

fitness

mind, body & spirit

Get Slim & Strong

Our 28-day plan

- Sculpt your abs
- Burn extra calories
- Have more energy, too!

Ice Cream? Chips? Chocolate?

**4 ways to beat your
food addictions**

**Find the cardio you'll
really stick with p.27**

**THE NICE GIRL'S
GUIDE TO WINNING**
(okay, maybe not
always so nice)

JANUARY 2006
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JANUARY 2006

**90-SECOND
STRESS
ERASER**

**BANISH
BAD HAIR
DAYS**

**WE TRIED 'EM
10 best
exercise
DVDs**

**Small diet
changes,
awesome
results**

**BODY
CONFIDENCE**
You deserve it
How to get it



Drop 5 pounds in 4 weeks



Blast fat, boost your metabolism, and sculpt every inch in less than a month with this total-body plan.

THIS NEW YEAR, WE'RE REALLY GIVING YOU something to celebrate: a lean, firm, totally toned body in four weeks flat. Based on the just-released *28-Day Body Shapeover* (Human Kinetics; December, 2005) by fitness expert Brad Schoenfeld, this intensive cardio/strength program promises to blast fat, boost metabolism and sculpt your abs, arms, thighs and butt. "The workouts are designed to maximize the afterburn effect—the amount of calories your body burns after your workout is finished," says Schoenfeld. "The more intense the exercise, the higher the metabolic bump."

You'll do three strength workouts a week, each one focusing on a different area of the body. The first concentrates on shoulders and

arms; the second on the legs and butt; the third works the back, chest and abs. You'll also vary the number of sets and reps weekly, building strength with heavier weights and fewer reps during weeks 1 and 3 and increasing endurance with lighter weights/higher reps in weeks 2 and 4. (See "The 28-Day Get-Slim Guide," page 91.) To zap body fat, complete three calorie-blasting interval routines a week.

If weight loss is your goal, Schoenfeld recommends following a diet of about 1,500 calories a day: about 700 calories from complex carbohydrates, 500 calories from lean protein and 300 calories from healthy fats. Follow these dietary changes and the accompanying fitness plan and you'll drop five pounds or more by the Super Bowl!

Adapted from *28-Day Body Shapeover* by Brad Schoenfeld (2005, Human Kinetics, Inc., \$17.95). All rights reserved.

PHOTOGRAPHS BY MATTIAS OLSSON

Workout 1

ARMS AND SHOULDERS



2 Double-arm overhead extension



3 Lateral raise



1a

1 Twist and curl press
a. Stand with feet hip-distance apart, arms at sides holding weights with palms facing each other (not shown). Slowly curl weights toward shoulders, rotating hands so palms face up. **b.** From this position, rotate hands again so palms face forward. Extend arms, pressing weights together overhead in an arc. Reverse the move and lower to starting position; repeat.



4 Dumbbell pull-back curl

2. Double-arm overhead extension (triceps) Sit holding stem of dumbbell with both hands, elbows pointed toward ceiling and close to ears, and weight hanging down behind head. Slowly extend arms, keeping elbows close to head; lower and repeat.

3. Lateral raise (shoulders) Stand holding weights at sides, palms facing each other. Slowly lift the weights up and out to the sides until they're at shoulder level, keeping elbows slightly bent. Slowly lower back to starting position and repeat.

4. Dumbbell pull-back curl (biceps) Stand holding weights at sides, palms up, knees slightly bent. Keeping arms pressed into sides, pull elbows as far back as is comfortable. From this position, slowly curl the weights toward your shoulders; lower and repeat.

ADDITIONAL MOVES

If you have time, add these three exercises, not shown, to round out your routine:

Kickback (triceps) Holding weight in right hand, palm in, lean against a bench or chair with left hand. Keep right arm close to side and bend elbow 90 degrees. Extend arm, pressing weight behind body; return to starting position and repeat. Do all reps; switch arms and repeat.

Front raise (shoulders) Stand holding weights at sides, palms facing body. Lift the weights forward and up to chin level; lower and repeat.

Hammer curl (biceps) Hold weights at sides, palms facing each other. Slowly curl weights toward shoulders, pressing elbows into sides; lower and repeat.