

Why eat out? Free month of healthy menus p.76

fitness

Mind, Body + Spirit

Easy ways to a...

FLAT BELLY

- Toned arms
- Lean legs
- Thinner thighs

ALL-NEW MOVES!

Stop cancer before it starts

TV journalist Maria Menounos

"I went from a size 14 to a size 4" p.54

7 quick ENERGY BOOSTERS



Cardio blast!

LOSE FAT FAST

3 plans to rev up your metabolism

10

foods for a super body

Satisfy cravings, fight stress, build immunity

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CAMP!

Steal these 16 shortcuts—the best calorie burners, ab-flattening secrets and fire-you-up motivation tricks—from the top boot camps to drop a size fast. No barking drill sergeant required! BY STEFANI JACKENTHAL ■ PHOTOGRAPHS BY DORIT THIES



**MODEL/
ATHLETE
DANIELLE, 31,**
a mom of two
young boys,
says fitness is in
her DNA—she
surfs, competes
in jujitsu and
even bests
men in push-up
contests!

2 Firm as you burn

Mix basic-training moves (jumping jacks, crunches, lunges) into your cardio to torch as many calories as a five-mile-per-hour run while also shaping your chest, arms, abs and butt—jiggle zones a jog alone won't target, says instructor Bob Weinstein. Want his trim-it plan? Turn the page!



QUICKIE BOOT CAMP FORMULA

3 MINUTES CARDIO + UPPER-BODY MOVE + LOWER-BODY TONER + AB FLATTENER (repeat circuit) = **512 CALORIES BURNED** (in an hour)

Meet your better-body SWAT team

We asked 10 of the country's best boot camp instructors to spill their playbooks for getting fit in no time flat. "Just by using your body weight, you can burn tons of calories and create moves that tone everything," says **LACEY STONE**, who leads *BootyCamp!* in New York City. Follow the team's tips on these pages and you'll hear a different kind of whistle.

JASON STRONG, manager at Equinox Fitness Clubs in New York City

BOB WEINSTEIN, instructor for Beach Boot Camp in Ft. Lauderdale, FL

LAWRENCE BISCONTINI, creator of Buddha Camp at Equinox Fitness Clubs in New York City

KIMAE DOLAN, director of programming at Seattle Weight Loss Boot Camp

NANCY FUDACZ, director, performance training, at the East Bank Club in Chicago

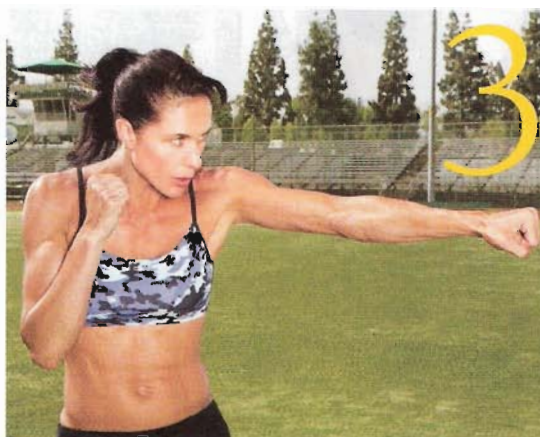
MARIO HORTIS, instructor at Crunch gym in Miami Beach and Chicago

ADRIENNE HOWELL, instructor at Body Fusion studio in Woodland Hills, CA

JAY KERWIN, owner of Boot Camp L.A. in California

PAUL FREDIANI, master trainer at the JCC in Manhattan Health Club

Philips 2G GoGear MP3 player, \$49 at Circuit City.



Kick up your cardio

When time is tight, use these sweat-astic moves to burn about 11 calories per minute.

AIR JUMP 'N' JAB Jump in place, shifting weight from side to side, as you punch forward with left fist. Jab with each jump for 1 minute. Switch arms; repeat.

SPEED SLIDE Lower into a squat with arms extended by sides. Shuffle to the right 2 steps and back to the left 2 steps. Go as fast as possible for 1 minute.

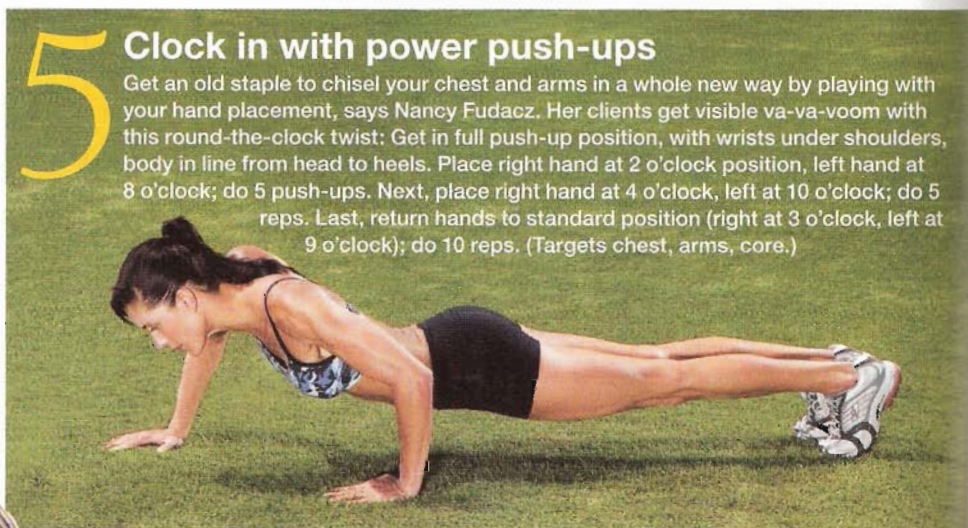
FOOT FIRE Stand with feet slightly more than shoulder-width apart, knees bent. March in place as fast as possible—as if stomping out a fire—for 30 seconds.

4 Stretch to build muscle

Boost strength an extra 20 percent by limbering up between sets. Target the same muscle in your stretch and your workout. For example, do 10 squats followed by a 20-second-long quad stretch.

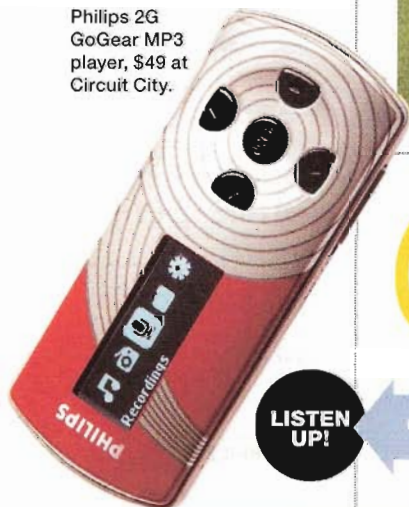
5 Clock in with power push-ups

Get an old staple to chisel your chest and arms in a whole new way by playing with your hand placement, says Nancy Fudacz. Her clients get visible va-va-voom with this round-the-clock twist: Get in full push-up position, with wrists under shoulders, body in line from head to heels. Place right hand at 2 o'clock position, left hand at 8 o'clock; do 5 push-ups. Next, place right hand at 4 o'clock, left at 10 o'clock; do 5 reps. Last, return hands to standard position (right at 3 o'clock, left at 9 o'clock); do 10 reps. (Targets chest, arms, core.)



6 Get a lean body and flat abs

Add mini-lifts as you whittle your middle for twofer benefits. "Hold a plank pose—stay in full push-up position—for 30 to 60 seconds, lifting a hand or foot off the ground every 10 seconds and squeezing your glutes for 5 seconds between lifts," says Kimae Dolan.



LISTEN UP!

Get these pros' playlist faves at www.fitnessmagazine.com/bootcamptunes.