

Banish Cellulite

in 15 minutes a day

The Fastest Way to Sculpt!

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Instant Fixes!

- ✓ Stress less all day
- ✓ Sleep better tonight
- ✓ Eat smarter, feel great

No Trainer? No Problem!
GET FIT FOR \$30

Outsmart Cravings
Even diet wimps can do this!

25 NO-COOK MEALS

How to "cheat" in the kitchen

Got Ab Envy?
Lose Belly Flab Now!

PLUS
12 Foods That Fight Fat

get fit

No Kettlebell? Try This at Home. (Just Use Dumbbells!)

Get a feel for using kettlebells—and burn about 400 calories—as you sculpt your entire body with this 40-minute routine.

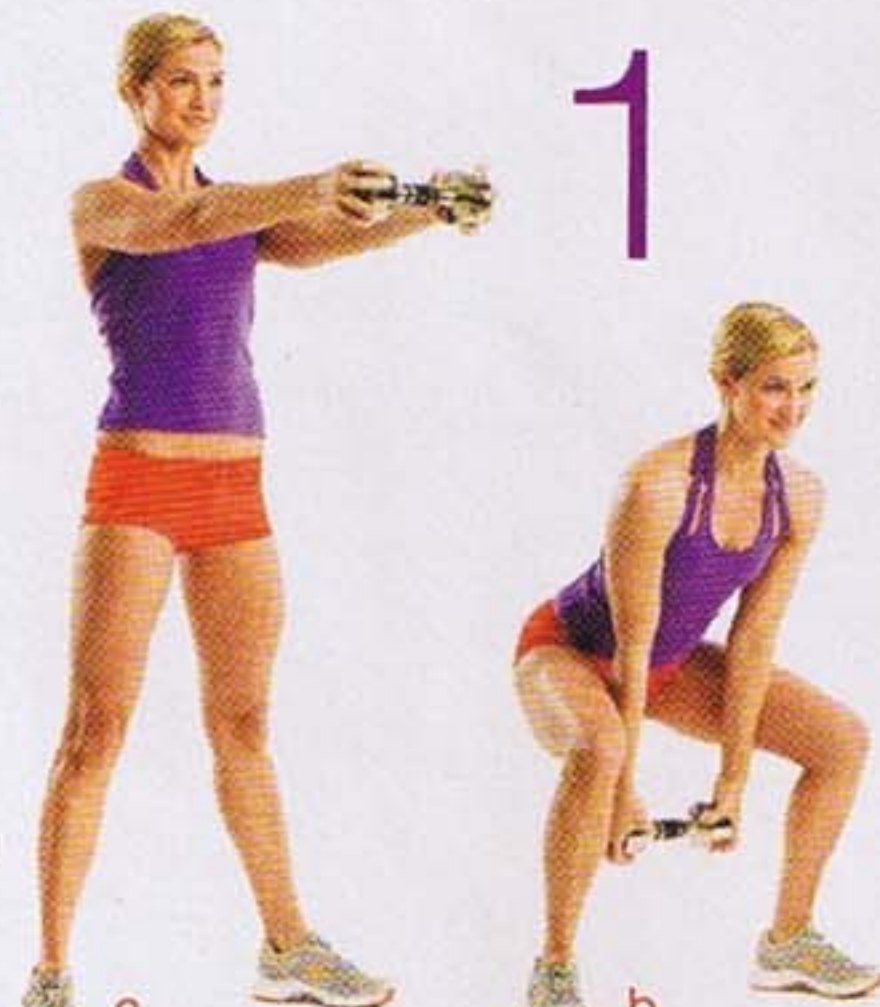
What you'll need: A set of 10- to 15-pound dumbbells (or kettlebells, from 10 to 45 pounds, \$30 to \$90; find them at GoFit.net) and a mat. Or start with a lighter weight and then move up as soon as you're ready.

How it works: Do this workout as a circuit, moving from one set of exercises to the next with minimal rest. Complete the circuit four or five times. Do the workout two or three days a week.

Targets shoulders, arms, chest, back, abs, glutes, legs

TWO-ARM SWING

- a.** Stand with feet slightly wider than shoulder-distance apart, knees soft and toes pointed out slightly. Hold the kettlebell or ends of the dumbbell horizontally in both hands, arms extended at shoulder height and abs engaged.
- b.** Squat down, bringing weight between legs and keeping body weight in heels; continue to look forward. Stand up quickly, pushing through your heels and into your glutes and core and using the momentum from your legs to propel the weight to chest level. Repeat, lowering weight between legs. Do 15 reps.

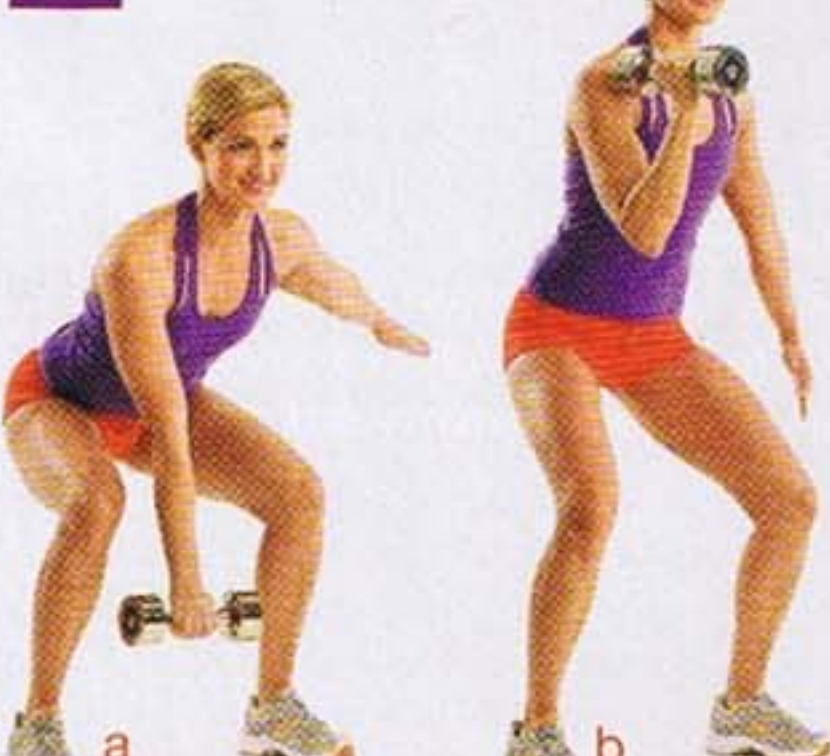


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Targets shoulders, arms, chest, back, abs, glutes, legs

CLEAN AND PRESS

- a.** Stand with feet slightly wider than shoulder-distance apart, knees soft and toes pointed out slightly, holding dumbbell or kettlebell in right hand with left hand reaching out to left side. Squat, bringing weight between legs.
- b.** Thrust up through the hips, using momentum to bring weight to shoulder height; keep elbow close to body and wrist straight. Holding weight here, do a half squat, then press dumbbell overhead as you stand up, driving the movement through your heels. Lower back to start and repeat. Do 12 to 15 reps; switch sides and repeat.



3 Reasons You'll Love This Workout

● You'll burn 11 calories a minute (that's 660 in an hour!)—about the same as running a nine-minute mile (versus about 385 calories for traditional strength training), according to exclusive new research done by Michele Olson, Ph.D. (All numbers based on a 140-pound woman.)

● You'll get bell butt. "You end up with this great little heart-shaped tush with an indentation on the sides," says Sarah Lurie, founder of Iron Core kettlebell fitness studio in San Diego, California.

● Your metabolism will roar. "The workout creates a major afterburn effect, so you'll continue to blast calories long after the routine is done," says Keli Roberts, a master trainer at Equinox Fitness Clubs in Pasadena, California.

How Kettlebells Worked for Us

"I've dropped nearly 30 pounds in two years."

My jeans fit better, and I have more definition everywhere!"

—Alina Ratta, 35, Los Angeles

"I've found that this is an even better cardio workout than my favorite step class."

—Farrah Lin, 30, San Diego

"I love to sail. When I'm carrying the catamaran to the water, my new strength pays off."

—Ally Estey, 23, San Diego

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Targets abs, obliques

STRAIGHT-LEG RUSSIAN TWIST

Lie faceup on mat with legs extended, holding dumbbell or kettlebell over hips in both hands with arms straight. Roll up through spine, bringing head, neck and shoulders off the mat and keeping arms extended. Twist torso to right, bringing weight to right side, then twist to left. Repeat, doing 1 to 15 reps per side. Lower to start.

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Targets shoulders, chest, upper back, core

DOUBLE-LIFT PUSH-UP

Begin in a full push-up position, legs extended behind you, abs tight and head in line with spine. Hold a dumbbell or kettlebell against the mat under each hand, palms under shoulders. Keeping core tight, do a push-up; then pull right elbow toward ceiling, bringing weight next to ribs while keeping left arm straight. Hold for 1 count and lower; repeat on other side. Do 12 to 15 reps per side.

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Targets back, core, abs, glutes, legs

SINGLE-LEG GLUTE LIFT

Stand with feet together, arms at sides, holding dumbbell or kettlebell in your right hand. Lift your right leg about 2 feet behind you, bringing left arm out to the side to help you counterbalance. Hinge forward at the hips, bringing the weight toward the floor and lifting right leg 90 degrees, so it's parallel to the floor. Return to start, squeezing through your glutes and hamstrings to stand up. Do 12 to 15 reps; switch sides and repeat.

Model/athlete Stacia, 26, trains with kettlebells just 30 minutes twice a week to stay lean and strong.

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Targets shoulders, back, obliques, glutes, legs

WINDMILL

Stand with feet slightly wider than shoulder-distance apart, knees soft and toes pointed out slightly, holding dumbbell or kettlebell in left hand with right arm extended. Turn right foot out about 90 degrees and extend left arm directly above shoulder, keeping elbow straight (if you're using a kettlebell, keep the weight over your forearm). Bend from waist to right side, bringing right hand toward floor while keeping left arm straight and weight over shoulder; keep left leg straight, right knee slightly bent. Look up toward weight and hold for 1 count, then return to start and repeat. Do 12 to 15 reps per side.

WIN this workout!



Enter to score one of 50 kettlebells and the accompanying workout DVDs from GoFit. For rules, see page 101.