

# fit **ness**

mind, body & spirit

## Firm All Your Trouble Zones

Get lean and sculpted, melt inches

Best workouts to improve your mood, fight disease, get more energy

The cancer you can prevent

Slash your risk by...

#1 that weighs

14

NOVEMBER 2003  
\$3.50 U.S. \$4.50  
www.fitnessmagazine.com



Jiggle-free arms in 7mins.

The new health rules  
What to eat, buy, do

### #1 KILLER LOWER-BODY CARDIO ROUTINE

All aerobic exercise will help you burn fat, but some workouts—such as running and stairclimbing—are tailor-made for toning your legs and butt, says Reebok master trainer Leigh Crews, who designed this 45-minute routine. Do it at least three times a week to burn fat from head to toe. If you don't have access to a track, find a hill or set of stairs. At the gym, use a treadmill and either increase the incline or hop onto the stairclimber during the intervals.

**WARM-UP:** Jog or speed-walk twice around the track (about a half mile), gradually increasing your pace until you're starting to sweat and your heart rate is slightly elevated but you're not out of breath.

**INTERVAL (2 MINUTES):** Run up and jog down the bleachers, a long set of stairs or a relatively steep hill. Keep knees high and abs tight. Pump arms at your sides.

**RECOVERY:** Jog slowly or walk briskly four times around the track (1 mile).

**INTERVAL (2 MINUTES):** Run up and jog down bleachers.

**RECOVERY:** Jog slowly or walk briskly four times around the track (1 mile).

**COOLDOWN:** Run another mile around the track, gradually slowing your pace on the last lap to lower your heart rate.

**CALORIES BURNED: 400**

Is your salad making you fat?  
p.105

8 NEW WAYS TO BLAST 500 CALORIES