

# MAKE OVER YOUR BODY IN MINUTES

Give us five—when you wake up, between errands, while dinner is cooking—and we'll slim you down fast. BY MALLORY CREVELING

“A small time commitment can yield big results—you just have to go all out,” says Adam Rosante, celeb trainer and author of *The 30-Second Body: Eat Clean, Train Dirty, and Live Hard*. “That means you shouldn’t be able to hold a conversation

during the workout.” To get you burning calories and sculpting lean muscles, Adam designed 5-, 10- and 15-minute plans. Each one includes high-intensity intervals to boost your metabolism, even after you’ve stopped moving. So start with

an “I can do this” pep talk and tackle the sequence that fits your schedule. Better yet, scatter the routines throughout your day, three to five times a week, and you have a recipe for better heart health, a happy mood—and one fit bod!

**WARM UP** 1 to 2 minutes of big arm circles (forward and backward) while marching in place, jumping jacks, shoulder rolls and torso twists.

**COOL DOWN** Stretch your legs, arms and core, holding each position for five deep breaths.

## 5-MINUTE WORKOUT

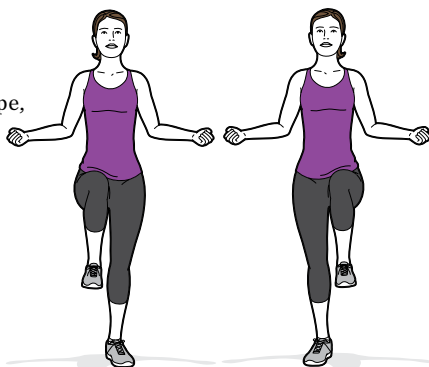
CALORIES BURNED: UP TO 75

→ Perform the moves below back-to-back for 30 seconds each, then rest for 30 seconds.

→ Repeat each exercise and end with a 30-second sprint in place, pumping arms and raising knees to hip level.

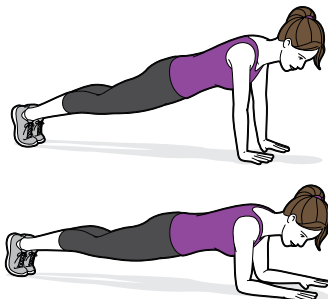
### 1/ High Knee Jump Rope

While swinging an imaginary jump rope, run in place as fast as you can, raising knees to hip level.



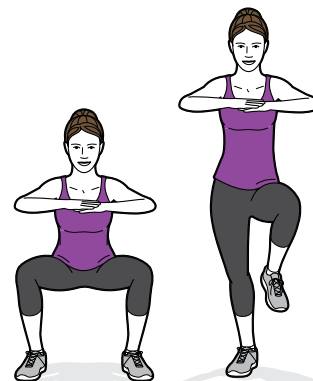
### 2/ High Lows

Get into push-up position, with your wrists in line with your shoulders. Slowly lower your left forearm to the floor, elbow directly below the shoulder. Then lower your right forearm. Return, one hand at a time, to the top of the push-up. Repeat, starting with your other forearm.



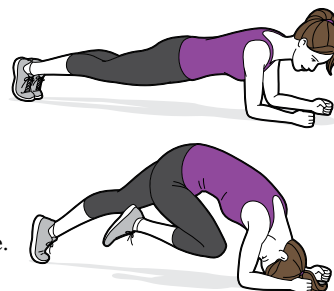
### 3/ Modified Tuck Jumps

Stand with your feet shoulder-width apart, arms bent, elbows up and fingers stacked. Press the hips back into a squat and then stand, raising the left knee to the forearm. Lower your foot to the floor and repeat the squat. This time stand and raise your right knee to your forearm. Repeat, alternating back and forth.



### 4/ Low Plank Knees

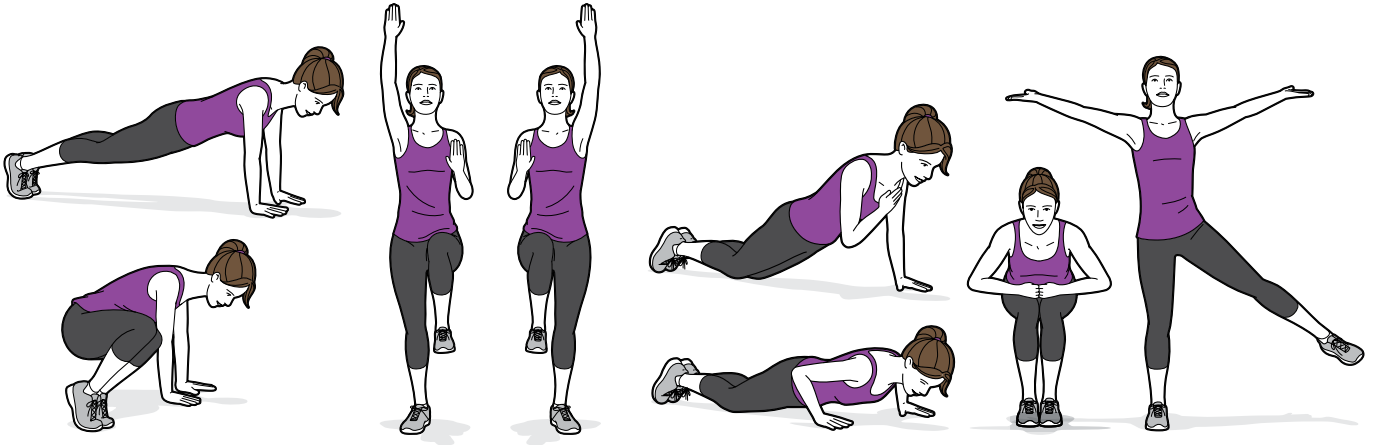
Start in forearm plank position, with your elbows directly below your shoulders. Pike your hips and drive your right knee toward your face. Return to start. Repeat on the left side. Continue alternating.



# 10-MINUTE WORKOUT

CALORIES BURNED: UP TO 150

- Do moves 1-4 for 30 seconds each, then rest for 30 seconds.
- Next, perform the moves below for 30 seconds each and break for another 30 seconds.
- Repeat both rounds but finish with a 30-second low squat hold, with your feet hip-width apart, chest raised, butt back and low, and knees in line with your ankles.



## 5/ 3-Point Plankers

Start in push-up position, then step or jump your feet as close as you can to the outside of the right hand. Return to start. Step or jump your feet as close as you can to the outside of your left hand. Return to start. Step or jump your feet between your hands. Return to start and continue alternating.

## 6/ Standing Mountain Climbers

Stand with feet hip-width apart, hands in front of shoulders with palms facing forward. Raise your right hand to the sky as you raise your left knee to hip height. Switch sides, shooting your left hand to the sky as you raise your right knee to hip height. Continue alternating.

## 7/ Tap-Ups

Start in push-up position with your knees on the floor (butt down and hips in diagonal line with shoulders). Tap your left shoulder with your right fingertips. Return to start. Tap your right shoulder with your left fingertips. Return to start. Perform a modified push-up. Repeat from start.

## 8/ Star Bursts

Stand with your feet together. Bend the knees and push your hips back into a low squat, engaging your core and drawing your arms into the center of your body. Stand up, extending your arms overhead and the left leg out. Return to the start and repeat with your left leg. Continue alternating.

# Slim Down Your Diet

To really shrink your dress size, watch what you put on your plate. These easy alterations—from a few of our favorite health gurus—will do the trick.

**“Begin your health revolution by tossing the junk in your kitchen. Get a recycle bin and garbage can ready and don’t hold back.”**

—Tara Stiles, author of *Make Your Own Rules Diet*, founder of Strala Yoga

**“Take willpower out of the eating equation. Make produce easy to access by storing it in clear containers on the middle fridge shelves. Place tempting sweets in opaque containers on low shelves in the pantry.”**

—Jennifer McDaniel, RDN, spokesperson for the Academy of Nutrition and Dietetics

**“Focus on what to eat instead of what not to eat—it’s a much more positive approach and naturally cuts calories. Opt for lean meats, whole grains, low-fat dairy and filling half your plate with fiber-rich fruits and veggies.”**

—Angela Lemond, RDN, spokesperson for the Academy of Nutrition and Dietetics

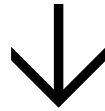
**“Boost your mood before a meal by acknowledging the small things you are thankful for, seeing a movie or chatting with friends. People in a negative mind-set tend to reach for high-calorie or sugary snacks**

**instead of the healthy choices more positive people make.”**

—Brian Wansink, PhD, director of the Cornell University Food and Brand Lab, author of *Slim by Design: Mindless Eating Solutions for Everyday Life*

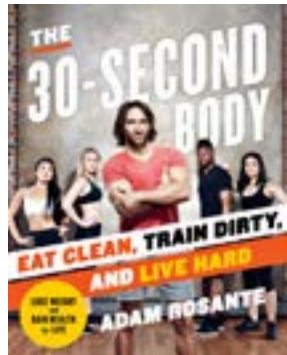
**“Enjoy each bite at a relaxed pace. Every few minutes put down your fork, stop chewing and breathe deeply, so you can savor your food. Eating with pleasure will leave you satisfied sooner so you’ll end up eating less food.”**

—Jena La Flamme, author of *Pleasurable Weight Loss*



## BONUS!

Check out Rosante's book, *The 30-Second Body*, for more get-fit motivation. Plus, visit [familycircle.com/fastworkout](http://familycircle.com/fastworkout) for ways to kick this feature's routine up a notch.



## 15-MINUTE WORKOUT

CALORIES BURNED: UP TO 220

→ Do moves 1, 2, 3, 4, 6 and 5 for 30 seconds each, then rest for 30 seconds.

→ Do moves 8, 7, 9, 10, 11 and 12 for 30 seconds each, then rest for 30 seconds.

→ Repeat both sequences and finish with a 60-second sprint in place.

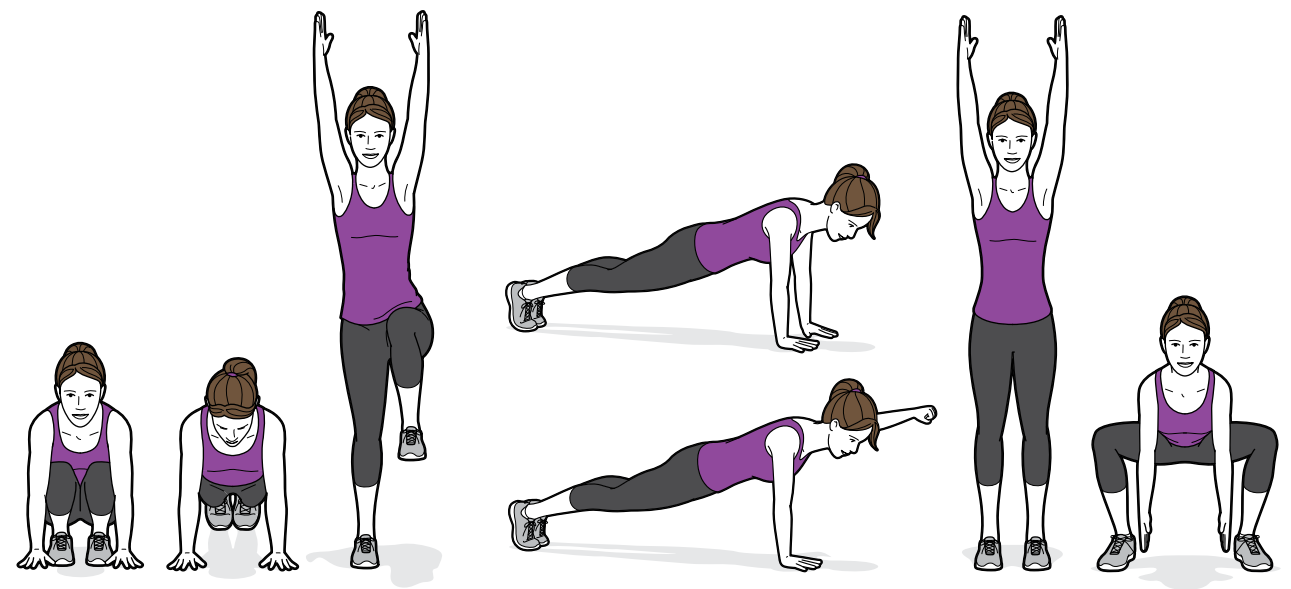
### 9/Oblique High Knees

Stand tall with your feet shoulder-width apart and elbows up with fingers stacked. Jog in place, raising knees to hip height while bringing opposite elbows toward opposite knees.



### Fast Break

*Fitness newbies may need to pause after each move and that's okay, it'll just take a little longer to complete the workout. The more you do these routines, the better you'll get!*



### 10/Power Thrusts

Stand with feet wider than hip-width apart. Squat down, placing your hands on the floor, wrists under your shoulders. Step or jump your feet back so you're at the top of a push-up position. Return your feet to the squat position. Stand, lift your left knee to hip height and shoot your fingertips to the sky. Return your foot to the ground and lift your right knee to hip height. Repeat from the top.

### 11/High Plank Punches

Assume a push-up position with your wrists directly under your shoulders. Punch forward with your left fist at shoulder level. Place your hand back on the floor. Repeat with the right fist. Continue alternating.

### 12/Pencil Squats

Stand with your feet together, arms raised overhead at shoulder width. Step out to the left, lower to a squat and touch the floor between your ankles. Step back to the start. Repeat, stepping to the right. Continue alternating.