10 minutes to a sexier body

Short on time? Get head-to-toe firm with these three moves.

BY JEANINE DETZ

THIS MONTH’S GOAL
Add some oomph to your routine to get fitter faster.

Why these moves work
As if being toned all over wasn’t reason enough to try this plan, here’s one more: real-world strength. Most day-to-day activities—such as raking leaves or cleaning your house—rely on many muscles firing at once, so if you train yours to work together (like you will with these moves), you’ll be less prone to aches and injuries. And because these exercises require more power than typical strength moves do, your muscles have to work harder, so you’ll get sculpted faster and other activities will feel easier. We call that a perfect workout!

Anatomy lesson
The deltoids and pectoralis major and minor muscles help move your arms. Your abdominals flex and support your spine and rotate your torso. The glutes extend your legs and rotate them outward.

Your quadriceps extend the knees, and the hamstrings bend your knees and extend your hips.

Details
At the gym, you’ll need a cable cage with two adjustable pulleys and handle attachments, a 2- to 4-pound weighted ball, and a leg press machine. At home use resistance tubes and a medicine ball (find gear at shapeupshop.com). Twice a week, do 2 sets of 10 reps of each exercise in order.

Shape reader model Yanina, 24, is a public relations specialist in New York City. In addition to walking two miles home from work on most days, she does yoga and takes twice-weekly Urban Rebounding classes (a workout done on a small trampoline). “I now use the power leg press from this plan as a warm-up,” she says. “It really increases my heart rate.”

TRAINER’S STRATEGY “Varying exercises, resistance, reps, and sets isn’t the only way to change up your workouts,” says Gregory Gordon, a trainer at Clay in New York City, who designed this routine. “Performing your normal moves at a quicker pace—adding power—can also spur new results.”
target training

push-pull
Works core, chest, shoulders, and back

- Position the pulleys of a cable cage at chest height and load 8 to 10 pounds on each stack.
- Stand facing one cable with left foot in front of right and hold front handle in left hand, arm extended forward at chest height and palm facing right. Hold the rear handle in right hand next to chest, palm facing left [A].
- Draw left hand to your chest as you extend right arm forward [B]. Return to starting position and repeat. Switch sides to complete set.

DO IT AT HOME
Anchor one band at chest height in front of you and another one behind you.

Trainer's tip
Stand up straight with your hips squared forward; leaning over puts stress on your back.

ball toss
Works core, chest, shoulders, triceps, and biceps

- Hold a 2- to 4-pound medicine ball with both hands in front of your abs. Stand about 8 feet away from your partner, with your left side closest to him. Step feet shoulder-width apart and bend your knees slightly so you feel stable [A].
- Rotate your entire body to the left, pivoting on your right foot, as you throw the ball to your partner [B].
- Catch the ball, rotate back to center, and repeat. Switch sides to complete set.

DO IT AT HOME
If you don’t have a partner, hold onto the ball instead of tossing it or throw it onto a couch or against a sturdy wall.

Trainer's tip
Don’t focus on using your arms to toss the ball; your core should be what powers the throw.
target training

power leg press
Works butt and legs

> Sit with your back against the pad of a leg press machine. Your upper body and legs should make a 90-degree angle.
> Place your feet on the plate, release the machine's lock, and bend your knees. Hold the handles lightly [A].
> Push the plate away from you as hard as you can [B]. Catch it with your feet, knees slightly bent, and return to starting position. Immediately repeat press and catch.

DO IT AT HOME
Anchor tube handles to a sturdy object behind you and lie with tube around arches of feet, knees bent. Quickly straighten legs out at a 45-degree angle, bend, and repeat.

> Trainer's tip Imagine you’re jumping: Try to “catch air” (the plate should leave your feet) on every rep.

QUICK CALORIE BLAST
Use the waiting time before your favorite group-fitness class to blast fat. Simply do each move in this plan for 1 minute and jump rope for 1 minute between each exercise. You’ll torch nearly 40 calories in just 5 minutes!

take it up a notch
To increase the intensity, advanced exercisers should adjust the sets, reps, weight, and/or follow the special instructions.

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