

Zones Get lean and sculpted. melt inches

Best workouts to improve your mood, fight disease. get more energy

The cancer you can prevent Stash your risk by 70%

#1 diet change that guarantees weight loss p.136

QUICK

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The new health rules Whatto eat, buy, do

Jiggle-free arms in

Flat Abs for Every Body

The right move for any level

Is your salad making you fat?

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8 NEW WAYS TO **BLAST 500 CALORIES**

Exclusive Calorie-Scorching Workout

Kickboxing Jam Session

This nonstop workout, designed by Miami-based trainers Janis Saffell and Guillermo Gomez, combines a variety of cardio and sculpting moves. You'll alternate high-impact aerobics with kick-boxing strength moves, some using a resistance tube.

0:00-10:00	Run in place to warm up; stretch
10:00-16:00	Jump rope; run in place with punches or do
	jumping jacks (cardio combo)
16:00-17:00	Do as many push-ups as you can
17:00-19:00	Standing squats with tube under feet; hold ends
19:00-25:00	Cardio combo
25:00-26:00	Alternate rear lunges
26:00-28:00	Alternate jab punches
28:00-34:00	Cardio combo
34:00-35:00	Dips off bench or chair
35:00-37:00	Alternating front kicks
37:00-43:00	Cardio combo
43:00-44:00	Hop in place while punching overhead
44:00-46:00	Biceps curls in deep plié with tube under feet
46:00-51:00	Cardio combo
51:00-52:00	Alternate walking front kicks/lunges
52:00-55:00	Side kicks (one minute, 30 seconds per leg)
55:00-56:00	Crunches
56:00-60:00	March in place; stretch (cooldown)