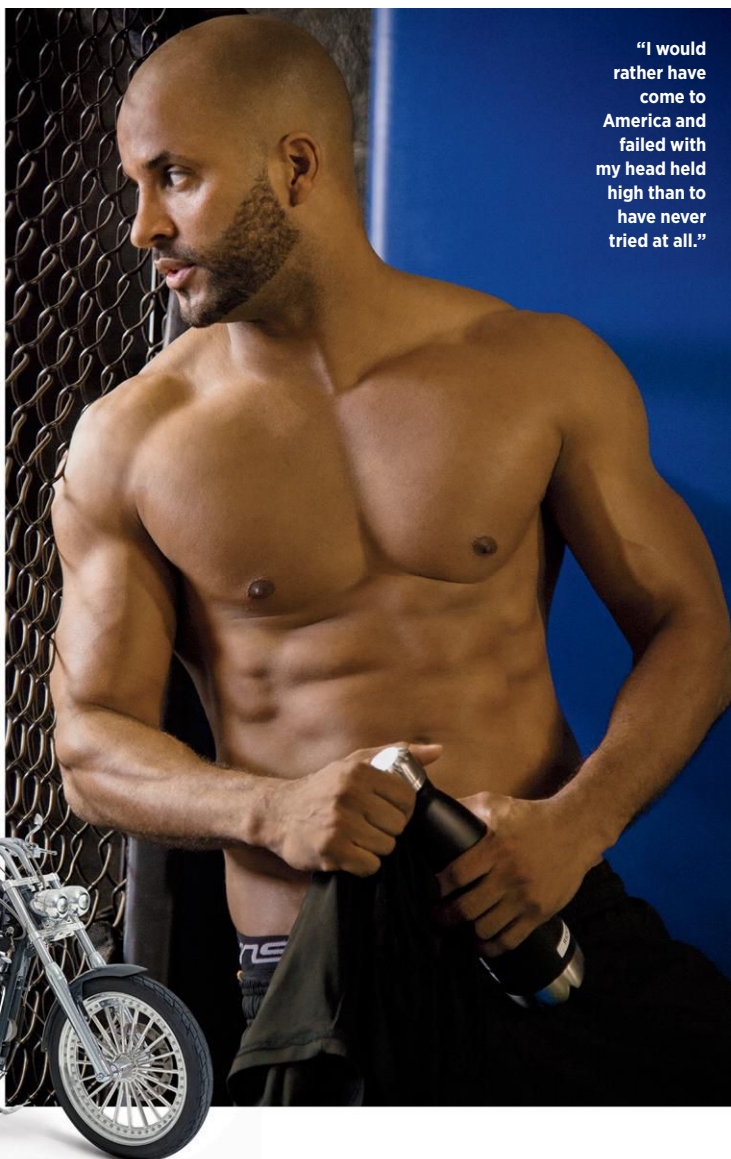
DREAM ROLE

I'm a huge superhero geek—I would love to play one of the Marvel or DC superheroes. And you can't go wrong with James Bond: He's an assassin who also has fun with the ladies and gets to speed around in cars.

FAN DEMAND

I was at San Diego Comic-Con last year for "The 100" when fans started to tweet about #castingshadow and brought up my name for *American Gods*. I asked my agents about the role, who said they would love to see me for it, and the rest is history.

"I would rather have come to America and failed with my head held high than to have never tried at all."

**TRANSFORMATIVE EXPERIENCE**

I had to gain 30 pounds of muscle for my role as **Shadow Moon** in *American Gods*. Before the show, my job for two months was basically to eat and work out. I trained for two to four hours a day doing a lot of explosive exercises and lifting massive amounts of weight. I also did a little sparring and Muay Thai. At first I ate anything I wanted—burgers, pizzas, etc. But then I had to shape all that extra weight, so I cut back on carbs, sugar, and sodium and focused on cleaner choices.



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New at **Walmart**

BAR NONE

DON'T LET THEIR SIZE SCARE YOU. WEIGHTED BARBELL MOVES ARE AMONG THE BEST FOR SCULPTING STRONG, LEAN MUSCLES YOU'LL LOVE.

BY ALYSSA SHAFFER | WORKOUT BY DIANE VIVES | PHOTOGRAPHS BY EDGAR ARTIGA

• **EVEN IF YOU'RE NO STRANGER TO THE WEIGHT ROOM**, can navigate the dumbbell rack with ease, and handle any attachment on the cable machine, you may be put off by the idea of loading weight plates onto a barbell. But it's worth taking the time to learn how. "Barbells are one of the most effective training tools on the gym floor," says Diane Vives, M.S., C.S.C.S., a spokesperson for the National Strength Conditioning Association based in Austin, TX. Most barbell movements engage a greater amount of muscle throughout the body in order to maintain balance and stability, which means you'll burn more calories during your workout. Plus, most of the exercises mimic movement patterns we do elsewhere in life. And unlike the guys, women tend to be more attentive to their form and technique when lifting these weights, adds Vives. "Since we don't have as much lean muscle mass as men, we lift with more finesse."

This total-body conditioning workout from Vives uses a variety of pushing and pulling movements that take your body through its full range of motion. Keep in mind that with any free weight, the movement is self-guided, so it's important to get your technique down first before adding weight. And don't push to the point of exhaustion. "You should still feel like you could do two more reps at the end of each set with proper form. If your technique breaks down before then, stop and reduce the weight for your next set; and if you feel like you could have done several more at the end, increase your weight on your next set," notes Vives.



TRAINER:

Diane Vives

M.S., C.S.C.S., Vives Training Systems, Austin, TX

Spokesperson N.S.C.A.



HOW IT WORKS

Complete each circuit, doing 12–15 reps of the exercises in the order given. Recover 30 seconds between each exercise and rest 2 minutes between circuits.

CIRCUIT ONE



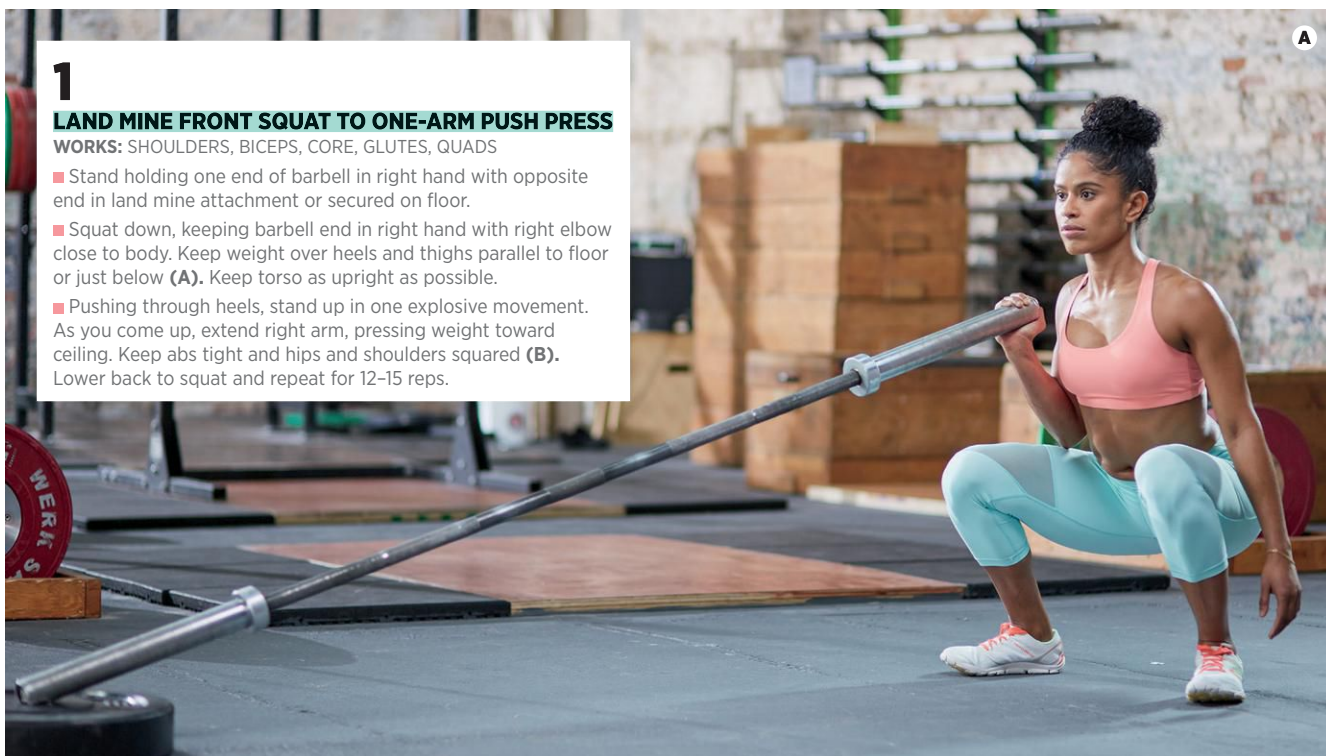
B

1

LAND MINE FRONT SQUAT TO ONE-ARM PUSH PRESS

WORKS: SHOULDERS, BICEPS, CORE, GLUTES, QUADS

- Stand holding one end of barbell in right hand with opposite end in land mine attachment or secured on floor.
- Squat down, keeping barbell end in right hand with right elbow close to body. Keep weight over heels and thighs parallel to floor or just below (A). Keep torso as upright as possible.
- Pushing through heels, stand up in one explosive movement. As you come up, extend right arm, pressing weight toward ceiling. Keep abs tight and hips and shoulders squared (B). Lower back to squat and repeat for 12–15 reps.



A



2

SINGLE-LEG DEADLIFT

WORKS: CORE, GLUTES, HAMSTRINGS

■ Stand tall holding barbell in front of thighs in an overhand grip, feet hip-distance apart, shoulders pressed down. Lift left foot off the floor, balancing on right leg **(A)**.

■ Hinge forward, lowering bar to floor as you lift left leg behind you. Keep bar directly under shoulders and close to shins throughout the downward phase; keep both hips facing forward **(B)**.

■ Push through right leg to stand back up to start and repeat for 12–15 reps; switch sides.





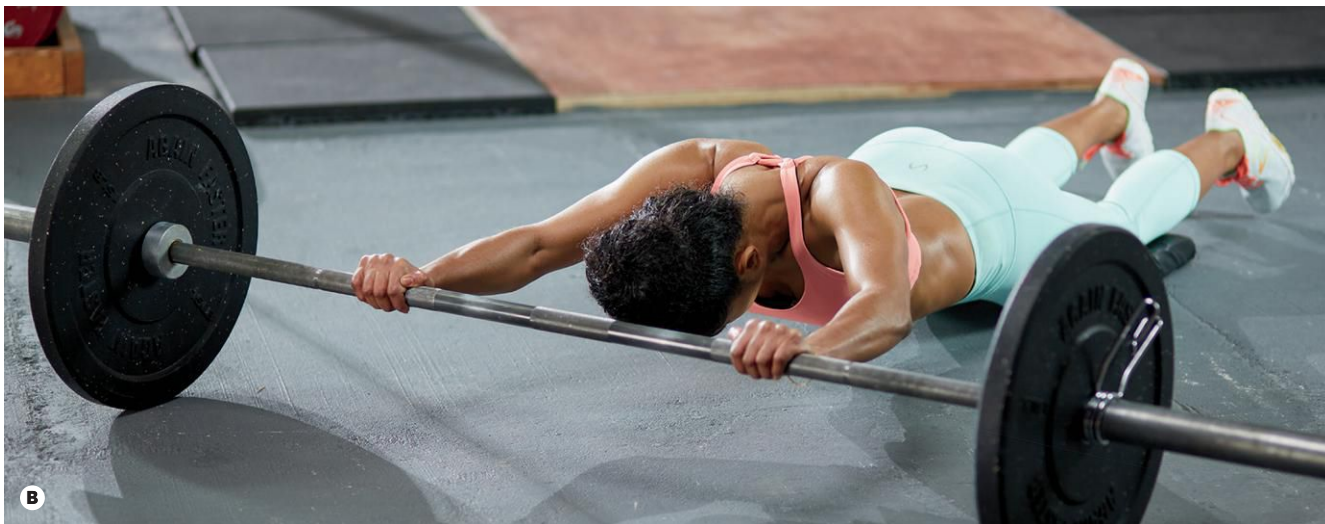
3

SINGLE-ARM LAND MINE ROW

WORKS: SHOULDERS, UPPER BACK

■ Stand with one end of barbell in land mine attachment or secured on floor; hold opposite end in right hand in an overhand grip with body facing the bar. Hinge forward from hips, lowering weight toward the floor in front of shins. Keep back flat and head in line with spine **(A)**.

■ From this position, pull bar toward torso with right arm, keeping right elbow close to body **(B)**. Hold for one count, then slowly lower bar toward floor. Repeat for 12–15 reps; switch sides.



4

BARBELL ROLLOUT

WORKS: CORE

■ Kneel on the floor about a foot behind a barbell set with weight plates. (Place a pad under knees if necessary for comfort.) Place hands on bar wider than shoulder distance **(A)**.

■ Slowly roll bar forward along the floor, keeping shoulders down and abs tight. Continue until body is fully extended or as far as you can without losing control **(B)**.

■ Slowly roll bar back to starting position and repeat. Do 12–15 reps.

**OUR MODEL:****Andreina Nu Marrero**

NPC bikini competitor, Brooklyn, NY

“Through consistency, dedication, passion, and love, you experience life.”

1**DEADLIFT WITH BENTOVER ROW****WORKS:** UPPER BACK, CORE, GLUTES, HAMSTRINGS

■ Stand holding a barbell in an overhand grip in front of thighs with feet about hip-distance apart. **(A)**

■ Hinging forward from the hips, bend knees as you lower barbell to floor, pushing glutes behind you. Keep bar directly below shoulders and close

to shins, back flat and abs engaged **(B)**.

■ From this position, pull bar toward hips, bending elbows behind you. Keep head in line with spine and abs engaged throughout the movement **(C)**.

■ Straighten arms and return to starting position, standing tall with weight in front of thighs. Repeat; do 12 reps.



2 HIP THRUST

WORKS: HIPS, GLUTES

■ Sit on floor with upper back leaning against a flat bench. Place barbell on floor over hips, feet slightly wider than hip-distance apart, hands lightly holding the bar in an overhand grip **(A)**.

■ Pushing through heels, thrust hips up until thighs are parallel with floor, forming one line from shoulders to knees **(B)**.

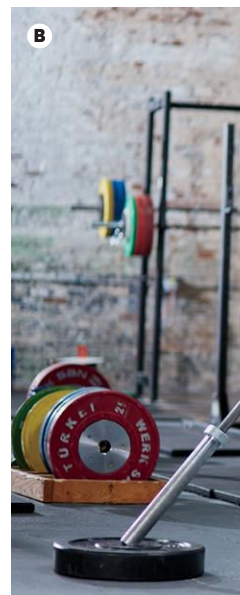
■ Lower hips back toward floor without sitting and repeat. Do 12 reps.

3 LAND MINE DOUBLE-ARM PRESS

WORKS: CHEST, SHOULDERS

■ Stand with one end of barbell in land mine attachment or secured on floor; hold opposite end in both hands in front of chest, elbows close to body **(A)**.

■ Powerfully press bar up toward ceiling with both hands, keeping body weight centered and abs engaged **(B)**. Reverse the movement, lowering weight toward torso and repeat. Do 12 reps.



4

FIGURE EIGHTS WITH WEIGHT PLATE

WORKS: CORE

■ Stand with feet hip-distance apart holding weight plate in front of chest with arms extended.

■ Move the plate in a figure-eight pattern in front of body (A, B), keeping arms extended and lower body in place. Move fluidly, keeping abs engaged and hips square. Do 12 reps; reverse movement and repeat.





8-WEEK CARDIO ABS PLAN

BY CAT PERRY | WORKOUT BY NGO OKAFOR
PHOTOGRAPHS BY JAY SULLIVAN

• **START THINKING ABOUT YOUR ABS** diet and workout plan right now and you'll be ready with a sexy six-pack by the beginning of summer. Eight weeks is all it takes. Sound too good to be true? We promise: You've got this. Celebrity trainer and two-time Golden Gloves-winning boxer Ngo Okafor has a core-carving game plan that *will* incinerate abdominal fat.

His top four secrets to helping his clients etch a flat stomach out of a winter muffin top: No. 1: Train abdominals three days per week, giving them a full HIIT workout, not just two exercises at the end. No. 2: Add cardio between the abdominal moves to keep your heart rate up—as a boxer, he knows cardio is king as a functional element of endurance. No. 3: Make sure to change the workout order *every time you train*. Because not only do you get bored, but so do your abs. No. 4: Don't train only with weights or only with body weight. The variance will help develop a balanced core and give you a narrower waistline. Boom!

Say hello to the ultimate workout plan that will whip that notoriously unresponsive set of muscles into action, and follow along with the diet plan on page 98, and you'll have not one but six (as in that new six-pack!) ways to show off your results.

HOW TO DO IT

■ You'll do this workout three days a week. Each circuit takes only six minutes, and you'll repeat each twice—for a 12-minute core blast. The circuit includes four abdominal exercises done for 60 seconds each, with 30-second cardio bursts in between. The rep ranges for abs are high.

KEEP IT FRESH

■ While keeping the order of the cardio bursts the same throughout the week, you'll want to change the exercise order each day according to the following A, B, C, D designation. The more your body has to guess, the leaner you will get.

DAY NO. 1: A B C D

DAY NO. 2: D C B A

DAY NO. 3: A D C B



TRAINER:

Ngo Okafor

Celebrity trainer,
New York, NY

CARDIO ABS 8-WEEK PROGRAM



WEEK N° 1

- A** **Physio Ball Crunch** (20 REPS)
CARDIO BURST Intense Jump Rope (see photo, pg. 97) (30 SECONDS)
Hold a jump rope with elbows bent close to body. Keeping core tight, lift right knee, keeping foot close to body; let the rope hit the floor once, then immediately lift left knee, lowering rope. Make sure your weight stays behind your midline not in front of it; lift knees high as fast as you can.
 - B** **Hanging Knee to Elbow** (15 REPS)
CARDIO BURST Tuck Jump (30 SECONDS)
 - C** **Side Plank Dip on TRX** (15 REPS)
CARDIO BURST Burpee (30 SECONDS)
 - D** **X-out** (15 REPS)
Lie faceup with arms and legs wide. Bring arms and legs up to meet over center.
CARDIO BURST Box Jump (30 SECONDS)
- Repeat entire circuit.

WEEK N° 2

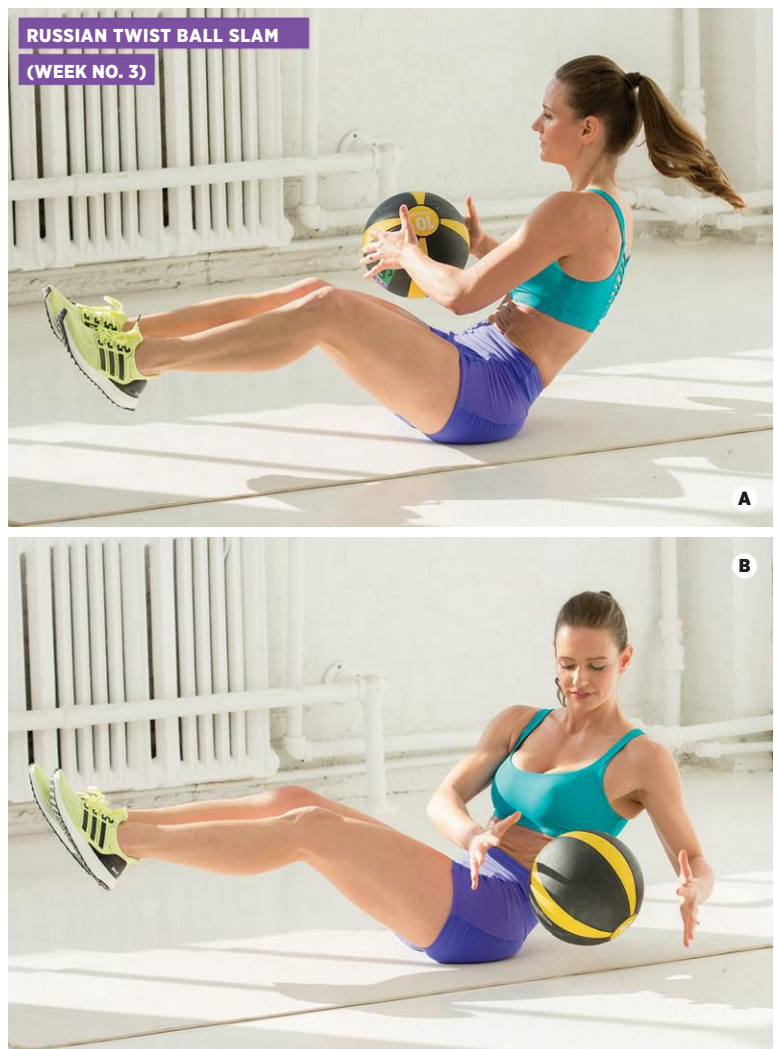
- A** **Decline Bench Situp** (20 REPS)
CARDIO BURST Battling Ropes (30 SECONDS)
 - B** **TRX Plank Knee to Elbow** (15 REPS)
CARDIO BURST Wall Ball (30 SECONDS)
 - C** **Crossover on Bosu Ball** (20 REPS)
Lie faceup with your lower back on the round side of a Bosu ball, arms and legs forming the shape of an X. Inhale, engage your abs, and, keeping legs and arms straight, crunch your left foot to meet your right hand straight above your belly, exhaling at top. Return to start and do all reps on one side before using opposite leg and hand.
CARDIO BURST Ball Slam (30 SECONDS)
 - D** **V-up** (15 REPS)
CARDIO BURST Skater (30 SECONDS)
- Repeat entire circuit.

WEEK N° 3

- A** **Rope Crunch** (20 REPS)
CARDIO BURST Box Jump (30 SECONDS)
- B** **Decline Bench Knee to Elbow** (15 REPS)
CARDIO BURST Ball Slam (30 SECONDS)
- C** **Russian Twist Ball Slam** (20 REPS)
Holding a medicine ball with both hands, sit on a mat with your knees bent 90 degrees and feet flat on floor. Lean back until torso is 45 degrees to the

floor, making sure abs are engaged. Lift feet 12 inches off floor and twist to right **(A)**, slamming the ball down and catching it before immediately rotating torso to the left, slamming the ball down on the left side **(B)**. Continue for reps.
CARDIO BURST Rowing Machine (30 SECONDS)

- D** **V-up** (20 REPS)
CARDIO BURST Intense Jump rope (30 SECONDS)
- Repeat entire circuit.



**TRX PLANK KNEE TO
ELBOW ON BOSU BALL
(WEEK NO. 4)**



B

WEEK N° 4

A Ab Wheel (15 REPS)
CARDIO BURST Burpee Using Bosu Ball (30 SECONDS)

B TRX Plank Knee to Elbow on Bosu Ball (15 REPS/LEG)

Set up both TRX foot cradles to just below knee height. Place a Bosu, round-side up, about 5 feet in front of them. Facing away from TRX, place tops of feet in each cradle. Keeping your weight on the tops of your feet, walk hands forward until you are in a full plank position with hands on the Bosu, body aligned from heels to top of head, feet flexed (**A**). Using your obliques and core, crunch your right knee as close as you can to your right elbow, keeping hips square to floor (**B**).

Return leg to start and continue with the opposite leg.

CARDIO BURST Tuck Jump (30 SECONDS)
Stand with feet hip width, knees slightly bent and core engaged. Using your core and glutes to initiate the movement, pulse once through your knees and jump up as high as you can, bringing your knees up toward your chest.

C Russian Twist with Kettlebell (20 REPS)
CARDIO BURST Wall Ball (30 SECONDS)

D Bicycle Crunch on Bosu Ball (30 REPS/LEG)
CARDIO BURST Intense Jump Rope (30 SECONDS)

■ Repeat entire circuit.



A

**TUCK JUMP
(WEEK NO. 4)**



OUR MODEL:
Katie Bopp Hunt

Health coach/
Trainer
New York, NY

"Your new life
will cost you
your old one."

CARDIO ABS 8-WEEK PROGRAM



BATTLING ROPES

(WEEK NO. 5)

WEEK N° 5

A Ab Wheel on Bosu Ball (15 REPS)
CARDIO BURST Battling Ropes (30 SECONDS)
Stand with feet slightly wider than hip width holding end of a low-anchored battle rope in each hand. Keeping chest up, squat until your thighs are nearly parallel to the floor. Lift the right end of the rope up to about chest height and then quickly lower it while lifting the left end up to chest height. Continue with small waves for time, keeping core and lower body engaged.

B Decline Bench Leg Raise (15 REPS)
CARDIO BURST Ball Slam (30 SECONDS)

C Side Plank Dip and Leg Raise (15 REPS/SIDE)
CARDIO BURST Mountain Climber on Gliding Disc (30 SECONDS)

D Plank into Pike on Gliding Disc (20 REPS)
CARDIO BURST Jumping Alternating Lunge (30 SECONDS)

■ Repeat entire circuit.

WEEK N° 6

A X-out (20 REPS)
CARDIO BURST Wall Ball (30 SECONDS)

B Plank Position Knee to Elbow on Gliding Disc (20 REPS)
CARDIO BURST Mountain Climber on Gliding Disc (30 SECONDS)

C V-up (20 REPS)
CARDIO BURST Rowing Machine (30 SECONDS)

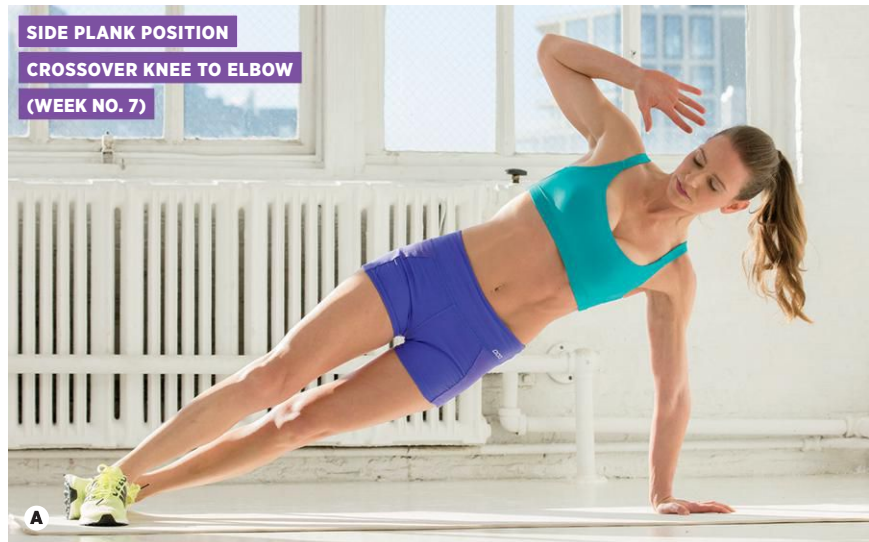
D Side Plank Reverse Crunch on TRX (Begin in side plank with feet in TRX cradles; pull knees to chest) (20 REPS)
CARDIO BURST Box Jump (30 SECONDS)

■ Repeat entire circuit



WEIGHTED PHYSIO BALL PULLOVER

(WEEK NO. 7)



SIDE PLANK POSITION

CROSSOVER KNEE TO ELBOW

(WEEK NO. 7)



B



WEEK No. 7

A Weighted Physio Ball Pullover (20 REPS)

Grab a kettlebell or dumbbell and sit on a stability ball, walking feet forward until thighs are parallel to floor and your weight is on lower and mid-back. With your arms slightly bent, lie back and lift weight overhead until core is stretched (A). Bring weight in an arc over torso until you are sitting up and the weight is close to your chest, elbows bent, and you're at the top of the range of motion (B).

CARDIO BURST Box Jump (30 SECONDS)

B Flutter Kick

(40 KICKS/LEG)

CARDIO BURST Jumping Alternating Lunge (30 SECONDS)

C Side Plank Position

Crossover Knee to Elbow (15 REPS)

Get in the top of a side

plank on left hand, but instead of feet stacked, place right foot in front of left. Keep hips up so your body forms a straight line. Holding your weight with your left arm and the bottom right foot, lift right hand above your shoulder, elbow bent (A). Lift left foot slightly off floor behind your right. Slowly crunch your left knee into your right elbow (B). Return to start and continue on same side for reps, then switch sides.

CARDIO BURST Intense Jump Rope (30 SECONDS)

D Jackknife (20 REPS)

CARDIO BURST Battling Ropes (30 SECONDS)

■ Repeat entire circuit.

WEEK No. 8

A Medicine Ball Situp with Ball Toss (20 REPS)

You'll need a partner for this move to catch the ball or a close-by wall. Holding an 8- to 12-pound medicine ball, sit about 5 feet from the wall or partner. Press the

bottoms of your feet together and let your knees fall to either side so your lower body forms a diamond shape. In a controlled, fluid motion, lower your torso back into the bottom of a situp. Then, without pausing at bottom, explosive curl your torso up and forcefully slam the ball against the wall, or toss forcefully to your partner. Catch the ball with both hands before lowering into your next situp.

CARDIO BURST Intense Jump Rope (30 SECONDS)

B Hanging Leg Raise

(15 REPS)

CARDIO BURST Battling Rope with Burpee (30 SECONDS)

C Russian Twist with Ball Slam (20 REPS)

CARDIO BURST Box Jump (30 SECONDS)

D X-out (20 REPS)

CARDIO BURST Rowing Machine (30 SECONDS)

■ Repeat entire circuit.



INTENSE JUMP ROPE
(WEEK NO. 8)



MEDICINE BALL SITUP
WITH BALL TOSS
(WEEK NO. 8)

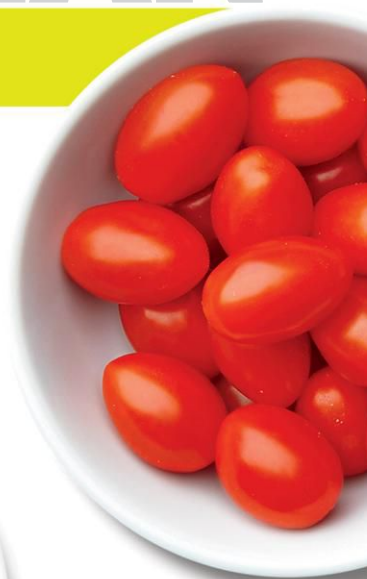


8-WEEK ABS DIET PLAN

Keep your energy up while dropping stubborn fat with our clean-eating menu

BY LINDA STEPHENS, M.S.

• **IT'S COMMONLY SAID** the abs are made in the kitchen—a truth that's well worth repeating, since even the best exercise plan can easily become undone with an unfocused diet. This eight-week mix-and-match meal plan allows you to maximize your hard work at the gym by focusing on clean eating, balanced macros, low sugar, and plenty of delicious choices. It's also designed to help increase your fat burning by giving your body the fuel it needs to function at its best.



DIET BASICS

■ Aim to eat about 1,800 calories a day, choosing three main meals and one or two snacks. Your macros will fall to about 40% protein, 35% carbs, and 25% fat. This is a good range to help keep you fueled but still allow you to shed unwanted fat so you can reveal your toned physique. If you're feeling stalled, try dropping your carbs to about 30% while raising your healthy-fat intake to about 30%. (Think: avocado, coconut oil, natural nut butters, etc.)

■ Time your meals so you're eating every three to four hours. Try not to go more than four hours without eating anything—and if you're hungry, move your timetable up so you're having something every 2½ to three hours.

■ Drink up: You already know this, but, like many people, you may not adhere to the cardinal rule of drinking water throughout the day. Don't like the taste? Try adding fresh lemon or cucumber slices. If you want some extra fuel without a lot more calories, add some flavored branched-chain amino acids to water between meals.



BREAKFAST

MEAL 1:

- › ½ cup liquid egg whites
- › 1 whole egg
- › ½ cup quick or steel-cut oats (cinnamon to taste)
- › ½ cup blueberries

Calories: 350, Fat: 7.5g, Carbs: 22g, Protein: 30g

MEAL 2:

- › ½ cup oats (cinnamon to taste)
- › 1 scoop whey/casein protein powder
- › 1 tbsp natural nut butter
- › ½ cup melon or pineapple

Calories: 350, Fat: 10g, Carbs: 35g, Protein: 30g

MEAL 3:

- › 2 slices nitrate-free organic turkey bacon
- › ¾ cup liquid egg whites
- › 1 low-carb wrap or 2 slices sprouted-grain bread
- › 1 cup mix of bell peppers, onions, tomatoes

Calories: 350, Fat: 4g, Carbs: 30g, Protein: 30g

MEAL 4:

- › 6 oz nonfat Greek yogurt
- › 2 slices sprouted-grain bread
- › ½ medium apple
- › ¼ cup crushed walnuts

Calories: 300, Fat: 25g, Carbs: 30g, Protein: 20g

MEAL 5:

- › ½ cup liquid egg whites
- › 3 oz lean sirloin
- › 1 cup bell peppers
- › 1 low-carb wrap

Calories: 350, Fat: 6g, Carbs: 30g, Protein: 35g

MEAL 6:

- › 6 oz nonfat Greek yogurt
- › ½ cup oats
- › ¼ cup crushed almonds
- › ½ cup sliced strawberries

Calories: 350, Fat: 18g, Carbs: 30g, Protein: 20g

MEAL 7:

- › ½ cup liquid egg whites
- › 1 whole egg
- › 2 whole-grain waffles
- › ¼ cup blueberries
- › 1 tbsp real maple syrup

Calories: 376, Fat: 10g, Carbs: 30g, Protein: 25g

MEAL 8:

- › ½ cup 1% fat, no-salt-added cottage cheese
- › ½ cup mixed berries
- › 2 whole-grain waffles
- › 1 tbsp natural nut butter

Calories: 420, Fat: 10g, Carbs: 38g, Protein: 26g



ABS DIET 8-WEEK PROGRAM

LUNCH

MEAL 1:

- > 4 oz grilled chicken breast
- > 1–2 cups romaine lettuce
- > 1 cup mixture of bell peppers and onions
- > 4 grape tomatoes
- > 1 slice sprouted-grain bread
- > Dressing (1½ tsp coconut oil, 1 tbsp balsamic vinegar)

Calories: 350, **Fat:** 30g, **Carbs:** 20g, **Protein:** 35g

MEAL 2:

- > 1 can albacore tuna in water, drained
- > 1 tbsp mustard and 1 tbsp low-fat mayo (Mix into tuna)
- > 1–2 cups lettuce
- > 1 whole-wheat pita bread
- > ½ tomato, sliced

Calories: 300, **Fat:** 10g, **Carbs:** 25g, **Protein:** 30g

MEAL 3:

- > 3 oz lean grass-fed beef
- > 4 oz sweet potato
- > 1 cup steamed broccoli

Calories: 300, **Fat:** 5g, **Carbs:** 30g, **Protein:** 28g

MEAL 4:

- > 3 oz salmon
- > 2 cups spinach (Sauté spinach in pan with nonstick spray; add garlic and sea salt to taste)
- > ½ cup farro or brown rice

Calories: 300, **Fat:** 10g, **Carbs:** 25g, **Protein:** 20g

MEAL 5:

- > 4 oz shrimp
- > 2 cups mixture of bell peppers, onions, spinach (Stir-fry shrimp and vegetables in pan with nonstick spray)
- > ½ cup brown rice
- > 1½ tsp coconut oil or olive oil

Calories: 300, **Fat:** 5g, **Carbs:** 30g, **Protein:** 30g

MEAL 6:

- > 4 oz turkey burger (93% fat)
- > 2 cups romaine lettuce
- > 1 tbsp mustard
- > 1 tbsp organic ketchup
- > ½ cup whole-grain pasta

Calories: 250, **Fat:** 10g, **Carbs:** 25g, **Protein:** 30g

MEAL 7:

- > 4 oz lean sliced turkey or chicken
- > 2 slices sprouted-grain bread or whole-wheat pita
- > 2 tbsp avocado
- > Lettuce and tomato

Calories: 320, **Fat:** 8g, **Carbs:** 20g, **Protein:** 30g

MEAL 8:

- > ½ cup 1% fat, no-salt-added cottage cheese
- > 2 cups romaine lettuce
- > 4 grape tomatoes
- > ¼ cup crushed almonds or walnuts
- > 2 brown rice cakes

Calories: 350, **Fat:** 20g, **Carbs:** 35g, **Protein:** 25g

DINNER

MEAL 1:

- > 3 oz grass-fed bison
- > 2 cups mixture of mushrooms and broccoli (Cook in skillet coated with nonstick spray)
- > 1 cup spinach

Calories: 300, **Fat:** 8g, **Carbs:** 20g, **Protein:** 25g

MEAL 2:

- > 4 oz shrimp
- > 12 asparagus spears
- > ½ cup cauliflower rice (Cook cauliflower rice in skillet coated with nonstick spray; serve asparagus over cauliflower and shrimp)

Calories: 300, **Fat:** 5g, **Carbs:** 30g, **Protein:** 30g

MEAL 3:

Mustard Chicken*
(*See recipe, next page)

Calories: 300, **Fat:** 10g, **Carbs:** 25g, **Protein:** 20g

MEAL 4:

- > 3 oz salmon
- > 1–2 cups zucchini noodles
- > ½ cup mushrooms, sautéed
- > Sea salt and seasonings

Calories: 300, **Fat:** 7g, **Carbs:** 25g, **Protein:** 20g

MEAL 5:

- > 4 oz cod
- > 1½ tsp coconut oil or olive oil
- > 2 cups green beans

Calories: 300, **Fat:** 25g, **Carbs:** 22g, **Protein:** 22g

MEAL 6:

Paleo Spaghetti*
(*See recipe, next page)

Calories: 300, **Fat:** 8g, **Carbs:** 20g, **Protein:** 25g

MEAL 7:

Veggie Casserole*
(*See recipe, next page)

Calories: 320, **Fat:** 15g, **Carbs:** 40g, **Protein:** 22g

MEAL 8:

- > 4 oz chicken breast
- > 2 cups mixture of bell peppers, onions, spinach (Stir-fry chicken and veggies in pan with nonstick spray; add 1½ tsp olive oil, garlic, seasonings, and sea salt to taste)

Calories: 300, **Fat:** 8g, **Carbs:** 35g, **Protein:** 25g

SNACKS

325 CALORIES OR LESS

- > ½ cup nonfat Greek yogurt
- > 10 almonds
- > ½ cup berries

Calories: 325, **Fat:** 15g, **Carbs:** 20g, **Protein:** 25g

- > ¼ cup hummus
- > 2 brown rice cakes
- > 1 cup bell pepper

Calories: 320, **Fat:** 10g, **Carbs:** 40g, **Protein:** 10g

- > 5 hard-boiled egg whites with one yolk
- > 1 slice sprouted-grain bread
- > 2 tbsp avocado

Calories: 300, **Fat:** 8g, **Carbs:** 25g, **Protein:** 25g

- > ½ cup 1% fat, no-salt-added cottage cheese
- > 1 small apple with 1 tbsp natural nut butter

Calories: 300, **Fat:** 10g, **Carbs:** 10g, **Protein:** 25g

- > 1 slice sprouted-grain cinnamon-raisin bread
- > 1 tbsp natural almond butter
- > 4 hard-boiled egg whites

Calories: 300, **Fat:** 9g, **Carbs:** 25g, **Protein:** 25g



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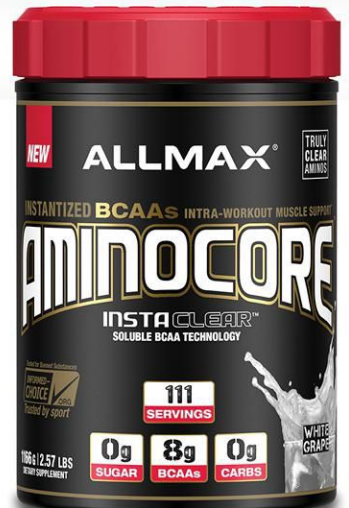
**BLUE
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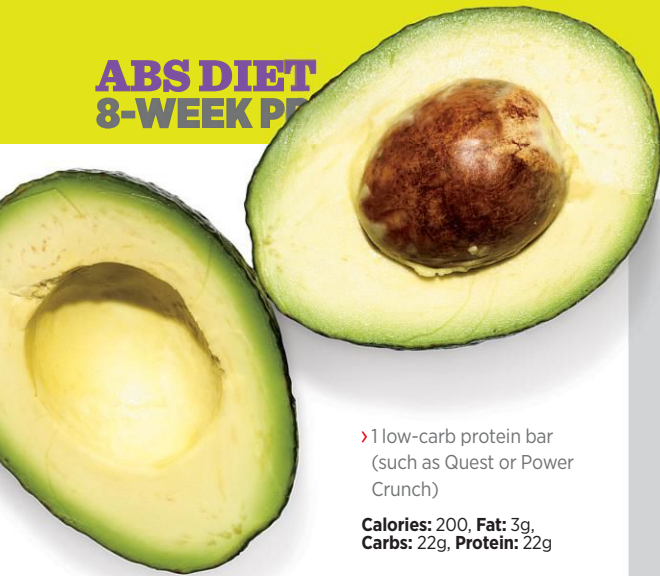
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AVAILABLE AT:





> 10 rice crackers
> ¼ cup hummus
> 10 baby carrots
Calories: 320, Fat: 10g, Carbs: 40g, Protein: 10g

> 2.5 oz cooked chicken breast
> 2 tbsp avocado
> 1 slice sprouted-grain bread
Calories: 275, Fat: 10g, Carbs: 15g, Protein: 22g

250 CALORIES OR LESS

> ½ grapefruit
> 3 hard-boiled egg whites
> ¼ cup crushed nuts (any type)
Calories: 250, Fat: 15g, Carbs: 25g, Protein: 20g

> Smoothie made with 1 scoop vanilla whey protein, ½ cup berries, 8 oz almond milk
Calories: 230, Fat: 7g, Carbs: 34g, Protein: 24g

> ½ sprouted-grain English muffin
> ½ cup 1% fat, no-salt-added cottage cheese
> ½ cup pineapple
Calories: 210, Fat: 2g, Carbs: 11g, Protein: 22g

> 1 medium apple
> 1 oz low-fat cheddar cheese
Calories: 186, Fat: 10g, Carbs: 19g, Protein: 7.5g

> 3 oz grilled chicken
> 2 tbsp avocado
> 1 sliced cucumber
Calories: 204, Fat: 8g, Carbs: 7g, Protein: 25g

> 1 low-carb protein bar (such as Quest or Power Crunch)

Calories: 200, Fat: 3g, Carbs: 22g, Protein: 22g

> ½ cup 1% fat, no-salt-added cottage cheese
> 10 almonds

Calories: 169, Fat: 7g, Carbs: 6g, Protein: 19g

150 CALORIES OR LESS

> ½ sprouted-grain English muffin
> 1 tbsp low-fat cream cheese

Calories: 150, Fat: 5g, Carbs: 20g, Protein: 10g

> 1 orange
> 10 almonds
> ½ cup nonfat yogurt

Calories: 131, Fat: 6g, Carbs: 20g, Protein: 20g

> 1 small apple
> ½ oz unsalted mixed nuts

Calories: 150, Fat: 9g, Carbs: 20g, Protein: 4g

> Whey/casein shake blended with ice, 1 tbsp powdered peanut butter; add instant decaf coffee and/or cinnamon to taste

Calories: 150, Fat: 3.5g, Carbs: 7g, Protein: 23g

> 1 small apple
> 1 tbsp natural almond or peanut butter

Calories: 150, Fat: 9g, Carbs: 20g, Protein: 4g

> 8 oz nonfat Greek yogurt
> ½ cup melon

Calories: 154, Fat: 0g, Carbs: 20g, Protein: 18g

> 1 scoop whey protein
> 8 oz almond milk

Calories: 155, Fat: 7g, Carbs: 5g, Protein: 25g

3 Easy Clean Recipes

Mustard Chicken

MAKES 1 SERVING

INGREDIENTS

- 4 oz boneless, skinless chicken breast
- 1 tbsp spicy brown mustard
- 1 cup French green beans
- ½ cup sliced mushrooms
- 2 tsp olive oil
- Sea salt and pepper

DIRECTIONS

1. Brush chicken with mustard. Broil for 3 minutes on each side, until just done and juices run clear. Slice and keep warm.
2. Sauté green beans and mushrooms in a skillet with nonstick spray; place on a plate and top with chicken.
3. Drizzle olive oil over chicken; season with sea salt and pepper.

Paleo Spaghetti

MAKES 1 SERVING

INGREDIENTS

- 4 oz lean ground grass-fed beef
- 2 cups zucchini noodles
- Garlic and sea salt
- 1 cup tomatoes and onions, sautéed

DIRECTIONS

1. Cook beef in a skillet until cooked all the way through. Use a spiralizer to make zucchini noodles (zoodles).
2. Place zoodles in a skillet coated with nonstick spray, season with garlic and sea salt, and sauté until al dente. Remove from pan and keep warm.
3. Simmer tomatoes and onion until they thicken into a sauce.
4. Place zoodles in a bowl and cover with tomato-and-onion mixture; top with beef. Add 1 tbsp grated Parmesan for extra flavor, if desired.

Veggie Casserole

MAKES 1 SERVING

INGREDIENTS

- ½ cup broccoli
- ½ cup mushrooms
- ¼ cup onions
- ¼ cup chickpeas
- ½ cup bell pepper
- ½ cup liquid egg whites
- 1 oz low-fat shredded mozzarella
- 1 tsp light mayo
- 2 tsp slivered almonds

DIRECTIONS

1. Place all vegetables and chickpeas in a large casserole dish.
2. Mix egg whites, mozzarella, and mayo in a bowl; pour over vegetables. Sprinkle almonds over top and bake at 350°F for 35 to 40 minutes.



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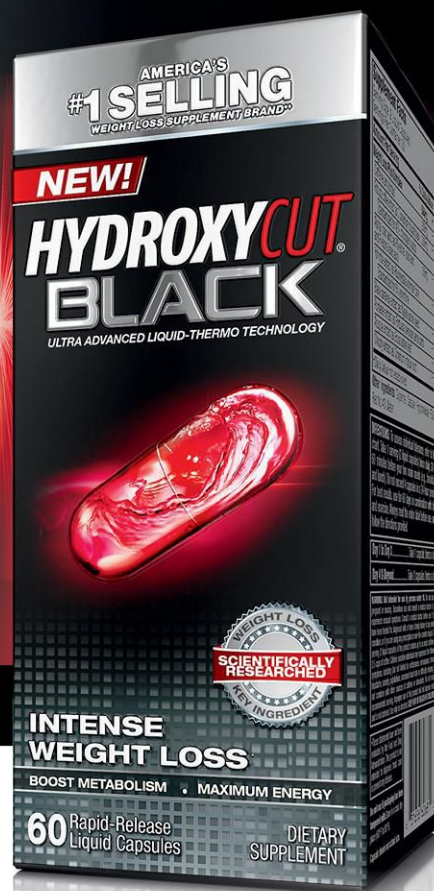
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²These benefits provided by the additional key ingredient caffeine anhydrous.

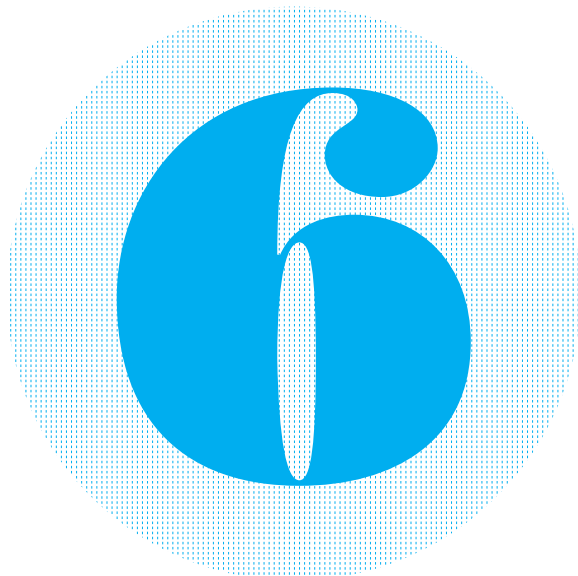
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AMAZING BODY- TRANSFORMATION STORIES

FOLLOW THESE READERS' DIETS,
WORKOUTS, AND ADVICE TO
LOSE WEIGHT, GET FIT,
AND CHANGE YOUR LIFE FOREVER

BY KRISTIN MAHONEY

• **IF YOU'VE** ever struggled with your weight, stress, career, or family issues, you know how difficult it can be to push past these roadblocks and emerge feeling more confident and better than ever. The six women profiled on these pages have done all that and more. By laying out their hopes and creating a daily—no, hourly—resolve, they have made and maintained plans to lose weight and lead healthier lives, despite their darkest hours. Stay motivated to reach your own weight-loss goals and overcome obstacles by finding out what it took for them to achieve theirs. You may find a little of yourself here, or a lot of it. Follow their inspiration to undergo your own amazing transformations of body, mind, and life.

Alicia Rancier

At 23, Rancier, a certified personal trainer and graphic designer from Myrtle Beach, SC, weighed in at 170 pounds. She recalls one of her lowest moments that began a downward spiral. “My senior year in college, I found myself walking to class eating a fast-food sandwich and sipping a medium-size soda as fast as I could. About a half-hour into the lecture, I started feeling ill: severe heartburn, sour stomach, headache, nausea—I felt like my throat was closing in,” Rancier recalls. Her doctor diagnosed her with reflux disease and ulcers. She was devastated, upset, and embarrassed. “I’d never been that heavy in all my life. I couldn’t eat anything because of the unbearable pain from the ulcers, and the depression was making me have suicidal thoughts,” she says. The diagnosis spurred her to lose weight, but she lost too much, too soon. It took her four years after that to reach a healthy and stable 145 pounds.

READ THE LABELS

• Rancier started her turnaround by reading the nutrition labels on food and replacing processed foods with fresh ones. Now Rancier eats five to six meals a day and tracks her calories and macros on MyFitnessPal. “I have become an ovo-lacto pescatarian, which means I only eat seafood such as shrimp, salmon,

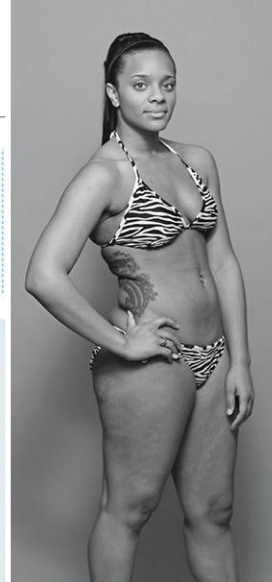
and tuna, along with eggs and dairy.” She also eats a lot of fresh veggies like green beans and cucumbers, plus complex carbs such as oatmeal and black beans.

FROM CARDIO TO WEIGHTLIFTING

• When Rancier started working out she mostly did cardio. “I was using the treadmill, elliptical, and stationary bike and learning how to use the machines. Then when I felt more comfortable, I started lifting weights, and I was hooked!” She usually hits the gym six days a week for an hour. “I love training legs!” she says. “My favorite exercises include squats, deadlifts, and reverse hyperextensions.”

FIND INSPIRATION EVERYWHERE

• To push past plateaus, she looked to her idols for motivation. “I would watch workouts on YouTube of Dana Linn Bailey and Nicole Wilkins pushing themselves to the limit to motivate me to keep moving forward.” She also entered fitness competitions after a friend’s encouragement. Having done five shows, she hopes to win an IFBB pro card in the women’s physique division. “I look forward to finding different approaches to competition prep and seeing changes in my physique, thanks to consistency,” says Rancier. Her advice to other women is to enjoy the journey and not to give up—because the end result is worth all the hardships.



ON HER MENU

- › **Meal 1:** 5 egg whites, 1 tbsp olive oil, ½ cup oatmeal
- › **Meal 2:** 4 oz steamed tilapia, 1 cup spring mix, 1 tbsp homemade balsamic vinaigrette, 1 cup cucumbers
- › **Meal 3:** 2 whole eggs with 3 whites, ½ cup spinach, ¼ cup walnuts
- › **Meal 4:** 4 oz grilled salmon, 1 cup green beans, ¼ cup almonds
- › **Meal 5:** 4 oz shrimp, ¼ cup brown jasmine rice, ½ cup asparagus

Supplements:
Multivitamin, BCAAs,

flaxseed, fat burner, and pre-workout. "I like to get all my omegas from my eggs and oils such as macadamia/avocado oil. I don't drink whey protein, but I put one to two scoops in my oatmeal or when making pancakes."



Nikki Griggs

Sometimes tragedy sets us down a dark path that we're challenged to bounce back from. In 2007, Griggs unexpectedly lost the love of her life to sudden cardiac arrest, at just 27 years old. "While grieving I felt that I had lost all control of my life. I was drinking, smoking, and neglecting my health on every front," she says. In 2010, weighing 151 pounds at 5'4", "I realized that I needed to start living again, not just existing," Griggs says. In a little over a year she dropped 30 pounds and is now a certified personal trainer and nutrition specialist.

ACCENTUATE THE POSITIVE

● When she first started to get back in shape,

Griggs set a goal of completing a 5K race. Her workouts at the time were split between running, jogging, and light weight training about three days a week. "I started out doing more cardio than strength training, but that began to change when I noticed that the stronger I was, the better and faster I ran, with less aches and pains." She now hits the gym five to six days a week, for an average of two hours each.

EAT RIGHT FOR YOUR GOALS

● At first, Griggs was discouraged because she was running and working out but not seeing much change on the scale. She decided to heavily alter her diet. "After doing some research, I threw out all processed and packaged food. That's

when I began seeing results," says Griggs. She now eats five to six clean meals throughout the day. "I also switch up my diet regularly to avoid food aversions, but I don't really track calories. I pay more attention to my daily macros," she says.

TRAIN FOR PEAK PHYSIQUE

● At the start of her fitness transformation Griggs was running either a 5K or 10K every month. But soon she

wanted a different challenge, so she signed up for her first NPC bikini competition in 2013. Since then, she's entered 13 shows, with top three placings in all but four of them. "I truly fell in love with the sport and the process of sculpting my ideal physique. I recently won a first place and an overall title in the figure division," says Griggs.

BE A GOAL DIGGER

● Her advice to other women is, "Be a goal digger. Set SMART [Specific, Measurable, Attainable, Realistic, Time-bound] goals, and as you achieve them, set more." She also recommends starting slowly. "If you are just starting out on your fitness journey, don't try to change your entire life overnight. Start out with one or two goals, like eliminating sugary drinks from your diet and walking 30 minutes a day for three days. Once that is no longer a challenge, build upon that."

HOW SHE DOES IT

Typical shoulder workout

- › Warmup: DB External Rotation 3x12
- › Cable/DB Lateral Raise 4x12
- › DB Military Press 4x10
- › Rear-delt DB Flye 4x12
- › Cable/DB Front Raise 4x12
- › Barbell Upright Row 4x10

Caitlin Schembri

Schembri struggled with her weight in high school, but although she'd started exercising, the real challenge came in college. "Every morning when I woke up I dreaded getting dressed because all my clothes were so tight. I wanted to love myself again, both inside and

out," she says. A sobering moment came when a body-fat analysis showed she was at 38%. "That was a serious reality check. All these years I thought I was mostly muscle because I worked out, but that wasn't the case." In August 2015, at 189 pounds, Schembri committed to making a serious change and

began an 11-month journey back to health and to 137 pounds.

CHANGE YOUR EATING HABITS, CHANGE YOUR LIFE

● The initial swaps she made to her diet were to cut out dairy, all fruit except for berries, and alcohol. She drank only water, green tea, and coffee and started

carb cycling and measuring out her portions. "Reading food labels and looking at sugar content was a tremendous help. People consume an insane amount of sugar without even realizing it," Schembri says. She now eats about eight small meals a day rather than fewer large ones. "For protein I reach for chicken breast, fish, and occasionally steak. My carbs are green veggies or complex carbs like sweet potato or brown rice—never bread or pastas." On a cheat day she still looks forward to a burger and fries.

WORK OUT SMARTER AND HARDER

● Schembri started working out four to five times a week for an hour, which included heavy weightlifting, plus shorter high-intensity interval training (HIIT) or low-intensity steady state three times a week for cardio. She also started to enter bikini competitions and is now at the gym five to six days a week for an hour. Her favorite body part to train: glutes. "As a bikini competitor your glute and hamstring

tie-in is key!" Schembri placed third out of six girls in her first competition. And while most of the other competitors had their own coaches, she did it on her own.

THE CHALLENGES OF TRANSFORMATIONS

● Schembri's road was not without obstacles: She found it difficult to resist temptations like eating what her friends were having. Some days she was so tired from having so few rest days and often felt defeated when her weight loss slowed. "My body hit a plateau around 152 pounds, and weeks went by without that number changing no matter what I did. At those points, you question yourself or compare yourself with other people. But I was proud for being able to reach down and dig deep to fight those demons," she explains. Her boyfriend was a huge support. On days she felt like giving up, he gave her that push to go to the gym when she didn't want to. "If you can love yourself enough to give yourself the gift of health, then I see no reason why you won't be successful."

HOW SHE DOES IT

► Shoulder/Triceps split

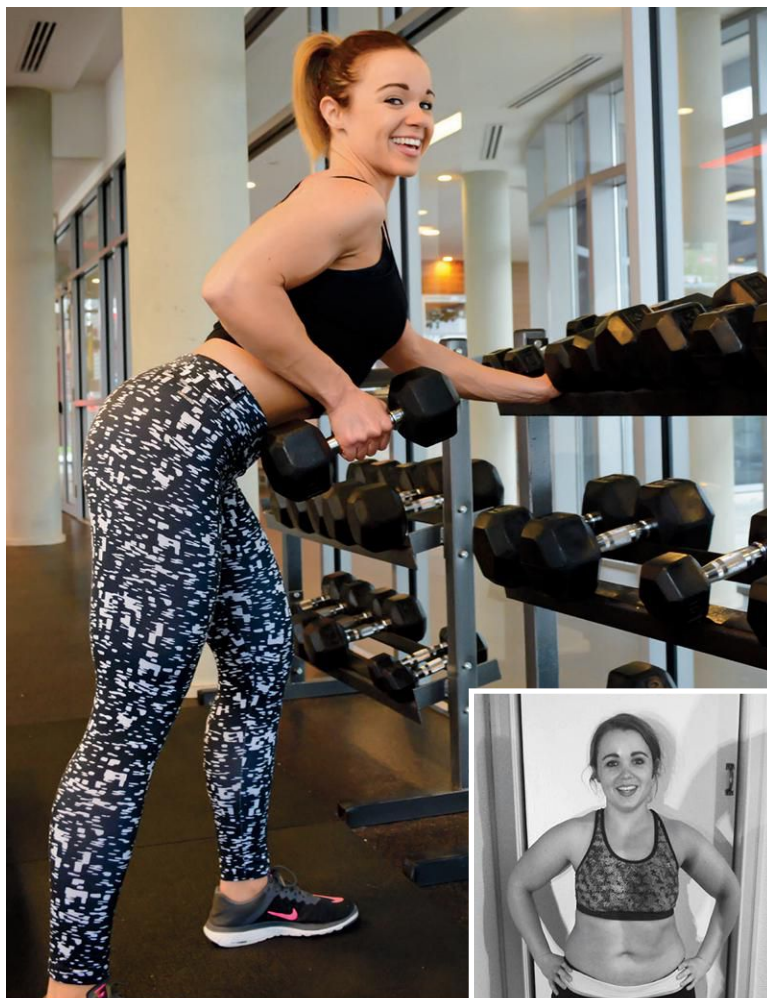
5-minute **warmup**: walking on the treadmill,
4 exercises for shoulders (4x10), superset with
4 exercises for triceps (4x10), with a 30-second stretch break in between sets.

► "I hit the **StairMaster** for 20

to 30 minutes and do the fat-burning program on Level 8, or I do **sprints** on the treadmill for 20 minutes."

Supplements:

Multivitamin for active women, omega-3 fish oil, probiotic, vitamin C, vitamin D, digestive enzymes, and protein powder



Leona Connolly

Connolly found herself at 222 pounds at age 29. She lacked self-confidence and was slipping into a depression. “I knew my weight was my problem, and if I didn’t do something I was sending myself to a very early grave.” She started training with FF Fitness owner Seamus Fox in September 2013, seven months before her 30th birthday. “I wanted to make my birthday one to remember, so I set the huge goal of losing 70 pounds.” Two days before her 30th, she met her goal. Two and a half years later, she reached 138 pounds.



DIET DOS AND DON'TS

● One of her first lifestyle changes was nutrition. “My diet was shocking. I constantly was eating junk food and drinking fizzy lemonade. I cut all that out and went back to basics with loads of green veggies to give my body the detox it needed.” She also added chicken and fish into her diet, drank only water, and eliminated all sugar. “The first week was supertough, but once I began to see changes in my body I thrived off it,” she says. Her current diet is primarily low-carb and high-fat and protein, with four meals a day.

LOVE THE GYM YOU'RE IN

● Along with her diet, Connolly started hitting the gym, lifting weights at 6 a.m. and doing cardio at night. “I’m naturally strong, but the cardio side took a little while longer to enjoy—now I love every minute of it.”

She’s at the gym at least five days a week and competes in powerlifting. “The absolute buzz I have when I get on that platform with my teammates cheering me on is nothing short of amazing! I’m always so nervous, but the sheer joy once I lift the weight is addictive,” says Connolly. In 2015 she won the European Deadlift Championships, followed by two silvers and a bronze at the World Championships.

LEAN ON ME

● “You always doubt yourself, but I credit the support I had behind me. Seamus started as my personal trainer. I still train with him every day, but he is now a very close friend. He’s taught me to believe I can work hard for it and then achieve it.” Her advice to others: “Believe in yourself enough just to start. The littlest change can make a massive difference. I achieved what I thought was impossible and gained the confidence to start an exciting new life.”

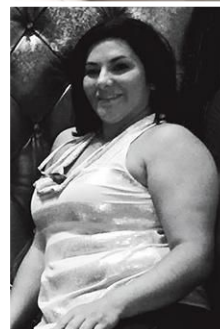
HOW SHE DOES IT

Leg day

- **Back Squat**
6x60kg
- **Squat Jump**
6x25kg
- **Prowler Push Run** 100kg

Supplements:

Multivitamin plus omega-3 oils and a vitamin B complex. Also whey protein post-workout and amino acids before and during workouts.



HIT THE SWEET SPOT

● Carbonated drinks, simple carbohydrates, processed foods, and sugar were the first to be cut from her diet. Brown also began counting calories and cooking healthy meals like blackened mahimahi and baked sweet potatoes with steamed broccoli. Initially her workouts were cardio-heavy, such as the elliptical and treadmill, and she signed up for some HIIT cardio classes. Now she typically works out five to six days a week for 1½ to two hours at a time. “My favorite body parts to train are legs and glutes using the inverted and horizontal

Rhea Brown

Brown went from 216 pounds to 150 pounds in just one year, starting her weight-loss transformation at the age of 35, when climbing a flight of stairs was already difficult for her. “I knew I needed to live a healthier lifestyle, not only for myself but for my family as well,” says Brown.

FROM LEFT: PETER BENNETT; COURTESY OF LEONA CONNOLLY (3); JULIETTE NGUYEN; COURTESY OF KIRSTIN DICKIE



HOW SHE DOES IT

SAMPLE WORKOUT
Shoulders and biceps, 4 sets of 12 reps of each superset

- › Rear Row to Alternating Lying Biceps Curl
- › Side Lateral Raise to Preacher Curl
- › Seated Arnold Press to Military Press to Hammer Curl

leg press, leg extensions, deadlifts, and weighted hip thrusts," says Brown.

SET REASONABLE GOALS

● "At times when I hit a weight-loss plateau I would become discouraged. To beat that, I set goals such as a charity tower race or vowing not to drive my car to the gym in the summer—I had to either run or bike there. Focusing on smaller goals allowed me to exceed my goals," she explains. Her family was also a big support system. "I am forever grateful to my husband, children, and a great group of friends who always encouraged and motivated me to excel," says Brown.

GO FOR GOLD

● On a friend's suggestion, Brown decided to compete in her first bikini competition in August 2016, about one year after she'd started her weight-loss journey. Contest prep allowed her to obtain her goal weight at the time of

150 pounds. "I enjoy setting goals and pushing to meet them," says Brown. Her advice to other women is not only to take small steps but also to just take the first step. "Start with walking, eating healthier, and staying consistent. There are no magic pills or quick fixes, just a healthy lifestyle change for long-term results!"

ON HER MENU

- › **Breakfast:** 3 scrambled egg whites with baked turkey, ¼ cup steel-cut oatmeal with ½ banana
- › **Snack:** Carrots and celery sticks
- › **Lunch:** Grilled chicken salad with roasted corn and black beans, fruit
- › **Snack:** Greek nonfat yogurt, small apple
- › **Dinner:** Baked fish, brown rice, steamed vegetables
- › 1-1½ gallons of water per day

Kirstin Dickie

Dickie's weight loss was a long process. In 2003, at 18, she was 178 pounds; by 2012 her weight had crept up to 187 pounds. She was depressed, stressed, and going through a career change. She was also sleeping in, smoking, eating poorly, and partying too much. "I was walking up the first 12 steps of my home and was out of breath. I couldn't believe what I had done to myself. I had to make changes quickly, or my health and mindset were only going to get worse."

LITTLE GOES A LONG WAY

● Dickie started with small changes to her diet, subbing unhealthy foods with better alternatives—potato chips with rice cake chips; ice cream with Greek yogurt and berries. Now she's a bona fide clean eater. "I don't track my calories, because I don't want to make eating a lot of work. I

eat a balanced diet and make notes."

GET PHYSICAL

● She started hiking, swimming, spinning, and lifting weights plus doing a lot of HIIT training. Dickie works out five to six days a week for 45 to 90 minutes. Whenever she would get discouraged, she would remind herself why she got started. "I'm a true believer of writing down your goals and making new ones so you stay on track." In March 2015, she competed in her first bikini competition. "I was influenced by elite athletes like Erin Stern and Jamie Eason. I saw their magazine covers and said to myself, 'One day I want that.'"

HEED WORDS TO THE WISE

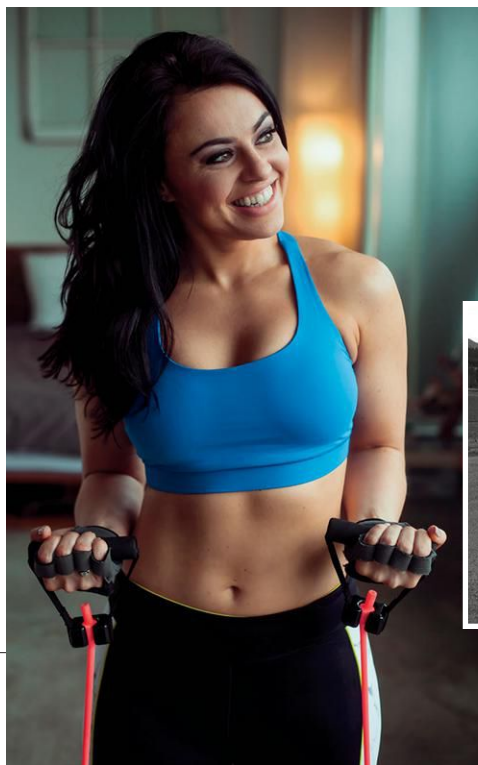
● "Know that the pros weren't pros when they got started and that the most important thing is a positive mindset. Find a workout buddy, hire a personal trainer, join a class, and surround yourself with

positive people." She also says that slow results are sometime the best type to maintain. "Remember everyone's body is different, so accept who you are or you will never be happy. It's OK to fail, because you grow from each experience to become a better version of you."

HOW SHE DOES IT

- › Warmup (5 min.)
- TRISSET/3 SETS**
- › Seated Bentover Rear-delt Raise (12 reps)
- › Bench Hop-over (15 reps)
- › Kettlebell Swing (12 reps)
- TRISSET/3 SETS**
- › Seated Lateral Raise (12 reps)
- › Stepup with Overhead Dumbbell Press (20 reps)
- › Walking Lunge (20 reps)
- TRISSET/3 SETS**
- › Seated Arnold Press (12 reps)
- › Front Plate Raise (12 reps)
- › Burpees with Bosu Ball (12 reps)
- › Cardio 30 min. StairMaster or jog/hike outside

Favorite Clean Meal: Bison burger lettuce wrap with sweet potato fries; protein lava cake





GOAL TIME

Want fat-loss results that finally last and the body you've always dreamed of staring back at you in the mirror? *Biggest Loser* coach **Jen Widerstrom**'s got the secret to your success.

BY ALYSSA SHAFFER | PHOTOGRAPHS BY PER BERNAL

EVER WONDER why you seem to float from diet to diet without getting the results you want while your bestie just dials in to her meal-prep plan and doesn't miss a beat? Or why you thrive on the energy of a group cycling class while your sister would much rather head outside for a solo run? Your personality may have a lot to do with it: That's the inspiration behind celeb trainer and two-time *Biggest Loser* coach Jen Widerstrom's new book, *Diet Right for Your Personality*

Type (Harmony Books, 2017).

"What we need to hear and how we are motivated can be very different depending on each individual. I realized from all of my time coaching clients that there are five very distinct personality types that respond to diet and exercise cues in different ways," explains Widerstrom.

The problem most people face, she adds, is that we tend to compare ourselves to others instead of focusing on ourselves. "We often look outside ourselves for answers, when the solution lies within each person," she

says. "I'm trying to give people the permission to see themselves as an asset and to use this information to elevate their own awareness." She likens it to driving a car down a road with a big pothole. "The first time you hit it, you're like, 'Dang, that hurt my car!' The next time you're on that road, you know where that pothole is and how to avoid it."

So if you know that dessert is your diet trigger, you can stock up on healthy alternatives rather than raiding the cookie jar after dinner, or if you get stuck

WHAT IF I'M MORE THAN ONE TYPE?

Personality types aren't always cut and dry. "Most of us have both dominant and recessive types," says Widerstrom, who classifies herself as a dominant Everyday Hero and a recessive Organized Doer. "When I'm filming *Biggest Loser* I'm definitely Everyday Hero—I put myself last because I focus on the contestants. But off-season, I'm much more in charge of my own life," she says. Find the root of who you truly are first and follow that plan—but keep in mind insights from your less-dominant personality trends. (To fully ID your type, pick up *Diet Right for Your Personality Type* and take the 20-question quiz.)



JEN'S 5 FOOD RULES

No matter your personality type, incorporate these dietary guidelines from Widerstrom into your daily menus to find a recipe for results.

1. Eat more mindfully. Don't just zone out and gobble your dinner in front of the TV or your laptop. Sit at a table and consciously take note of what you're eating and how it tastes to notice hunger cues, improve digestion, and enjoy your meal more.

2. Stick to one-ingredient foods. Keep your foods simple. That means choosing more whole foods like sweet potatoes, blueberries, and apples over processed fare like frozen dinners. The cleaner you eat, the easier it will be to find success.

with a big project at work, keep your gym bag in the car so you can hit the weights or running track after work. “All I’m asking is for people to identify who they are, so they know how to get past roadblocks that will undoubtedly come up,” says Widerstrom.

While the types are primarily identified through diet, you may also recognize certain workout patterns that you can follow. “If your workout isn’t in line with who you are and what you enjoy, you inherently won’t want to stick with it,” she notes. (Try Widerstrom’s “Jen Bod” program, in our special pull-out poster, for a workout we can all benefit from!)

See if you can identify your dominant personality type from the following list. Then structure your diet program to best avoid triggers that can set you off course, so you will be set up for success.

your type: **THE ORGANIZED DOER**

• **WHO YOU ARE:** A critical thinker who is results-oriented and highly organized and

craves routine, rules, and planning.

• **STEPS FOR SUCCESS:** Allow your organization skills to work for you: Make a daily checklist that includes meals and movement goals (like brown bagging a healthy lunch and walking an extra mile at lunchtime). Batch-cook food on Sundays and Wednesdays for the following few days. Just remember that, while it’s nice to be consistent, it can also be fun to add variety.

• **POTENTIAL STUMBLING BLOCKS:** Organized Doers tend to be hard on themselves, says Widerstrom. “They’ll often fail to celebrate successes or progress and can be all-in or all-out when it comes to diet and exercise.” So remember to give yourself a pat on the back for completing that strength set or saying no to dessert.

• **WORKOUT KEYS:** Find a structured program, whether that’s a weightlifting plan or training for a 10K, and stick with it. You tend to like both classes and independent training, so go with whatever you feel like doing. Set realistic weekly goals and keep track of your progress so you’re game to keep coming back for more.

your type: **THE SWINGER**

• **WHO YOU ARE:** Outgoing, open to new experiences, and always looking for the next great thing to do—whether that’s finding a hot new restaurant or a killer HIIT workout class.

• **STEPS FOR SUCCESS:** You’re social and an extrovert, so take advantage of that addiction to Snapchat or Instagram and post your progress. Enlist a friend or family member to act as your accountability partner.

• **POTENTIAL STUMBLING BLOCKS:** Chasing the latest trend can mean you drop off your diet plan or workout program as fast as you started it. Find a picture or a phrase and put it on your phone or fridge that represents your end goal, a time when you loved your body, or an affirmation that makes you feel like you can take on the world. Enjoying lots of variety in your meals means you like to dine out a lot, but beware of those high-calorie menus. Give yourself plenty of fun meal-prep options so you won’t get bored.

• **WORKOUT KEYS:** Sign up (and pay for)

workouts in advance so you won’t be tempted to drop out, and look for social classes like group cycling or a boot camp program that offer both accountability and camaraderie. Install a fitness-tracking app on your phone or invest in a wearable tracker—then post about your success to friends and followers to share your progress!

your type: **THE REBEL**

• **WHO YOU ARE:** Spontaneous, high energy, and a risk taker, you tend to live for the moment, damn the consequences—which means sometimes details and routines fall by the wayside.

• **STEPS FOR SUCCESS:** Since organization isn’t necessarily your strong point, focus on eating five small meals a day. That way you can make sure you’re not skimping on nutrients or overeating, says Widerstrom. Also make sure you know what a proper portion should look like and try not to go overboard. Finally, be aware of your hunger cues. Have an emergency stash of

healthy snacks for when you need something to nosh on.

• **POTENTIAL STUMBLING BLOCKS:** You tend to get bored when things become too routine, so keep mixing things up by adding fresh foods to your menu or trying a totally new trendy workout class. Avoid having too many liquid calories or your tendency to have one huge meal a day while skipping the rest.

• **WORKOUT KEYS:** Do a short and sweet circuit weight routine in the a.m. so you don’t get distracted as the rest of your day goes on. Try not to let more than three days pass without working out. Keep a gym bag with a set of workout clothes and shoes in your car. Perfect for your spontaneity!

your type: **THE EVERYDAY HERO**

• **WHO YOU ARE:** Selfless and committed, you tend to place others’ needs before your own—often leading to an overloaded schedule, which puts your diet and workout goals in danger.

• **STEPS FOR SUCCESS:** You have less opportunity to prepare a healthy meal or get to the gym, so make time: Start with 10 minutes of uninterrupted exercise a day and build from there. And don’t forget to invest in your own health, whether that’s going to the doctor or getting more sleep.

• **POTENTIAL STUMBLING BLOCKS:** When things come up at school or

3. Eat better fat-burning fuel combos.

“Your body works on two fuel tanks: carb-protein and fat-protein,” says Widerstrom. Choose fat-protein combos, which help muscle growth and burn fat. “Having a fat-carb meal like avocado toast is terrible for training your body to burn fat,” because carbs usually get used first, so then the fat is stored, she adds.

4. Avoid portion distortion.

“You don’t have to obsess over portions, but don’t ignore them, either,” she says. See your plate as a pie chart: Roughly 70% of the food should come from the earth (veggies, fruits, seeds) and 30% from animal sources.

5. Fill up with fiber. It’s key for helping you feel fuller longer, as well as moving food through your digestive track. You need about 20 to 35 grams a day, which you can easily get from beans, lentils, quinoa, spinach, almonds, squash, and flaxseed.

work, you're often the first to volunteer, which means workouts and healthy dinner plans get pushed aside. Plan in advance by packing clothes and food for your day ahead. And treat your workouts like appointments that can't be missed, so you don't blow them off.

• **WORKOUT KEYS:** Having too much on your plate can leave you feeling frazzled, so schedule in a weekly yoga class or try practicing in your home. Hire a personal trainer or find a workout buddy to help you get to the gym—since you would never bail on someone waiting for you.

your type:

THE NEVER-EVER

• **WHO YOU ARE:** Smart, determined, and often your own worst enemy, you set yourself up for failure by worrying about what might go wrong.

• **STEPS FOR SUCCESS:** Never-Evers are disconnected from their health and fitness or may have even given up trying to live a healthier lifestyle. You require a plan that allows you to take a step back to get a bigger view of your life and help you realize why you are making these less healthy choices, says Widerstrom. Squash those naysaying voices that tell you that you'll never be able to lose the weight or get fit, and don't procrastinate. Figure



BE BODY
POSITIVE

"If I only work out for my waistline, I go to a very sad place in my head. Every meal, every workout, every calorie is to appease something outside myself. None of it makes me feel more confident. People, especially women, never finally say, 'Oh, I got there.' The only way they will achieve that is if they accept, 'This is my shape. Let's make it the best I can, but this is still me,'" says Widerstrom.

out what you are going to do, and go for it!

• **POTENTIAL STUMBLING BLOCKS:** Never-Evers are full of excuses, like thinking they can't work out because work is really busy or making an excuse to order that big dessert

because they had a small lunch. Disrupt this pattern by weighing yourself daily and journaling your progress so you can feel encouraged by your results. And focus on just one week at a time, so you don't get overwhelmed.

• **WORKOUT KEYS:** Wear a fitness tracker and set goals for yourself to reach each day. And work activity into your day whenever you can, whether that's taking steps instead of the elevator or doing a few extra laps

around the office. Start slowly, with lower-intensity exercises like walking or a machine weight circuit at the gym, and then gradually add in higher-intensity activities like intervals or free weights.

GET FIT IN A FLASH

Rock your muscles from head to toe with this super-efficient total-body routine featuring some of *Biggest Loser* trainer **Jen Widerstrom**'s top conditioning moves

TOP: Reebok CrossFit sports bra; **BOTTOM:** Hardtail Forever; **SHOES:** Reebok sneakers



SEQUENCE 3:

DO EACH MOVE
FOR 30 SEC., THEN
REST 30 SEC.
COMPLETE
3 ROUNDS. FINISH
WITH 90 SEC.
OF YOUR CHOICE OF
CARDIO BURSTS.



7 PUSHUP HOLD

- › Begin in a full-pushup position, hands 6 to 8 inches outside shoulders, forming a straight line from head to heels.
- › Bend elbows 90 degrees, keeping abs engaged and head in line with spine. Hold here for 30 seconds.



8 KNEE STRIKE

- › Lie faceup with arms extended overhead and legs extended on floor. Hold a medicine ball between your hands.
- › Keeping elbows out to sides and light pressure on the ball, lift ball over body and left knee over hip, striking ball to knee.
- › Return to starting position and repeat on opposite side. Continue for 30 seconds, alternating sides.

9 BOX JUMP

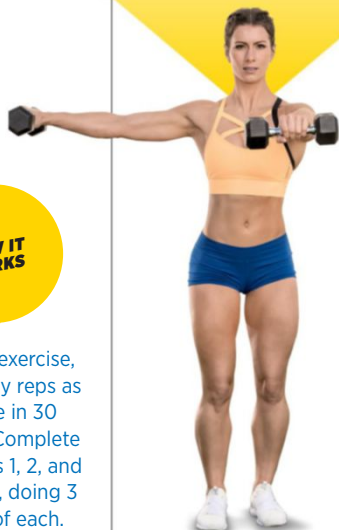
- › Stand a few inches behind a box or bench, feet shoulder-distance apart.
- › Bend knees, swinging arms behind you, and jump up on top of bench, swinging arms forward and landing softly with knees slightly bent.
- › Step back to start and repeat for 30 seconds. To modify, do squat jumps without the box or bench.



No matter what your personality type is, you'll get great results with these exercise combos. Widerstrom dubs them her "Jen Bod" Workouts, and they're a quick and effective mix of multimuscle moves that target your entire body, along with some high-energy plyometrics to get your heart rate soaring. "I teach my clients to train like athletes," she says. "The key is to keep moving so your heart rate stays elevated, and you continue to burn calories long after the workout is over."

SEQUENCE 1:

DO EACH MOVE FOR 30 SEC. COMPLETE 3 ROUNDS. FINISH WITH 90 SEC. OF YOUR CHOICE OF CARDIO BURSTS.



HOW IT WORKS

For each exercise, do as many reps as possible in 30 seconds. Complete Sequences 1, 2, and 3 in a row, doing 3 rounds of each. Rest for 30 seconds after each sequence. Then do 90 seconds of cardio bursts (*running or jogging in place, side shuffles, jumping jacks, jumping rope, etc.*).

2 SHOULDER RAISE

- Stand with feet hip-distance apart, holding dumbbells in each hand. Keep core engaged and knees soft.
- Raise right arm out to right side to shoulder height and left arm forward, creating an L shape with your arms.
- Lower to start, then switch so left arm is out to side and right arm is forward. Continue for 30 seconds.

1 SINGLE-ARM DEADLIFT

- Stand with feet slightly wider than shoulder-width apart. Grasp a moderately heavy dumbbell in left hand. Pushing hips back, tap floor with weight.
- Stand up pushing powerfully through both feet; at top of movement transfer weight to your right hand (not shown).
- Bend knees, pushing hips back as you tap floor again. Continue, alternating sides for 30 seconds.



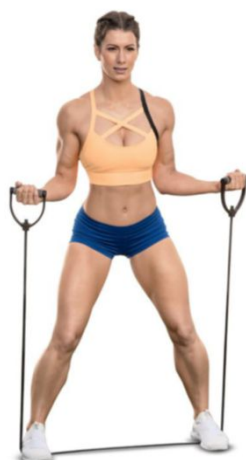
3 LUNGE ROW

- Stagger legs so left foot is forward and right foot is back, holding dumbbells at sides. Lift right heel, keeping weight over ball of foot.
- Hinging forward from waist, bend left knee, lowering weights toward floor on both sides of shin (not shown).
- Pull elbows back past ribs, keeping arms close to body and head in line with spine. Lower weights and return to starting position. Continue for 30 seconds; switch sides.



SEQUENCE 2:

DO EACH MOVE
FOR 30 SEC.
COMPLETE 3 ROUNDS.
FINISH WITH 90 SEC.
OF YOUR CHOICE
OF CARDIO BURSTS.



5 SIDE STEP WITH CURL

- › Stand with feet shoulder-width apart over center of a resistance band, holding handles with elbows bent 90 degrees, palms up.
- › Step left foot out to left side, keeping arms in place with palms up.
- › Step back to start and do a biceps curl with both arms.
- › Return to start and repeat, stepping right leg out. Continue for 30 seconds, alternating sides.



6 TRICEPS T PRESS

- › Stand with feet about hip-distance apart, holding band in front of you on the band (not handles). Using moderate tension, extend both arms out to sides in a T position.
- › Keeping band under control, bend right elbow 90 degrees, bringing hand in front of body. Hold 1 count, then extend back to sides. Repeat on left side. Continue for 30 seconds.



4 ALTERNATING SNATCH

- › Stand with feet slightly wider than shoulder-width apart, with a dumbbell on the floor between your feet. Looking out a few feet in front of you, squat down only as far as it takes to grasp the handle of the dumbbell with palm facing body.
- › Forcefully stand up, pushing off balls of both feet and generating as much power as you can in your lower back and glutes; bring elbow up and out to side and straighten arm, lifting the weight up and above your head.
- › Reverse the movement, bringing dumbbell down on same path you brought it up until it's back on the floor. Continue for 30 seconds, then switch arms and repeat.





SIX KEY NUTRIENTS EVERY ACTIVE WOMAN NEEDS

These Baked Honey-Orange Salmon Fillets are a delicious way to get your fair share of vitamin D and omega-3 fatty acids. See recipe, page 120.

Make sure you're getting enough of the nutrients vital for your health and training by filling your menu with these tasty dishes

BY ELIZABETH WARD, M.S., R.D.
PHOTOGRAPHS BY MOYA MCALLISTER
FOOD STYLING BY DANA BONAGURA
ILLUSTRATIONS BY RAMÓN GAMARRA

■ **YOU TRY TO EAT CLEAN** and follow a balanced diet, but, hey, nobody's perfect! And even fit women are frequently missing out on some of the most important nutrients we need to support our bodies through training and recovery and to stay strong and healthy. In fact, the most recent dietary guidelines for Americans have identified six key nutrients that are frequently underconsumed even in some of the most well-rounded diets. The recipes on the following pages offer up delicious ideas of how to get more of these nutrients into your diet starting today!

STIR-FRY BEEF & BROCCOLI



Get almost 25%
of your daily
iron needs in
this healthy
takeout remake.

STAR NUTRIENT

IRON

Iron helps form hemoglobin, the part of red blood cells that carries oxygen throughout the body, as well as myoglobin, a similar compound found in heart and muscle tissue that provides the extra oxygen you need to work out. Iron is also necessary to make connective tissue and some hormones and for a strong immune system.

KEY SOURCES: Lean red meat, white beans, tofu, fortified breads, cereal, spinach

HOW MUCH:
18mg/day

NUTRITION FACTS PER SERVING:

Calories: 356
Fat: 11g
Saturated fat: 3g
Carbs: 18g
Fiber: 5g
Protein: 46g
Iron: 5mg

SERVINGS: 3

INGREDIENTS

- ¼ cup low-sodium soy sauce
- 2 tbsp rice-wine vinegar
- 2 tbsp tomato paste
- 1 tbsp honey
- 4 cloves garlic, peeled and minced (or 2 tsp prepared minced garlic)
- 2 tsp grated fresh ginger
- 16 oz boneless top-round steak, trimmed of fat and sliced into ¼-inch-by-1-inch pieces
- ¼ tsp freshly ground black pepper
- 1 tbsp canola oil
- 2 cups cooked chopped broccoli florets
- 1 large yellow bell pepper, chopped into 1-inch pieces

DIRECTIONS

- 1.** In a medium bowl, whisk together soy sauce, rice-wine vinegar, tomato paste, honey, garlic, and ginger until well combined. Set aside.
- 2.** Season steak with black pepper. Heat oil over medium-high heat in a wok or large skillet. Add steak and stir-fry for 5 minutes.
- 3.** Reduce heat to medium and add soy sauce mixture. Toss to coat beef completely. Add broccoli and bell pepper and stir-fry for 2 minutes.



A



B



C

MUSHROOM, ROASTED RED PEPPER & GOAT CHEESE CAULIFLOWER-CRUST PIZZA

NUTRITION FACTS PER SERVING:

Calories: 370
Fat: 23g
Saturated fat: 12g
Carbs: 20g
Fiber: 7g
Protein: 28g
Potassium: 1,193mg

SERVINGS: 3

INGREDIENTS

- 2 cups riced cauliflower
- ½ cup shredded part-skim mozzarella
- 2 large eggs
- 1 tsp dried oregano
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 2 tsp olive oil
- 8 oz sliced white button or baby bella mushrooms
- ½ cup chopped roasted red bell pepper
- 4 oz crumbled goat cheese

The cauliflower crust serves up plenty of potassium.

DIRECTIONS

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper and coat with cooking spray.
2. To rice the cauliflower, place florets in a food processor and roughly chop.
3. Place cauliflower, mozzarella, eggs, oregano, salt, and black pepper in a large bowl and stir to combine. Spoon the cauliflower mixture into 3 4-inch-diameter circles on baking sheet, forming into 3 flat rounds. Bake for 15 minutes, then flip and bake for another 10 minutes.
4. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and sauté until tender, about 10 minutes. Drain.
5. In a medium bowl, combine mushrooms, red pepper, and goat cheese.
6. Place toppings on each crust and return to oven. Bake for 5 minutes.

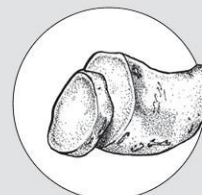
STAR NUTRIENT

POTASSIUM

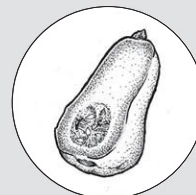
This mineral balances sodium to prevent bloating and promote normal blood pressure, as well as prevents calcium loss from bones. It's also key for nerve cell function and muscle contraction and for storing energy in muscles for later use.

KEY SOURCES: Seafood, meat, dairy, **sweet potato**, butternut squash, broccoli, cauliflower, avocado, **banana**

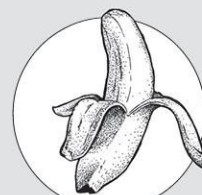
HOW MUCH: 4,700mg/day



A



B



C

STAR NUTRIENT**CALCIUM**

Well-known for strengthening the skeleton, calcium is also critical for proper function of every cell, especially those in your skeletal muscles and heart.

KEY SOURCES:

Milk, **yogurt**, cheese, fortified soy beverages, and **tofu with calcium sulfate**; dark leafy greens such as spinach, kale, **broccoli**

HOW MUCH:

1,000mg/day

**A****B****C**

CHOCOLATE ALMOND SMOOTHIE BOWL

NUTRITION FACTS PER SERVING:

Calories: 398

Fat: 18g

Saturated fat: 5g

Carbs: 34g

Fiber: 6g

Protein: 23g

Calcium: 290mg

SERVINGS: 1

INGREDIENTS

- ½ medium ripe frozen banana, sliced
- ¾ cup plain fat-free Greek yogurt
- 1 tbsp natural almond butter
- 2 tsp unsweetened cocoa powder
- ½ tsp pure vanilla extract

Toppings:

- 1 tbsp unsweetened coconut
- ½ medium ripe banana, sliced
- 2 tbsp slivered almonds

DIRECTIONS

1. Place frozen banana slices, yogurt, almond butter, cocoa powder, and vanilla extract in a blender or food processor. Blend on high speed for 1 to 2 minutes, or until smooth.

2. Pour into a bowl. Arrange toppings on top.

This creamy smoothie bowl delivers about a third of daily calcium needs.

CHOPPED GREEK SALAD BOWL WITH CHICKEN

NUTRITION FACTS PER SERVING:

Calories: 555
Fat: 26g
Saturated fat: 5g
Carbs: 36g
Fiber: 10g
Protein: 47g

SERVINGS: 1

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- ¼ tsp freshly ground black pepper
- Pinch dried oregano
- ½ cup cooked freekeh
- ¼ cup canned white beans, drained and rinsed
- 4 oz chopped cooked boneless, skinless chicken breast
- ¼ cup chopped peeled cucumber
- 10 cherry tomatoes, halved
- 5 large olives
- 2 tbsp crumbled feta cheese

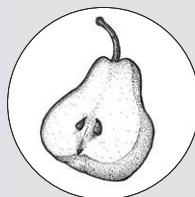
DIRECTIONS

1. In a small bowl, whisk together olive oil, lemon juice, black pepper, and oregano. Set aside.
2. Place freekeh in a bowl and top with beans, chicken, cucumber, tomatoes, and olives. Top with dressing and feta cheese.

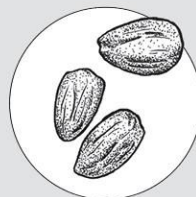
STAR NUTRIENT

FIBER

Dietary fiber helps you feel fuller for longer, helps steady blood-glucose levels so your energy is on a more even keel, and keeps blood cholesterol in check. **KEY SOURCES:** Whole grains, fruit like **pears**, vegetables, **almonds**, **chickpeas** **HOW MUCH:** 25g/day



A



B



C

BAKED HONEY-ORANGE SALMON FILLET

NUTRITION FACTS PER SERVING:

Calories: 333

Fat: 15g

Saturated

fat: 3g

Carbs: 25g

Fiber: 0g

Protein: 24g

Vitamin D:

447 IU

SERVINGS: 2

INGREDIENTS

- 2 tbsp honey
- $\frac{1}{4}$ cup orange juice
- 2 tbsp reduced-sodium soy sauce
- 1 tsp prepared minced garlic
- 1 tbsp fresh ginger, peeled and finely grated
- $\frac{1}{2}$ tsp freshly ground black pepper
- 8 oz Atlantic salmon fillet

DIRECTIONS

1. Preheat oven to 400°F.
2. In a small bowl, whisk together honey, orange juice, soy sauce, garlic, ginger, and black pepper.
3. Place salmon skin-side down in a shallow baking dish. Top with honey mixture. Bake 15 to 20 minutes, or until fish flakes easily with a fork.

Bake some thin orange slices on the salmon for flavor and finish.

STAR NUTRIENT

VITAMIN D

Your body relies on D to absorb calcium and regulate its flow in bones and the bloodstream, helping keep your heartbeat regular and your muscles moving.

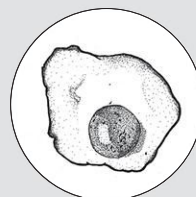
KEY SOURCES: Fortified foods such as **milk**, soy, yogurt; **salmon**, tuna, **eggs** **HOW MUCH:** 600 IU/day



A



B



C

TROPICAL OVERNIGHT OATS PARFAIT

Make this parfait the night before and you'll be set to start your day.

NUTRITION FACTS PER SERVING:

Calories: 346
Fat: 11g
Saturated fat: 8g
Carbs: 36g
Fiber: 6g
Protein: 21g
Folate: 19mcg

SERVINGS: 2

INGREDIENTS

- $\frac{3}{4}$ cup uncooked old-fashioned oats
- 1 tbsp honey or pure maple syrup
- 1 tsp pure vanilla extract
- $\frac{1}{2}$ cups plain fat-free Greek yogurt
- 1 kiwi, peeled and cubed
- $\frac{1}{4}$ cup canned crushed pineapple, drained
- 2 tbsp toasted flaked unsweetened coconut

DIRECTIONS

- 1.** In a small bowl, combine oats, honey, vanilla, and yogurt.
- 2.** In another small bowl, combine kiwi and pineapple.
- 3.** Starting with the oat mixture, layer oat and fruit mixtures in 2 half-pint mason jars. Cover and refrigerate overnight. Top with coconut just before serving.



STAR NUTRIENT

FOLATE

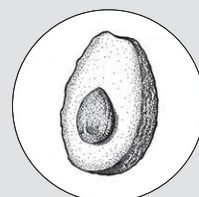
Folate is a B vitamin found naturally in foods; folic acid is the synthetic form added to grains and dietary supplements. While folic acid is better absorbed by the body, both forms are needed to make new muscle and red blood cells and to help prevent birth defects during early pregnancy.

KEY SOURCES:

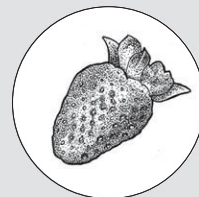
Fortified foods such as oatmeal, pasta, and rice; legumes, **avocado**, **strawberries**, **asparagus**

HOW MUCH:

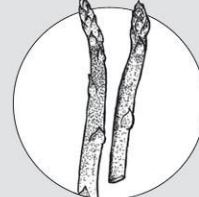
400mcg/day



A



B



C



the fittest cities in AMERICA



Think your hometown has what it takes to be one of the fittest cities in the country? Pleasant weather and plenty of parks and other open public spaces help, but in the healthiest towns residents don't let harsh winters or busy schedules get in their way of a good workout. We examine the fitness scene in six of the top-ranked cities in the country. See what it takes for them to stay in peak condition—and check out some of the area's hottest fitness and food options if you end up spending some time there yourself.



A



B

No. |

minneapolis

→ Sure, its winter temperatures can plunge to -30°F, but despite being one of the coldest metro areas in the continental U.S., Minneapolis has emerged as the top fitness hot spot (St. Paul, the Twin Cities' other half, ranks No. 6). Credit plenty of parkland, a wide variety of gyms and studios, and that can-do Minnesota mentality that locals say keeps them motivated to keep moving year-round. "It never gets

mundane here—we enjoy all of the seasons to the fullest, whether it's getting out on the lakes in the summer or playing in the snow in the winter," says Chris Freytag, founder of *getthehealthy.com* and longtime Minneapolis resident.

Major fitness chains like Lifetime Fitness, Anytime Fitness, and Snap Fitness all started in the Twin Cities region, but boutique studios and independent clubs also hold strong appeal. "There's no shortage of places to go when the weather

gets cold—clubs here are well-attended year-round," says Freytag.

To judge by the whopping 82% of locals who hit monthly baseline exercise goals, Minneapolis also take advantage of their natural resources to achieve peak fitness. Around 94% of the populace lives within a 10-minute walk to a park. Nice Ride Minnesota offers a bike-share program with 190 locations throughout the Twin Cities.

Being close to the heartland means plenty of healthy dining options. In fact, *Saveur* dubbed Minneapolis "America's next great food city" in 2015. The popular Minneapolis **Farmers Market (E)** stays open year-round. Top localvore dining spots include the California-inspired **Mill Valley Kitchen (A)** and organic French Meadow Bakery & Café.

—ALYSSA SHAFFER



1.

Bike the 11-mile Chain of Lakes path, which intertwines four of the city's central lakes (B).

2.

Go for a run along the banks of the Mississippi (B). (Check out minneapolisrunning.com for route ideas).

3.

Lift something heavy with the bodybuilders at strength mecca Los Campeones.

4.

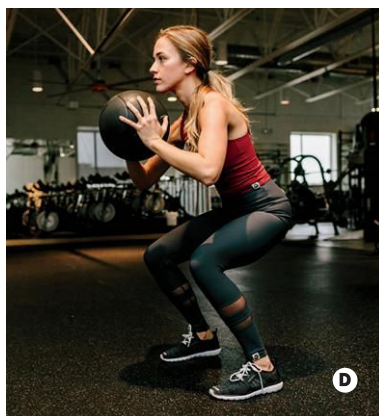
Push yourself with the diverse class options at local fitness institution The Firm (D).

5.

Get sweaty at Modo Yoga Minneapolis, which features radiant heated panels so you can really stretch out.



C



D

OUR FITTEST CITIES RANKING COMPRISES THREE INDEXES

The Healthy People Index looks at factors that affect the health of people living in cities such as obesity, smoking, physical and mental health, sleep, injury rates, and overall well-being. The

Healthy City Index focuses on aspects that foster health, such as low crime, easy commutes, clean air, farmers' markets, and ways to get around without a car. The Fit People Index examines whether people in the city are active in their free time and have ready access to rec or fitness centers or can easily get somewhere to work out. We then ranked the 100 largest U.S. cities according to population, giving bonus points for any city that scored high on the American College of Sports Medicine's American Fitness Index.



E

seattle

No.
2

→ Nestled between the mountains and the ocean and the home base of tech titans like Amazon, Microsoft, and Boeing, Seattle is full of contradictions. While busy workers often stress their brains more than their biceps, easy access to the great outdoors encourages all those engineers and programmers to paddle, hike, and climb in their free time. A year of temperate weather—never blazing hot, hardly ever freezing—means there's no down season. Seattle is relatively young, with its highest concentration of residents between

ages 25 and 34, but all ages like to get out and play, even on those Northwest rainy days.

Gyms are scattered throughout the city, but just as often residents take to the water on Lake Union, Lake Washington, and in the Puget Sounds to row, sail, and paddleboard. Nearby mountains and trails are havens for hikers

and trail runners, and the paved Burke-Gilman Trail, which travels from Ballard all the way east to the wineries of Woodinville, is often crowded with runners, walkers, and bikers.

Local is the watchword in Seattle, where the city's great access to seafood and produce makes for

healthy farmers' markets and thoughtful chefs. Though Pike Place Market, the city's famous hub, sells its share of fresh foods, locals flock to the weekly Ballard Farmers Market to fill their pantries with crisp veggies from local farms and prepared foods. The city hosts a number of



B



C

5 FUN FIT THINGS TO DO IN: SEATTLE

1. Grab a paddle and kayak or try yoga paddleboarding on Lake Union (A).
2. Lace up for a trail run or hike at nearby Cougar Mountain.
3. Drop in for a WOD at Level4 CrossFit Seattle, billed as the first CrossFit affiliate in the U.S.
4. Go for an indoor climb at Seattle Bouldering Project, which has more than 35,000 square feet of climbing space.
5. Face off against an opponent at Krav Maga Seattle (C), which mixes hanging out with high kicks.

CLOCKWISE FROM TOP LEFT: GRAEME TEAGUE PHOTOGRAPHY; GETTY IMAGES; COURTESY OF PLANT CAFE; GETTY IMAGES; KRAV MAGA SEATTLE; COURTESY OF CAFE FLORA



No. 5

san francisco

5 FUN
FIT THINGS
TO DO IN:
SAN FRANCISCO

groceries and co-ops that focus on fresh, healthy food, including Metropolitan Market, PCC Natural Markets, and Portland's newly introduced New Seasons. When eating out, Seattle diners can find all-local cuisine at Local 360 (the majority of ingredients come from within 360 miles), the fine-dining Sitka & Spruce, or longtime vegetarian spot **Cafe Flora (B)**.

—ALLISON WILLIAMS

→ There's no escaping the hills of San Francisco—you'll encounter these natural butt boosters even if you are walking for just a few blocks. But the relatively small city (only 7x7 square miles) is also jam-packed with stunning scenery. Many locals use their own foot power to get around. And there's an incredible variety of active choices, from biking and hiking to surfing, paddleboarding, and kayaking. Run along the beachy paths of Crissy Field, hike the hills of the Marin Headlands, paddle the Bolinas Lagoon, or climb the famed Lyon Street steps. Stay indoors and you'll find loads of options for rock climbing, trampoline jumping, and ice skating, along with virtually every type of

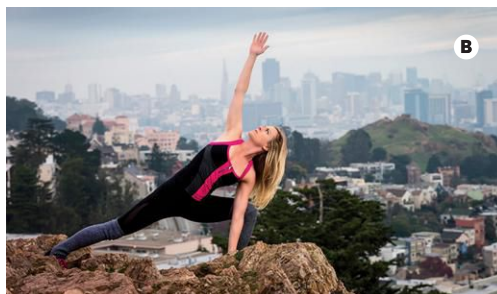
specialty studio invented, from barre and TRX to boxing and HIIT.

"Wherever you go there are communities that revolve around exercise," notes Melissa Ailling, owner of Salt studio, which features barre and cardio-kickboxing interval combos. "Everywhere you look there's an activity for your style."

A city this committed to maintaining a healthy

lifestyle has a plethora of options for clean eating. Local favorite chain the Juice Shop has eight locations featuring raw cold-pressed juices; fast and casual Seed + Salt in the Marina District specializes in exceptional vegan and gluten-free cuisine. And **the Plant (A)** has the best veggie burger and natural drinks in the city.

—KATIE SWEENEY



1. Run along the paved Embarcadero, which stretches from AT&T Park to Fisherman's Wharf.
2. Hike up the alleyways and staircases to get the best view of the city atop the Twin Peaks (B).
3. Meditate along the circuitous paths of the Labyrinth, perched on the craggy ledge at Lands End.
4. Take a class at the original TRX Training Center.
5. Squeeze in a short but sweaty 30-minute conditioning workout at Basecamp Fitness.

TOP 25 FITTEST CITIES

- 1 MINNEAPOLIS, MN
- 2 SEATTLE, WA

- 3 SAN JOSE, CA
- 4 OAKLAND/FREMONT, CA
- 5 SAN FRANCISCO, CA
- 6 ST. PAUL, MN
- 7 YONKERS, NY
- 8 SANTA ROSA, CA
- 9 MADISON, WI

- 10 SANTA ANA, CA
- 11 WASHINGTON, D.C.
- 12 GARDEN GROVE, CA
- 13 IRVINE, CA
- 14 OVERLAND PARK, KS
- 15 OXNARD, CA
- 16 BOSTON, MA

- 17 ANAHEIM, CA
- 18 HUNTINGTON BEACH, CA
- 19 SAN DIEGO/CHULA VISTA/OCEANSIDE, CA
- 20 DENVER, CO
- 21 LINCOLN, NE
- 22 PORTLAND, OR

- 23 AUSTIN, TX
- 24 BOISE, ID
- 25 RALEIGH, NC

—RESEARCH COMPILED
BY SARA VISNER



No. ||

washington, d.c.



→ The nation's capital may fall partisan on many issues, but residents are united on the fitness front. With its diverse weather and scenic outdoor spaces, not to mention a plethora of forward-thinking gyms and studios, this ever-mobile city and its surrounding suburbs keep locals active and moving throughout the year.

"The metro area has all the perks of a large city, but it can still feel like a small town," says IFBB pro, trainer, and D.C. local Michelle Johnson. "There's plenty of variety for your fitness repertoire, from biking and hiking to camping and boating in some beautiful nearby outdoor spaces." Plus, where else can you work up a

sweat while passing by national landmarks and the U.S. Capitol dome or find a pickup soccer or flag football game along the National Mall?

Gyms range from superclubs like Sport & Health, **Balance Gym (A)**, and Vida Fitness to niche studios featuring yoga, barre, spin, and HIIT training, such as ExtendYoga, Pure Barre, SoulCycle, Orangetheory, and Barry's Bootcamp.

Vegans and vegetarians have plenty of choices, while juice bars like Puree Artisan Juice Bar draw plenty of crowds. The Protein Bar will fulfill all your protein-packed desires with dishes offering up to 40g of protein. Plus you'll find loads of farmers' markets, including those outside in Dupont Circle and the indoor Eastern Market in the Capitol Hill neighborhood.

—KRISTIN MAHONEY

5 FUN FIT THINGS TO DO IN: WASHINGTON, D.C.

1. Go for a three-mile run on the Mall past the Washington Monument, Lincoln Memorial (B), WWII Memorial, and Smithsonian.
2. Bike along the Washington and Baltimore Rail Trails, which range in distance from 6 to 184 miles.
3. Rent a kayak and paddle the Tidal Basin or down the Potomac.
4. Get in a stair workout on Georgetown's steep *Exorcist* steps, showcased in the famed 1973 horror film.
5. Bounce off the walls in parkour training center Primal Fitness.





boston

No.
16

5 FUN
FIT THINGS
TO DO IN:
BOSTON

1. Run the seven-mile stretch known as Emerald Necklace that stretches from downtown Boston to Dorchester.
2. Bike Storrow Drive or Memorial Drive along the banks of the Charles River.
3. Hike Blue Hills Reservation (just south of Boston), with 125 miles of trails.
4. Put your dukes up in the ring at Peter Welch's Gym.
5. Hang out upside down at an AntiGravity class at Sweet Studio (B).



→ Bostonians work hard and play hard. A well-educated population (credit the many local higher-education institutions) knows what it means to be fit and healthy and is passionate about it.

Boston is a walkable city, with many of the streets dating back to pre-Revolutionary cow paths. Locals often walk or use a bike from Hubway, metro Boston's bike-share program.

When they want to get out of town, residents head to woodland southern New Hampshire or central Massachusetts or climb the great hills of Wachusett Mountain or the Appalachian—all

located within an hour or less of downtown.

Runners have a long heritage here, thanks in part to the 121-year-old Boston Marathon, the country's oldest 26.2-mile race. You'll find runners and walkers in every neighborhood, especially along Marlborough Street, up steep Beacon Hill, or through the Boston Common, the nation's first public park.

When you want to work out inside, there are plenty of options, including old-school, no-frill boxing programs at Peter Welch's Gym or George Foreman III's EverybodyFights gym and the holistic Balans Wellness Studio. Or

check out boutique Burn Fitness Studios with its high-energy HIIT classes.

Boston's food scene fits right into New England's farm-to-table dining. The upscale Cambridge eatery **Oleana (A)** gets more than 100 varieties of sustainable, chemical-free fruits and vegetables from chef-owner Ana Sortun's farm in nearby Concord. Clover, a vegetarian "fast-food" restaurant, serves all-fresh food with 10 locations and counting. Healthy eaters with a sweet tooth can check out FoMu, which serves up organic, plant-based ice cream made in small batches.

—LEIGH HARRINGTON



raleigh

No.
25

→ A Southern city on the rise, Raleigh's been on a growth spurt in the past decade. Close to top-notch universities and anchored by Research Triangle Park (a community of 200-plus companies with more than 50,000 employees). Raleigh, the capital of North Carolina, features winter temps averaging 57°F and a cold season that comes late and departs fairly early.

Locals take advantage of the mostly mild weather by visiting one of the 220 parks (there's a total of more than 9,500 acres of public green space). The Capital Area Greenway covers more than 100 miles throughout the city, and BikeRaleigh, a city cycling advocacy

program, has helped grow the amount of local bike trails.

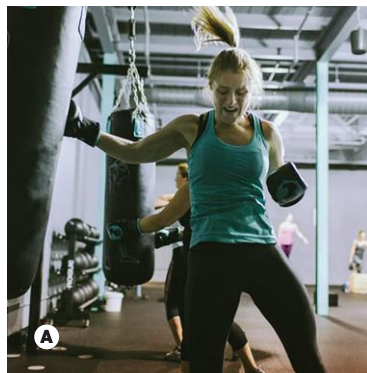
The growth in the past few years has skewed techie as younger millennials who seek out healthy, active, and fit lifestyles flock to jobs in the area. Twenty percent of the population is between the ages of 25 and 34, which has helped turn the downtown into a vibrant scene.

Fitness options are booming. There are at

least 15 CrossFit boxes in the area, including the popular Raleigh CrossFit and CrossFit Invoke (run by celeb trainer Christmas Abbott). Or check out Capital Strength & Conditioning and CORE Fitness Studio, dedicated to one-on-one or group weight training. Plus you'll find plenty of chain gyms and boutique fitness spots, from Blaze Fit Studio to Barre Up!, and yoga and Pilates studios.

Most restaurants religiously source their cuisine from surrounding farms. Vegetarians and vegans can get a great meal at restaurants like long-time staple Irregardless Café, open since 1975, and downtown haunt the Remedy Diner. For home cooks, the **State Farmers Market (B)**—located to the south of the city—is open all year-round and features 30,000 square feet of space.

—ADAM BIBLE



5 FUN FIT THINGS TO DO IN: RALEIGH

1. Head out on a 5.4-mile run through trees and hilly terrain at Umstead Park.
2. Ride the Neuse River Trail 33 miles from the Falls Lake Dam to the Wake County line and back; the 10-foot-wide asphalt path gives you plenty of room.
3. Step into the ring at Cirque de Vol and take an aerial boot camp or try your hand at aerial yoga classes.
4. Try out MADbolic Fitness (short for "momentum," "anaerobic," and "durability") (A) for an instructor-led, timed session through five stimulating stations.
- 5.hone your technique and boost your skills on the water by joining the Raleigh Rowing Center at Lake Wheeler and taking its Learn to Row class.

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SMOOTH OPERATOR



THE ULTIMATE FAT-BURNING GLIDER WORKOUT

BY CAT PERRY | PHOTOGRAPHS BY JAY SULLIVAN | WORKOUT BY MORGAN ANDERSON

› **BEFORE YOU KNOW IT**, snow has melted and spring is here. But what about that extra winter padding around your abs, hips, and thighs? It's time to set that fat on fire with the incredibly handy gliders in your workout toolbox. New York Sports Clubs trainer Morgan Anderson has programmed this deceptively intense workout with gliders in order to decrease stability overall and up your burn—big time. Pace yourself: Even the first move starts out with two sets of 50 reps, and that's just the warmup. For this reason you'll keep the weight lighter than usual and the pace brisk. You're about to find out what a range of new stimulus you can create by adding one simple tool.





WARMUP

Mountain Climber (not shown)

➤ Place each foot on a gliding disc and walk your hands out into the top of a plank. Bring one knee toward your chest by sliding your foot and the disc along the floor. Without pausing, switch legs.

REPS: 2 sets of 50 reps. Rest for 20 seconds by touching toes in a hamstring stretch.



Side-plank Upper-body Opener

➤ Place each foot on a gliding disc.
➤ Squat down and place palms on the floor in front of each foot (A). Slide both feet back into a plank (B).
➤ Rotate feet, hips, and shoulders to the side and open one arm to the ceiling (C). Keep hips lifted by pressing the supporting arm into the floor. Rotate back into plank and slide feet back into tuck position. Repeat to the other side.

REPS: 8 to each side

Reverse Lunge and Biceps Curl

- Hold a dumbbell in each hand; place each foot on a disc. **(A)**.
- Slide your right foot back until both knees are bent 90 degrees and left thigh is parallel to floor. As you do so, curl both dumbbells to your chest, palms facing your body **(B)**. Switch legs under control by pushing the left disc back and pulling the right disc forward along the floor, bringing arms back to your sides in between lunges.

REPS: 4 sets, 10 reps total; 30 sec. rest

A



B



Superset: Side Lunge to Sumo Squat Romanian Combo

Complete 3 rounds of this superset. Kettlebell should be 70% 1RM kettlebell swing.

- **Side Lunge:** Place right foot on glider and both feet under hips. Hold a kettlebell with arms straight **(A)**.
- Slide right foot into side lunge, bending left knee about 90 degrees and lowering kettlebell toward floor, chest up **(B)**. Engage glutes to slide right foot back to standing.

REPS: 12 to each side

A



B



C



D



LOWER BODY

- **Sumo to Deadlift:** With glider still under right foot, feet hip width and kettlebell in front of legs, lower into a sumo squat, with feet turned out and wider than shoulder width **(C)**.
- Return to standing and take right foot off glider; hinge forward at hips to lift right leg behind you until the weight is at your shins **(D)**; you'll feel a stretch along the hamstrings.

REPS: 12 to each side (1 squat + 1 DL = 1 rep)

UPPER BODY

Disc Pushup (not shown)

➤ Start in a plank with a disc under each hand. Slide 1 arm out into a wide pushup and slide back to plank.

➤ Complete 1 triceps pushup, keeping elbows close to side. Repeat by sliding to opposite side. For further progression, place a plate on your back for balance.

REPS: 4 sets, 8 reps each side; 30 sec. rest

Superset:

Push-Pull (shown) to Shoulder Press- Triceps Extension

**Complete 3 rounds
of this superset.**

➤ **Push-Pull:** Start on all fours with a disc under each foot, holding a 10- to 15-pound dumbbell in each hand. Bend knees slightly for added stability **(A)**.

➤ Lift left weight and place it a few inches in front of right. Pull your body forward with arms, dragging legs behind you **(B)**.

➤ Reverse motion and push body back by walking hands backward.

REPS: Pull and push for 10 yards, twice through.

➤ Shoulder Press to Triceps

Extension: Stand holding dumbbells at sides, palms facing in, feet hip width.

➤ Bend elbows and lift weights to shoulder height, then press weights overhead, palms facing forward.

➤ Bring weights back down along same path to sides. At bottom, hinge at hips and lift elbows behind you to perform a triceps extension.

REPS: 12 reps (1 press + 1 extension = 1 rep)

MODEL:

**Rebecca
Kennedy**

Nike Master

Trainer

New York, NY



EMOM* Plank Progression

Place one disc under each foot. Be sure to keep weight in your hands more than in your feet.

PROGRESSIONS:

- > 1. Slide knees into chest and out into plank.
- > 2. Slide feet in and out, keeping knees straight and lifting hips on top of shoulders into pike.
- > 3. Slide 1 leg at a time out to the side keeping anchored leg straight.
- > 4. Slide both feet out to right side (A), slide knees in (B), and repeat to other side (C).
- > 5. In plank, draw circles with feet one at a time, first making circles toward midline, then starting away from midline.

REPS: Complete each progression twice doing 15 reps EMOM* (every minute on the minute).

CORE WORK



Superset: Rollout to Back Extension (not shown)

Complete 3 rounds of superset.

- > **Rollout:** On hands and knees, place a disc under each hand.
- > Keeping arms straight, slide hands away from body and bring torso toward floor until you're about 2 inches from surface. Slide back to start.

- > **Back Extension:** Lie facedown with one disc under each hand. Lift head and upper back while sliding discs toward feet.

REPS: 15 reps each move

HIIT CIRCUIT

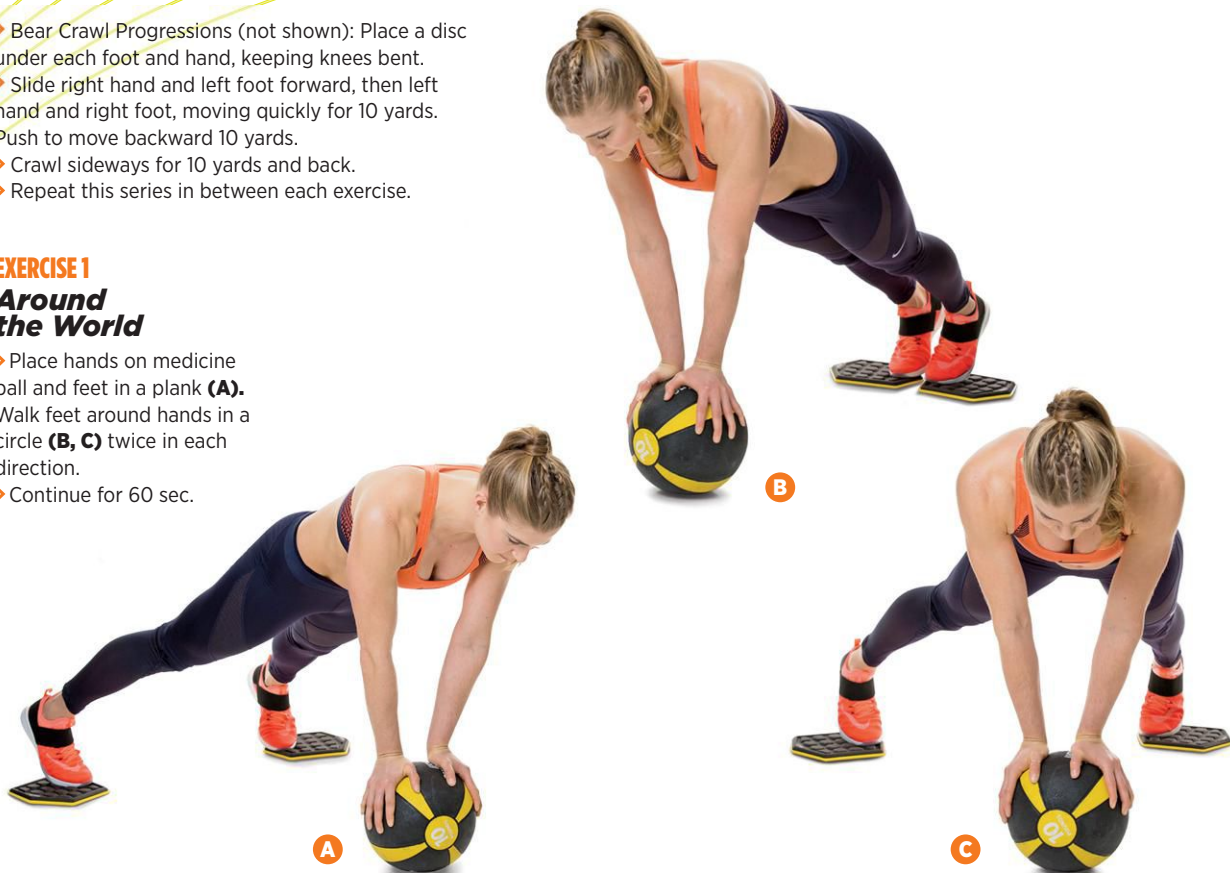
Complete 3 rounds of circuit, doing bear crawls between exercises

- Bear Crawl Progressions (not shown): Place a disc under each foot and hand, keeping knees bent.
- Slide right hand and left foot forward, then left hand and right foot, moving quickly for 10 yards. Push to move backward 10 yards.
- Crawl sideways for 10 yards and back.
- Repeat this series in between each exercise.

EXERCISE 1

Around the World

- Place hands on medicine ball and feet in a plank (**A**). Walk feet around hands in a circle (**B, C**) twice in each direction.
- Continue for 60 sec.



EXERCISE 2

Jump Squat Burpee Sandbag Drag

- Explode from a squat position into a jump. Immediately land and shoot legs into a plank (**A**).
- Reach underneath core for a 40-pound sandbag (**B**) and slide it across to the other side.
- Jump feet back to squat (**C**), repeat jump (**D**), plank, and pull bag to other side.
- Complete exercise for 60 sec.





EXERCISE 3

Glute Bridge and Hamstring Curl-in

- > Lie on back, bend knees, and place feet on floor on gliders.
- > Lift hips and slide legs forward, keeping hips up **(A)**, pull legs back to start **(B)**, then lower hips to floor.
- > Continue for 60 seconds.



Cooldown (not shown)

- > Lie faceup with arms out to sides, one disc under each hand. Bring discs toward feet and pull body up and forward into hamstring stretch. Bend elbows and slide back to start. Repeat at a slow tempo for 8 reps.
- > Flip over, extend arms overhead, and pull hands in for an upward-dog back stretch. Slide back onto stomach. Repeat at a slow tempo for 8 reps.



carbs are **no**

Turning carbohydrates into powerful muscle-building, fat-burning weapons is a lot easier than you think

BY JOHN KIEFER

• **FOR YEARS, WE'VE FOUGHT** back at a certain macronutrient with the fear that having too much will cancel out our hard work at the gym. But when taken at the right time, and in roughly the right amounts, carbohydrates can actually help you reach your better-body goals.

When you consume large amounts of carbs (particularly the sugary and starchy kind), your blood-sugar level quickly rises. This triggers the release of the hormone insulin, which helps bring your blood-sugar level down.

Here's where training comes in: If you have a protein-and-carb shake post-strength workout, the insulin from the added sugar will send those calories straight to muscle cells to help with rebuilding. Any other time, however, insulin will store those calories as fat. Manipulating your carb intake by using one of these diet strategies can help you achieve your better-body goals even if carbs are involved. So eat up!



t the enemy



GOAL
LOSE
FAT

YOUR PLAN

carb nite

If you want to shed fat, try the Carb Nite plan, which takes advantage of your body's natural hormonal rhythms to help you cut fat while maintaining your lean muscle mass.

How to do it

1/ recalibrate your fuel stores

Prime your body to use fat for energy instead of carbs, and stop the process that makes it easy to store carbs as fat. To do this, follow an ultra-low-carb diet for 10 days. Eat 30 grams of carbs or fewer per day (about one piece of fruit or a small serving of oatmeal), eliminating almost all starches and sweets.

2/ enjoy a carb nite

On the evening of your 10th day, starting at around 5 p.m., begin eating carbs. Your discipline can take a hiatus: Eat pasta, pizza, french fries, or any other sugary or starchy carbs you can get your hands on, including cookies, ice cream, and doughnuts. High-glycemic carb sources like these are actually better options than more typical carb staples like sweet potatoes and rice. You need to refill your carb stores, crank up your metabolism, and give your mind a break. Don't worry about getting fat. Research shows that because of the change in enzyme production that occurs in your body throughout your low-carb days, gaining fat on a Carb Nite is nearly impossible. Note: This is a six- to eight-hour "night," not a daylong binge.

3/ go low again

Return to the menu you used during recalibration. This time you won't have to follow it as long. Eat 30g of carbs per day, and once a week, starting at 5 p.m., have a Carb Nite. At this point, you've gotten your body to switch over to using carbs for fuel, not fat.

4/ maintain success

Once you've reached your body-fat goal, you'll probably need two Carb Nites a week to keep your metabolism going and spare muscle mass. So you could have your first Carb Nite on Tuesday and your second on Saturday.

Follow the Carb Nite program and even indulgences like extra-cheesy pizza won't pack on the pounds.





carb nite at a glance

► 30g carbs max for 10 days. Then eat sugary or starchy carbs from 5 p.m. until bed. Continue eating very low carbs for one week, then have one Carb Nite.



training notes

You don't really need to train to lose fat with Carb Nite. The diet can yield fat-loss success even if you skip your regular strength sessions. But you'll get the **best results if a Carb Nite falls on a day you lift weights,** so time it accordingly.



Sample Carb Nite Meal Plan

(Recalibration day)

- **7:45 A.M. / UPON WAKING** Espresso
- **9:30 A.M. / POST-WORKOUT** 1 scoop whey protein, 2.5g creatine, 2.5g leucine
- **1 P.M. / LUNCH** Chef's salad with 2 whole DHA eggs (hard-boiled, sliced); 2 oz diced ham, turkey, or chicken; 2 cups sliced cucumbers and cherry tomatoes; 1 tbsp Parmesan cheese
- **3:30 P.M. / MIDDAY** Chicken breast (4 oz), bed of romaine lettuce, and 1 tbsp Caesar dressing or 1 tbsp each olive oil and balsamic vinegar
- **7 P.M. / DINNER** 4 oz **tri-tip steak** served with **asparagus** sautéed in light butter, cooking spray, or olive oil
- **9:15 P.M. / BEFORE BED** 1 scoop whey protein, 1 tbsp all-natural peanut butter, 1 celery stalk, decaf coffee

Payback is sweet.
On training days,
try avoiding carbs
until the evening
to avoid hindering
your daily fat burn.



GOAL
SCULPT LEAN
MUSCLE

YOUR PLAN

carb back-loading

To lean out and gain muscle, try carb back-loading. As the name implies, this limits carb consumption until late in the day.

► Carbs make muscle and fat cells grow, often at the same time. But by shifting when you eat carbs, you can control which kind of tissue grows.

Your body's sensitivity to insulin is highest in the morning and lowest in the afternoon, leading many to believe that we should eat carbs first thing in the morning because not that much insulin will be required to keep blood sugar under control.

The problem is that if you raise insulin even slightly by eating carbs (30g or more will do it), you seriously impair your body's ability to burn fat for the rest of the day. Plus, you may even get fatter because of the presence of another hormone: cortisol. A stress hormone, cortisol will break down fat all morning, but combined with raised insulin, it

can cause your body to create new fat cells. For these reasons, most of your carb intake should come in the evening.

Unlike Carb Nite, carb back-loading requires resistance exercise to work. When you toss in a weight-training workout right before you eat carbs, you maximize your ability for insulin to store these carbs in your muscle cells while leaving fat alone.

Research published in the *Journal of Applied Physiology* has demonstrated that lifting enables muscles to use and store sugar for several hours post-training—which means sugar will be quickly absorbed by the muscles you've trained to help them recover and grow. The best part? You get to eat tasty treats almost every day.

How to do it

1/deplete carbs

Follow a depletion phase similar to the recalibration period that begins Carb Nite but over a shorter time frame. Keep carbs at 30g or fewer for five to six days and your body will store them more effectively.

2/build muscle

What and when you eat will depend on what time you train (and if it's a training day or not).

► **afternoon/evening training**

This is the ideal setup. Keep your carb count low until late afternoon—30g or fewer. Begin your weight workout between 3 p.m. and 6 p.m. (It's fine if you have to train a little earlier or later, but this is the sweet spot.) After your workout, have a carb-rich shake, and keep eating carbs until you go to bed. The same foods prescribed on Carb Nite apply here: pizza, ice cream, and so on.

► **morning training**

If you train in the morning, you'll need to eat a small amount of carbs after your workout. Also, take advantage of supplements that help spike insulin (see "Supplement Solutions," at right), so you can recover from your workout without throwing off the hormonal rhythms of back-loading. That night, around 6 p.m., eat your carbs, but go mainly with less sugary sources like rice and potatoes.

► **nontraining days**

On days you don't lift (including those days when you just do cardio), limit carbs to a single late-day meal, such as dinner or a dessert before bed.

Sample Carb Back-Loading Meal Plan

(Based on afternoon or evening weight training)

- **7 A.M. / MORNING**
Coffee, 1 tbsp heavy whipping cream or coconut oil, 1 scoop whey protein
- **10:30 A.M. / MIDDORNING SNACK** ¼ cup almonds
- **12:30 P.M. / LUNCH** 4 slices (about 4 oz) bacon; ½ cup 1%, no-salt-added cottage cheese; 1 medium tomato, sliced
- **3:45 P.M. / PRE-WORKOUT**
½ scoop whey protein, 2.5g creatine
- **6 P.M. / POST-WORKOUT**
Mango or banana slices, 3 scoops whey protein, 2.5g leucine
- **7 P.M. / DINNER** Splurge on your favorite foods (pasta, pizza, burritos, etc.) paired with 1 scoop whey protein



supplement solutions

Muscles need carbs after a workout to replenish energy stores and prevent further tissue breakdown. But if you're on an ultra-low-carb day, as prescribed in the Carb Nite plan—or you're doing carb back-loading but need to train early in the day—you can't ingest many carbs without compromising the program. The following supplements can help you get around this problem.

Carb Nite

Post-workout, consume **20 to 25G** of a protein blend containing **50% WHEY OR CASEIN HYDROLYSATES**; also have **2.5G LEUCINE**.

Carb Back-Loading

The same as for Carb Nite, but add **30 to 40G** of a **HIGH-GLYCEMIC CARB** source like **RIBOSE** or **MALTODEXTRIN POWDER**.





**THE *HERS*
GUIDE
TO GREAT**

Sex

Get even more *va-voom* in the
bedroom with these can't-miss expert tips

BY KATHERINE SCHREIBER

It's a proven fact: People who exercise regularly have better sex. A 2005 study from the University of Cincinnati confirmed that people who work out on a regular basis feel more confident in their skin and have more vigor to get it on. And a study published in the journal *Fertility and Sterility* found that women who stay fit report greater sexual satisfaction, no matter how many years of experience they have. ¶ But why stop there? With these 12 tips, your pleasure can go above and beyond. Read on to learn how to maximize the boost to your sex life that being active already gives you. Hold on to your sheets—your libido is about to take off!



NO. 4
CHOMP ON SOME NUTS.

“Walnuts are an excellent source of arginine, which increases the production of nitric oxide to promote blood flow to the clitoris,” says Vered Kantor, R.D., owner of Clinical Dietitian and Nutrition Consultants in Greenville, SC. Share an ounce (chopped) with your man, as they’ll help dilate his blood vessels as well, enabling him to maintain a longer and stronger erection. Just be mindful about how many nuts you consume in one sitting. One to two handfuls max is recommended, as these edible magic bullets can pack up to 200 calories per ounce.

1
Never skip the warmup.

“Foreplay is not a suggestion, it’s a requirement,” says sexologist Emily Morse, founder and host of the “Sex with Emily” podcast. “But it often gets skipped over in the race to intercourse.” Just as you wouldn’t squat your max weight without warming up, don’t jump into sex without getting hot and bothered first. If your partner needs help understanding this, coax him along. “The clitoris has 8,000 nerve endings just screaming to be stimulated,” says Morse. Tell him how hot it is when he gets you grooving.

NO. 2
CHANGE YOUR ENVIRONMENT.

“Sometimes spicing things up can be as simple as a change of scenery,” says Morse. Taking your sex life out of the bedroom can help you break free from the routine. Have sex in the shower, on the kitchen floor, on the stairs, even in the backyard. “Be as daring and adventurous as you’d like as long as it turns you both on,” she adds. Got some time off coming? Get out of town. “There’s nothing like vacation sex to help you reconnect.”

3
Don’t worry about how you look.

To increase your pleasure—and his—shift the focus away from your physical looks to what’s actually happening, advises Jenny Block, author of *O Wow: Discovering Your Ultimate Orgasm* and *The Ultimate Guide to Solo Sex*. The more anxiety you have over your looks, the less likely you are to enjoy having sex. So do whatever it takes to feel fabulous—dim the lights, put on lipstick, throw on a sexy negligee, or grab a blindfold.





NO. 7 NOSH AN APPLE A DAY.

There's something to that old saying—but it's not necessarily about keeping the doctor away. A 2014 study published in *Archives of Gynecology and Obstetrics* found that women who consumed an apple a day lubricated more readily during sex and reported better overall sexual functioning than those who didn't make this fruit a regular part of their daily diet. This could be because the fiber and antioxidants that apples contain boost overall health (blood flow included). Or it could be that women who make apples a regular part of their day engage in other health-promoting behaviors, all of which bode well for sexual functioning. Better lubrication often means better sex, so why not nibble a good-for-you apple as an afternoon snack?

NO. 5 MASTURBATE MORE.

Whether you're looking to get more in touch with your fantasies or you're interested in making your body feel wonderful, Block believes every woman can benefit from adding more self-stimulation to her routine. "People with the happiest sex lives are those who feel comfortable enough with their own bodies to give themselves pleasure," says Block. "Yet many women have internalized the idea that masturbating is dirty or selfish." Block suggests considering masturbation one more form of self-care—like brushing your teeth. Bonus: Research in the journal *Sexual and Relationship Therapy* shows women who masturbate tend to experience less intense cramping during their periods.

6 Breathe deep.

Take a page from Tantric yoga practitioners who have been improving physical satisfaction through body awareness for thousands of years. ¶ Deep-breathing exercises are a good place to start, says Karly Treacy, a teacher at YogaWorks in Los Angeles. Inhale, filling your torso with your breath and feeling the ribs widen as the diaphragm stretches. Exhale, breathing out slowly. Repeat for two to three minutes.

3 Best Bedroom Moves

These key workout moves not only help shape your body, they can also give you more sizzle between the sheets

HIP THRUST: "This is the single best exercise for improving performance in the bedroom," says personal trainer Dani Singer, director of Fit2Go Personal Training in Baltimore, MD.

How-to: Sit on floor with upper back against bench (option: place a weight over hips). Drive heels into the floor as you lift hips to bench height, squeezing glutes; lower to start and repeat (3 sets, 10 reps).

PLIÉ SQUAT: The wide stance of this squat gives you more hip mobility, so you can move deeper when you're on top.

How-to: Stand with feet shoulder-distance apart, toes 45 degrees, holding dumbbell vertically in front of thighs. Keeping abs tight and back straight, sit butt back while slowly lowering weight toward the floor. Press through heels to return to standing (3 sets, 10 reps).

INCHWORM: This move helps limber up your legs while strengthening your abs and lower back.

How-to: Stand tall with knees slightly bent and abs engaged. Hinge forward at hips, reaching hands toward toes. Plant hands on floor and walk hands forward until you're in a full pushup position. Hold for a few counts, then walk your hands back toward your toes. Stand and repeat (3 sets, 5-10 reps).

**NO. 8
KEEP IT
REAL.**

"One of the biggest mistakes women make is faking an orgasm," says Block. She likens it to rewarding a dog for peeing on the floor. "Men will assume they did a good job and do the same thing over and over." So you end up doing yourself and your partner an injustice. Plus, if he does suspect you're not being entirely authentic, you can strike a blow to his ego and throw a wrench in your rapport. Save yourself the trouble by being honest about what feels good to you.

9 Make a sex bucket list.

Sex life getting stale? Write down three things you'd like to try together, Morse suggests. Maybe one of you would like to experiment with bondage or make love outdoors. Perhaps you haven't been able to tell him. "His list may contain three completely different fantasies, and that's OK! Discuss your desires and limits, and start crossing sexual experiences off each other's lists," she says. "You may find yourselves sexually charged just talking about things you want to try."



**NO. 10
GO BEYOND
PENETRATION.**

"For many women, intercourse isn't enough to achieve an orgasm," says Block. Most of us need clitoral stimulation to get there—which can mean anything from assuming a position that allows your pelvis to rub against his with him inside you to using your hand or introducing

a vibrator. Consider a couples vibrator like the C-shaped Sync from *we-vibe.com*, which has adjustable features to fit your body.

And don't be afraid to show the way. "It's perfectly fine to say, 'I love having you inside me, and I'd like to have more stimulation while you're there,'" says Block.



**NO. 12
USE FOOD AS
FOREPLAY.**

"Food and sex are physically connected in the limbic system of the brain, which controls emotional activity," says Kantor. Both release similar types of reactions—in particular, the feel-good hormone dopamine, which plays a huge role in pleasure and desire.

Spend more time savoring your food—feeling its texture in your mouth, chewing it slowly, smelling its aromas—to awaken your senses and train yourself to experience the pleasures of a moment of indulgence, Kantor advises. In doing so, you may find that your desire and the satisfaction you derive from the post-dinner bedroom agenda is increased.

**11 Show him
the ropes.**

One huge mistake many women make is assuming their guy will know how to help them reach orgasm. "If you want to maximize pleasure, you need

education," she says. And so does your man. Some men may shy away from admitting that they don't know what you like best. So it's up to you to help them learn.

Even if he's been around the block more times than you have, that doesn't mean he'll know what pushes you over the edge, Block says. "Every body is different. There's no shame in showing him how yours works." In most cases, whatever tutorial you give him usually ends up being a major turn-on—for both of you.





T W E N T Y

20-minute

T I M E - S A V E R

W O R K O U T S

No time is all the time you need to trim your thighs, chisel your core, and build a sleek upper body. Snap photos of these 20 fast-as-lightning workouts and take them to the training floor, for a burn that's worth every minute—even if it's only 20 min.

BY CAT PERRY

01

Simply Shred AMRAP



WORKOUT BY
DANI MUCKLEY,
DIRECTOR OF FITNESS
AT TORCH/AMPED

■ After a warmup—5 min. easy walk, bike, or row—**perform as many rounds as possible (AMRAP) of the following for 15 min.:**

- 2 min. uncomfortable effort on cardio machine of choice
- 20 squats
- 10 alternating reverse lunges (each leg)
- 5 “perfect” pushups (knees or toes, hand release or regular—whatever achieves perfect range of motion for 5 reps)

02

The Tone Zone



WORKOUT BY
SEAN LIGHT,
BODYROCK.TV
STRENGTH TRAINER

■ Do 30 sec. on, 10 sec. off, 2 times through each exercise:

➤ Inchworms

➤ Staggered Hands Pushup

Though hands are staggered in this move, keep your elbows in tight to your sides as you do the pushup. Alternate which hand is in front.

➤ Chair Dip

➤ Core Kicker

From a straight-arm plank, bring right knee up to right elbow, then kick your leg back out behind. Without letting your foot touch the floor, kick right leg out to the side. Bring your leg back into the start position and repeat on left side.

➤ Gymnast Pushup

At bottom, rock forward on your toes, then rock back and push up to the start position, keeping elbows close to sides.

➤ Hammer Biceps Curl with Fly Curl

After a hammer curl, turn your palms to face out and curl the dumbbells until elbows are just past 90 degrees.

➤ Three Pushups to Three Hop-Ups

Do 3 pushups. Then hop your feet up to meet your hands, getting knees past elbows and then hop your feet back behind you; do this 3 times.

➤ Rolling Abs

Lie on right hip, using right arm for support. Engaging obliques, pull knees in while lifting your upper body, touching your left elbow to your left knee. Lower your legs and upper body without letting them touch the floor, and roll onto left hip. Repeat.

➤ **V-up** Lie faceup with arms overhead so your body forms a straight line. Sweep arms in an arc while curling up torso and hugging knees into chest. Straighten legs and repeat.

03

Love Those Legs & Abs Blast



WORKOUT BY
GENNIFER STROBO,
IFBB PRO AND
COFOUNDER OF
BOMBSHELL FITNESS

■ Complete 1 set of each exercise in the superset. Once all sets are completed for the superset, rest 1 min., then begin the next superset of same combo 4 times through. You can use only body weight or add weight. This is a great hotel room workout.

➤ Squat 4x15

Superset with
Walking Lunge
4x15 (each leg)

➤ Split Squat with back leg on chair or bench 4x10 (each leg)

Superset with
Single-leg Stiff-leg Deadlift
4x10 (each leg)

➤ Jump Squats 4x20

Superset with
Squat Hold 4x30 sec.

➤ Stepups using a chair or bench 4x10 (each leg)

Superset with
Skater Lunge with 3 pulses
4x10 (each side)

➤ Sumo Squat

(legs wide and lower straight down) 4x25

Superset with
Glute-Hamstring Bridge
4x15

➤ Plank Hold 4x60 sec.

➤ Mountain Climber 4x20 (each leg)

➤ Upper Crunch 4x50





04

Fabulous Abs Circuits



WORKOUT BY
MIKE MATTHEWS,
AUTHOR OF *THINNER
LEANER STRONGER*

■ Do these 3 exercise circuits back-to-back. Rest 60 sec. between them. All exercises but the cable crunch are unweighted and done to failure.

CIRCUIT 1 (3–6 times)

- › Weighted Cable Crunch 10–12 reps
- › Captain's Chair Leg Raise to failure
- › Air Bicycle to failure

CIRCUIT 2 (3–6 times)

- › Weighted Cable Crunch 10–12 reps
- › Hanging Leg Raise to failure
- › Air Bicycle to failure

CIRCUIT 3 (3–6 times)

- › Ab Wheel Rollout to failure
- › Captain's Chair Leg Raise to failure
- › Plank to failure

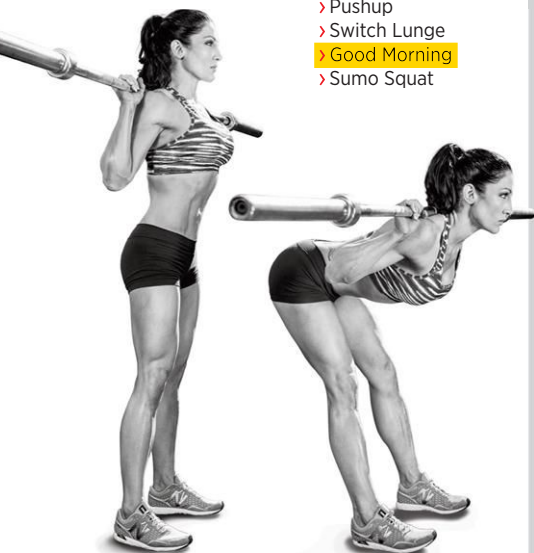
05

Fat-Fryer Fundamentals

TRAINER:
GENNIFER STROBO

■ Perform each exercise for 30 sec. with 20 sec. rest before the next move. Repeat 2–3 times.

- › Mountain Climber
- › Straight-leg Front Kick
- › Triceps Dip
- › Hamstring Bridge
- › V-up
- › Stepup
- › Pushup
- › Switch Lunge
- › Good Morning
- › Sumo Squat



06

12 Min. Advanced HIIT Bootcamp



WORKOUT BY
LISA-MARIE ZBOZNEY,
BODYROCK.TV
HIIT TRAINER

■ Do 50 sec. on, 10 sec. rest, once, performing the cardio or strength move between each exercise.

Cardio Move: Under Bar Tuck From standing, imagine there is a bar beside your right shoulder, parallel to floor. Step right leg out to side and duck under the "bar." Bring left leg next to right and do a tuck jump. Repeat on left.

Strength move: Single-arm Clean & Press to Squat Stand with feet shoulder width and dumbbell on floor in front of you. Keeping your back straight, drop into a squat. At bottom,

grab dumbbell with right hand. As you come back to standing, press dumbbell overhead until arm locks out at top, palm facing left wall. Lower dumbbell to shoulder height, drop into a squat. Return to standing, pressing dumbbell overhead again. Return weight to floor and repeat on left.

10 Mountain Climbers to Chair Pose to Competition Burpee Tuck Jump Get in plank and do 10 mountain climbers per side, finishing in plank. Stand up into Chair Pose, legs together and in half squat, arms and back in a straight line 45 degrees to floor. Lower into a burpee, then return to standing and do a tuck jump.

Half Burpee Upright Row With a barbell on the floor in front of you, hop feet out into top of pushup, then hop feet back into wide stance. While low with back flat, grab barbell, stand up, and perform upright row.

Spider Pushup to Foot Kick Using a chair or a bench, begin in a foot-elevated pushup. Bend right knee toward right elbow as you drop into a spider pushup. As you come back up, kick

right foot beneath you and to left. Return foot to bar, and continue on left side.

Weighted Narrow Back Squat to Sumo With barbell resting across traps and feet hip width, drop into a squat. Return to standing. Step your left foot out to the side and squat. Repeat with right foot.

Side Pushup Knee & Tuck Jump From top of pushup, position right hand under shoulder, fingers facing forward and left hand staggered 1 or 2 inches in front of your shoulder with your fingers facing to the right. Perform a pushup, bringing right knee to touch right elbow. Return to foot to top of pushup. Jump feet toward hands, come to standing, and perform a tuck jump. Repeat on the other side with left hand.

V Ab Roll Lie on right hip, using right arm for support. Engaging obliques, pull knees in while lifting upper body to form a leaning V-up. Lower legs and upper body, without letting them touch the floor, and roll on to your left hip. Repeat. Alternate in this way for the duration of the interval.

07

Super-Slow Supersets



WORKOUT BY
NEW YORK SPORTS
CLUBS TRAINER
KEN SZEKETAR

■ One of the best ways to get a short yet effective workout is to superset upper-body and lower-body exercise together. To throw in a twist, try slowing things down. If you slow down the repetition, particularly in the eccentric (lowering) phase, your workout routine will take on a whole new degree of difficulty.

For this slow-mo superset, use a 4-2-2 tempo. This means that the eccentric, or lowering, phase of the exercise should take 4 sec. Follow this with a 2 sec. pause at the hardest point of the exercise, then follow with a 2 sec. concentric (lifting) phase. Perform 2 rounds of each superset before progressing to the next. Each exercise should take 80 sec. to complete, so you can get this whole routine completed in around 20 min.

Squat 10 reps
Superset with
Dumbbell Chest Press on Stability Ball 10 reps

Romanian Deadlift 10 reps
Superset with
Bentover Dumbbell Row 10 reps

Box Stepup 10 reps (each leg)
Superset with
Lat Pulldown 10 reps

Squat to Overhead Press 10 reps
Superset with
Dip 10 reps

08

Sandbell Slammers



WORKOUT BY
TORCH/AMPED INSTRUCTOR
LUCY STUBLER

■ **Perform 10 reps of each move, doing as many rounds as possible (AMRAP) in 20 min.; take as little rest as possible between moves.**

1. Kneeling Slam to Pushup Kneel with sandbell in hands; raise it overhead, then slam it onto floor while keeping torso upright. Bring hands to floor, pop feet back into plank, do 1 pushup, and drop back to knees; repeat.

2. Rollup to Triceps Extension Lie faceup with arms overhead and legs straight. Keeping legs on floor and arms straight, roll up so you are seated with sandbell overhead. Do a triceps extension, bending elbows, then straighten and roll back to floor.

3. Lateral Squat Slam Stand with sandbell overhead. Step out to right and sink into a low squat while slamming sandbell into the floor; pick sandbell back up and step right foot back into the center to meet left; repeat on left.

4. Plank Drag-through Get in plank with sandbell on floor just outside left hand. Reach right hand under torso and grab edge of sandbell, sliding it to the outside of right hand; repeat on the left side.

5. Good Morning Holding sandbell across shoulders, perform good morning. Return to standing.

6. Rotation Slam Sitting on the floor, feet up, knees bent, and torso 45 degrees to floor, rotate to right and slam sandbell to floor on the right side of your body; repeat on left.



09

TRX Full Throttle



WORKOUT BY
JULES BENSON, TRX
MASTER INSTRUCTOR

■ Start with Round 1, take 20 sec. or less between each exercise, then repeat Round 1 again. Move straight into Round 2 with the same intervals.

ROUND 1

- **TRX Hamstring Curl** 30 sec.
 - **TRX Single Leg Squat** 30 sec. (each leg)
 - **TRX Hip Press** 30 sec.
 - **TRX Crossing Balance Lunge** Hold handles at chest height, elbows bent; perform a curtsy squat with right foot behind your left, keeping the right foot off the floor; do 30 sec. each leg.
 - **TRX Squat Jump** 30 sec.
- (Repeat Round 1)

ROUND 2

- **TRX Single Arm Chest Press** 30 sec. (each arm)
 - **TRX Power Pull** Hold both handles with left hand. Use right hand to reach up to TRX anchor, pressing shoulders down. Rotate free arm in a circle toward floor while straightening left arm, keep hips square. Drive left elbow straight back while rotating free arm up toward anchor, pulling body up; do 30 sec. (each arm).
 - **TRX Triceps Press** 30 sec.
 - **TRX Biceps Curl** 30 sec.
 - **TRX Mountain Climber** 30 sec.
- (Repeat Round 2)



10

Plyo Inferno



WORKOUT BY
KRISTA STRYKER,
NCSA, CPT AND
FOUNDER OF 12 MIN.
ATHLETE

■ Set an interval timer to 18 rounds of 30 sec. intervals. Work as hard as you possibly can for each 30 sec. interval. Rotate through these exercises:

1. Burpee Pullup
2. Explosive Pushup
3. Squat Jump In/Out
4. Handstand Shoulder Tap
5. Jump Lunge Burpee
6. **Hanging Leg Raise**

11

The 20 Min. Knockout



TRAINER:
JERICO McMATTHEWS,
BEACHBODY
TRAINER
AND CO-CREATOR
OF CORE DE FORCE

■ This circuit has 5 moves. Do each for 45 sec. Rest 15 sec. between moves, and 1 min. between circuits. Do circuit 3 times.

Warmup
Jump Rope 2 min.

1. Reverse Lunge (R) + Front Snap Kick

Standing with feet hip distance, step right leg back into a full lunge. Then bring the same leg through and kick to the front without tapping down.

2. Spiderman Climber

From top of pushup, hands slightly wider than shoulders and core engaged, lift right knee toward right elbow. Return right foot to start and repeat with left foot. Keep your back flat and hips down throughout.

3. Reverse Lunge (L) + Front Snap Kick

Standing with feet hip distance, step left leg back into a full lunge. Then bring the same leg through and kick to the front without tapping down.

4. Pushup + Alternate Leg Check

From top of a pushup

position: Perform 1 full pushup and then 1 at a time, tap your right knee to right elbow, then left knee to left elbow.

5. Jab/Cross + Burpee

From a fight stance (1 foot stepped forward and knees soft, bring hands to jawline with light fists and elbows in toward ribs), throw a jab-cross combo (straight punch with lead arm followed by straight punch with rear arm) and then perform a burpee.

1 min. cooldown
Stretch

12

10 in 20: Endurance & Strength



WORKOUT BY
NIKE MASTER
TRAINER BETINA GOZO

■ Do 30 sec. on, 10 sec. off for each exercise. Repeat 3 times through.

1. Squat & Press w/DB
2. Plank Row w/DB
3. Leg Lift w/DB above chest
4. Side Lunge (left side) w/DB
5. Side Lunge (right side) w/DB
6. Pushup
7. Single-leg Deadlift (left side) w/kettlebell
8. Single-leg Deadlift (right side) w/kettlebell
9. Kettlebell Swing
10. Burpee

13

Fireball Blitz



WORKOUT BY
SIPHWE BALEKA,
CO-AUTHOR OF *4-MINUTE
FIT: THE METABOLISM
ACCELERATOR FOR THE
TIME-CRUNCHED,
DESKBOUND, AND
STRESSED OUT* (ON SALE
MARCH 28)

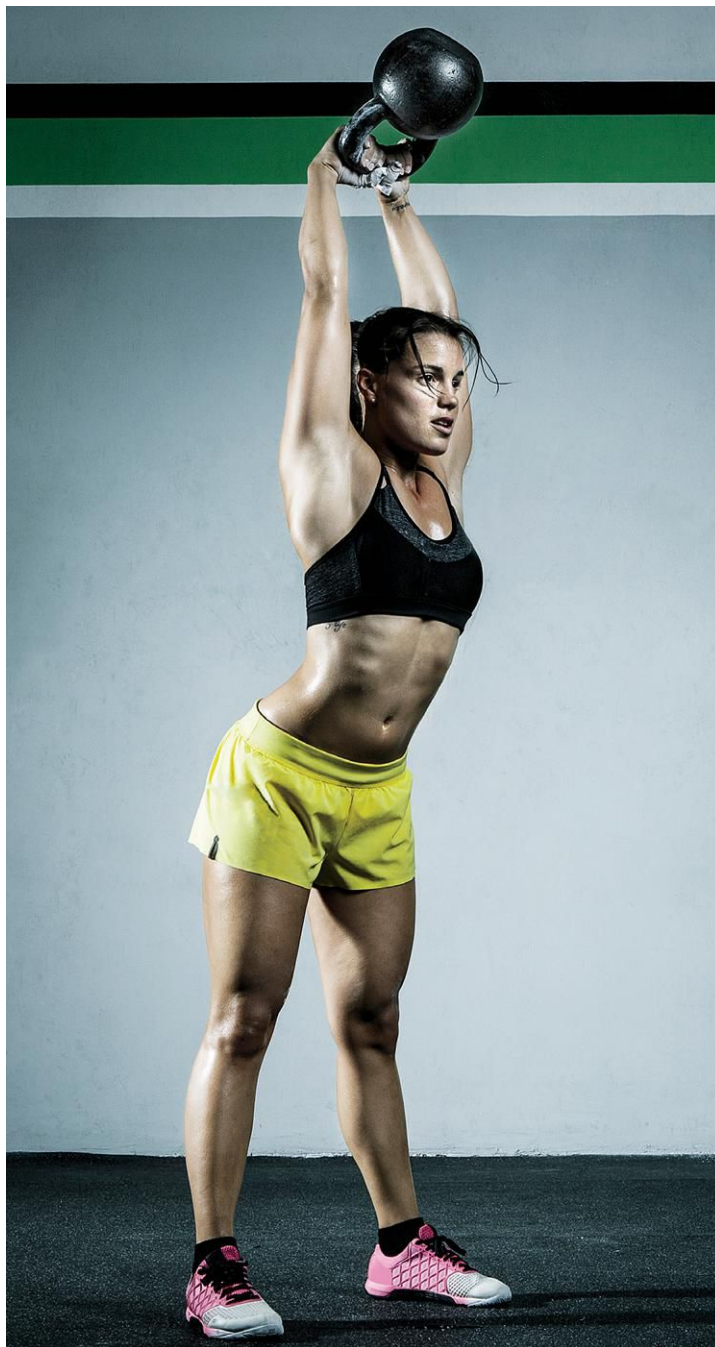
- › **Arm Swing** 30 sec.
- › **Arch Back on Ball** 20 sec.
- › **Hip Raises with
Shoulders on Ball** 20 sec.
- › **Ball Ab Rollouts** 20 sec.
- › **Ball Bird Dog** 30 sec.
- › **Elbow Plank on Ball**
30 sec.
- › **Rest** 10 sec.

3 Rounds; 30 sec. on 10 off

- › **Foot-on-Ball Pushup**
- › **Kettlebell Goblet Swing**
- › **Ball Pike-up**
- › **Kettlebell Swing**
- › **One-arm Kettlebell Strict
Press** (right arm)
- › **One-arm Kettlebell Strict
Press** (left arm)

1 Round, without rest

- › **Ball Raise w/feet** 30 sec.
- › **Feet on Ball Bridge**
20 sec.
- › **Feet on Ball with
Alternating Leg Lift**
30 sec.
- › **Bridge with Heel Dig on
Ball** 20 sec.
- › **Rest** 10 sec.
- › **Leg Lift w/Ball (right leg)**
30 sec.
- › **Leg Lift w/Ball (left leg)**
30 sec.
- › **Rest** 10 sec.
- › **Feet on Ball Plank Side
Toe Tap** 30 sec.
- › **Plank on Ball** 1 min.



ROUND 1

- › **Rebounder Medicine
Ball Slam** (1 min.)
Keeping hips square to rebounder, rotate torso toward rebounder and slam ball, trying to catch it as you rotate away, and keeping your eye on the ball. Rest 30 sec.
- › **TRX Reverse Mountain
Climber** (1 min.)
Sit underneath the TRX and hook your feet into the straps. Place your palms flat on the floor, fingertips facing butt. Lift hips and chest, keeping shoulders back. Bring your right knee to chest extending your left leg out; switch legs as soon as you get your balance, increase momentum for 1 min. Rest 30 sec.
- › **Three-way Kettlebell
Swing** 30 sec. each; rest up to 30 sec. between moves
 - A. Two-handed**, ending parallel to the floor
 - B. Single-arm Bell Swings**, switching hands as bell is at chest height
 - C. Two-handed
Overhead Bell Swing**
- › **Box Jump**
1 min.; rest 30 sec.
- › **Monkey Bar Chinup into
Knee Raise**
1 min.; rest 30 sec.

14

Synrgy 360 Rebounder Trampoline



TRAINER:
CAROLINE FICKMAN, TRAINING
MANAGER AT DAVID BARTON GYM
CENTURY CITY, LOS ANGELES

■ Do a 3 min. warmup: 2 rounds of 10 inchworms, 10 burpees, 10 jump squats. Try to do all 3 exercises with no rest, taking a 45 sec. rest between rounds.

For the workout, adjust the rebounder trampoline to a low height.

ROUND 2

- › **Overhead Medicine
Ball Throw**
1 min., 15 sec. rest
- › **Stepup with Hip Swing**
2 min.
Go as fast as you can for 1 min. Switch sides immediately and repeat for 1 min. Rest 15 sec.
- › **TRX Pushup into Pike**
1 min.; rest 15 sec.
- › **Dip** 1 min.; rest 15 sec.
- › **Three-way Kettlebell
Swing Repeat**
30 sec. each; rest up to 30 sec. between moves

15

Dynamo Fit Drill



WORKOUT BY
HEATHER WILSON-PHILLIPS,
TRAINER, CREATOR OF
FIERCE N° 30 CHALLENGE,
AND FITNESS MODEL

1. Alternating Reverse Lunge Ball Twist 5x20
2. Wall Ball Chest Pass 5x15
3. Wall Ball Toss Squat 5x10
4. Ball Slam 5x10
5. Ball Tuck Jump 5x10
6. Oblique Wall Throw 5x20



16

Big-Ten Box and Bells AMRAP

WORKOUT BY
LUCY STUBLER

■ Do 10 reps per movement; as many rounds as possible (AMRAP) in 20 min.; take as little rest as possible between movements.

1. Incline Plank Row to Kickback Start with 1 heavy dumbbell in your right hand and left hand resting on box. Row dumbbell and perform a triceps kickback before lowering.
2. Single-leg Box Squat

3. Kneeling Curl to Press From half-kneeling position on right knee, hold 1 heavy dumbbell in right hand. Perform curl, then do an overhead press.
4. Lateral Lunge to Reverse Lunge Complete 10 on right then switch to left.

5. Blastoff Pushup From top of plank, shift weight back so knees move toward the floor but hover just above it, keeping arms extended. Inhale and then in one fluid motion, shift forward and drop into a low pushup; use your exhale to push back into a high plank.

17

Thigh-Trimmer Time-saver



WORKOUT BY
JANASIA PIPPINS,
STRENGTH &
CONDITIONING
COACH AND
PERSONAL TRAINER
AT NEW YORK
HEALTH & RACQUET CLUB

CIRCUIT 1

■ Superset these 3 moves

- › Walking Lunge
1 warmup set: 20 steps (forward/back, no weight)
3 working sets: 20 steps (with weights)

› Dumbbell Goblet Squat

- 1 warmup set: 20 reps (no weight)
3 working sets: 15 reps (with weights)

› Jumping Pulsing Squat

10 reps

CIRCUIT 2

■ Superset these 3 moves

- › Barbell Back Squat
1 warmup set: 15 reps
3 working sets: 12 reps
- › Barbell Sumo Deadlift
1 warmup set: 15 reps
3 working sets: 12 reps
- › Reverse Lunge
10 reps per leg



MICHAEL NEVEUX: PER BERNAL

18

Fast Four

WORKOUT BY
LEANDRO CAVALHO,
CREATOR OF THE
BEACHBODY BRAZIL
BUTT LIFT

■ For quick and effective workouts, you're better off focusing on the larger muscle groups like the chest, back, glutes, quads, hamstrings, abs, and shoulders. For this workout, there are a total of 4 moves: Beginners can start with 1 set of each move; intermediate, 2–3 sets; advanced, do 4 or more sets.

EXERCISE 1

➤ **Walking Pushup** Bend over at the waist, keeping a flat back, until your hands touch floor. Walk hands out to a pushup position and perform 1 pushup, then walk hands back and return to standing. Each time increase number of pushups done by 1. Beginners, go up to 3–4 reps, intermediate/advanced, 5–6 reps. After your sixth rep, perform 10 pushups.

EXERCISE 2

➤ **Squat** Beginners, do this exercise 12 times holding 12 lb. dumbbells; intermediate, 15 times holding 15 lb. dumbbells; advanced, 20 times holding 20 lb. dumbbells.

EXERCISE 3

➤ **Bentover Row** Beginners, use one 8–12 lb. weight in each hand and do 12 reps; intermediate, 15 lb. doing 15 reps; advanced, 20 lb. doing 20 reps.

EXERCISE 4

➤ **Inverted Tabletop** Lie faceup with knees above hips, feet flexed and positioned slightly higher than knees, hands behind head. **Start with double reps:** In 1 count, lift head, neck, and shoulders, bringing knees in toward chest. Then lift shoulder blades and tailbone a little higher for 1 more count. Return to start in 2 counts, bringing your head back down to touch mat. **Then do single reps:** Perform the move for 1 count up, 1 count down. **Then do short reps:** “Pulse” at top of move rather than returning back to the start. **Beginner:** Do 8 double counts, 8 single counts, 8 shorts **Intermediate:** Do 12 double counts, 12 single counts, 12 shorts **Advanced:** Do 16 double counts, 16 single counts, 16 shorts

19

Abs & Booty Kettlebell Burn

WORKOUT BY
ELYSIA CRONHEIM,
HIIT AND WEIGHT-
TRAINING COACH
AND PERSONAL
TRAINER AT NEW
YORK HEALTH &
RACQUET CLUB

KETTLEBELL BOOTY CIRCUIT

- Complete circuit 3 times with 1 min. rest in between each.
- 20 Kettlebell Swing
- 20 Sumo Squat Pulses with Kettlebell
- 15 Wide-leg Kettlebell Deadlift
- 20 Squat Jump

ABDOMINAL BURN

- Complete circuit 3 times with 30 sec. rest in between each. You'll need a mat and a 5–10 lb. kettlebell.
- 20 Forearm Plank Spiderman x20 (10 each side, alternating)
- 1-arm Kettlebell Situp with slow decline x8 (8 each side, not alternating)
- 15 Full-Extension Toe-touch (with straight arms and legs, open and close your body like a suitcase with a crunch in the middle)
- Flutter Kick 2x30 (10 slow, 20 fast)

20

Mini Spartan Madness

WORKOUT BY
LUIS BURON,
SPARTAN SGX COACH

■ In this workout we're simulating a Reebok Spartan Race. The mix of running in place and stepups imitate running and climbing uneven terrain and the moves mimic Spartan Race obstacles (as noted in parentheses). The workout finishes with Spartan signature penalty, burpees, and we go for 2 min. because an unpredictable challenge that you weren't planning for is what we're all about.

- 1 min.: **Run in place**
- 30 sec.: **Dead Hang** (Rope Climb)
- 1 min.: **Stepup**
- 30 sec.: **Box Jump** (Wall Climb)
- 1 min.: **Run in place**
- 30 sec.: **High Pushup Hold** (Z Wall)
- 1 min.: **Stepup**
- 30 sec.: **Body Row** (Inverted Wall)
- 1 min.: **Run in place**
- 30 sec.: **Hollow Hold** (Slip Wall)
- 1 min.: **Stepup**
- 30 sec.: **KB Deadlift** (Bucket Carry)
- 1 min.: **Run in place**
- 30 sec.: **Jumping Pullup** (Hercules Hoist)
- 1 min.: **Stepup**
- 30 sec.: **Kettlebell Swing** (Atlas Carry)
- 1 min.: **Run in place**
- 30 sec.: **Active Hang** (Multi Rig)
- 1 min.: **Stepup**
- 30 sec.: **Lunge** (Sandbag Carry)
- 1 min.: **Run in place**
- 30 sec.: **Bear Crawl** (Barb Wire Crawl)
- 1 min.: **Stepups**
- 30 sec.: **Broad Jump** (Fire Jump)
- 2 min.: **Burpee**





Lauren Abraham is a TV host, fitness model, and MuscleTech brand ambassador.

Fire Up Your Fat Loss

Break past a weight-loss plateau with these six metabolism-boosting aids

BY RAZVAN RADU

• **IF YOUR FAT-LOSS GOALS** have started to stall, take heart: You can reset the clock and power up your results by rebooting your workouts and making sure you have the nutrition and supplement support you need to achieve the changes you want.

Bust a plateau in your workouts by switching up your exercises. (Try doing a rowing workout instead of a run, or add some metabolic finishers at the end of a strength day.) Examine your diet to weed out processed fare, and focus on clean foods to fuel your workouts. And finally, look for thermogenic supplement ingredients like the ones here, all of which can help keep your energy levels high while maximizing your body's natural fat-burning abilities.

Caffeine

■ When it comes to quality fat-burning supplements, caffeine is often one of the first ingredients listed on the label. First and foremost, caffeine acts as a thermogenic, triggering metabolic stimulation and increasing energy expenditure to kick-start

the fat-burning process. Secondly, caffeine provides the extra performance boost you need during a caloric deficit. A study on high-intensity runners showed that caffeine helped runners finish 1,500 meters on a treadmill in less time than when they did not take the caffeine supplement, while also increasing their initial burst of speed. Finally, caffeine has been shown to improve focus, which also serves as a much-needed boost when you're on a low-calorie diet plan.

unroasted beans can provide significant weight-loss benefits.

Yohimbe Extract

■ Yohimbe bark extract comes from the bark of the yohimbe tree and can be found in many weight-loss supplements and medications. Its extract is a key ingredient for weight loss. One study found women who took yohimbe as a supplement lost on average three pounds more than a placebo group lost in the same time frame.

Alpha Lipoic Acid (ALA)

■ Alpha-lipoic acid is an essential omega-3 fatty acid responsible for energy metabolism. When taken as a supplement, it helps speed up metabolism, allowing the body to burn fat at a quicker rate than usual. ALA also works as an antioxidant and helps inhibit the damage caused by oxidation, in which regular bodily processes and environmental factors cause damage to cells.

Chicory Extract

■ Chicory extract, drawn from the chicory plant, contains a fiber called oligofructose, which may significantly help control appetite and promote weight loss. That feeling of fullness can be especially key on days when you're trying to lose fat by cutting back on your portion sizes and overall calorie intake.

Black Caraway Extract

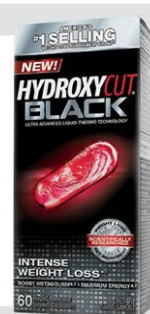
■ Black caraway extract is found in many places in the medical and supplement world and has been shown to help boost weight-loss efforts. One Indonesian study found that subjects lost significant body weight and waist circumference during a three-month period when taking the extract as a supplement.

C. Canephora Robusta Extract

■ *C. canephora robusta* is an extract from unroasted coffee beans. Before beans undergo roasting they contain higher levels of chlorogenic acid, one of the primary metabolism-boosting components of coffee. Research shows this extract from the

Fat-Loss Fundamental

You'll find all these thermogenic fat-loss ingredients in Hydroxycut Black, which combines caffeine, ALA, yohimbe extract, chicory extract, *C. canephora robusta* extract, and black caraway extract—plus purslane extract and arugula extract, all in a powerful weight-loss formula. Take one capsule twice daily. Once tolerance is assessed, take two capsules twice daily, 30 minutes before two largest meals.



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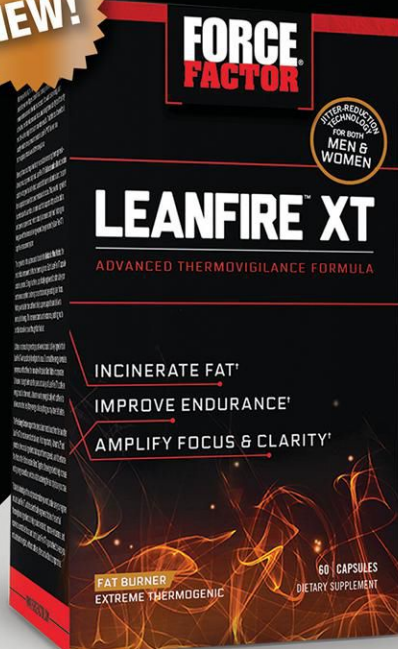
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