

## INTRODUCTION

You've tried to slim down and shape up—more than once, perhaps. But something has always foiled your intentions: No time to work out. No money for a gym membership. No results, despite your best efforts. No motivation—the biggest obstacle of all.

This time, things will be different. And “this time” starts today.

In just 4 short weeks, a leaner, more sculpted body can be yours. As a professional athlete, personal trainer, fitness model, and TV fitness personality, I can make such promises. In person, with my fitness videos, and in magazine and TV workouts, I've helped countless women achieve the fit, lean bodies they always wanted.

Now it's your turn. My program can take your body to a new level of grace, strength, and fitness. You'll slip into clothing you've longed to wear: cute bikinis with boy shorts bottoms that reveal a leaner lower body. Tank tops that expose toned arms and sculpted shoulders. Low-rise jeans that show off a taut, toned belly.

“This time” starts with strength training, a critical component of a balanced -fitness program. Lifting weights builds firm, shapely, feminine muscle that burns 10 times more calories than its weight in fat.

Here's what you can expect from my program.

**A FITNESS “PRESCRIPTION” FOR EVERY FITNESS LEVEL.** Whether you're an absolute beginner or looking for new and challenging routines, I've got you covered with Novice, Skilled, and Master exercises and workouts. No matter where

you're starting from, in 30 days you'll see significant fat loss and dramatic improvements in your strength, flexibility, and balance.

**FLEXIBILITY.** You can do my program at home with minimal equipment or at the gym. As a bonus, with each exercise I offer variations for both home and gym workouts.

**FRESH MOVES.** If you're tired of the same old routines, you've come to the right place. I give traditional strength-training exercises a twist, adding moves from yoga, dance, gymnastics, and Pilates. I round out the program with flexibility training and cardiovascular exercise for an effective, time-efficient workout.

**BUILT-IN MOTIVATION.** As an athlete, I learned the value of visualization and other mental training tools in achieving peak performance. Peak performance yields peak results: a strong, lean, fit body. Incorporate one or all of the tools presented on these pages into your program, and watch as your motivation—and the result—reaches the next level.

**CUTTING-EDGE TRAINING PRINCIPLES.** Ripped abs aren't worth much if you wrench your back lifting the laundry basket. That's why I've based my program on the principles of *functional training*. Unlike traditional strength training, which works individual muscles in isolation, functional-training exercises work multiple muscles and joints together in ways that mimic everyday activities. In my program, you don't just "lift weights." You use free weights in specific ways that build flexibility, balance, and coordination as well as strength. Read on to learn more about this unique style of training.

## THE BENEFITS OF FUNCTIONAL TRAINING

When you hold a squirming toddler, bend to retrieve a pair of shoes in your closet, or hang a picture on your living-room wall, your body isn't using one muscle in isolation but many muscles that work *together*.

That's why functional-training exercises mimic the movements of everyday life: bending and reaching as you put away groceries, washing your dog in the tub, moving the couch away from the wall to vacuum behind it. That's because the exercises force your *core*—the muscles of your groin, upper back, and chest, as well

as your abdomen—to work harder and get stronger. Functional training also focuses on *joint integrity*, which is the ability to maintain posture, control motion, and keep your balance. The benefits: The demands of everyday life become a lot easier, and you're less likely to injure yourself stooping to pick up your overflowing laundry basket.

Don't let the name intimidate you. If you've ever performed crunches on a stability ball, you're already familiar with functional training. This move doesn't just "work your abs," it calls upon other muscles in your pelvis, back, and hips to maintain your balance. This increased effort builds more muscle, and the more muscle you have, the more calories you burn.

Which brings us back to my promise: My program will help you shed excess body fat and sculpt sleek, feminine muscle. But it will also make those muscles *functional*, thereby improving your quality of life.

### HOW TO USE THIS BOOK

I know you're eager to plunge into the program, but give me a second to explain how you should proceed. In *The Cardio Equation* (see page 7), you'll discover how and why cardiovascular exercise accelerates fat loss, as well as the particulars of my -cardio workout—how much, how often, and how to perform it safely and effectively. (There's even a cool treadmill-walking workout to try.) In *Stretch Yourself* (see page 19), I reveal the benefits of stretching and introduce you to the stretches that I recommend you do after each exercise.

Parts 1 through 3 present the exercises. Part 1, *Tank Top Arms*, focuses on moves that firm and tone the upper body, including the shoulders, arms, and back. Part 2, *Bikini Belly*, introduces moves that strengthen your core musculature and flatten your belly. Part 3, *Boy Shorts Bottom*, presents moves that slim and sculpt the lower body, including the legs, hips, and butt.

I've divided each part by fitness level. In the *Tank Top Arms* part, for example, you'll find moves specifically selected for your fitness level: Novice, Skilled, and -Master. Determine your fitness level (see the sidebar on page 2), then perform the moves in that section.

Part 4, *Putting It All Together*, presents the workouts I designed to meet the unique needs and challenges of each fitness level. The Novice Level (see page 213)

trains the entire body. The Skilled Level (see page 225) alternates between upper and lower body workouts. The Master Level (see page 241) focuses on perfecting specific body parts.

In the Appendix, *Staying Lean for Life: Nutrition Principles and Practice* (see page 263), you'll find practical advice for eating for weight loss and training—the same advice that I follow. (My diet is far from perfect, and I don't expect yours to be, either!) I've also included training logs (page 281) that allow you to monitor your progress.

## **DETERMINING YOUR FITNESS LEVEL**

To ensure your success, it's important to start with the moves and program that match your current fitness level: Novice, Skilled, or Master. These guidelines can help. Note: If you have heart disease, diabetes, or any other chronic health condition, or are more than 50 pounds over your ideal weight, talk to your doctor before you begin this or any fitness program. Also, if a particular exercise or workout feels too hard, replace it with a less-demanding move or program, then attempt it again as you gain strength, flexibility, and balance. Remember: Your body knows best. If it doesn't feel good, don't do it.

Start with the Novice Program if you:

- are completely new to exercise
- have not exercised in 6 months or more

Start with the Skilled Program if you:

- have been exercising for 6 months or more
- can perform the Novice Program exercises in this book with correct technique

Start with the Master Program if you:

- have been exercising for 1 year or more
- can perform the Novice Program and Skilled Program exercises in this book with correct technique
- are injury free

## MIND TOOL: AFFIRMATIONS

*Affirmations* are statements used to boost self-esteem. They are worded in a positive rather than a negative way and are grounded in the present rather than the future. An example of a positive affirmation for weight loss is “I am losing weight and getting fit.” Repeat these affirmations enough and your subconscious will come to believe them, replacing a negative interior dialogue with a more positive one. Affirmations don’t work their magic right away, however. You need to repeat them dozens of times a day, aloud and to yourself, writing them, reading them, letting them sink inside until they reach the deepest part of your being. Other examples of affirmations include:

- “I have strong, flexible, lean muscles.”
- “My body is fit and beautiful.”
- “I love my strong, healthy, fit body.”

These are only examples. Feel free to make up your own affirmations. “Personalized” affirmations are much more powerful.

## MIND TOOL: POSITIVE SELF-TALK

Psychologists believe that our self-talk—the words we use when we talk to ourselves—influences our self-esteem, outlook, performance, and relationships. And it definitely can affect our health, determining, for example, how easily we replace unhealthy behaviors with healthy ones. *Positive self-talk* is internal dialogue that is loving and encouraging, rather than negative and harsh. It’s talking to yourself the way you would to a 4-year-old trying to stack blocks or an 8-year-old trying to ride a two-wheeler for the first time. To try positive self-talk on yourself, imagine a kind, supportive voice—the voice of a grandparent, coach, favorite teacher, or friend—saying things like “You can do it—I know you can” or “You did it! I’m so proud of you!” Just as important as encouraging yourself to do more or try harder is giving yourself a rest when you need one. Remind yourself that everyone needs a break occasionally: “I may not

have it in me to do 1 more set of this exercise today, but I have tried my best, and I feel good about that!"

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