One Woman Three Workouts

Custom Solutions From Top Trainers

"I'm Slim— But I Want To Be Tight And Toned!"

Brenda McColgen, 38

GOAL To banish "jiggle" and add muscle tone to her naturally lean frame CURRENT REGIMEN

None

OBSTACLE Although she's always been active, Brenda has never had to formally exercise and doesn't know where to start.

BY JESSICA CASSITY
PHOTOGRAPH BY PETER YANG



Erin O'Brien Creator of the fitness DVD Kristi Yamaguchi: Power Workout

Dumbbell Circuit

The Plan Few fitness tools are as easy to use as dumbbells. The weight workout I created for Brenda will tone her entire body, and because the moves are done in a circuit—one right after the other at a quick pace-it'll get her heart rate up too, all in less than 15 minutes. She should start with 5-pound weights, bumping up to 8 pounds after 3 to 4 weeks. Brenda should do this circuit 3 times in a row, twice a week. I'd also like her to plan fitness dates with friends so exercise feels like fun, not punishment.

Top Toners

1. MARCHING **HAMMER CURL**

+ March in place with a weight in each hand. palms facing one another. As left knee lifts. bend right elbow, bringing dumbbell toward shoulder. Switch sides.

+ Repeat 1 minute.



2. DUMBBELL **SWING**

- + Stand in wide squat, holding dumbbell low.
- + Swing dumbbell up, thrusting hips forward and straightening legs.
- + Do 25 reps with both hands, then 25 with left hand and 25 with right hand for 1 set.

Exercise Calendar

SECRET WEAPON

Brenda should add group activities, such as walks with friends or bike rides with her hubby, to her schedule. These fun outings will burn calories and help her rethink her attitude about exercise.

3. PEC FLY WITH CRUNCH

+ Lie on back, knees bent. Hold dumbbells with palms up and arms open to form a T.

+ Lift arms over chest, raising head and shoulders into a crunch. Lower to start.

+ Do 15 reps.





Nicole Cea McDermott Owner of Healthy Balance NYC, a boot-camp training program

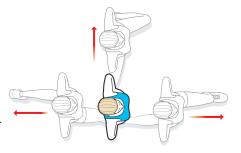
Do-Anywhere Moves

The Plan Since Brenda doesn't work out often, I chose exercises that use only her body weight—they're effective without being intimidating. Best of all, they can be done anywhere, which means no excuses! These three exercises—which are variations of staple strength-training moves—work the full body. Brenda should do this trio 3 or 4 times a week, starting with 1 set of each and building up to 3 sets. To increase cardiovascular health and all-over tone, she should go for a brisk 30-minute walk after each strength session.

→ Top Toners

1. CLOCK LUNGE

- + Step left foot forward into a lunge. Step left foot back to start position. Then lunge with left leg to side, and then behind.
- + Continue with right foot, lunging behind, then to side, then forward to complete circle.
- + Repeat for 2 minutes.



SECRET WEAPON



Stopwatch

Brenda should use a stopwatch to time lunges and planks and to add speed intervals to her 30-minute walks.

2. SQUAT WITH PULSES

- + Bend hips and knees to squat, keeping weight in heels and knees behind toes.
- + Hold squat for 3 counts, then do 3 pulses up and down an inch. Return to standing. That's 1 rep.
- + Do 15 reps.



+ Support weight on forearms and toes, spine straight; hold for 15 to 30 seconds.

- + Lower and roll to right side, lifting left arm and hips; hold for 15 to 30 seconds.
- + Repeat to left for 1 rep.
- +Do 3 reps.







Phil Page, PhD, PT, ATC, FACSM Instructor of kinesiology at Louisiana State University

Lower-Body Boost

The Plan To get rid of "jiggle," I crafted three moves that work the glutes, quads, and hamstrings. I chose resistance bands because they're as effective as weights, but they take up less space and are less expensive. Brenda should work up to 3 sets of 15 reps with the red band, then move up to a green band, which offers greater resistance. She should also do 150 minutes a week of cardio, such as walking or using a stair-climber, to sculpt her lower body.

→ Top Toners

1. BRIDGE WITH LOOP

- Lie on back and place Thera-Band loop just above knees.
- + Lift hips, pushing knees out against loop.
- + Hold for 2 seconds, then lower hips to starting position.





2. STANDING KICKBACK

- + Place loop around ankles.
- **+** Extend left leg back, keeping knee straight. (Hold on to a chair for balance if needed.) Hold for 2 seconds.
- ♣ Do 15 reps left and 15 reps right for 1 set.

3. LATERAL WALK

- + Stand in a half squat with loop around thighs, just above knees.
- → With right foot, step to right 4 to 6 inches and hold for 2 seconds.
 Step to right with left foot to return to width of starting stance.
- + Take 3 steps right, then 3 steps left, for 1 rep.



#TheraBand

SECRET WEAPON

Thera-Band Loop

This rubbery exercise band comes in four different resistance levels: yellow, red, green, and blue.

(\$5 to \$7; optp.com)

Brenda's Pick:

Workout #3

Why She Chose It

"I loved that I could do the moves anywhere watching TV, checking e-mail—and that the bands traveled easily!"

Need A Workout Makeover?

If you'd like to be considered for this column, e-mail us at workout@prevention.com.