

# SELF

workout, p. 149

Try one!  
Try 'em all!

## 10 best body shape-ups ever

What the pros  
recommend above  
all else, p. 108

### Random acts of summer beauty

Sunny, spontaneous treats for  
hair, skin and body

### Big stars, bizarre diets

Who eats what—and  
should you try it?

### The no-sweat path to a sexier, flexier body, p. 128

Win model Stephanie  
Seymour's dress, inside



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## Want to live healthy?

26 ways to  
detox, destress,  
s-l-o-w d-o-w-n  
for summer

### A wiser, calmer, stronger you

Advice you'll rip out  
and reread for years



# Got 5 minutes? Try a microworkout

YAHOO—IT'S TRUE! YOU CAN SNEAK AN EFFECTIVE TONING SESSION INTO MERE MINUTES (6.5 TOTAL, WARM-UP INCLUDED) BY BREE SCOTT

Ever feel as if you are living a nonstop existence, jetting through your days like a hypercaffeinated hummingbird? Us too. Still, it is possible to find time to exercise, says Brad Schoenfeld, a Scarsdale, New York, trainer and author of *Look Great Naked: Slim Down, Shape Up and Tone Your Trouble Zones in Just 15 Minutes a Day* (Prentice Hall Press). SELF wanted this speed pro to put his muscle where his mouth is, so we asked him to design a five-minute workout. Behold, one superefficient session that works nearly all your major muscle groups. Schedule permitting, add other moves (in doable, five-minute spurts) for a program that's 20 minutes, max.

How do these exercises work their magic? They hit many muscle groups simultaneously. "If your goal is to increase muscle tone and strength, research shows it doesn't take much time to do that," says Ben Hurley, Ph.D., professor of exercise physiology



Finally! Shape up in the time it takes to toss in a load of laundry.

at the University of Maryland in College Park. One study, for instance, found that doing 12 reps of a move was almost as effective as doing three times as many.

How often you do a five-minute workout depends on your goal: For the average Jane, it takes about eight quickie sessions (40 minutes per week) to see results in a month. Do fewer (just 15 minutes per week) and you will get stronger, though not as speedily. Don't repeat the first five minutes (moves 1 and 2) over and over, instead, vary your routine using all the five-minute segments found here. "Even the most effective single move can't tone every millimeter of your muscle," says Schoenfeld. Ideally, you'd warm up and stretch for 10 minutes. But for a five-minute session, you can do a 60-second jog in place and a 30-second quad stretch—for a 6.5-minute body blast. The result? A stronger and sexier body—not a bad way to buzz through life!

## BEFORE YOU TURN THE PAGE

### We absolutely guarantee results if you...

- **Warm up.** Waking your muscles before you exercise is critical, no matter how short your workout. So try walking up and down stairs for five minutes, then stretching for five minutes. When you're strapped for time, Schoenfeld recommends jogging in place for one minute, pumping your arms and lifting your knees, then stretching your quads for 30 seconds.
- **Keep moving.** Sneak in cardio between sets by running in place, walking stairs or doing jumping jacks. "This trick burns more calories, cranks up the intensity and reduces the amount of lactic acid in your muscles so you can recuperate faster," says

Schoenfeld. Shoot for at least 30 minutes of cardio, three to four times a week, on top of this routine.

- **Feed your muscles.** In addition to a lowfat, healthy diet, Schoenfeld recommends that exercisers help build muscle by consuming at least 70 grams of protein daily. Trade in pretzels in favor of yogurt or string cheese, and choose other lean proteins such as eggs, fish and skinless chicken breasts.
- **Find pockets of time.** Take a hard look at your schedule and see when you can get moving. You could, for example, wake up a few minutes earlier or carve out five minutes while dinner cooks.



# 8 timesaving super toners

## GIMME FIVE!

Our head-to-toe routine hits every major muscle group. Here's what you'll work in just the first 5 minutes:

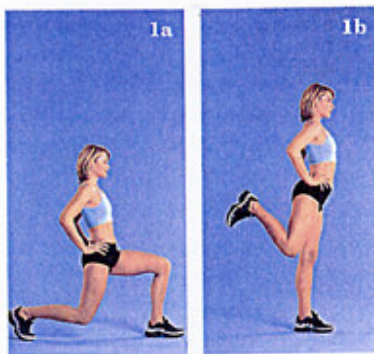


Do the first two moves for a five-minute workout, then add two more exercises (see "Got 10 Minutes?" below) for every extra five minutes you can spare. Adding moves will help you see results faster and give you a well-rounded program. For each exercise, aim for two sets of 12 reps. No dumbbells required—just a chair, a door and a set of stairs.



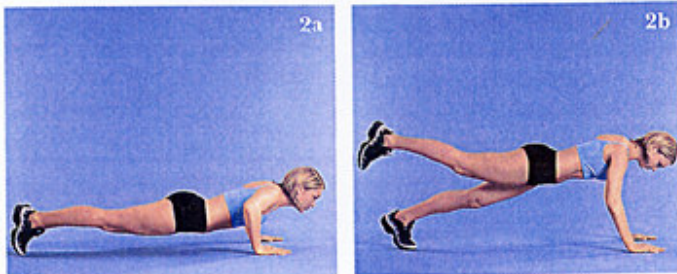
### GOT 5 MINUTES? Do moves 1 and 2

**1. Lunge & leg curl** (works your quadriceps, hamstrings and gluteus maximus)  
**a.** Stand with feet hip-width apart, knees soft, hands on hips; lunge left foot forward (don't let knee extend past toes).  
**b.** Slowly straighten left leg and bend right knee, bringing foot as close to butt as possible; return to starting position. Do all reps, then switch legs and repeat.



### 2. Push-up & leg lift

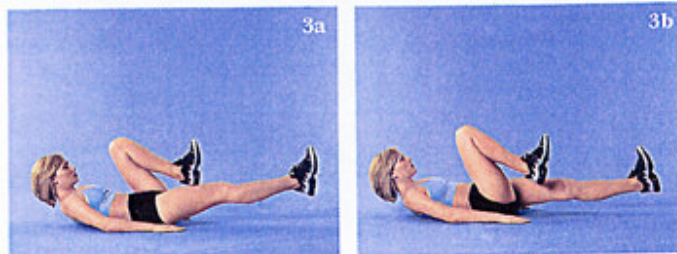
(works your pectoralis major, triceps and deltoids)  
**a.** Get into a push-up position: arms more than shoulder-width apart; back, hips and legs aligned. Bend elbows out to the side and lower chest toward floor.  
**b.** Lift right leg more than a foot off the floor as you press back to the start. Repeat, raising left leg as you push up.



### GOT 10 MINUTES? Do moves 1 through 4

### 3. Pedaling

(works your abs and obliques)  
**a.** Lie back with legs extended, arms by sides. Contract abs and lift shoulders off the floor, pulling left knee toward chest and raising right leg several inches off the ground.  
**b.** Keeping shoulders and legs lifted, switch legs; repeat.



### 4. Door pull

(works your upper back and biceps)  
**a.** Stand facing an open door, toes almost touching the bottom. Grip the knobs on either side, bend knees and shift weight onto heels, straightening arms as you lean back.  
**b.** Squeeze shoulder blades together as you slowly pull yourself toward the door until chest almost touches; repeat.

