

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!)**

April 2009

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

DROP A DRESS SIZE!

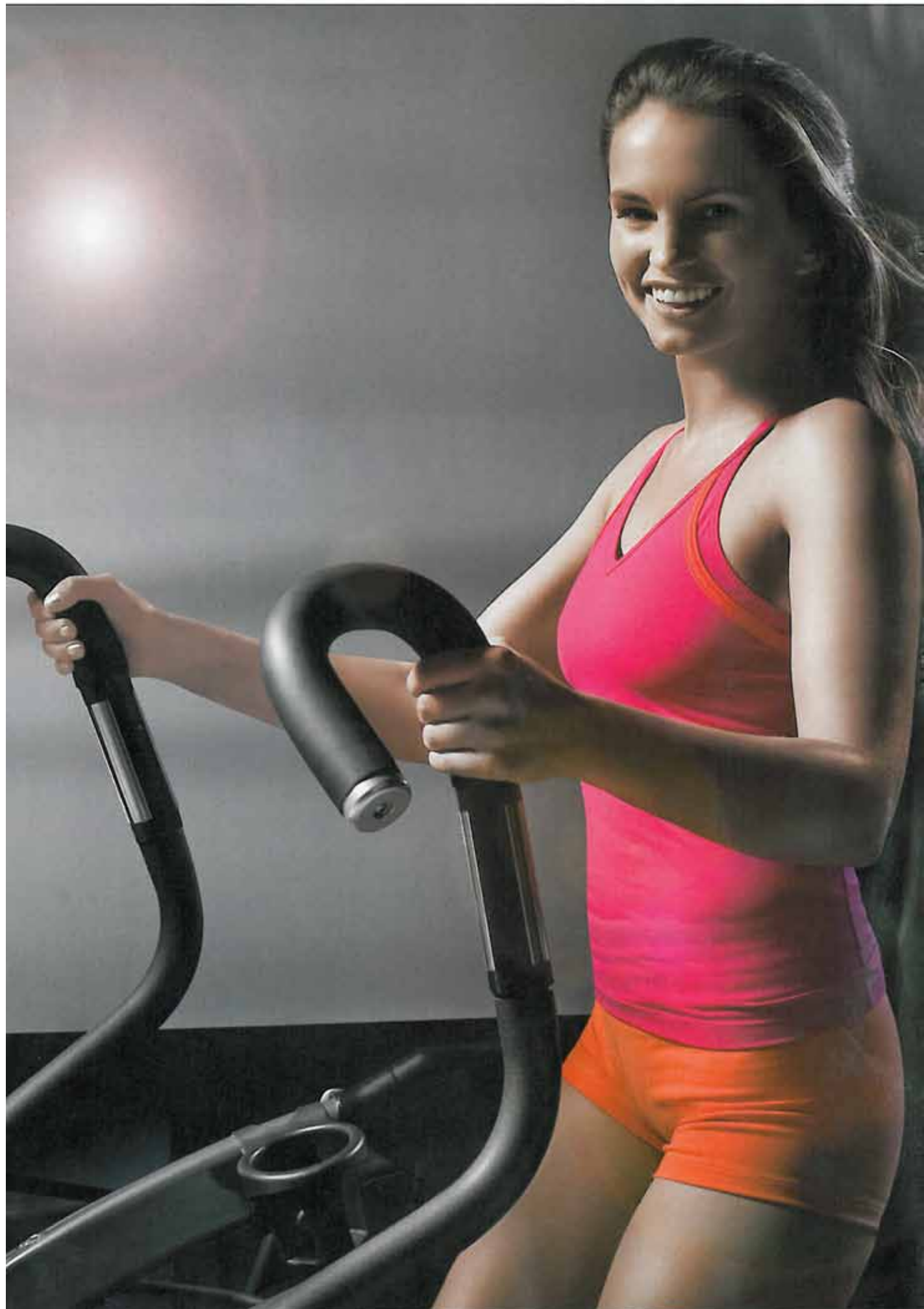
## STRONG SEXY & SCULPTED IN 28 DAYS

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

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

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Shape.com

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Easy ways to boost your health—and save \$\$\$, p. 154



# 7

# ALL-NEW WAYS TO BURN UP TO 600 CALORIES

These high-energy cardio programs will rev your metabolism, blast fat, and build lean muscle. Now tell those extra 5 pounds to get lost for good.

By Alyssa Shaffer | Photography by Darryl Estrine

**W**e see it all the time at the gym: You stand there staring at the machines trying to figure out which one will be the least boring and give you the biggest bang for your exercise efforts. Or you just climb on and maintain the same pace until you can't stand it another minute. No wonder so many of us dread going to the gym! We all need to put the excitement—and results—back into our cardio sessions, so we asked top trainers for their most effective routines

to blast calories, boost your metabolism, sculpt muscle, and free you from that “When will it end?” mind-set. The secret: Don't just change things up every month, change them during every session.

We've given you a different workout for each day of the week. Do five or six in the next seven days (while watching what you eat) and you can say so long to a pound of flab. And who knows, maybe we'll even catch you *smiling* the next time you hit the treadmill!

## the plan

■ **HOW IT WORKS** Aim to do at least 5 or 6 of these cardio workouts each week. Just do an easier routine the day after a tough one to give yourself time to recover. Use the rate of perceived exertion (RPE; see page 198 for chart) to customize the workout to your fitness level.

■ **YOU'LL NEED** Some of these workouts are designed for a treadmill or elliptical, but most can be done on any machine. You'll need a watch or stopwatch for some.



☞ Alternating between different types of exercises allows you to **PUSH YOURSELF** to your limits while using all your muscles. ☞

## three-way fat burner

**TRAINER** Wendy Larkin, personal training manager, Crunch, San Francisco

**WHAT YOU'LL NEED** A jump rope, group cycling bike, and treadmill

**CALORIES BURNED** 450-500

"Alternating between different types of exercises allows you to push yourself to your limits—then briefly recover and do it again on the next piece of equipment—while using all your muscles," says Larkin. "It's a challenge for both body and mind."

A few tips to keep in mind to help maximize your results: When jumping rope, land lightly on the balls of your feet (this will absorb some of the impact). Begin by jumping with both feet, then gradually start alternating feet. If you can't do 10 minutes, jump for 10 revolutions, then rest for 15 seconds. Add 10 revolutions at a time until you get to 10 minutes. When you're cycling, begin with just enough resistance to feel a slight pull on the wheel, then increase it from there. During the standing portions, keep your butt over the seat and your legs over the pedals.

### STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-10	Jump rope	5
10-13	Switch to the bike; warm up	3
13-16	Increase resistance to a mild incline	5
16-17	Seated climb; increase resistance to moderately high	7
17-19	Standing climb; maintain resistance	7
19-22	Repeat minutes 16-19 once	7
22-22:30	Seated climb; high resistance	7
22:30-23	Seated climb; increase resistance again	9
23-25	Repeat minute 22-23 twice	7-9
25-26	Decrease resistance to moderate; stand	7
26-29	Decrease resistance to mild; sit and increase pace	6
29-30	Decrease resistance; slow speed	5
30-34	Hop on treadmill and walk or jog at moderate speed	6
34-35	Increase speed by 0.5 mph	7
35-35:30	Decrease speed to base pace	6
35:30-40	Repeat minutes 34-35:30 three times; increase speed by 0.5 mph each time	6-9
40-46	Repeat minutes 34-40, but decrease speed by 0.5 mph with each interval	6-9
46-50	Cool down easy	4