



SPRING CLEAN YOUR FITNESS ROUTINE

Don't fall down the workout rabbit hole, Alice! In honor of the season of renewal, *WH* bids adieu to übercomplicated moves and sweat sessions that go nowhere fast. We dreamed up streamlined plans that will do magical things for your cal burn, strength, and motivation. With butterflies and woodland creatures as your cheering squad!

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SPRING-CLEAN YOUR... CARDIO SESSIONS

If you're racking up lots o' cardio time, you're probably either (a) looking to drop some el-bees, or (b) a runner, hoping to finish your first half or shave time off your next race. But logging 45 minutes on the treadmill every day or slogging through long, steady runs five times a week won't help you blast mega calories or get faster. And after a while, you might become bored and start skimping on sessions (or skipping them entirely), says Jeff Gaudette, owner and head coach of RunnersConnect in Boston. Since summer is the unofficial start of peak running season (in preparation for fall marathons), you want to set the right foundation now. Learn what to add and abandon to hit your goal. If you want to...

LOSE 10 POUNDS

• **Do This:** Prioritize HIIT, advises Gaudette. High-intensity interval training increases the post-workout calorie burn by up to 15 percent compared with steady-state sessions, according to the American College of Sports Medicine. Do two interval workouts of any mode of cardio, spaced throughout the week: Warm up at an easy pace for 10 minutes, then alternate a minute at high intensity with a minute at low intensity for 10 to 15 minutes, then cool down. Add in two moderately paced workouts on days in between.

• **Drop This:** Obsessing over numbers. "If you're married to your watch, you can't listen to your body," says Greg Justice, an

exercise physiologist and owner of AYC Health and Fitness in Kansas City, Kansas. "Sometimes it's better to go with the flow and let your body dictate the workout." The same applies for tunnel-visioning on calorie displays or the leaderboard at cycling class. Sure, it can be motivating to see your effort quantified, or how you're measuring up to everyone else sweating beside you, but it often paints an inaccurate picture of how hard you're working.

FINISH A HALF-MARATHON

• **Do This:** Slowly increase your mileage over three or four weekly runs (of around three to five miles each) and one longer run, which can start around five or six miles and increase by a mile per week. Keep most of the midweek runs at an easy pace, but make one of them an effort close to your goal pace. To ensure you're on track to make your time come race day, Gaudette advises a race-pace practice run three weeks out: Warm up at an easy level for one mile, then do four or six one-mile repeats at goal pace, with one minute of rest after each. If you can dial into that speed consistently, you should be good to go.

• **Drop This:** Short sprint bursts. You've got to boost your aerobic endurance (how long you can sustain a set speed) rather than your max speed (how fast you can run for, say, 20 to 40 seconds), says Gaudette.



SHAVE TIME OFF YOUR 10-K

• **Do This:** A tempo or threshold run once a week. "These are good for pace training, and they also build endurance," says Gaudette. Warm up for a mile or so, then run three to four miles at your 5-K pace (or a bit faster than your goal 10-K pace); finish with a mile cooldown. Fill out your week with three or four moderately paced runs.

• **Drop This:** Multiple speed-work sessions a week. Limit yourself to one or two fast runs to sidestep injury, says Gaudette. "A runner's aerobic and anaerobic fitness develops at a faster rate than their tendons, ligaments, muscles, and bones. So you can run faster without breathing hard, but your muscles and tendons can't handle the stress." Plus, adding in more speed workouts won't help you reach your goal pace in a month or two; getting faster is gradual, says Gaudette, and it takes about a year to make significant, lasting changes.

WARM UP FASTER

Before any aerobic session, Gaudette recommends doing this lunge matrix: five reps each of forward lunge, forward lunge with upper-body twist, side lunge, and reverse lunge; repeat on the other side. It'll fire up your quads, core, and glutes and help loosen your hip flexors in about three minutes—five, tops—cutting down on the distance you'll have to run at an easy pace to get all limber.



SPRING-CLEAN YOUR... STRENGTH WORKOUTS

Experts say the way lots of us approach the weight room is akin to a child in a playroom: short attention span and stuff all over the place. "Too many women try to do too many things in their strength workouts, and they end up getting very little done," says Justice. Three habits you should stop immediately:

FORCING CLASSIC CARDIO INTO YOUR STRENGTH SESSIONS

It can be a great way to get a two-for-one workout, but it won't produce the muscle definition you're after. It's better to program your strength workouts so they have aerobic payoff. "I prefer supersetting strength moves—doing two exercises back-to-back with no rest in between—to keep the intensity high and heart rate up, and to work as many muscles in as short a time as possible," says trainer Heidi Powell, coauthor of *Extreme Transformation: Lifelong Weight Loss in 21 Days*. Research bears that out. According to a study in the *Journal of Strength and Conditioning Research*, this training strategy leads to a bigger calorie burn afterward.

CONSTANTLY MIXING THINGS UP

A little variety—a boot-camp session here, a few new plyometric moves there—can help spice up your workout routine, but moderation is key. Switch activities too frequently and it becomes hard to measure your actual progress since you don't have anything to compare it to. The simplest way to make sure your weight workouts are, y'know, working, is to have at least two sessions that are the same week after week. That way, you notice when you start getting more proficient at a move, when you can use heavier weights, or when you don't feel as gassed during an explosive exercise.

ADDING INSTABILITY TO EVERY MOVEMENT

Sure, single-leg variations and standing on BOSU balls fire up your core activation to help you balance, but you usually can't add enough resistance to truly maximize your strength gains while you're that unsteady. Plus, says Powell, "doing more than you're ready for will only risk injury and frustrate you in the process."



YOUR NEW STRENGTH-TRAINING PLAN

This simple (no cardio!) routine from Powell, created exclusively for *WH*, uses supersets to give you a dash of that added metabolic benefit. Just three workouts per week will keep your fat-burning potential humming so you can drop up to 10 pounds in no time. Do them on nonconsecutive days so your muscles can fully recover.

STARTER SET

Begin each workout with the corresponding pair of exercises, then continue to the main set.

DAY ONE (LOWER BODY): 3 sets each of...

Squat

Stand with feet shoulder-width apart, arms bent and holding a dumbbell at each shoulder (a). Push your hips back and bend your knees to lower your body as low as you can go (b). Press through your heels to return to start. That's one rep; do 15.



Straight-Leg Deadlift

Stand with feet hip-width apart, knees slightly bent, weights in both hands at your thighs (a). Bend forward at your hips to lower your torso until it's almost parallel to the floor, keeping the weights close to your legs (b). Reverse the movement to return to start. That's one rep; do 15.



DAY TWO (UPPER BODY): 3 sets each of...

Single-Arm Overhead Press

Stand with feet hip-width apart, your right arm bent and holding a dumbbell at your right shoulder (a). Press the weight overhead until your arm is straight (b). Lower the weight to return to start. That's one rep; do 15. Switch sides.



Bent-Over Row

Stand with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand at your thighs. Keeping your back flat, hinge forward at the hips (a). Pull the weights up to your sides, squeezing your shoulder blades together (b). Lower the weights to return to start. That's one rep; do 15.



DAY THREE (TOTAL BODY): 3 sets each of...

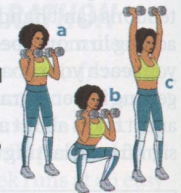
Alternating Jump Lunge

From a standing position, step forward with your right leg and bend both knees to lower into a lunge (a). Jump and quickly switch your legs (b) so that you land with your left foot forward (c). That's one rep; do 15.



Dumbbell Thruster

Stand with feet hip-width apart, arms bent and holding a dumbbell at each shoulder (a). Push your hips back and bend your knees to lower into a squat (b). Push back up, pressing the dumbbells overhead until your arms are straight (c). Lower the weights to return to start. That's one rep; do 15.



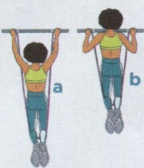
MAIN SET

Starting with the first superset, perform the first move, then the next, without resting. Repeat the combo twice for three total sets. Rest 45 to 60 seconds, then continue to the following superset in the same pattern until you've finished the full workout.

SUPERSET 1

Assisted Pullup

Loop a resistance band around a chinup bar; place your knees in the loop and grab the bar with an overhand grip, arms completely straight (a). Pull your chest toward the bar (b). Pause, then slowly return to start. That's one rep; do 10 to 12.



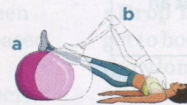
Overhead Press

Stand with feet hip-width apart and hold a pair of dumbbells at your shoulders, palms facing each other (a). Press the weights directly overhead until your arms are straight (b). Pause, then lower back to start. That's one rep; do 10 to 12.



Stability Ball Leg Curl

Lie faceup on the floor with your lower legs and heels on a stability ball; push your hips up so that your body forms a straight line (a). Draw your heels in to roll the ball toward your butt (b). Push the ball out to return to start. That's one rep; do 10 to 12.



SUPERSET 2

Banded Squat

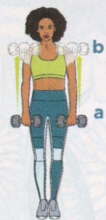
Stand with feet shoulder-width apart and a mini band above your knees (a). With your arms out in front of you, push your hips back and bend your knees to lower into a squat (b). Stand to return to start. That's one rep; do 12 to 15.



SUPERSET 3

Front Delt Raise

Stand with feet together and a dumbbell in each hand, palms facing your thighs (a). Brace your core as you slowly lift both weights out in front of you to shoulder height, keeping arms straight (b); pause, then lower to return to start. That's one rep; do 15.



Bent-Over Rear Delt Raise

Stand with feet hip-width apart, knees bent, and a dumbbell in each hand, palms facing in. Hinge forward at your waist (a). Keeping a flat back, lift the dumbbells out to the sides, bringing them to eye level (b). Lower the weights to return to start. That's one rep; do 15.



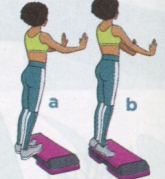
Banded Glute Kickback

Stand with a mini band around your ankles, a soft bend in your knees (a). Squeeze your glutes and lift and extend your left leg until it's straight behind you, pressing through your right heel (b). Reverse the movement to return to start. That's one rep; do 10 to 12. Switch sides.



Calf Raise

Place a bench next to a wall. Stand on the edge of the bench with your heels hanging, and press your hands against the wall for support (a). Rise onto your toes (b); pause, then lower your heels to return to start. That's one rep; do 10 to 12.





SPRING-CLEAN YOUR... YOGA ROUTINE

You've committed to a practice to tone up and Zen out. Yet you're reaping neither. Roll out your mat and let's spot-treat three key areas:

YOUR FOCUS

As soon as you hit the mat, pay attention to your breath, advises Ashley Turner, a yoga and meditation instructor and founder of Yoga Psyche Soul. "Notice what comes up for you, where you feel it in your body. Ask yourself what you need right now—and let intuition be your guide."

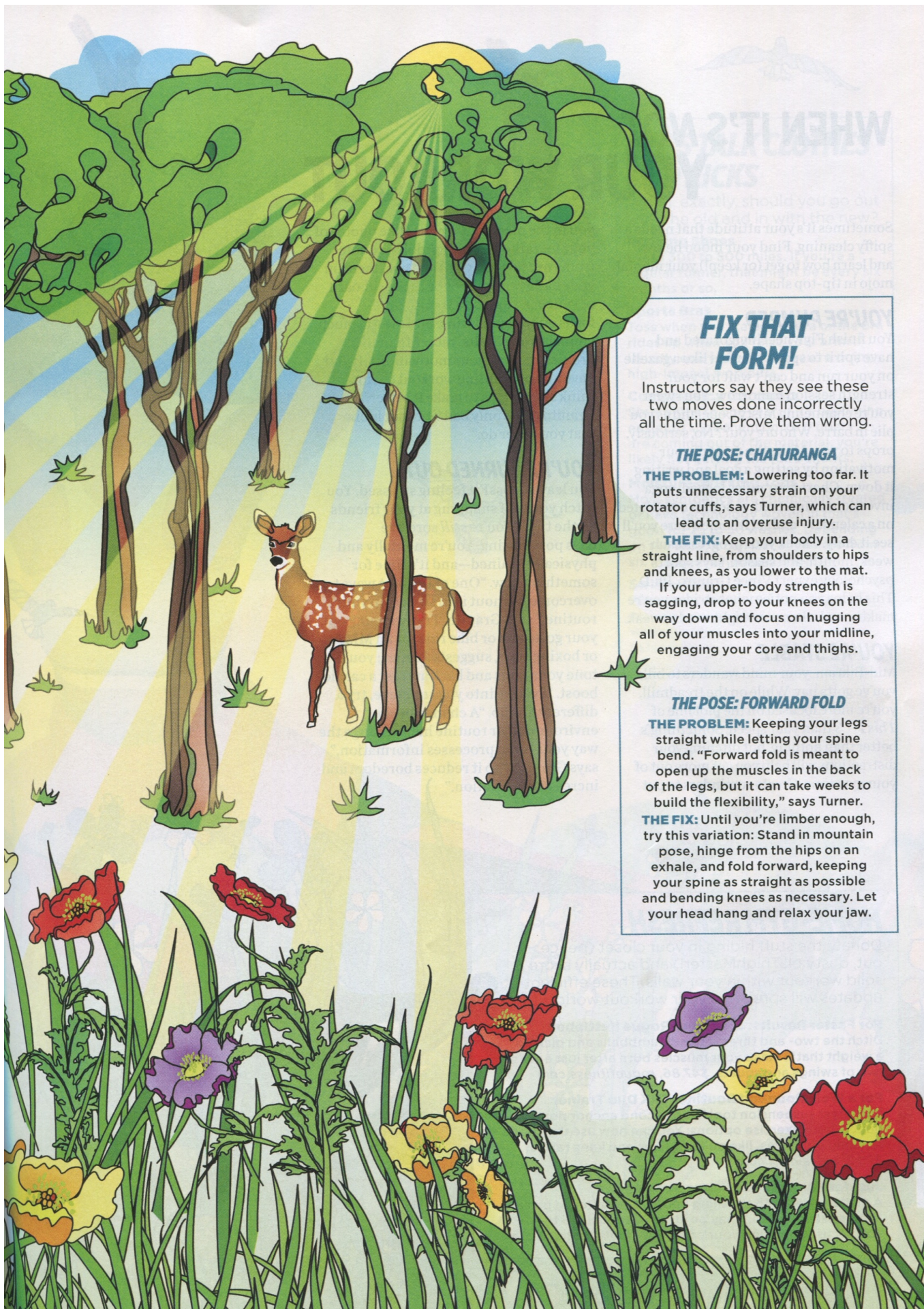
YOUR SPACE

Turner honors the change of seasons by sprucing up her practice area—with a new mat or props in poppy colors, and a lemon-rosemary essential oil (her fave: Saje Natural Wellness) that she dabs on students' temples after class.

YOUR PACE

"Because we are often rushing through our days, I notice that when my students arrive on the mat they are often moving at that same frantic pace," Turner says. That's an issue. Every minute you're not "all in" is a minute you're not maximizing your session. The same goes for the end of class. Resist the urge to skip savasana to get on with your day faster, she says. "Though many people do yoga for the workout aspect, savasana is what allows for the true integration of the practice."





FIX THAT FORM!

Instructors say they see these two moves done incorrectly all the time. Prove them wrong.

THE POSE: CHATURANGA

THE PROBLEM: Lowering too far. It puts unnecessary strain on your rotator cuffs, says Turner, which can lead to an overuse injury.

THE FIX: Keep your body in a straight line, from shoulders to hips and knees, as you lower to the mat. If your upper-body strength is sagging, drop to your knees on the way down and focus on hugging all of your muscles into your midline, engaging your core and thighs.

THE POSE: FORWARD FOLD

THE PROBLEM: Keeping your legs straight while letting your spine bend. "Forward fold is meant to open up the muscles in the back of the legs, but it can take weeks to build the flexibility," says Turner.

THE FIX: Until you're limber enough, try this variation: Stand in mountain pose, hinge from the hips on an exhale, and fold forward, keeping your spine as straight as possible and bending knees as necessary. Let your head hang and relax your jaw.

WHEN IT'S *NOT* YOUR WORKOUT

Sometimes it's your attitude that needs a spiffy cleaning. Find your mood below and learn how to get (or keep!) your mental mojo in tip-top shape.

YOU'RE PUMPED

You finish Flywheel invigorated and have spirit to spare. You feel like a gazelle on your run and can't wait for your strength session tomorrow. You swear you're channeling Misty Copeland as you plié in barre. Who *are* you?? No, seriously, props to you. Make the most of your motivation by setting a goal and writing it down. Chart your miles logged, yoga inversions conquered, or squats completed on a calendar—and set it somewhere you'll see it daily. Check your progress each week, month, and season, says sports psychology expert Vince Granito, Ph.D. This helps you notice what strides you're making and when you might need a tweak.

YOU'RE STABLE

Mid-Bikram, your mind wanders to bills you've gotta pay. While on the treadmill, you're more focused on the plot line of *This Is Us* than your speed. Something's better than nothing, but ditching your distractions will help you get more out of your gym time. Create reminders to put

you in the mood to exercise (like photos of your marathon-running idols or quotes from your favorite yogi) and post them on your bathroom mirror or the dashboard of your car, suggests Granito. And focus on the small wins. Putting too much emphasis on results, rather than the process, can zap your motivation. "If you have a disappointing workout or run, think about ways to make it better," says Granito. "The only bad workout is one that you never do."

YOU'RE BURNED OUT

You leave CrossFit feeling stressed. You catch yourself snapping at your friends all the time. You're *still* sore five days post-boxing. You're mentally and physically drained—and it's time for something new. "One of the best ways to overcome burnout is to switch up your routine," says Granito. Try swapping out your go-to run or bike ride for an MMA or boxing class, suggests Justice; you'll tone your arms and back and get a cardio boost. If you're into yoga or barre, try a different studio. "A change in your environment or routine helps change the way your brain processes information," says Granito, "so it reduces boredom and increases motivation."

HOME-GYM REFRESH

Donate the stuff hiding in your closet (peace out, dusty ol' ThighMaster!) and actually score a solid workout within your walls. These efficient updates will spruce up your workout world.

For Faster Results: 35-Pound Rogue Kettlebell

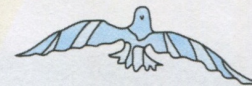
Ditch the two- and three-pound dumbbells and pick up a weight that'll make your muscles burn after just a set or two of swings and squats. \$47.86, roguefitness.com

For a Well-Rounded Routine: TRX Duo Trainer

The latest suspension tool has a second anchor point to double your exercise options: You can now use the straps for hanging moves, like pullups, dips, and knee raises. \$200, trxtraining.com

Just for Fun: Dat Mat themed yoga mats

A mat covered with the thing you love most (cats! pizza! caprese salad!—LOL) may be just what you need to stay focused and find your calm. \$40, lookatdatmat.com



LET'S TALK CLOTHES AND KICKS

When, exactly, should you go out with the old and in with the new?

Running Shoes

Every 300 to 500 miles. If you're a regular runner, that might be every six months or so.

Sports Bras

Toss when you start to chafe or the bra rides up when you raise your arms. Usually one year—less if you're doing high-impact workouts.

Compression Garments

Six months to one year. If it's becoming easier to slide them on, or if fibers are coming out of the material, you're likely not getting the full benefits.

Moisture-Wicking Tops

Most synthetics are chemically treated or have technology woven in that's good for 25 to 50 washes. Depending on the type, it can last anywhere from six months to five-plus years.

Swimsuits

Six months to two years. When you start to see faded spots and tiny white fibers popping out, it's time to let it go. ■



A DIFFERENT KIND OF CLEANING

Gross! A recent study found that 70 percent of bacteria on gym equipment is potentially harmful (causing skin infections, pneumonia, and more). So wipe down everything—free weights, cardio dashboards—before and after you use it, and *always* sanitize your hands.

