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co-host

Heidi Powell

(uber-fit mom of 4 will whip you
and your family into shape)

#fittestcouplechallenge

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Time to Get Serious!

➔ Now that summer is (sigh) waning, it's time to get serious about your workouts. And whether you're just starting out or returning to training after a seasonal layoff, we've got a powerful three-times-a-week workout for you.

Internationally renowned fitness guru Brad Schoenfeld, Ph.D., brings his extensive research and experience in training, body composition and fat loss in an exclusive program created for *Oxygen* readers (Page 64). It's called "The Sure Thing" because it will deliver results. Brad's one of the most respected experts in the industry, and we are excited to bring you his total-body plan that you can do at home or in the gym.



In fact, I've been trying out "The Sure Thing" myself and can speak to faster results than any other total-body program that I've followed in years. It is deceptively simple — but don't be fooled: In four weeks, I was pulling more weight than ever! And feeling it, believe me. And it started shape-shifting my body for the better.

But if you're looking for something that speaks to a higher level of fitness needs, as always, *Oxygen* believes in variety and service for a great variety of training levels. With this in mind, we offer you the second part of our microcycle plan called "Ride the Roller Coaster" (Page 48), which gives you a unique undulating workout system.

It's definitely time to get back from vacation mode and jump-start your training or take it to a new level altogether. So start hitting it with a renewed passion, and let me know how it goes!

Keep in touch,

DIANE HART
EDITOR-IN-CHIEF
[@dianeoxymag](#)

P.P.S. Tune in to 2016 Stand Up to Cancer on Friday, September 9 8/7c, for live updates on research breakthroughs, patient stories and more. [standup2cancer.org](#)

P.S. Heidi and Chris Powell, co-hosts of *Extreme Weight Loss*, were on set together and impressed us all with how supportive they are as a team. Little wonder they can balance their four kids with the demands of a hot television show — they are excited to be bringing their talents to the *Muscle & Performance America's Fittest Couple Challenge*. Go to [oxygenmag.com/fitcouples](#) to sign up for it — it launches September 19!



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Banded Barbell Back Squat

Recommended band: L/XL

Heidi says: "Make sure your knees are tracking over your toes, even with the band around your legs. If they are not, decrease the weight you're using so you can maintain proper form."

Setup: Hold a barbell across your upper back and traps — not your neck — and stand with your feet shoulder-width apart, toes turned out slightly. Your elbows should be pointing down, your focus forward and your core braced.

Move: Kick your hips back, then bend your knees and lower your glutes toward the floor. Descend for a count of two until your hip crease comes below your knee. Hold at the bottom for three seconds, then rise back to the start.



TIP: Keep your chest lifted so your weight is in your heels, especially during the hold at the bottom.

From filming TV shows to writing blogs and books to mothering four kids, Heidi Powell is one busy gal. Yet she still finds a way to blend fitness, family and fun for lasting health and family bonding.

→ It's hard enough to start a wellness program, but to start one when those closest to you are not on board is nearly impossible. Heidi Powell witnesses this struggle all the time with the contestants she and her husband Chris Powell train on ABC's hit show *Extreme Weight Loss*.

"It's easy to fall apart as a couple when you're not aligned with your goals, and one person usually ends up sabotaging the other, even if it's not on purpose," Powell says. "When you're going two different directions during the day, you have to have some form of connection with each other and with your family."

For the Powells, this connection is exercise. "We call it 'shared suffering,'" Powell says, jokingly. "There is nothing better than shared suffering. But when you have someone you're doing it with — it's that shared suffering that bonds you."

Mr. and Mrs. regularly partake of this "shared suffering" and train together more often than not. "Even if we happen to be training different bodyparts, we still go to the gym together, warm up together and talk about our goals for the day," Powell says. "Then we go our separate ways for part of the time, but during my rest period, I spot Chris and vice versa. We find ways to connect during our workout, even if we're not training the same thing."

Family Ties

Not only does working out together strengthen their bond as a couple, but it also sets a primo example for their four kids. "Let's face it — kids don't always do as you say, they do as you do," Powell says. "If you want your kids to live a healthy lifestyle, it is crucial that you do so yourself."

And while a lot of people use their kids as an excuse not to exercise, Powell blows holes in that theory. "You make laundry happen, you make cleaning the house happen, so you can make exercise happen, even if you have kids," Powell says. "You create the time. You can train when they're in bed, work out in the living room while they're playing or tag-team it with your partner: You watch the kids while your husband or partner goes to the gym, then when they come home — tag, you're it! My turn!"

And just like it connects Mr. and Mrs., fitness also can bring the entire family closer together. "I don't want to say living a healthy and active lifestyle is the only reason we are a strong family, but I will say that one of our ways to bond is over health, fitness and activity," Powell says. "Like we say, 'The family that plays together, stays together.' Fitness is and should be fun — when you are having fun together, you are bonding!"

(*Try out her Build-a-Booty Workout on the following page.)

PLAY TOGETHER
STAY TOGETHER!

By Lara McGlashan, MFA, CPT, Fitness Editor → Photography by Cory Sorensen

FROM FLAT TO PHAT Heidi Powell's Build-a-Booty workout

Heidi Powell literally created something out of nothing when it comes to her glutes, a transformation that she herself describes as "mind-blowing." This workout represents a compilation of her fave moves that helped her booty achieve enviable status.

"I truly believe that the biggest difference in my booty came about when I started banding my moves," says Powell, who incorporates a resistance-band loop into many of her exercises. "The bands force your muscles to engage differently and

really work your medial glutes, which give you that heart shape and create a figure."

After a warm-up that includes five to 10 minutes of cardio and dynamic stretching, perform the moves in the order outlined in the chart. Post-session, spend five to 10 minutes stretching the large muscles of your glutes, quads, hamstrings and back. Do this workout once a week as you get used to the band, then add another session for optimal results.

EXERCISE	SETS	REPS/TIME	REST (SECONDS)
Banded Barbell Back Squat	5*+	15, 15, 12, 10, 10	90
SUPERSET: Banded Romanian Deadlift – with – Princess Lunge With Kettlebell	4*	15 8 (each side)	60-90
GIANT SET: Banded Barbell Hip Thrust – with – Banded Side Squat Walk – with – Banded Abducting Ball Roll-In	3	20 20 (each direction) 15, 12, 10	120
Pop Squat	5	30 seconds (AMRAP**)	60

*This does not include one or two warm-up sets with light weight for 15 to 20 reps.

+Increase your weight for each set.

**As Many Reps as Possible

"Let's face it - kids don't always do as you say; they do as you do. If you want your kids to live a healthy lifestyle, it is crucial that you do so yourself."

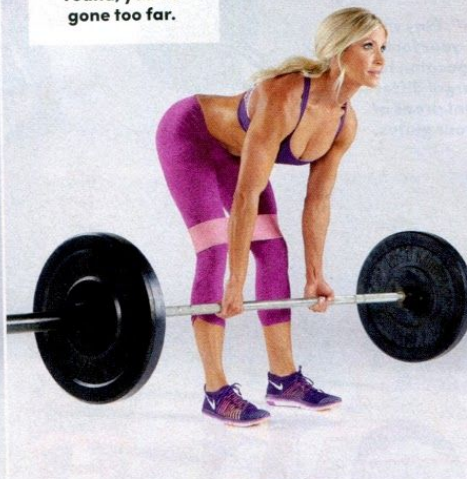
INTRO TO BAND CAMP

- ➔ Choose a band that suits the activity you're doing and the range of motion desired.
- ➔ Secure it around your legs evenly either above your knees or just below. "I prefer above the knee because I have some knee issues and it's more comfortable above," Heidi Powell says.
- ➔ Decrease the weight you'd normally use because of the additional challenge of the bands. "Your muscles are being challenged in a new way, and you won't need to use a lot of weight to make the move work for you," she says.
- ➔ Powell recommends Mark Bell's Original Sling Shot bands (roguefitness.com, \$55)

HAIR AND MAKEUP: NANCY J • STYLING: JULIA PERRY • CLOTHING: TOP BY LULULEMON, LEGGINGS BY ELISABETTA ROGANI, SHOES BY NIKE



TIP: The depth to which you lower depends on your individual flexibility. If your back starts to round, you've gone too far.



Banded Romanian Deadlift

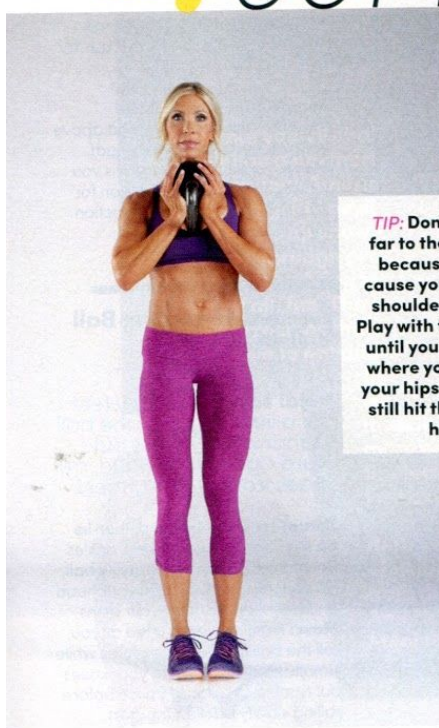
Recommended band: S/M

Heidi says: "I love the band for this move because it wakes up my hamstrings and glutes and makes them fire first, taking the back out of the picture."

Setup: Secure your band and stand with your feet shoulder-width apart, knees slightly bent. Hold a barbell in front of your thighs with your arms extended, holding it either with an overhand or alternating grip (shown).

Move: Keeping your back flat, hinge at your hips and slowly lower the barbell, keeping it close to your body and pressing outward against the band to keep your knees in position. Lower to knee level or just below, then rise slowly to the start, squeezing your glutes at the top.

➔ SUPERSET



TIP: Don't step too far to the diagonal because this will cause your hips and shoulders to twist. Play with the distance until you find a spot where you can keep your hips square and still hit those glutes hard.



Princess Lunge With Kettlebell

Heidi says: "Do these on a step or platform to increase intensity: Stand on top, then step behind and off the step to the side, trying to touch your knee to the floor."

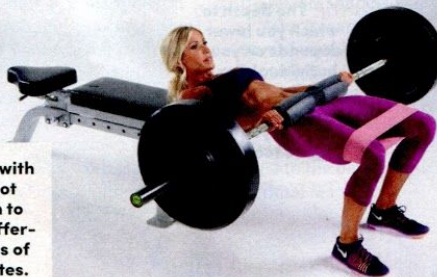
Setup: Hold a kettlebell in a goblet position (with both hands in front of your chest, elbows down), and stand with your feet together.

Move: Keeping your hips square and your chest lifted, take a large step behind and on the diagonal with one foot, bending both knees and lowering until your back knee touches or almost touches the floor. Step back to the start and continue, alternating sides.

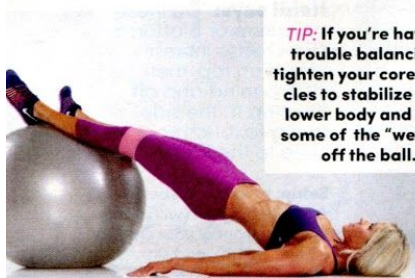
GIANT SET



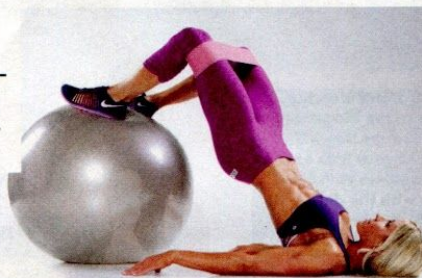
TIP: Play with your foot position to target different areas of your glutes.



TIP: Keep your chest lifted and your weight in your heels to best hit your glutes.



TIP: If you're having trouble balancing, tighten your core muscles to stabilize your lower body and take some of the "weight" off the ball.



"I don't want to say living a healthy and active lifestyle is the only reason we are a strong family, but I will say that one of our ways to bond is over health, fitness and activity."

Banded Barbell Hip Thrust

Recommended band: L/XL

Heidi says: "I prefer to do these on a bench instead of the floor because you get a bigger range of motion and can really hit those deep glutes the most."

Setup: Secure your band, then sit with your upper back against the end of a flat bench and hold a barbell in your hip crease with both hands. Your knees should be bent, feet flat and placed shoulder-width apart, toes forward.

Move: Hold the barbell steady as you simultaneously press your hips upward while pressing your knees outward against the band until your hips come level with your knees. Pause briefly, then slowly lower to almost the start before the next rep.

Banded Side Squat Walk

Recommended band: S/M

Heidi says: "Try to go both directions without standing up. If the burn is too hot, shake it out for a few seconds, but get right back to it. Chip away!"

Setup: Stand with your feet together and secure a band above your knees. Lower into a squat.

Move: Hold this low squat as you walk to the side one direction for 20 steps, then the other direction for 20 steps.

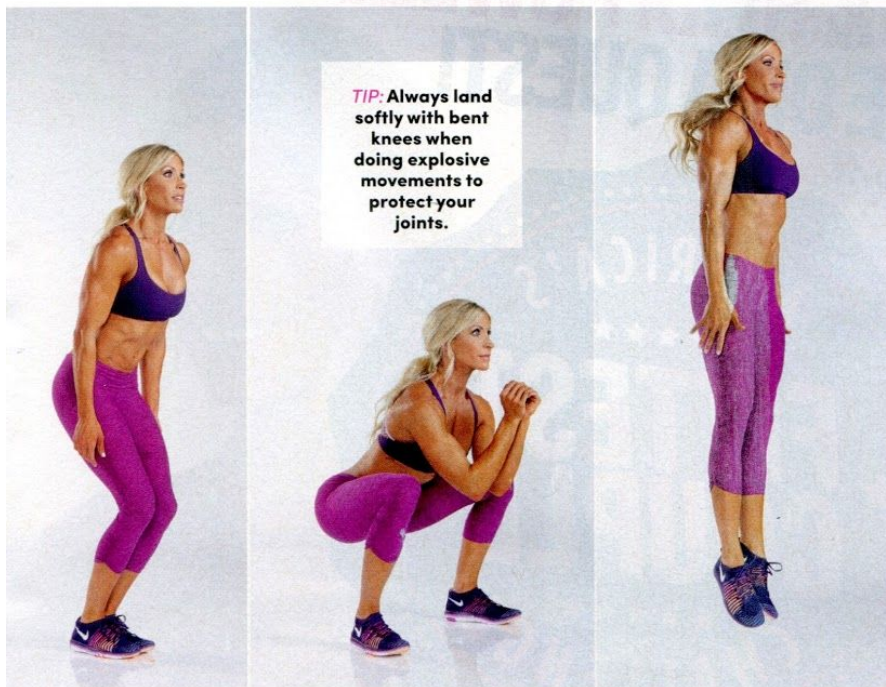
Banded Abducting Ball Roll-In

Recommended band: L/XL

Heidi says: "I turn my feet out a little on top of the ball so that when I press outward against the band, my knees track over my toes."

Setup: Secure your band, then lie on the floor with your heels, ankles and calves on top of a stability ball. Lift your hips to align with your head and heels, and extend your arms.

Move: Keep your hips lifted as you roll the ball toward your glutes while simultaneously pressing your knees out against the band. Pause before rolling slowly back to the start.



TIP: Always land softly with bent knees when doing explosive movements to protect your joints.

Pop Squat

Heidi says: "You can also do this move on top of a step: Add one or two risers and stand on top. Jump your feet down on either side into your squat so your butt just barely touches down, then jump back up on top."

Setup: Stand with your feet together, arms at your sides.

Move: Jump your feet apart (toes forward) and land in a deep squat. Spring up as high as you can into the air, then land with your feet together, knees slightly bent (not shown). Repeat right away.

EXTEND THE CHALLENGE

Now that you've challenged yourself, it's time to challenge a partner! Sign up for the *Muscle and Performance America's Fittest Couple Challenge* and train alongside power couple Chris and Heidi Powell from ABC's hit show *Extreme Weight Loss*. The Powells lead you through progressive and challenging workouts, emphasizing teamwork, encouragement and, most of all, fun. They've also compiled their favorite healthy recipes that the entire family (yes even the kids!) love to eat and outlined a killer meal program that can help you achieve your goals, whether it's losing weight, adding muscle or simply feeling better and more energized. The program starts September 19. For more information, visit oxygenmag.com/fitcouples.



Here's an exclusive sneak peek of Heidi Powell's favorite recipe from the *Muscle and Performance America's Fittest Couple Challenge Meal Plan*.

On Heidi's Menu BBQ Chicken Twice-Baked Potato MAKES 1 SERVING

- 6 ounces raw sweet potato
- 3 ounces grilled chicken breast, shredded
- 1 tablespoon Stubb's Smokey Mesquite barbecue sauce
- ¼ cup black beans, rinsed and drained
- ½ cup broccoli, chopped
- ½ cup baby kale or spinach, chopped

Preheat oven to 425 degrees. Wash sweet potato and poke holes with fork on all sides. Place on baking sheet lined with parchment paper. Spray top with cooking spray and sprinkle with sea salt. Bake 30 minutes. Flip potato over and add broccoli to pan. Spray potato and broccoli with cooking spray and return to oven for an additional 20 to 30 minutes. In bowl, combine shredded chicken, barbecue sauce, beans, roasted broccoli and greens. Slice potato in half and spoon meat into same bowl, reserving skin. Mix well, then pile mixture back into potato skins. Place back in oven for a few minutes to warm, if needed.

Nutrition Facts (per serving): calories 350, fat 2 g, carbs 50 g, protein 30 g