

Look Better Naked!

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Fat-Blasting
Workouts

Women's Health

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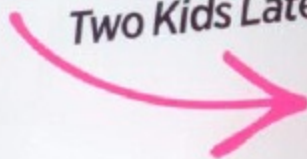
Drop Two Sizes

No Cardio Needed!

*Easy Steps
to a Lean,
Sexy Belly!*

*Keri
Russell*

*How She Scored
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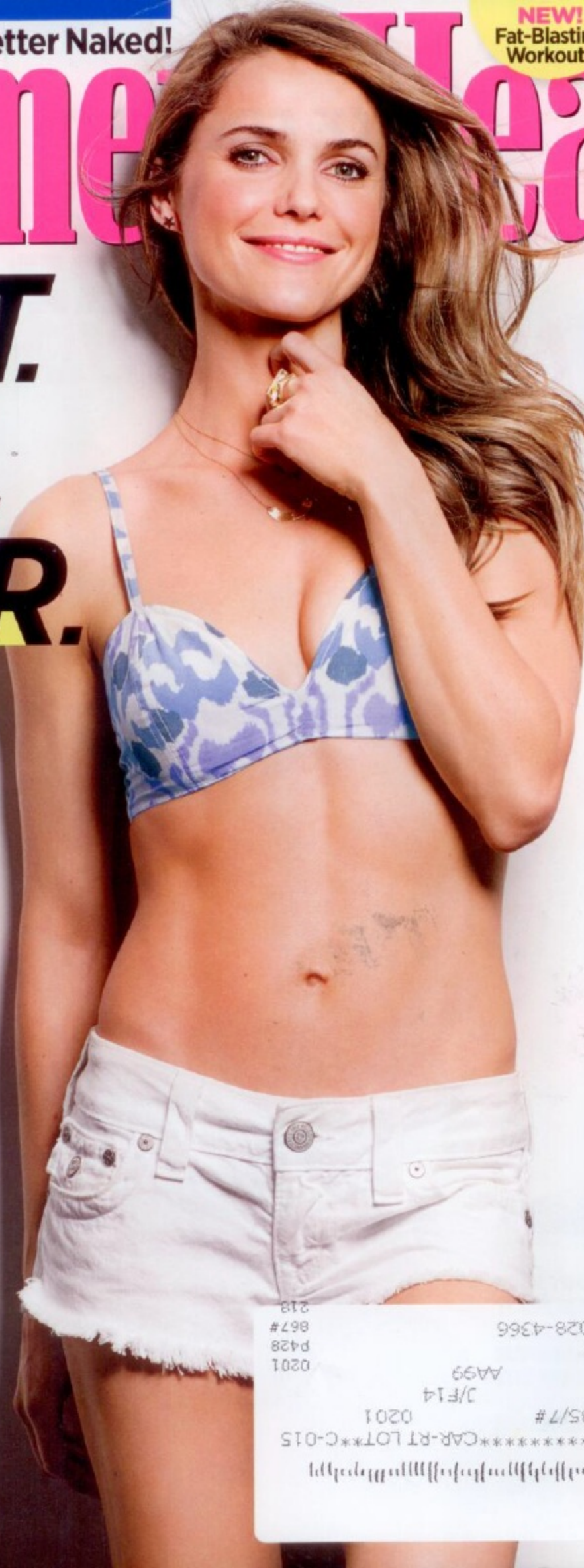
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Tips, Tricks & Fab
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MINUTE WORKOUT

GET IN KILLER SHAPE WITH KETTLEBELLS

This routine will earn you a balanced—and bangin'—physique.

No disrespect, dumbbells—you're great and we heart you—but the kettlebell is kind of stealing our adoration. To be honest, this isn't a new crush: We've always been fond of the kettlebell's shape, which creates an uneven distribution of weight and makes basic dumbbell exercises more challenging. But now researchers say that kettlebell training can improve your balance and reaction time—and that seals the deal.

"When you're swinging, passing, or flipping the bell, your body intuitively counterbalances the weight," says Lorna Kleidman, the three-time kettlebell world champion who created this workout. "This teaches your muscles to respond faster in other situations, whether you're playing tennis or trying not to fall on a slippery surface." What's more, the moves in this routine also train multiple muscle groups at once and on every plane of motion, increasing your strength and overall calorie burn.

Grab a kettlebell (try starting with six to 10 pounds) and do these exercises in order, resting for 30 seconds after each one. At the end, rest for up to a minute, then complete two more circuits.

—Caitlin Carlson

1 Squat Flip

Stand with your feet slightly more than hip-width apart and hold the kettlebell with both hands above your right shoulder. Push your hips back and lower into a squat (a). In one motion, push through your heels to stand while straightening your arms to raise the kettlebell overhead (b), then squat again as you lower the weight to your left shoulder (c). That's one rep. Do 20.



2 Lateral Lunge and Pass



Hold the kettlebell in your right hand at shoulder height, elbow bent (a). Take a big step to the left and sit back into a side lunge, passing the weight under your left knee and grabbing it with your left hand (b). Release your right hand and press through your left heel to return to standing, raising the kettlebell to your left shoulder. That's one rep. Alternate sides for 20 reps.

3 Push Press

Hold the kettlebell in your right hand at shoulder height, elbow close to your body, feet hip-width apart, and knees slightly bent (a). Keeping your core tight and back flat, straighten your legs and press the weight overhead until your arm is straight (b). Pause, then slowly lower back to start. That's one rep. Do 10, then switch sides and repeat.



4 Side Plank Row

Get into a pushup position with your right hand grasping the kettlebell's handle and your feet slightly more than hip-width apart (a). Row the kettlebell to the side of your chest while rotating into a side plank, supporting yourself with your left arm (b). Reverse to return to start. That's one rep. Do 10, then repeat on the other side.

