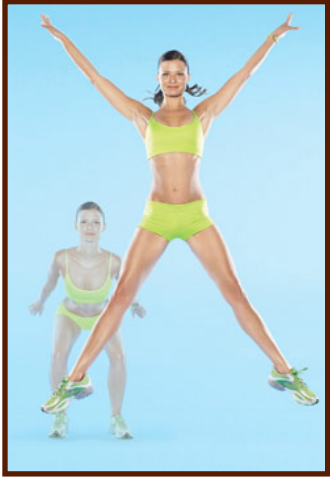


Burn more calories in less time!

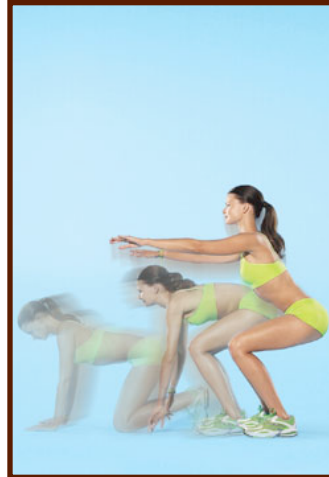
Because plyometrics is weight-bearing, it firms muscles while zapping an astounding 10 calories per minute for a 135-pound woman. Start slowly, then pick up the pace. To double the burn, fly through the routine a second time.



Soaring eagle

Works abs, butt, legs

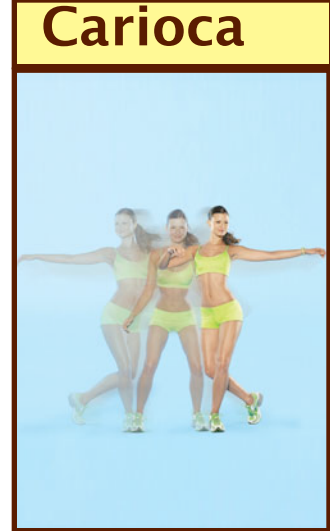
Stand with feet hip-width apart, arms down. Squat, leaning torso forward and extending arms behind you, palms facing ceiling. Explode up, reaching arms and legs wide. Land with knees soft, feet hip-width apart, and squat low again. Repeat as many times as you can for one minute.



Pop-up

Works shoulders, arms, back, abs, butt, legs

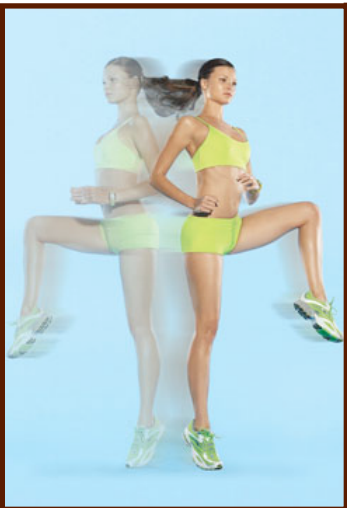
Start on all fours, knees under hips, wrists under shoulders. In a single, quick-fire movement, contract abs, push off floor with hands and jump to feet. Finish with knees bent, arms raised out front at shoulder height, palms down. Return to kneeling; repeat for one minute.



Carioca

Works arms, butt, legs

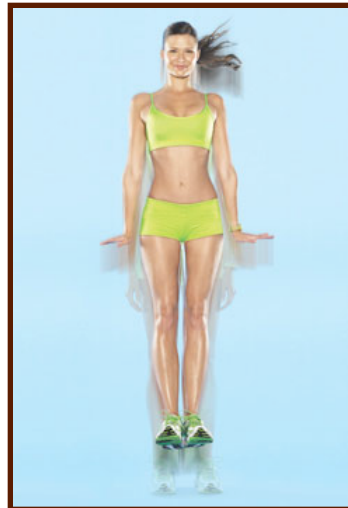
Stand with left foot diagonally behind right leg, heel lifted so left toes face right heel; raise arms out to sides at shoulder level. Step left foot left, so feet are hip-width apart. Step right foot left, diagonally behind left leg. Step to left again with left foot, so legs are hip-width apart. Step right foot left, diagonally in front of left leg to return to start. Move arms freely to help balance. Quickly take 10 of these steps, then reverse direction. Continue for one minute, finding a rhythm.



Hurdler hop

Works arms, abs, butt, legs

Stand with feet together, elbows bent 90 degrees. Engage abs and hop from one foot to the other, raising leg up and out to side as you bend it. Allow arms to move freely to help balance. Continue for one minute.



Pogo stick

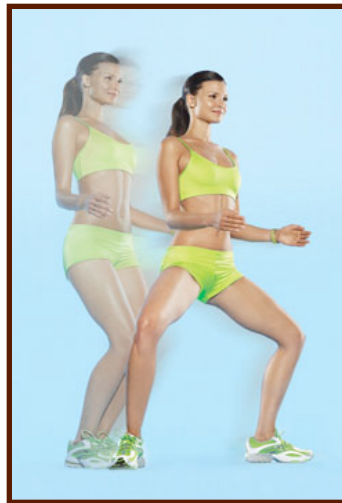
Works abs, butt, legs

Stand with feet apart, arms down and knees slightly bent. Contract abs and quickly push off toes, bursting up with feet and wrists flexed. Land softly on balls of feet with knees slightly bent. Repeat for one minute.



Tush tuck

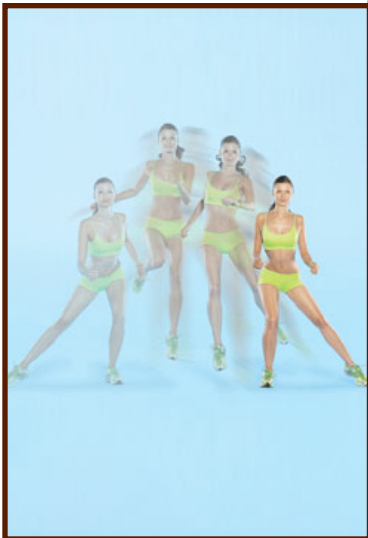
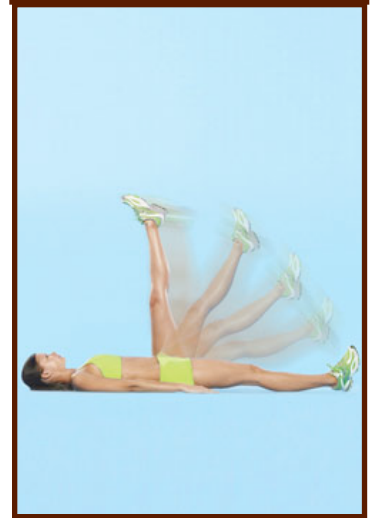
Works arms, abs, legs
Lie faceup with knees bent, feet flat on floor and arms straight up. Contract abs and quickly roll up to standing. Then jump up and kick heels up and behind you toward butt. Land with knees slightly bent and return to start. Repeat for one minute.



Open sesame

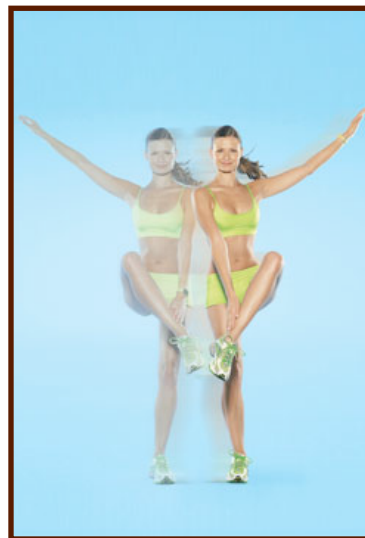
Works arms, butt, hips, legs
Stand with legs together, knees bent, elbows bent 90 degrees. Engage abs, then jump feet apart wider than hip-width, toes pointed out, knees soft. Jump feet back together. Repeat for one minute.

Flutter kick



The straddler

Works abs, butt, hips, legs
Stand with left knee bent and right leg extended to right, elbows bent 90 degrees. Engage abs, then push off left foot and lift up vertically, driving right knee up. Land softly on right leg with left leg extended to left side. Immediately repeat on other side, quickly alternating for one minute.



Getting jiggy

Works arms, abs, butt, legs
Stand with feet hip-width apart, arms overhead. Hop on left foot, bending right knee to bring up right foot as you reach left hand toward right ankle to tap it. Hop onto right foot, bending left knee to tap left ankle with right hand. Repeat for one minute.

Works back, abs, butt, hips, legs

Lie faceup. Squeeze abs and butt as you alternately kick right leg and left leg quickly up toward ceiling. Repeat for one minute.

