

indulge

Spring Prep
Workout

ALL- OVER TONERS



Have nine minutes to spare? This fat burning workout from *Extreme Weight Loss* trainer Heidi Powell will get you bikini-ready fast.

While I always encourage a widely varied routine for total fitness, prepping for swimsuit season is a little different. We all want to look our best, but with that comes the need to feel our best. To help meet both goals, I've created a workout to help sculpt the body for bikini season in a way that makes it work smarter, not harder. Done in tandem with healthy eating, it will help you feel confident and sexy in any swimsuit in time for you to hit the beach. ►

EXTREME WEIGHT LOSS

• Catch Heidi Powell
• in the new season of
• *Extreme Weight Loss*,
• airing May 27 at
• 8 p.m. EST.

WARM UP:

1 ONE MINUTE OF SLOW JUMPING JACKS

Begin in a standing position, feet together and hands at your sides. In one motion, jump feet out to a wide stance and clap hands overhead. Jump feet back together, bringing arms quickly back.



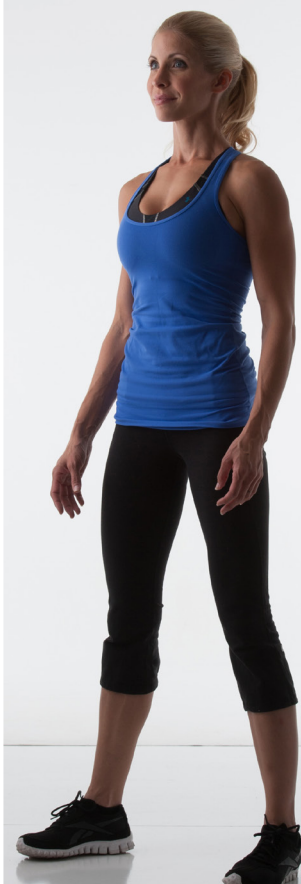
WORKOUT:

ROUND #1:

- PIKE PRESS
- BACK LUNGE
- SWING UPS

ROUND #2:

- 1 MINUTE OF JUMPING JACKS
- 1 MINUTE OF BURPEES
- COOL DOWN: LIGHT STRETCHING



2 ONE MINUTE OF SUPER-SLOW BURPEES

With feet shoulder-width apart and toes pointed slightly out from parallel, squat down to the floor with arms inside your knees and hands directly under your shoulders. Jump or step feet backward to the plank position. Lower body down to the ground, do a push-up and stay in a plank position. Jump or walk feet forward into a frog squat. Jump up, clapping hands over your head. Return to original position and repeat.



TECHNIQUE:

PIKE PRESS

Begin in the pike position, holding a near 90-degree angle at the waist with knees and elbows extended and your head tucked between your shoulders. Bending at the elbows, lower your head to the ground until your forehead touches it. Press upward and backward to the starting position.



BACK LUNGE

Begin in a standing position, hips and knees fully extended, arms holding onto a chair or other stable object. Take an aggressive step backward with the right foot, gently 'kissing' your back knee to the ground. Keeping the front left knee over the toe and not beyond, drive through the left heel to a standing position. Take an aggressive step backward with the left foot, gently 'kissing' your back knee to the ground. Keeping the front right knee over the toe and not beyond, drive through the right heel to a standing position.



tip

Perform three reps of each exercise in the first round, and increase by three reps with each subsequent round (e.g. 3, 6, 9, 12, 15, etc.). Do as much as you can in nine minutes.



SWING UPS

Lying on the ground face-up, bend your knees, keep feet flat on the floor and extend arms overhead. Swing them forward, using the momentum to raise your shoulders and torso off of the ground. Touch your wrists to the top of your knees. Extend your arms over your head as you lower your torso and shoulders back to the ground. Touch the ground overhead to complete the repetition. ■

