

STRONG + SEXY

*Speed Up Your Slim-Down,
Transform Your Body **Now***

fit **ness**

**No-Fail
Weight
Loss**

Genius
Tricks to
Beat Any
Craving

**The Truth
About
Juicing**

What's Healthy,
What's Hype

BEST SNEAKERS

Find Your New Fave, p. 77

**SPECIAL
REPORT**

**WHY
CARDIO IS
A WASTE
OF TIME**

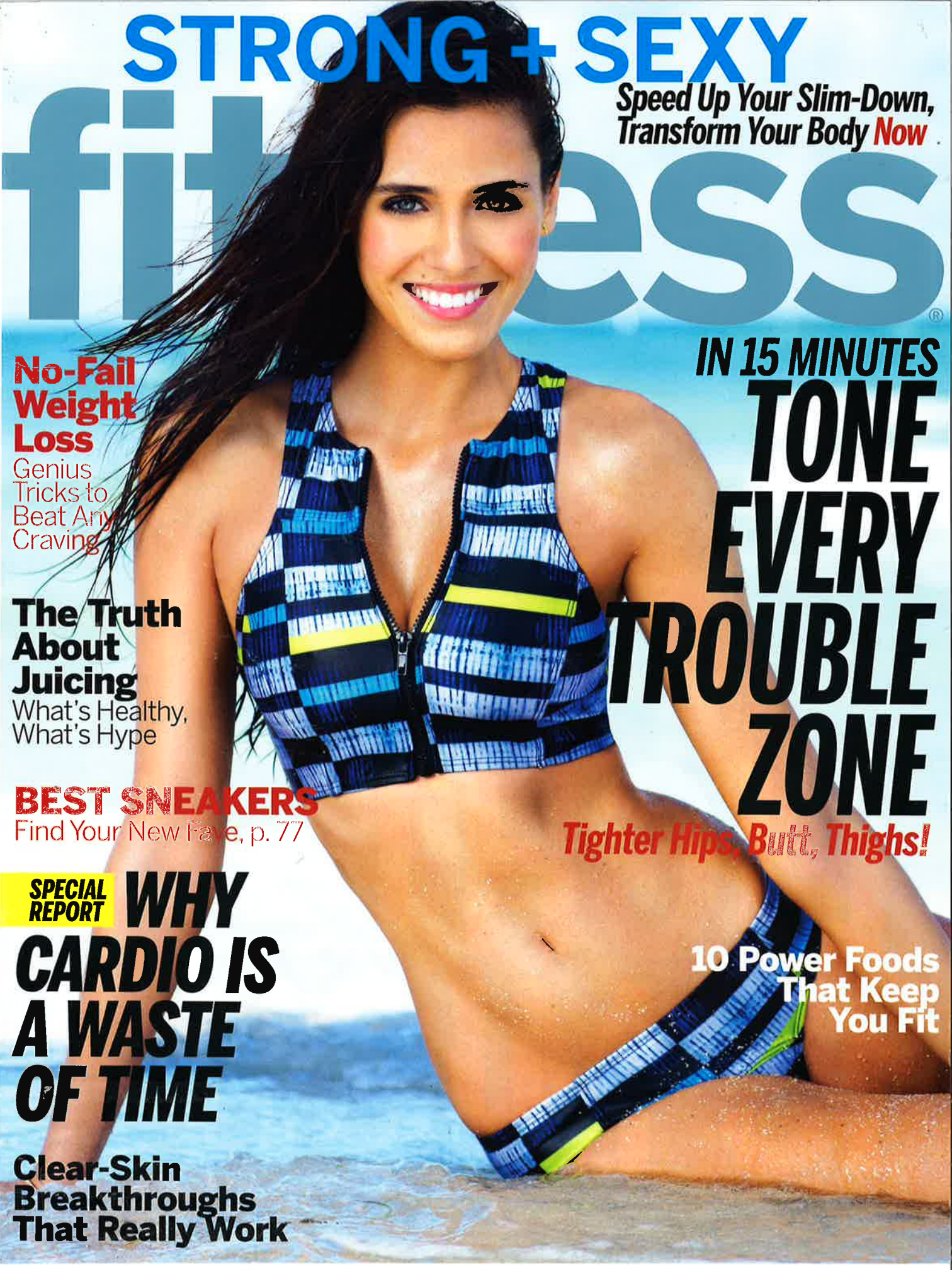
**Clear-Skin
Breakthroughs
That Really Work**

IN 15 MINUTES

**TONE
EVERY
TROUBLE
ZONE**

Tighter Hips, Butt, Thighs!

**10 Power Foods
That Keep
You Fit**





STRENGTH DEFIES LOGIC

As the saying goes, train insane or remain the same. I get that workouts are supposed to involve, well, *work* if you want your body to change, but when did exercise become so crazy hard? Walk into any CrossFit, boot camp or power-anything class and you'll immediately see what I mean. There's a lot of heaving going on—of weights and battle ropes, of chests trying to catch a breath as they recover from yet another 60-second set of burpees. And people seem to be enjoying all this torture. In today's do-more-in-less-time culture, high-intensity interval training (HIIT) has become the hot way to shape up. But is it a better approach than the 30 to 60 minutes of moderate physical activity that for decades experts have been recommending Americans log most days? The answer to that depends on your personal fitness goals. If you're like me and training for a half-marathon, there's a definite place in your routine for long, steady tempo runs. But if you're trying to shed fat, bursts of balls-to-the-wall sprints and jumps may be the more efficient flab-fighting solution. Read our fascinating report "Crank Up Your Cardio," on page 70, the first in a three-part series examining future trends in fitness. You'll learn that ultimately the best form of cardio is any that you can stick with, that leaves you feeling strong and wanting more even when your muscles are tired and tapped out. That drive to get up, get out and keep going after your goals—insanity, maybe, but it's also what makes us better.

Betty

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Betty Gets Sweaty

How I'm working out this month Pure PXT, a yoga plus conditioning class at New York City's Pure Yoga studio.

Why I love it After a few warm-up sun salutations, Pure PXT creator Loren Bassett led FITNESS editors and me through a 50-minute cardio-strength circuit—challenging variations on push-ups, warrior lunges, planks and leg lifts—using dumbbells, gliding disks and a core ball. There's no time to zone out as you flow from one killer sculpting move to the next, and by the eighth forward-bend-into-chaturanga-to-upward-facing-dog-to-downward-dog transition, my arms, shoulders and abs were feeling jacked!

Try it Turn to page 87 to sample Bassett's get-lean routine. If you're in New York City, book a Pure PXT class at pureyoga.com.





THE ULTIMATE LEAN ROUTINE

Just when you thought you had seen every twist on yoga, here's a high-octane hybrid that firms, burns, balances and stretches like nothing else. "This workout is a one-stop shop," says Loren Bassett, the creator of the sweaty mix that makes up the Pure PXT class at Pure Yoga in New York City. Start this mini session with a few sun salutations to limber up (check out fitnessmagazine.com/sunsalutation for a refresher), then get cranking. Alternate doing one-minute intervals of the sliding exercises at top speed with a minute of slow and steady dumbbell moves. Do the circuit two to three times then, er, curl up in a ball: Happy baby pose (faceup, grasping your feet, knees at armpits) should bring you om again.

By Mary Christ Anderson

Photographs by
Scott McDermott

BADASS CRAWL

Targets shoulders, chest, arms, abs

- Start on floor in full plank position, palms on one end of mat, forefeet on gliding disks.
- ▶ Keeping legs steady, walk hands forward on mat until palms near other end.
- Lower onto forearms, one arm at a time, then crawl backward on forearms toward opposite end of mat, legs steady.
- Once you reach end of mat, return to full plank (rising onto palms); repeat. Continue for 1 minute.



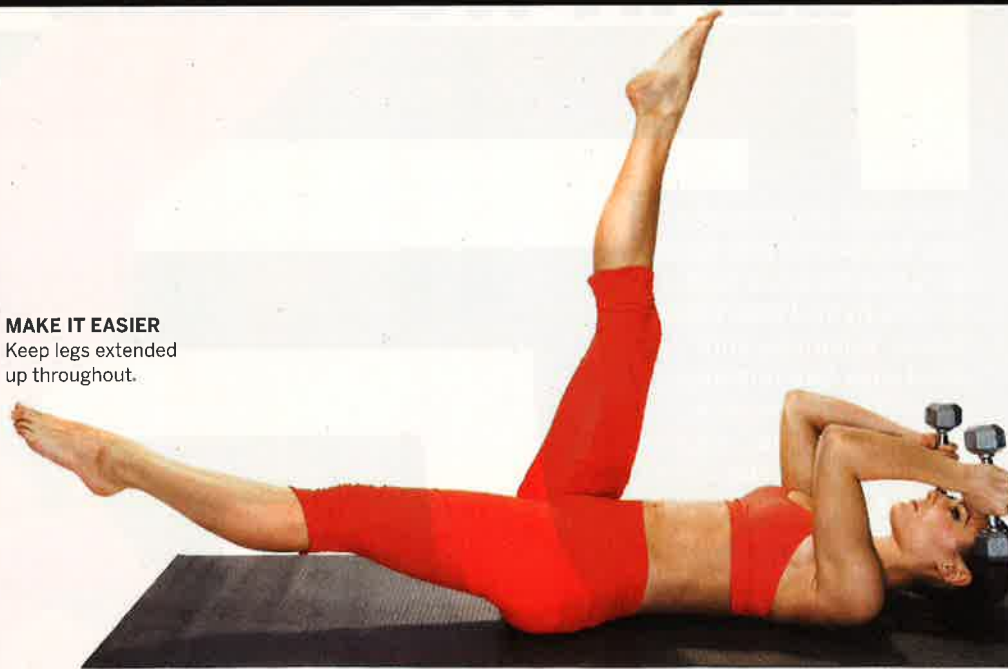
MAKE IT EASIER
Start in modified push-up position with knees rather than feet on disks.

SKULL CRUSHER WITH SCISSORS

Targets triceps, abs

- Lie faceup on mat, a dumbbell in each hand, with arms and legs extended toward ceiling, palms facing each other.
- ▶ Keeping upper arms fixed in place, bend elbows to lower dumbbells by ears as you lower left leg toward mat (without touching it down).
- Straighten arms as you switch leg positions. Continue for 1 minute, alternating legs.

MAKE IT EASIER
Keep legs extended up throughout.



CRISSCROSS

Targets shoulders, abs, obliques, legs

- Start on floor in full plank position, palms on end of mat, forefeet on gliding disks.
- ▶ Keeping upper body steady, bring right knee toward left elbow by sliding right foot under body.
- Slide right foot back to start, then quickly switch sides and repeat. Continue alternating for 1 minute.



WHAT YOU'LL NEED Besides your yoga mat, grab a pair of gliding disks (try Valslide, \$30, valslide.com)—or, in a pinch, a hand towel—and a set of 3- to 8-pound hand weights.



**GET THIS VIDEO ON
YOUR IPAD!**

Try FITNESS on your iPad—
free!—and watch the video
of this workout wherever you
are. Go to fitnessmagazine.com/digitalextras
for details.



FLYE WARRIOR

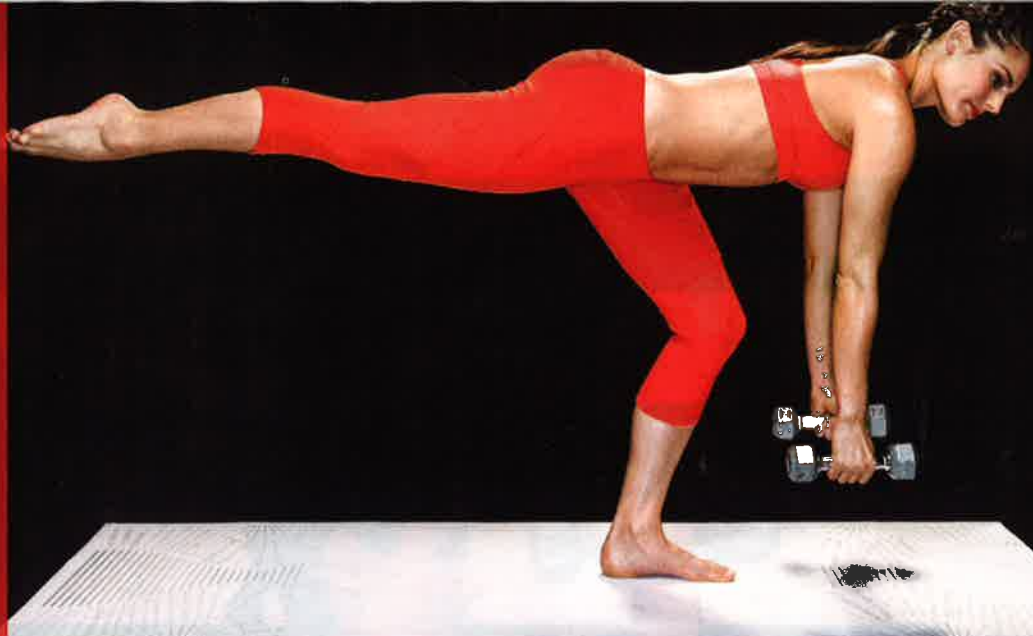
Targets shoulders, back, butt, quads

- Stand with right foot staggered in front of left, holding a dumbbell in each hand with arms out to sides at shoulder level and elbows bent 90 degrees (like goalposts), palms facing forward.
- ◀ Lower into a lunge position, bending right knee 90 degrees and bringing left knee toward floor, as you bring bent arms together in front of you. (If right knee juts past toes, start with feet farther apart.)
- Return to start. Continue for 30 seconds, then switch sides and repeat.

WARRIOR 3 DEAD LIFT

Targets butt, hamstrings

- Stand with feet hip-width apart and arms by sides, a dumbbell in each hand; place right foot behind you slightly, toes on mat.
- ▶ Standing on left leg, knee slightly bent, hinge forward from hips as you raise right leg behind you until body is parallel to floor, arms hanging down.
- Hold for 1 count, then return to start, tapping right foot down. Continue for 30 seconds; switch legs and repeat.



FOREARM PLANK TO PIKE

Targets shoulders, abs, legs

- Start on floor in plank position, forearms on mat and forefeet on gliding disks.
- ▶ Engage abs and, keeping legs straight, pull feet forward toward nose until body forms an inverted V (pike position).
- Slide feet back to start. Continue for 1 minute.



MAKE IT EASIER Bring knees in toward chest rather than piking up.

MAKE IT HARDER Slide feet out to sides, then back in, after each rep.

BADDHA KONASANA SIT-UP

Targets arms, abs

- Lie faceup on mat with knees bent out to sides, soles of feet together, and hold ends of a single dumbbell in hands, arms extended behind head at a 45-degree angle from floor.
- ▶ Engage abs and, keeping arms extended, sit up tall (straight spine) as you reach arms diagonally forward toward ceiling.
- Lower to start, repeat.
- Continue for 1 minute.



ROCK. IT. OUT.

After a few chants and chimes, you'll need some driving beats for this mat session. Plug in this playlist from Pure PXT and get after it! (Download it at fitnessmagazine.com/purepower.)

- "Back to the Rivers of Belief Medley," Enigma
- "We Found Love" (House Remix), Fred Perry
- "Baul Dimension," Daniel Masson
- "Hollaback Girl," Gwen Stefani
- "Don't Stop 'Til You Get Enough," Michael Jackson
- "Let Me Go," Kaskade, featuring Marcus Bentley
- "Un Dos Tres Maria" (Power Remix), Break Beat
- "Bois de Boulogne," F. K. Junior & Sindress
- "Don't You Worry Child" (Radio Edit), Swedish House Mafia, featuring John Martin
- "Sleepless," Marconi Union



SKATER

Targets butt, quads, inner thighs

- Stand with left foot on one end of mat, right forefoot on gliding disk, arms bent in runners position with right arm up and left arm back.
- ▲ Bend left knee 90 degrees as you slide straight right leg behind you, extending right arm back and pumping left arm forward.
- Quickly return to start and continue for 30 seconds. Switch sides and repeat.

MAKE IT HARDER Put more weight on the foot on the glider and slide leg directly out to side to target inner thighs.

It's flow time! Watch this routine at fitnessmagazine.com/yogabootcamp.