

Health

Gorgeous skin
in seconds

Holiday
treats
under 75
calories

**GET
SLIM
FOR
LIFE**

You'll lose
35+ lbs!

**Walk
off fat
much
faster!**

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Eat
organic
for
less\$

**STOP
BREAST
CANCER**
Amazing
news for you

**ULTIMATE
energy fix!**

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**NATURAL
PAIN
CURES**
Page 93

**#1 way to
stay healthy
this winter**

Great,
SAFE
diet
tricks
of the
stars





the Health **FAT** *Holiday* **BLASTER**

This superquick workout is all you need to stay slim this month.

Who has time to burn megacalories during the holidays? You do! This speedy workout from Equinox instructor Lashaun Dale, based on her popular Cardio Bootcamp & Sculpt class, will blast up to **350 calories in just under 30 minutes**, and you'll build strength while you're at it. Do this routine just three times a week to keep those holiday pounds at bay—and look extra svelte in your holiday finery. (Hitting the buffet big-time? Add a brisk 45-minute walk on alternate days to burn another 250 calories a day. You'll toast **more than 2,000 calories a week!**)

Photography by David Martinez

the MOVES



3

Dancing Squat **▲**

Stand with right foot forward, a 5- to 8-pound weight in left hand. Squat; touch weight to floor as right hand lifts. Stand, lift left knee, touch right hand to right left in front of you. Squat then stand; touch right hand to left foot behind you; that's 1 rep. Do 24 reps; switch sides and repeat.

4

CARDIO BLAST! Line Hops **>>**

Step or hop sideways over a stretched-out jump rope for 2 minutes.



1

CARDIO BLAST! Jumping Jacks **>>**

Do jumping jacks for 2 minutes.

2

Side Lunge **▲**

Stand holding 5- to 8-pound dumbbells. Step right leg out to side and bend knee to 90 degrees, reaching hands down on either side of right foot. Push off right foot to return to standing with right foot directly in front of left foot, arms sweeping up with palms facing in. Repeat on left side with left foot stepping behind right as you return to center; that's 1 rep. Do 24 reps, then switch lead legs and repeat.

the TOOLS



Pair of 5- to 8-pound dumbbells



Jump rope



Mat



Yoga block



5 Tipsey Bridge and Lift [^]

Lie on your back, feet hip-width apart, flexed left foot on a yoga block or telephone book, right foot on the floor. Keeping shoulders and head neutral and abs tight, lift hips so your body forms a straight line from shoulders to knees. Lower down, then lift right foot, bringing knee in toward chest. Return foot to floor; that's 1 rep. Do 24 reps, then switch sides and repeat.



8 Triceps With a Twist [^]

Lie on back with knees bent, a 5- to 8-pound dumbbell in right hand lifted so weight is over shoulder. Let knees fall left while bending right elbow until end of weight touches floor near ear. Straighten right arm while lifting hips, legs, head, and shoulders. Lower gently down. Do 24 reps, then switch sides and repeat.

6

Biceps and Arm Circles >>

Stand with legs slightly wider than hip-width, a 5- to 8-pound dumbbell in each hand, elbows bent and palms up. Keeping spine straight, squat and circle left hand up and in toward your shoulder in a circular motion (as if beckoning someone toward you); reverse to lower hand. Do 16 reps, then switch sides and repeat.



7

CARDIO BLAST! << Fast Feet

Step quickly forward and backward over a stretched-out jump rope for 2 minutes.



9 Roll Over and Sit Up [^]

Start lying on stomach, chest lifted, arms stretched overhead, legs straight. Roll to right onto your back, bending knees slightly and bringing arms halfway down; curl up to sitting position as arms move back overhead. Curl back down, and roll back over onto stomach. Do 16 reps, then switch directions and repeat.

10

CARDIO BLAST! << Cross Crawl

Raise your arms, then lift left knee and bring right elbow down to meet it. Repeat on opposite side; alternate for 2 minutes, moving as quickly as possible. You're done! ●

