



»» 10 MINUTES

The low-effort, high-impact plan that'll have you in your skinny jeans by spring. Bonus: All you need is 10 minutes a day (take note, Madge)

YOUR DOC HAS SAID it all along: 30 minutes a day of moderate-intensity physical activity improves health and cardio fitness. But what if you barely have time to call your parents or squeeze in six hours of sleep? Here's what trainers—and sports-medicine

experts—have realized: You don't have to do all 30 minutes in one stretch. In fact, you can do 20 or just 10 minutes a day to reap some of the benefits, from losing weight to toning to reducing stress and clearing your mind. The secret? In the case of weight loss, you've got to move fast and hard and circuit-

train; in the case of building strength, you've got to do those moves slowly, precisely, and consistently every other day. Here, high-intensity 10-minute workouts that make the most of the time you've got. Do at least one each day—or if you've got time to spare, rotate up to four for maximum benefits.

THE GROUND RULES » If you are target training (say, you want great arms), do the appropriate exercises for that body part consistently, every other day. If you want overall toning and fitness, mix and match the various workouts.

» How to know if you're working hard enough: "If you were to hold a conversation during these segments, you should be breathing hard, but not be completely breathless," says Gabriel Valencia, cofounder of Focus Integrated Fitness in Manhattan.

» The indicated time for each move is a suggestion. If you need more time to perform a move correctly, by all means take it.

Backyard boot camp

The lowdown: A heart-pumping, rev-up-your-metabolism workout you can do in your backyard, the gym, or a nearby park.

What you'll get in four weeks: A healthier heart and better endurance.

Special equipment: A bench; a set of stairs or step-up; a treadmill or open running space.

Extra credit: Wear a weighted vest. Start conservatively—about 5 pounds, says Valencia, who created this workout.

How it works:

» **30 SECONDS** Start with jumping jacks.

» **1 MINUTE** Do step-ups (use a park bench if you're outdoors) with left foot leading for 30 seconds. Repeat with right foot leading for 30 seconds.

» **30 SECONDS** Follow with mountain climbers: Bend over and place hands on ground about 6 inches in front of feet, hands and feet shoulder-width apart. Knees are bent, back is as straight as possible. Keeping hands on the ground, jump up your legs and land so that right foot is in front of left; jump up again and land with left foot in front,

right foot in back. Continue alternating.

» **4 MINUTES** Do sprint intervals: Run as fast as you can for 30 seconds; jog for one minute. Repeat for three sets.

» **30 SECONDS** Use a bench to do inclined push-ups.

» **1 MINUTE** Continue with squats for 30 seconds. Release; repeat for another 30.

» **30 SECONDS** Do burpees: Stand feet shoulder-width apart; jump up with your arms straight up. Land with your hands and feet on the ground (same stance as the start of the mountain climber). Now launch feet back into a push-up position, then return to start of mountain climber. Next, jump all the way up, reaching your hands to the ceiling so that you're back to the same position as in your first jump. Continue.

» **2 MINUTES** Return to the bench and do a front plank, bracing your abs and making sure spine is straight, keeping your shoulders relaxed and away from your ears. Hold plank for a minute. Follow with side planks, holding 30 seconds on each side.

Homebody moves

The lowdown: No gym? No problem. With this total-body workout by Nick Kempen at Sports Club/L.A. in Miami, even the office makes for a good fitness space.

What you'll get in four weeks: Toned arms; jeans that fit better.

Special equipment: A pair of 5- to 8-pound weights.

How it works:

» **1 MINUTE** Jog in place.

» **1 MINUTE** Stand while holding weights vertically in your hands, arms stretched out. Now pretend you're sitting down on a chair, hold for three counts, then get back up, bringing the weights toward your chest. Repeat.

» **1 MINUTE** Holding the weights, get in a semisquat position, spine at 45 degrees, back flat, arms hanging straight down, perpendicular to the floor. Now bend your elbows (so they're pointing up at the ceiling) and lift weights toward your chest; hold. Slowly lower weights to original position. Repeat.

» **3 MINUTES** Take your hand weights, arms by your side. Step right foot forward into a lunge; hold as you slowly bring up your weights in a bicep curl; return to original position. Now, while pivoting, step to the left (still with your right foot); hold; return. Continue for two more rotations until you're back to where you started. Now repeat entire revolution with the left foot forward.

» **1 MINUTE** Do push-ups on the floor or against the wall.

» **3 MINUTES** Drop to the floor for a core hold: With forearms and toes on floor, keep spine straight and abs held in. Hold for one minute. Then release and stretch back into a yoga child's pose: Sit back on your shins and reach your arms to the floor in front of you. Repeat core hold. »

TO BURN

RECESSION-PROOF STRESS-BUSTING

The economy may be shrinking gym-membership funds and growing the pressure to work longer hours. But increased stress is exactly why you should be working out. Physical activity stimulates blood flow and releases endorphins, which in turn elevate mood. Add some crucial

breathing exercises before your workout, and you'll also release tension and clear your mind. Dr. Brian Ghessi, director of Alive, a spinal analysis and respiratory-integration healing center in California, recommends this series before your usual sweat session: » Sit upright or lie faceup. Take a few slow, deep breaths, inhaling through your nose,

exhaling through your mouth. » Repeat with hands placed atop your chest, making sure your chest expands away from the spine as you inhale, toward it as you exhale. » Now place hands on top of rib cage and repeat. » Place hands on top of stomach and repeat. For tense areas, release your breath while saying "ahhh."