

### *Burn, Baby, Burn!*

**THE GOAL:** Rev up your metabolism and torch more calories by adding cardio.

**WHAT YOU NEED:** Stability ball, medicine ball, a set of dumbbells (2-5 lbs).

**THE PLAN:** Complete this cardio-sculpting circuit three times, or until you've been at it for a good 30 minutes. Try to move directly from one exercise into the next without stopping. Do four times a week, along with 30-45 minutes of Kirsch-approved cardio (choose from the list on page 2). You can do your cardio right after the cardio-sculpting circuit, or break up the two into AM and PM. Get pumped!



#### **SQUAT THRUSTS W/ MEDICINE BALL**

Stand with feet slightly wider than hip distance apart. Grasp a medicine ball with both hands at chest level and elbows bent. Bend knees, stick out butt, and come into a squat. Bend forward from hips and place the medicine ball on the floor under breastbone. Press hands into the medicine ball as you jump and extend legs behind you. Keep abs tight. Jump feet in and return to the starting position. Repeat 10-15 times.



#### **MOUNTAIN CLIMBERS W/ MEDICINE BALL**

From a push-up position on the medicine ball, bend your right knee and jump it in so your right thigh is under your torso. Then, bring your left knee forward as you jump your right knee back. Repeat for 30 seconds.



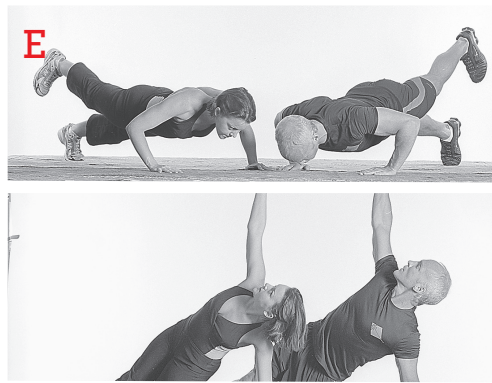
#### **JUMPING JACKS W/ LATERAL RAISES**

Stand with feet under hips. Grasp a dumbbell in each hand, holding hands at your sides with palms facing in. Jump your feet out as you raise your arms to shoulder height. Bring your feet back together as you lower your arms. Repeat 20-30 times.



#### **SHADOW BOXING W/ DUMBBELLS**

Grasp a dumbbell in each hand and stand with abs tight. Punch your left fist diagonally. Bend your knees as you pull back, as if ducking an incoming punch. Alternate punches, 20-30 times on each side. Then, repeat with an uppercut punch (as if punching someone under the chin) 20-30 times on each side, and finish with a hook punch, pictured, 20-30 times on each side.



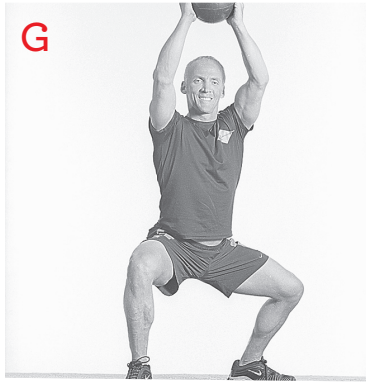
#### **PUSH-UPS TO T-STANDS**

From the push-up position, lift left leg a few inches off the floor and lower. Exhale as you push back up. Rotate torso to the left, placing your right leg on top of your left and lifting your right arm toward the ceiling. Abs should be tight and your waist and body straight. Hold for two seconds then lower back into push-up position, repeating with right leg raised and then a T-stand with left arm raised. Continue alternating legs and arms for a total of 10 push-ups and 5 T-stands on each side.



#### **SIDE STEP SQUAT W/ MEDICINE BALL**

Stand with feet slightly wider than hip distance apart. Grasp a medicine ball with both hands at chest level with elbows bent. Bend your left knee and lower yourself into a half squat. As you squat, press the ball away, extending arms. Hold for a count of five. Repeat 15 times and then switch sides.



**G**  
**PLATYPUS WALK W/ MEDICINE BALL**  
 Squat as shown, knees aligned with toes, and push your butt back as far as you can. With your core tight, walk across your room (or about ten steps) and back, repeating twice.



**H**  
**JUMPING LUNGES**  
 Stand with feet under hips. Take a large step forward with your right foot. Sink down into a lunge, forming a right angle with both legs. Spring upward, launching both feet off the floor, and switch positions so your left leg is in front and right behind. Land and sink into another lunge. Alternate legs 10-15 times on each side.



**I**  
**CONCENTRATED CRUNCH ON BALL W/ MEDICINE BALL**  
 Lie with lower back against the stability ball, knees bent at 90-degree angles and feet flat on floor. Most of your upper torso should be off the ball, with just your lower back and top edge of butt pressed into the ball. Hold a medicine ball over chest with both hands. Tuck in tailbone. Lift face toward the ceiling as you crunch upward. Lower and repeat 15-20 times.



**J**  
**JOGGING IN PLACE WITH MEDICINE BALL**  
 Jog in place for about 30 seconds with the medicine ball extended out. Try to stay on the balls of your feet. Rotate your torso to the left and jog for 30 seconds, then rotate to the right and jog for 30 seconds.

### *Kirsch-Approved Cardio*

**RUNNING:** Run for 30 minutes or more. Vary your speed. Add hills/inclines to your run. Do no less than quarter-mile sprints (5.5 to 6.0 mph on treadmill).

**JUMP ROPE:** Work up to 30 minutes or more. If you can't jump continuously, alternate push-ups or jumping jacks with shoulder presses or frog jumps in between sets.

**ELLIPTICAL TRAINER:** Train for 30 minutes or more. Keep machine at a level that gets your heart pumping without burning out your muscles. While on the machine, sit back on your heels and stick out your butt as much as possible. Don't stand up straight.

**ROWING MACHINE:** Set the machine to levels 5-7. Do no less than 2,500 to 5,000

meters. You should feel a burn in your butt. Press through the heels and extend legs. Keep your abs tight. For variety, alternate gripping the handles over- and underhand and pulling high and low into your torso.

**SWIMMING LAPS:** Spend 30 minutes or more swimming the crawl stroke, breaststroke or any other stroke. To keep your workouts balanced, swim laps using different strokes to vary the muscles you work.

**OUTDOOR CYCLING & SPINNING:** Spend 45 minutes doing high intensity cycling, mixing in hills/inclines and sprints. To up your intensity, shift to a harder gear or pick up your rotations per minute (RPM). Try to keep your RPMs at 80 or higher.

*\*All exercises are from David Kirsch's best-selling book, "The Ultimate New York Body Plan" (McGraw-Hill)*



## JUST BREATHE!

*Calm down with this do-anywhere, anytime breathing exercise from Kristin McGee.*



Sit in a comfortable cross-legged position. Raise your arms overhead in a V position, with your hands in loose fists. Close your eyes and imagine a rainbow arching over you from thumb to thumb. Start breathing as fast as you can in and out through your nose. Keep going for as long as feels comfortable, then inhale a giant breath, filling up your chest. Take in three more little breaths on top of that. Hold it in for as long as you can then bring your hands together, touching your thumbs overhead and exhale. Lower your hands to your knees, palms facing up as if to receive a gift—your pot of gold at the end of the rainbow, perhaps?