

**SLIM DOWN FOR GOOD** New weight-loss tricks that work

# SHAPE

SHAPE  
YOUR  
LIFE

**FREE  
DOWNLOAD!**  
**Serena  
Williams'**  
**WORKOUT**  
P. 103

**RESULTS BY TONIGHT!**

## BEAT AB FLAB

A surprising way to get a flat belly

**EAT THIS,  
BURN  
MORE FAT**

p. 138

**\* Pricy spa secrets to try at home (for cheap!)**



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**AMAZING!**  
**Julia  
Louis-Dreyfus**  
No nips, no tucks  
How this  
48-year-old got  
THIS body

**DROP A DRESS SIZE!**

## STRONG SEXY & SCULPTED IN 28 DAYS

- ✓ **FUN** cardio that blasts calories
- ✓ **FAST & easy** head-to-toe toning

**SNACKS  
THAT  
WON'T PACK ON  
POUNDS**



**PLUS** Stress less, feel better  
Easy ways to boost your health—and save \$\$\$, p. 154

# WORKOUT 3

## burn-and-firm circuit

**TRAINER** Erwin Gonzalez, New York Health & Racquet Club, New York City

**WHAT YOU'LL NEED** A watch with a second hand or a stopwatch

**CALORIES BURNED** 200 (if you repeat the circuit 4 times)

No time for a full workout? This 6-minute, do-anywhere plan, which gets your heart rate crazy high, will do the job in a pinch. "It's tough enough that you'll really feel like you got a good workout," says Gonzalez. If you have more time, repeat it for an even bigger cardio challenge or do the circuit in the morning and at night for a double dose.

**Fast hands** Stand with feet hip-distance apart, knees bent. Lean over from hips and pump arms front to back [shown] quickly, like a sprinter.

**Step lunge** Step forward with left leg into a shallow lunge so both knees are bent 90 degrees. At the same time, bring right elbow to left knee. Step back and repeat, this time lunging farther out [shown]. Continue for

45 seconds, alternating shallow and long lunges, then switch legs and repeat.

**Boxer shuffle** Stand with arms overhead, elbows bent. Circle arms as fast as you can (as if you're punching a speed bag) for 15 seconds while quickly shuffling off balls of feet like a boxer [shown]; reverse arms for 15 seconds.

**In and out** Stand with feet hip-distance apart. Squat and quickly walk hands forward,

### STEP-BY-STEP PLAN

TIME	WHAT TO DO
0-0:30	Fast hands
0:30-2	Step lunge
2-2:30	Boxer shuffle
2:30-3:30	In and out
3:30-4:50	Fast feet
4:50-6	Shuttle run



## mega calorie blaster

**TRAINER** Paul Frediani, certified USA Triathlon coach, New York City

**WHAT YOU'LL NEED** A watch with a second hand or a stopwatch

**CALORIES BURNED** 300-600

Runners and triathletes practice something called "tempo training"—maintaining an intensity that's challenging but not so hard that you feel like you're about to keel over. "It's one of the best ways to improve your stamina, speed, and fitness level," says Frediani. Plus, you're working at a point—about 80 percent of your max heart rate (go to [shape.com/hearttrate](http://shape.com/hearttrate) to calculate yours)—that optimizes both your fat and calorie burn. It takes practice to maintain this level for a long time, but this routine, which incorporates mini speed bursts, will help you nail it. Do it indoors or out while biking, running, or speed-walking. (You can also adapt it to almost any other cardio machine, from the rower to the elliptical.)

### STEP-BY-STEP PLAN

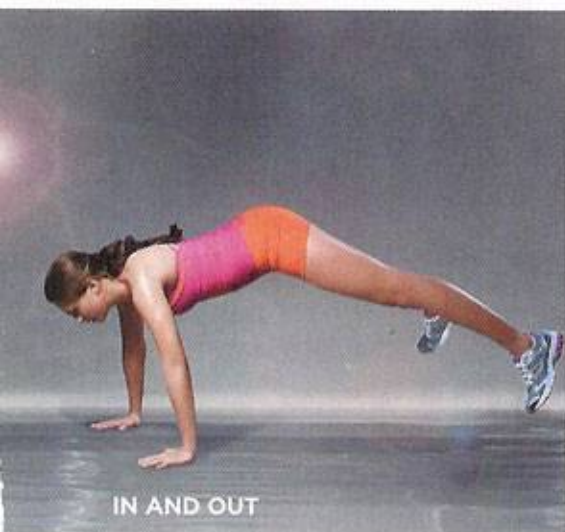
TIME	WHAT TO DO	RPE
0-10	Warm up	4-5
10-20	Increase speed or resistance until you're slightly breathless	6-7
20-21	Sprint burst: Increase speed to a challenging pace (difficult to maintain)	9
21-24	Recover at a moderate intensity, gradually working your way back to a slightly breathless pace	4-7
24-40	Repeat minutes 20-24 four times	4-9
40-48	Maintain a moderately challenging pace	6-7
48-53	Cool down	4-5

keeping hips high. Jump feet wide [shown], then back to starting position. Walk hands back toward feet. Squat, then jump up; repeat.

**Fast feet** Stand with feet hip-distance apart. Turn 90 degrees to the right and jog in place quickly for 10 seconds. Jump and turn 90 degrees to the left (you're facing the direction you started) and jog for 10 seconds. Jump and turn

180 degrees to the left; run in place for 10 seconds. Jump and turn to the right 180 degrees; run for 10 seconds. Repeat series, turning left first.

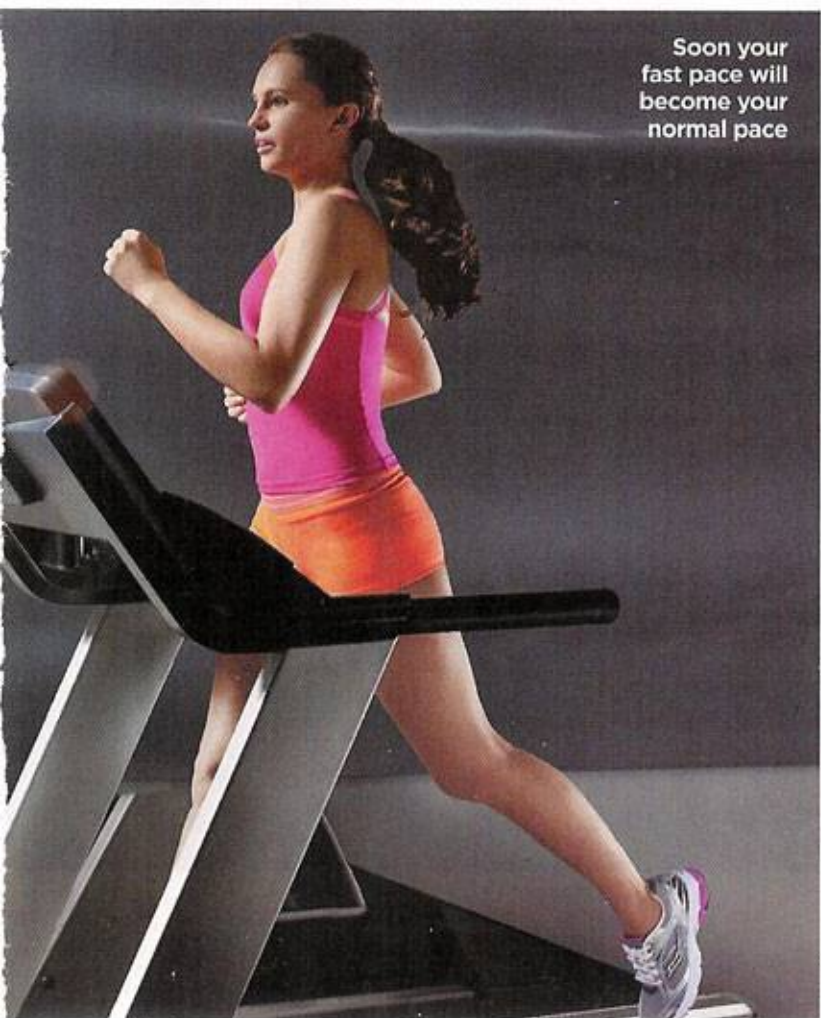
**Shuttle run** Run forward as fast as you can in 8 counts, taking small steps and bringing knees high [shown]. Hop to right, then run back in 8 counts. Repeat, running forward, hopping to left, and running back.



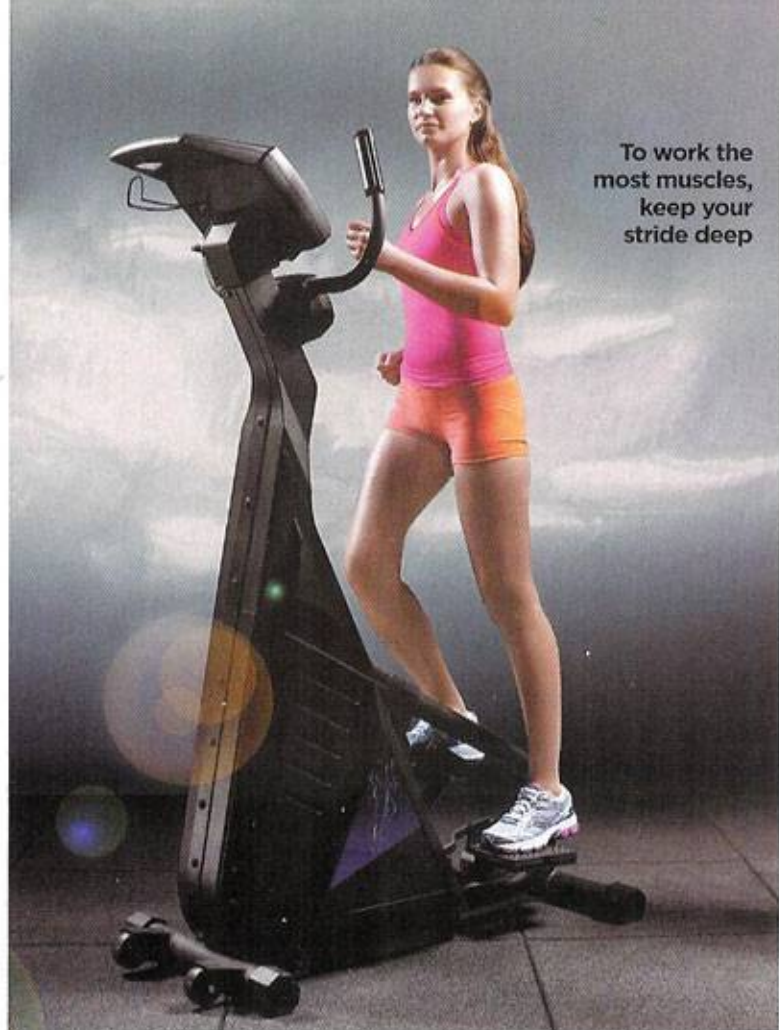
IN AND OUT



SHUTTLE RUN



Soon your fast pace will become your normal pace



To work the most muscles, keep your stride deep

## slimming climb

**TRAINER** Nicki Anderson, owner, Reality Fitness, Naperville, Illinois

**WHAT YOU'LL NEED** Any piece of cardio equipment that allows you to adjust the resistance or incline

**CALORIES BURNED** 260-600

"This program takes you out of your comfort zone by constantly raising the incline for the first third of the routine," says Anderson. "It's such an effective workout, especially for your legs and butt, which have to power you upward." Try to maintain the same speed even as the incline builds, and don't lean forward too much (if you have to hold on, use a very light grip).

### STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-1	Warm up at a moderate pace, 0% incline	4-5
1-16	Increase incline by 1% every minute, maintaining speed	4-10
16-20	Decrease incline by 1% every minute	8-9
20-22	Decrease incline by 1%, increase speed 1 level (0.5 mph if you're on the treadmill)	7-8
22-40	Continue to decrease incline by 1% every 2 minutes while increasing speed 1 level	7-8
40-45	Decrease incline to 0%, decrease speed to moderate pace; cool down	4-5