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FITNESS

EVERYWHERE EDITION

FITNESS



Physique 57



Cuerpaso



Valslide



Reebok's EasyTone



The Burpee

Best Workout DVD: **Physique 57**

Think home workouts are boring—or too easy? We dare you to do this speedy routine and not get a sore core the next day. Physique 57 combines Pilates, ballet and calisthenics and attracts throngs of celeb fans like Kelly Ripa, Christy Turlington and Kim Raver. **Physique57.com**

Best New Workout: **Cuerpaso**

Cuer-what? Trainer Taldeo has worked with actresses, Broadway stars and pro soccer players and now brings his Brazilian-inspired workout to the masses. Cuerpaso features an explosive mix of soccer drills and dance for a full-body cardio and strength routine that will give you a Giselle-worthy figure. **Cuerpaso.com**

Best Gadget: **Valslide**

Slide your way to a slimmer body with star trainer Valerie Waters' affordable Valslide, which consists of two small foam-covered shapes that you step on. It makes every move harder, similar to wobbly or vibrating boards—except the discs cost less than \$30. Jennifer Gardner credits the Valslide with helping her drop her baby weight. **Valslide.com**

Best Gear: **High-Tech Sneakers**

The latest crop of kicks does much more than protect your feet from the elements. Sneaks like **Reebok's EasyTone** and **Skechers Shape-Ups** are designed to burn more calories and tone leg muscles while

you stroll. Others, like **Vibram FiveFinger Footwear**, mimic the feel and health benefits of going barefoot.

Best All-Over Move: **The Burpee**

Sure, the name sounds goofy, but this all-over toner is serious stuff. The move has broken free of prison yards (where convicts used it to build muscle and stay in shape) and made it all the way to The White House. Michelle Obama credits burpees with helping to sculpt her famous arms. Start by doing 10 in a row, then work your way up to 20. Here's how:

- 1) Stand with feet shoulder width apart, hands raised overhead. Squat; place palms on the floor by feet.
- 2) Jump legs back so you're in push-up position.
- 3) Bend elbows and lower body until chest touches the floor.
- 4) Push back up.
- 5) At the end of the push-up, quickly pull both knees into chest while keeping hands on the floor.
- 6) Stand straight up and throw hands in the air over head. Notice that you're now in starting position again.

Read all about burpees **here**.