

Killer calorie burner

Torch 200 and tone up all over in only 25 minutes with this mighty machine routine.
By Mallory Creveling



USE YOUR LEG STRENGTH
Press into the foot pads as you straighten your legs, lean back, and pull the handlebar to the base of your sternum.

PUSH OFF
The majority of your power should come from your lower body.

MIND YOUR MIDDLE
Engaging your core and keeping your back flat will help protect your lower back.

Photograph by Chris Fanning; hair by Mary Gauthier/ABTF.com; makeup by Clarissa Luna using Hourglass cosmetics/ABTF.com; Adds by Stella McCartney top; Salow leggings; Nike sneakers. Illustration by Paul Oakley

YOUR WORKOUT PLAN

- ▶ **WORKOUT INTENSITY:** Moderately hard
- ▶ **EQUIPMENT NEEDED:** An indoor rower
- ▶ **TOTAL TIME:** 25 minutes
- ▶ **CALORIES BURNED:** 200*

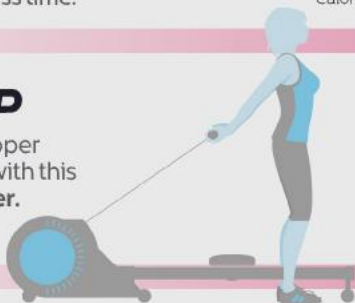
Consider the rower your badass-yet-friendly trainer. With each stroke, you melt fat and firm up everything from your shoulders to your calves—but because you're sitting, there's none of the pounding on your joints that often comes with cardio. Plus, the movement helps create posture your mom would be proud of, says Annie Mulgrew, trainer and program director at CityRow in NYC, who created this plan. "Although you're rowing with your arms in front of you, it's a great counteraction to the hunched-over position many of us are in all day," she says. "Your back needs to stay straight and your core engaged. And rowing strengthens back muscles that get weakened from desk jobs." The best part: The faster you row, the more intense your workout becomes—so the quick intervals here will get you toned in less time.

TIME (mins)	WHAT TO DO	RPE** (1-10)
0-3	Warm up: Row at a slow, easy pace	3-4
3-6	Row as fast as you can for 30 seconds, then slowly for 30 seconds; repeat twice	6-7
6-9	Row at a moderate pace, alternating between three regular strokes (palms facing down) and three strokes with an underhand grip	5-6
9-12	Row, pulling the bar as hard and fast as you can for five strokes. Pause for 1 or 2 counts in the starting position	5
12-15	Repeat minutes 3-6	6-7
15-18	Row at a moderate pace with right palm facing down and left palm facing up, pulling the bar to outside your right hip for 30 seconds. Switch to the opposite grip and repeat to the left side. Repeat series twice	5-6
18-21	Repeat minutes 6-9	5-6
21-22	Row as fast as you can for 1 minute	7-8
22-25	Cool down: Row at a slow, easy pace	3-4

*Calorie burn is based on a 145-pound woman. **Rate of perceived exertion; see page 174 for chart.

LOOSEN UP

Give your hardworking upper body a soothing release with this chest and shoulder opener.



Straddle the center rail of the rower with the seat in front of you, and pull the handle halfway to the end of the seat. Grip it firmly with both hands, turn around so the handle is behind you, and flip palms so they face up. Keeping your shoulders down, let the pull of the chain lift your arms away from your hips (shown); you should feel the stretch in the front of your shoulders and chest. Hold for 30 seconds. (If you don't want to hold the handle, just clasp your hands behind you with straight arms and lift them away from your hips.)