

Burn fat fast!

You'll need: A pair of 5- to 8-pound dumbbells, a resistance band or piece of tubing tied into a loop and a stability ball

Try it: Do two sets of 15 reps of each toner twice a week, giving your body a day to recover between strength sessions

1. Trimming



Works butt, thighs

Stand with feet hip-width apart, a resistance band around ankles. Squat with hands clasped at chest (as shown). With right heel, tap in front, return to center; tap to right, return to center; tap behind, tap right, return to center for one rep. Do 15 reps. Switch sides; repeat.

2. Super squat



Works arms, butt, thighs

Stand with feet wide, toes turned out 45 degrees, a weight in each hand with arms down. Squat, then bend at hips until back is flat; return to squat. Stand as you curl weights to shoulders (as shown). Keeping weights near shoulders, point elbows toward ceiling, then straighten arms to bring weights directly overhead. Reverse arm sequence to return to start. Do 15 reps.

3. Waist



Works shoulders, abs, obliques

Start in a side plank with left wrist under shoulder, right hand behind head, elbow out; stack legs, left foot in front of right. Keeping abs tight, bend left knee toward chest as you draw right elbow toward knee (as shown). Return to start. Do 15 reps. Switch sides; repeat.

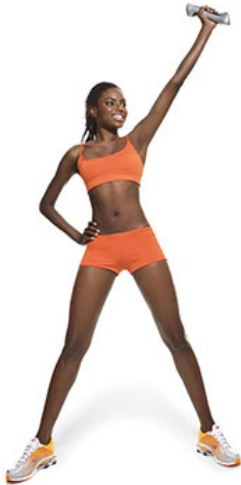
4. Get-lean lunge



Works shoulders, arms, butt, thighs

Stand with a stability ball pressed between your lower back and wall. Hold a weight in right hand, arm extended overhead, left hand on hip. Step forward with left foot and place sole of right foot flat against wall. Lunge until right knee hovers above floor as you bend right elbow, bringing weight toward shoulder (as shown). Return to start. Do 15 reps. Switch sides and repeat.

5. Saturday night slimmer



Works shoulders, abs, obliques, butt, legs

Stand with right foot about 2 feet in front of left, left heel lifted. Hold a weight in left hand, right hand on hip. Bend knees and lower torso to right thigh, reaching left hand to right foot. Stand as you pivot feet and torso forward, raising weight overhead on a diagonal (as shown). Reverse sequence to return to low lunge. Do 15 reps. Switch sides; repeat.

6. Crunch and punch



Works arms, shoulders, abs, obliques

Lie back on a stability ball, feet flat, holding a weight in each hand, elbows bent. Pull abs in and slowly crunch up several inches as you punch right, then left, rotating torso in direction of punch (as shown). Lower to start. Repeat. Do three sets of 15 reps.

7. Toning twist



Works arms, abs, obliques, butt, thighs

Start in a deep squat, holding one weight in both hands outside of right hip (as shown). Stand as you sweep weight across body to left and overhead to right while extending right leg to right side. Reverse sequence to return to start. Complete 15 reps. Switch sides; repeat.

8. Wall walker



Works chest, abs, butt, thighs, calves

Lie faceup in front of a wall with a weight in each hand, arms straight up, palms facing in. Place toes on wall, with knees bent and directly above hips, and raise butt off floor. Maintain hip lift as you draw left knee toward chest and open right arm to side (as shown). Return to start and repeat on opposite side for one rep. Do 15 reps.



corefitness