

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 kickboxing 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)**