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Workout of the Month

# STEP & REPEAT

This challenging routine uses two classic tools to get you one totally toned bod.

Kicking it old-school may be the best way to make a stale regimen seem new. That's the idea behind KettleXStep, a class at the Fitness Cell Collective in New York City that combines a kettlebell (a handled iron orb invented in the 1700s) with a step (circa 1989). "Performing powerful moves using a kettlebell elevates your heart rate and strengthens your muscles," says Lorna Kleidman, who created the class and designed this plan. "And because the weight is unstable, your core stays engaged." Exercising with a platform, she adds, increases the cardio challenge and calorie burn. (Plus, doing a few retro step-aerobics moves is just plain fun.) Try this 30-minute plan and you'll firm up your entire body fast. Results like that never go out of style.

by Danielle McNally • photography by Chris Fanning





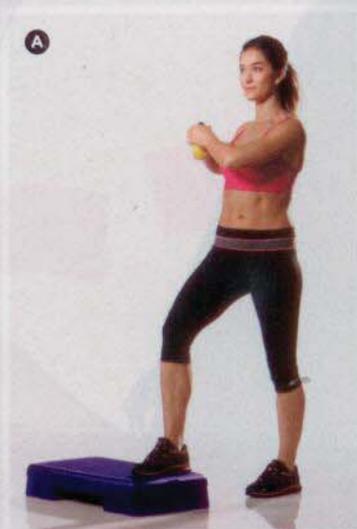
## THE PLAN

### HOW IT WORKS

Three or four times a week, do 1 set of each move in order, resting 30 to 60 seconds between exercises. Repeat the circuit twice more. (Beginners, do only 2 rounds.)

### YOU'LL NEED

A 10- to 15-pound kettlebell and a step.



# 1 CORNER-TO-CORNER TWIST

*Works legs, butt, and core*

Stand facing a step with feet together and hold a kettlebell in front of right shoulder with both hands. Step onto the left side of the step with right foot [A]. Bring left foot to inside of right knee as you rotate torso to the left and shift the kettlebell to left shoulder [B]. Step back on the floor with left foot, then right. Repeat in opposite direction (step up with left foot and twist to the right) to complete 1 rep. Do 6 reps.



A



B



C

## 2 SHUFFLE AND ZIP

*Works legs, arms, and shoulders*

Stand with left foot in the middle of a step and right foot on the floor, feet wider than shoulders. Hold a kettlebell in right hand, arms extended at sides and palms facing behind you. Bend knees, lowering kettlebell between your legs [A]. Rise up as you place left hand on handle and bend elbows out to sides, drawing weight toward chest [B], then hop to the left. Land with right foot on the step and left foot on the floor as you bend knees and shift kettlebell to left hand, extending arms [C]. Repeat in opposite direction to complete 1 rep. Do 10 reps.



A



B

## ULTIMATE PLAYLIST

Add some pep to your step session with Kleidman's favorite jams.

"Black & Blue"  
Miike Snow

"Move for Me"  
Kaskade and Deadmau5

"Turn Me On"  
David Guetta  
feat. Nicki Minaj

"Busy Child"  
The Crystal Method

## 3 JUMPING SWING

*Works legs, butt, arms, shoulders, and core*

Stand with feet on either side of a step and hold a kettlebell with both hands in front of hips. Squat as you lower kettlebell between your legs [A]. Jump feet together on top of step as you raise arms to chest height in front of you [B]. Jump down to starting position. Do 10 reps.

