

GET THE BODY YOU WANT IN THE TIME YOU HAVE

WHETHER IT'S 10 MINUTES OR 45, YOU'LL BLAST MORE FAT AND CALORIES DURING YOUR WORKOUT WITH OUR EASY MIX-AND-MATCH PLANS.

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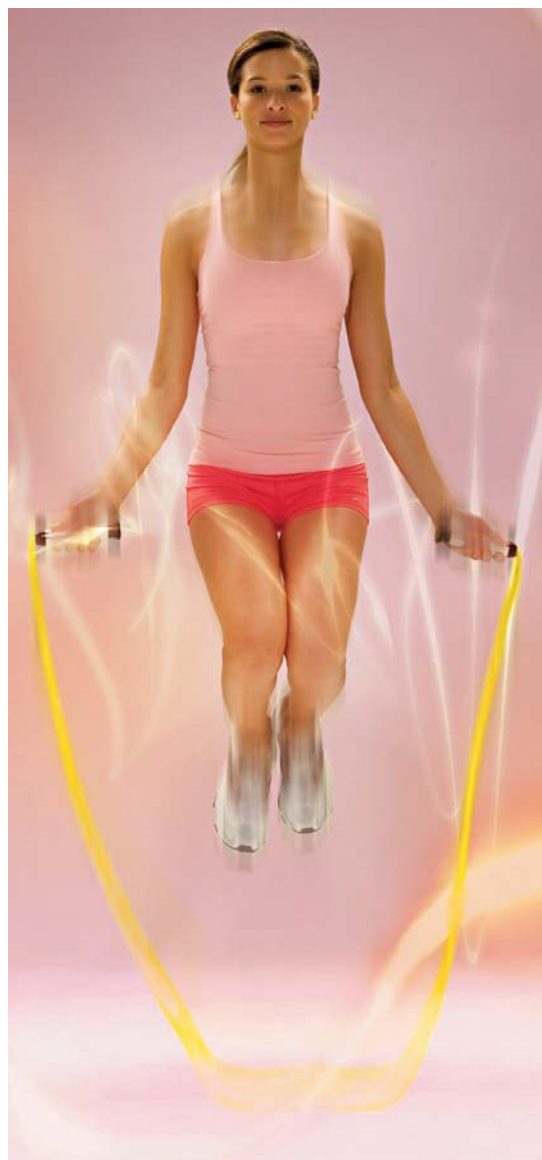


The more enjoyable your workouts, the more likely you'll burn more calories.

ANYONE WHO'S SPENT 30 MINUTES OR MORE ON A TREADMILL

or stair-climber knows cardio can be tedious, especially if you're doing your entire workout at the same level. Though you're probably aware of the benefits of changing up the intensity as well as the activities you do (harder efforts burn more calories and cross training keeps you from getting bored), it can be tricky to put a new workout together day in and day out. This month, we're taking the guesswork out of your fat-burning sessions by giving you five different routines – think of them as cardio building blocks – that work in almost unlimited combinations and for any activity. Best of all, you can burn 700 calories in an hour! Use these mini plans to make over your routine and you may be surprised by your body's lean, sexy makeover.

how it works Do the blocks in any order, and pick however many you need to meet your desired workout time. (Or add one to your normal session to jolt you out of your comfort zone.) To raise the intensity to meet the rate of perceived exertion (RPE), increase your pace and/or resistance. Always warm up and cool down for a few minutes on your own.



5 MINUTES

MINI BLAST

Who says you can't work up a sweat in just a few minutes?

TIME	WHAT TO DO	RPE
0–1:00	Maintain somewhat hard intensity	7
1:00–1:30	Recover at moderate level	5
1:30–2:30	Increase intensity to very hard	8
2:30–3:00	Recover at moderate level	5
3:00–3:45	Increase intensity to very hard	9
3:45–4:15	Recover at moderate level	5
4:15–5:00	Increase intensity to very hard	9

CALORIES BURNED

36-60





Burn up to 120 calories in just 10 minutes.

10 MINUTES

HILL-SPRINT COMBO

Adding speed during a climb makes your body scramble for fuel – which means your metabolism skyrockets.

TIME	WHAT TO DO	RPE
0–1:00	Increase incline/ resistance	7
1:00–1:45	Decrease incline, increase speed	7
1:45–2:15	Recover at moderate intensity	5
2:15–3:15	Increase incline/ resistance	7
3:15–4:00	Decrease incline, increase speed	7
4:00–4:30	Recover at moderate intensity	5
4:30–5:30	Increase incline/ resistance	7
5:30–6:00	Maintain incline, increase speed	9
6:00–7:00	Recover at moderate intensity	5
7:00–8:00	Increase incline/ resistance	7-8
8:00–9:00	Maintain incline, increase speed	9
9:00–10:00	Recover at moderate intensity	5

CALORIES BURNED
60-120

FIND YOUR CARDIO MOVE

Each of these routines is based on either intervals – where you alternate harder bouts with recovery – or gradually increasing the intensity.

If you're new to this kind of workout, start with 10 minutes or so of moderate exercise, do one of the blocks, then finish with another 10 to 15 minutes at a level that allows you to easily maintain a conversation.

When you get more comfortable with breathing heavily, add another block after your second moderate bout.

If you're up for a serious challenge, do the blocks back-to-back. Now you can have a different workout every day for weeks!



15 MINUTES

SPEEDY CLIMB

Try not to decrease your incline until you're finished.

TIME	WHAT TO DO	RPE
0-3	Increase incline (or resistance)	6
3-4	Maintain incline, increase speed	8
4-7	Maintain incline, decrease speed	6
7-8	Maintain incline, increase speed	8
8-11	Increase incline, decrease speed	7
11-12	Maintain incline, increase speed	8-9
12-14	Maintain incline, decrease speed	7
14-15	Maintain incline, increase speed	8-9

CALORIES BURNED

85-180



20 MINUTES

ROLLING HILLS

Keep plugging away at this workout and the Flab Fixer (facing page). They're long climbs, but it'll get a little easier the second time around.

TIME	0-2	2-4	4-5	5-6	6-7	7-9	9-11	11-20
WHAT TO DO	Increase incline/resistance	Increase incline/resistance	Increase incline/resistance	Increase incline/resistance	Decrease incline/resistance	Decrease incline/resistance	Decrease incline/resistance	Repeat minutes 2-11
RPE	6	7	8	9	8	7	6	6-9

CALORIES BURNED

120-245

30 MINUTES

FLAB FIXER

You choose how you want to up
the intensity: climb or sprint.

TIME	WHAT TO DO	RPE
0-3:00	Maintain moderate intensity	5
3:00-4:00	Increase intensity to somewhat hard	7
4:00-5:00	Recover at moderate intensity	5
5:00-9:00	Repeat minutes 3-5 twice	5-7
9:00-10:00	Maintain moderate intensity	5
10:00-13:00	Increase intensity slightly	6
13:00-13:45	Increase intensity to hard	8
13:45-14:30	Recover at moderate intensity	5
14:30-19:00	Repeat minutes 13-14:30 three times	5-8
19:00-20:00	Maintain slightly harder intensity	6
20:00-23:00	Increase intensity to somewhat hard	7
23:00-23:30	Increase intensity to very hard	9
23:30-24:00	Recover at moderate intensity	5
24:00-28:00	Repeat minutes 23-24 four times	5-9
28:00-30:00	Maintain somewhat hard intensity	7

CALORIES BURNED

160-350

Stoke your metabolism
by pushing yourself to
run that extra mile.

