



APRIL 2007

# Fitness

**Don't Waste Time**  
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Every Workout

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Our Fastest Fat-Burner Ever

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Secrets Of Women Who  
Don't Look Their Age

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# LUNCH HOUR POWER

Think you don't have time for a great midday workout? If you've got 60 minutes, we've got the perfect solution.

by Paula Connor

You haven't worked out in three days and you're desperate to go to the gym. Late nights at the office, weekend social commitments and the fact that

you're not even close to being a "morning person" means your only free time is lunchtime. But you could never squeeze a great sweat into just one hour, right? Wrong! Our Lunch Hour Power workout gets you in and out of the club in 60 minutes and really puts you

through your paces.

Miami trainer Janis Saffell has designed the ultimate calorie-blitzing workout. Even though you might have to cram down a quickie sandwich when you get back to your desk, it's worth the extra effort. Aim for three 45-minute sessions per week; we allow 15 minutes to wash up and change. Do the cardio training before the strength exercises; for variety, occasionally substitute the bike for the treadmill. Depending on your fitness level, time crunch and commute to and from the gym, complete 1-2 sets of 8-12 reps (no rest between exercises) of each weighted move.

## WORKOUT

- WARM-UP:**  
3 minutes
- CARDIO TRAINING:**  
23 minutes of treadmill training—see chart below
- COOLDOWN:**  
4 minutes
- STRENGTH TRAINING:**  
10 minutes
- AB WORK:**  
1 minute of ab curls
- STRETCH:**  
4 minutes of gentle total body stretches

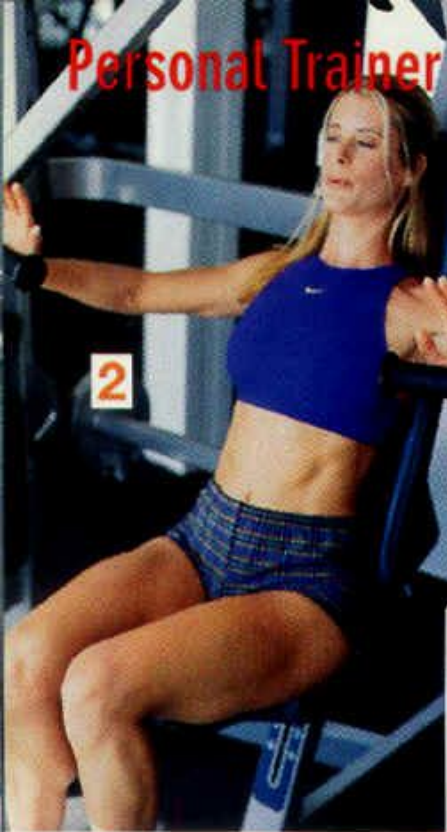
### 1. TREADMILL TRAINING: 30 MINUTES

Speed walk by increasing the number of strides per minute rather than lengthening your stride; keep feet in a straight, tight line. Use your entire foot, placing heel down first and following through with the ball of the foot. Stand tall and pump arms as you walk. If you complete the first phase too easily, increase the pace and/or grade. Wear supportive shoes and drink plenty of water.

|          | activity         | time      | speed                 | incline |
|----------|------------------|-----------|-----------------------|---------|
| WARM-UP  | moderate walking | 3 minutes | 3 mph                 | 0%      |
| PHASE 1  | speed walking    | 5 minutes | 4-4.5 mph             | 0%      |
| PHASE 2  | interval walking | 2 minutes | 3.5-4 mph             | 3-6%    |
|          | interval walking | 2 minutes | 4-4.5 mph             | 3-6%    |
| PHASE 3  | speed walking    | 5 minutes | 4.5-5 mph             | 6-9%    |
| PHASE 4  | (repeat phase 2) |           |                       |         |
| PHASE 5  | speed walking    | 5 minutes | 3.5-4 mph             | 0%      |
| COOLDOWN | slow walking     | 4 minutes | 3 mph, slowing to 2.5 | 0%      |



# Personal Trainer



## 2. CHEST PRESS

Strengthens chest muscles and front of shoulders

Adjust seat height so handles are parallel to midchest. Grasp handles in an open-hand grip (as shown) with elbows out to sides and fingers extended. Contract chest muscles; keep abs tight and feet on the floor as you press handles forward (not shown) to full extension. Don't lock elbow joints. Keep elbows level with shoulders and your back flat against the back pad, and slowly release to starting position.

## 3. SEATED ROW

Strengthens mid- to upper-back muscles and rear shoulders

Adjust seat height so chest pad fits comfortably over midchest and arms are fully extended when grasping handles (not shown). With feet flat on the floor and back straight, squeeze shoulder blades together and pull handles back until elbows clear your rib cage. Contract back muscles briefly, then slowly return to starting position and repeat.

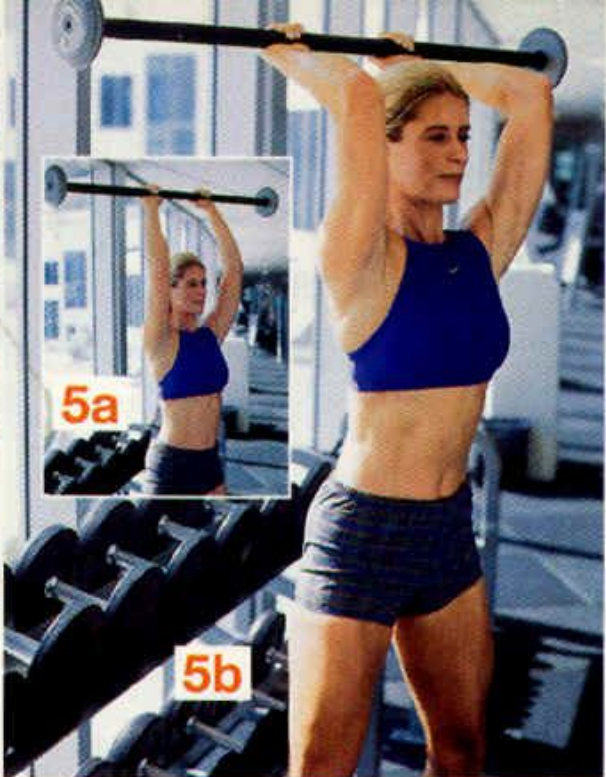


## 4. BARBELL CURLS

Strengthens biceps muscles

Stand tall with feet shoulder-width apart, knees slightly bent. Grasp a 10- to 20-pound barbell\* in an underhand grip, hands slightly wider than hip-distance apart. Keeping elbows tucked into sides, slowly curl bar up toward chest; keep upper body steady. At the top of the move, contract front-arm muscles, then lower and repeat.

*\*Note: Heavier barbells can be replaced with lighter (5- to 8-pound) dumbbells.*



## 5. OVERHEAD TRICEPS PRESS

Strengthens triceps muscles

**A)** Stand tall with legs in a wide, supportive stance (knees bent). Grasp a 10- to 20-pound barbell\* in an overhand grip. Extend arms straight up without locking elbow joints and contract rear upper-arm muscles. **B)** Keeping elbows close to your head, slowly lower barbell behind you until elbows form a 90-degree angle or less with floor (the lower your arms, the harder the exercise). Slowly raise bar until arms are overhead and repeat.

## 6. INCLINE-REVERSE OBLIQUE CURLS

Strengthens front and side abdominal muscles

Lie back on incline board with head at the high end, and grasp top of the pad (as shown). Press lower back into board and bend knees over abs. Contracting abs hard, lift tailbone 2 inches off the board; simultaneously rotate torso so bent knees point toward left shoulder. (Shoulders remain flat on the incline board.) Hold knees up to the left for two counts, then lower to start and repeat the curl toward the right shoulder. Alternate slow curls for one set of 10-20 reps. □



Janis Saffell stars in the top-selling exercise video "A Brand New Butt," and cohosts ESPN2's *Crunch Fitness*. She is the owner of Fitness Express International, an exercise consulting company in Miami Beach.