

# YOU CAN DO IT!

## Lose 10, 15, 20 Pounds



Whether you want to trim a few inches or a dress size or two, our biggest-ever You Can Do It! plan will help you budge the pudge in as little as 30 days. It's all here: super-shapers that de-dimple, cardio for any level and a fat-fighting diet—plus easy tweaks that will take you all the way to your dream weight. Bonus: Get success tips from some of the 876,000 women (and counting) who've tried our You Can Do It! programs. Flip the page to get this skinny started!



# Peel-off-the-pounds routine

**How it works:** Follow this workout plan (plus the “Power Up, Slim Down” diet, page 46) to drop 10 pounds this month; stick with it to keep on slimming. We’ve made it easy to achieve even long-range weight-loss goals by including two extra months of progress-boosting adjustments. “The secret is switching things up,” says Joe Masiello, co-owner of Focus Integrated Fitness in New York City, who created the plan for FITNESS. “You’ll alternate quickly among upper-body, core and lower-body sculpting exercises to keep your heart rate revved so you burn more calories. You’ll also go back and forth from steady cardio workouts to speedier ones.” Do this toning circuit nonstop (up to three times) twice a week and three weekly cardio sessions (see page 44).

**What you’ll need:** A set of 3- to 8-pound dumbbells, a chair, a stability ball

**trainer’s tip**

Having trouble balancing? Focus on an object or a point in front of you.

## Reach and Press

**Targets shoulders, arms, abs, legs**

- Holding a dumbbell in left hand, stand with feet hip-width apart, then raise left leg behind you. **MAKE IT EASIER:** Raise right leg instead; this helps you balance better.
- Bending right knee 90 degrees, reach left hand in front of right shin as if trying to touch dumbbell to floor.
- ▶ Return to single-leg standing position, bringing left hand to left shoulder, then press weight overhead, palm facing forward.
- Lower weight to shoulder and repeat leg extension and arm reach.
- Do 12 reps. Switch sides; repeat.

**Month 2** Do 15 reps per leg.

**Month 3** From reach position, row dumbbell by driving elbow directly behind you, then lower back to reach position and continue to overhead press.

BY MARY CHRIST ANDERSON  
PHOTOGRAPHS BY JAY SULLIVAN

See these moves on video at [www.fitnessmagazine.com/loseit](http://www.fitnessmagazine.com/loseit).



PREVIOUS PAGE: DENISE CREW. FROM LEFT: NEW BALANCE SPORTS BRA AND CAPRI, ZOOT SHOES, PUMA TOP, AMERICAN APPAREL SHORTS, SAUCONY SHOES, NIKE TOP AND SHORTS, ASICS SHOES. STYLIST'S TOP: RESE SHORTS, ADIDAS SHOES, NEW BALANCE TOP, REEBOK SHORTS, NEW BALANCE SHOES, PAGES 40-43: NIKE SPORTS BRA, PANTS AND SHOES, PAGE 44: DENISE CREW.

## Chair Bird Dog

**Targets abs**

- Sit on edge of chair and place hands next to hips, palms flat on seat, fingers pointing forward.
- Inch forward off seat so that you are squatting just in front of chair with palms flat on seat behind you for support.
- ▶ Remaining in supported squat position throughout, extend right leg and left arm directly forward so that they are parallel to floor. **MAKE IT EASIER:** Keep right knee bent as you raise right leg.
- Hold for 1 to 3 counts, then return to supported squat.
- Do 8 to 10 reps. Switch sides; repeat.

**Month 2** Lift heel of grounded leg for more calf and hamstring toning.

**Month 3** As you extend arm and leg, fan them out to side while maintaining heel lift.

**trainer’s tip**

Don’t slouch; keep your chest up and eyes focused straight ahead to maximize ab toning.



## Bridge Press Plus

**Targets chest, arms, abs, butt**

- Holding a dumbbell in each hand, lie faceup on floor with knees bent and feet flat, and bend elbows 90 degrees so that forearms are perpendicular to floor with palms facing each other.
- Lift hips off floor, forming a straight line from knees to shoulders, and maintain bridge position throughout.
- Press dumbbells directly above chest, palms facing each other.
- ▼ Keeping upper arms still, bend elbows 90 degrees to lower dumbbells toward floor.
- Extend arms up toward ceiling, then lower elbows to floor to return to start.
- Do 12 reps.

**Month 2** Lift toes off floor so that you’re pressing through heels when in bridge position to really target butt.

**Month 3** Lift toes off floor and add a flye after pressing dumbbells up: Lower arms directly out to sides, palms up, then bring them back over chest before completing rep with triceps extension.

**trainer’s tip**

Imagine a tennis ball on your belly button; if your hips are high enough, it will roll down to your chin.



Click-start your resolution here

Go to [www.fitnessmagazine.com/loseit](http://www.fitnessmagazine.com/loseit) to follow the “Lose 10 Pounds” diet and exercise plan online with all the free perks and prizes below.

### Calorie Crunchers

Plug your meals and workouts into our trackers to see how many calories you’ve eaten and how many you’ve burned. Bonus: Get our tools on the go with our new iPhone app ([www.fitnessmagazine.com/iphone](http://www.fitnessmagazine.com/iphone)).

### Lean-Body Recipes

Sample four extra weeks’ worth of diet-friendly meals.

### Expert 411

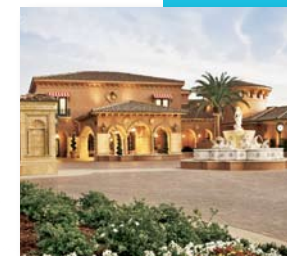
Send us your questions, and FITNESS advisory board member Michelle Olson, Ph.D., will answer 10 each weekday until February 1.

### Cheerleaders

For nonstop motivation, link up with workout buddies—or invite your own.

### \$4,986 in Freebies!

When you sign up at [www.fitnessmagazine.com/loseit](http://www.fitnessmagazine.com/loseit), you’re automatically eligible to win an expenses-paid three-day escape for two at the luxury Grand



Del Mar resort in San Diego (a \$3,486 value) or this top-of-the-line NordicTrack Elite 7500 treadmill (a \$1,500 value) with built-in TV screen and iPod dock. See page 127 for rules.



## Dead Bug With Ball

### Targets abs

- Lie faceup on floor with knees bent, feet flat, holding a stability ball in front of chest.
- Lift legs, knees bent 90 degrees, so that shins are parallel to floor, and suspend ball by pressing into it with hands (arms extended) and knees.
- ▶ Simultaneously lower right arm directly behind head and extend left leg forward so that both hover a few inches off floor.
- Bring right arm and left knee to touch ball again.
- Do 10 reps. Switch sides; repeat.

**Month 2** Lower left arm and leg simultaneously. Switch sides; repeat.

**Month 3** Hold a single light dumbbell in left hand as you press into ball, lowering dumbbell so that palm faces ear (to protect shoulder) as you lower left leg. Switch sides, holding dumbbell in right hand, and repeat.



**trainer's tip**  
Really press into the ball to make ab muscles work.

## Write Your Name Plank

### Targets abs, obliques

- Kneel on floor in front of stability ball and place elbows on its center, clasping hands together.
- Walk feet backward until legs are fully extended and body forms a straight line from head to heels.
- ▶ Keeping abs tight and hips level, use elbows to trace letters of your first and last name, allowing ball to move slightly from side to side (aim to hold for approximately 30 to 45 seconds).

**Month 2** Stir the pot: Trace 20 volleyball-size circles clockwise, then 20 more counterclockwise.

**Month 3** Write the alphabet.



**trainer's tip**  
To increase the ab challenge, unclasp your hands and keep your fists a few inches apart.

## Ball Wall Hold

### Targets upper back, shoulders, abs

- Holding stability ball with both hands, stand with back to wall, feet hip-width apart.
- ◀ Position ball against wall a few feet above right shoulder and, with right arm extended overhead, press back of right hand into center of ball to hold it steady. (Stand far enough in front of wall so that spine is flush with edge of ball.)
- Lift right foot off floor a few inches and hold ball in position for 30 to 45 seconds.
- Switch sides; repeat.

**Month 2** Bend knees slightly and maintain a half-squat position as you press ball into wall.

**Month 3** Maintain a full squat as you press ball.

**trainer's tip**  
The bigger the stability ball, the more intense the move.



## Frog Squat

### Targets chest, butt, legs

- Stand with feet shoulder-width apart, holding a single dumbbell in front of chest with both hands, elbows bent and palms pressing into ends of dumbbell.
- Lower into a squat as close to floor as you comfortably can, pressing elbows against inside of knees. **MAKE IT EASIER:** Squat with knees bent 90 degrees—no lower.
- ▼ Raise hips so that legs are nearly fully extended, bending forward at waist so that elbows stay glued to knees and upper body remains in tucked position.
- Return to low squat.
- Do 20 reps.



**Month 2** Do 25 reps; after every 5 reps, hold in a low-squat position for 5 seconds.

**Month 3** Perform the move without a dumbbell: After every 5 reps, hold in a low squat for 5 seconds, then walk hands out to full push-up position and back to return to squat.



**trainer's tip**  
Don't shrug; maintain a grapefruit-size space between your ears and shoulders throughout.

## Gimme a Y! Gimme a T!

### Targets shoulders, upper back, abs, butt, legs

- With a dumbbell in each hand, stand with feet shoulder-width apart.
- Bend knees slightly to lower into a half squat, hinging forward at hips so that back is nearly parallel to floor.
- Extend arms toward floor, palms facing each other, so that dumbbells hover near knees; this is start position.
- Raise arms up and diagonally overhead to form a Y shape, palms facing up.
- Lower arms to start; do 8 to 10 reps.
- ◀ From start position (dumbbells toward floor), raise arms directly out to sides at shoulder level, palms facing up to form a T shape. **MAKE IT EASIER:** Do the T without dumbbells.
- Lower arms to start; do 8 to 10 reps.

**Month 2** Maintain a half-squat position standing on just one leg; switch legs for T reps.

**Month 3** Add 10 reps of an I shape: From start position, raise dumbbells with arms extended directly overhead, then lower.

# Fat melters for any level

**Your goal:** Get in three cardio workouts per week, alternating between a steady 30-minute session (do your fave class, a clear-your-head jog—you name it) and any of the speed-it-up routines below. “As with a car, you don’t always want to gun the engine,” says Masiello, who picked his most crowd-pleasing interval options for you. “Intervals are great for burning tons of calories, but your body also needs a dose of less-intense aerobics.” The best part? The interval sequences are simple to remember, even without these cheat sheets.

## The Quickie

**Total time:** 16 (advanced) to 29 (beginner) minutes

It’s easy: Speed up for the number of seconds listed for your level, then go at an easy pace for a minute or two to recover. Repeat 8 times for a complete cardio session.

### Warm up for 5 minutes:

- 3 minutes light walk or jog ● 30 seconds at half effort ● 30 seconds light walk or jog ● 30 seconds at 75 percent of maximum effort ● 30 seconds light walk or jog

**CHOOSE ONE OF THE LEVELS BELOW AND REPEAT 8 TIMES TO COMPLETE YOUR SESSION**

LEVEL	SPRINT	RECOVERY
Beginner	▶ 60-second jog	120-second walk
Intermediate	▶ 30-second sprint	60- to 90-second walk
Advanced	▶ 20-second all-out	60-second walk

Month 2 Repeat cycle 10 times.

Month 3 Repeat cycle 10 times and cut recovery 10 to 20 seconds.



### trainer’s tip

If you’re using a treadmill, there’s a lag of 5 to 10 seconds that it takes the belt to reach your target speed. So the sprint time starts when the belt actually hits your selected mph, and the recovery starts once the belt returns to a walk speed.

## The Countdown

**Total time:** 35 minutes

Do the speed bursts here at the fastest pace you can safely maintain (power walking, running, cycling, using the elliptical or stairclimber) for the given duration. Then blast off with short, all-out sprints.

### Warm up for 5 minutes.

SPEED BURST	EASY-PACE RECOVERY
4 minutes	▶ 4 minutes
3 minutes	▶ 3 minutes
2 minutes	▶ 2 minutes
1 minute	▶ 1 minute

### Blast off!

30 seconds	▶ 1 minute
30 seconds	▶ 1 minute
30 seconds	▶ 1 minute
30 seconds	▶ 1 minute

### Cool down for 4 minutes.

Month 2 Make your speed bursts a little faster than they were in month 1.

Month 3 Make your speed bursts a little faster than they were in month 2.

### trainer’s tip

Because the highest-intensity intervals are toward the end of the workout, if you run out of energy, do not attempt your max sprint in the “Blast off!” portion. Instead, replace those sprints with a peppy pace.

## The Reverse

**Total time:** 34 minutes

Start out faster than normal (power walk, run, cycle, use the elliptical or stairclimber at a challenging level) and slow down every 3 minutes until you hit an easy pace. The intensity levels listed are on a scale of 1 to 10, where 1 is lounging and 10 is an all-out sprint; an 8.5, for example, is 85 percent of your maximum effort. The key is to find your starting speed. If you start out too fast and get fatigued, slow down to recover, then pick up where you left off when ready.

### Warm up for 5 minutes.

INTENSITY LEVEL (on a scale of 1 to 10)	TIME
8.5	▶ 3 minutes
8	▶ 3 minutes
7.5	▶ 3 minutes
7	▶ 3 minutes
6.5	▶ 3 minutes
6	▶ 3 minutes
5.5	▶ 3 minutes
5	▶ 3 minutes

### Cool down for 5 minutes.

Month 2 Increase your starting speed from month 1.

Month 3 Increase your starting speed from month 2.

**DOWNLOAD “LOSE 10 POUNDS” PODCASTS—FREE!**  
Get the audio instructions for these cardio sessions, with beat-per-minute music matched to your pace, when you sign up at [www.fitnessmagazine.com/loseit](http://www.fitnessmagazine.com/loseit). Find the link on the cardio webpage.

**BetterTV.com** See how the You Can Do It! plan helped one FITNESS reader lose weight. Watch her get fit at [bettertv.com](http://bettertv.com).