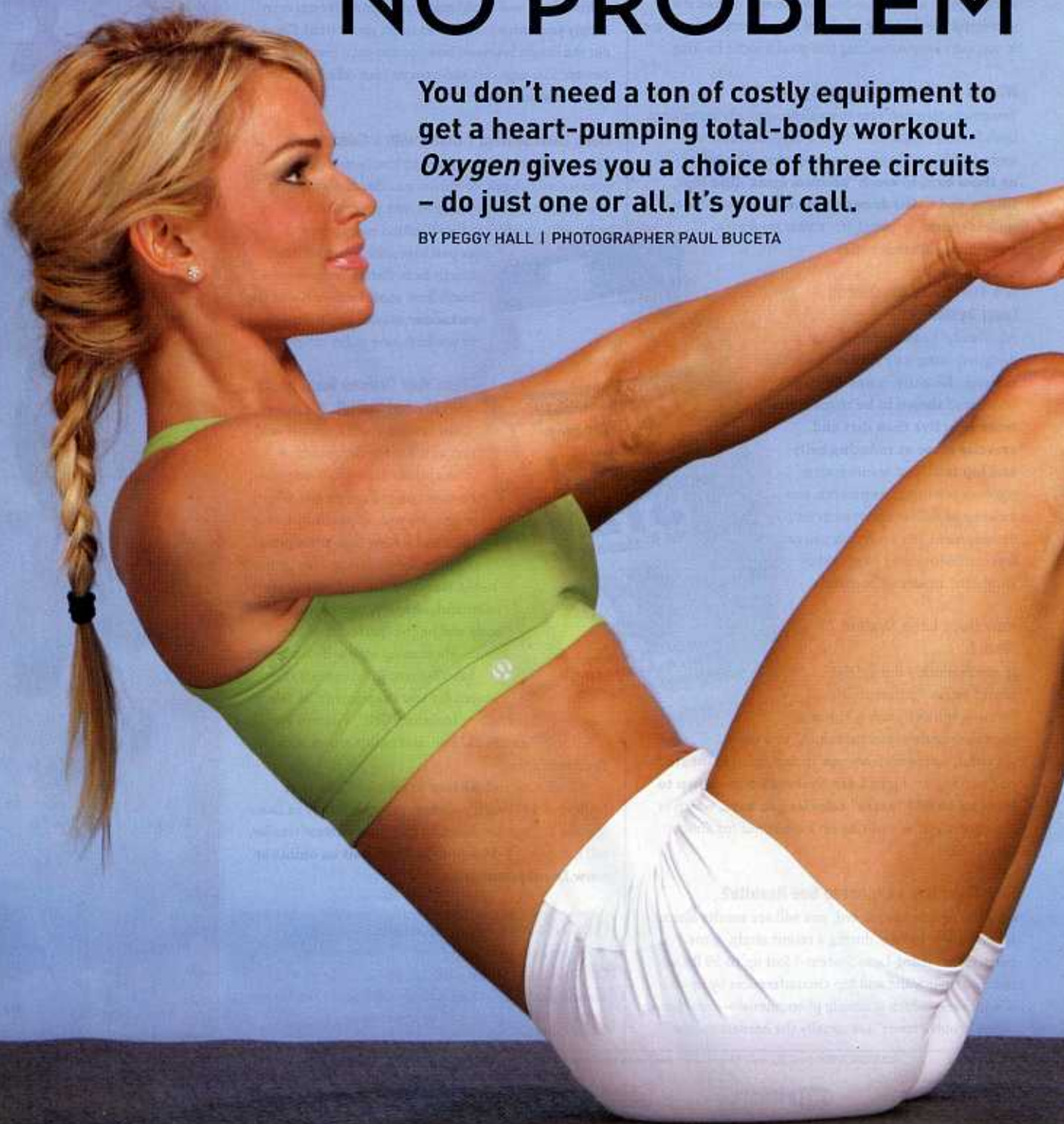


NO GYM?

NO PROBLEM

You don't need a ton of costly equipment to get a heart-pumping total-body workout. *Oxygen* gives you a choice of three circuits – do just one or all. It's your call.

BY PEGGY HALL | PHOTOGRAPHER PAUL BUCETA



Reader Letter

I travel a lot for my job and can be away from the gym for days at a time.

Is there a quick workout I can do in my hotel room, in my office or on the beach that doesn't involve equipment? My goal is to lose fat fast! - Sarah King, via email

Break free from your day-to-day routine with this not-so-basic, fat-melting, bodyweight-only circuit workout that is perfect to do at home, on the road or out in the wild. You'll wow anyone who may be watching, 'cause this ain't your momma's workout! These one-of-a-kind fitness moves will challenge even hardcore gym rats who may feel bound and tied to machines and free weights.

Your do-anywhere **PLAN**

Perform one set of each exercise in Circuit One without stopping. Rest for one minute, then repeat the circuit once more before moving on to Circuit Two, and so on. **Do this 30-minute workout two or three days a week to stay in shape when you can't get to the gym**, or enjoy it as an occasional departure from your regular routine. As you master these moves, complete each circuit three or four times. You'll probably feel sore after just the first workout, but you can see results in as little as four weeks.

What you're **WORKING**

RECTUS ABDOMINIS
TRANSVERSE ABDOMINIS



DELTS
PECS
TRICEPS
OBLIQUES



GLUTES
QUADS
HAMSTRINGS



TIP:
IF YOU'RE STARTING OUT, DO ONE CIRCUIT COMPLETELY AND WORK UP TO ALL THREE.

What's so great about **CIRCUITS?**

When your day is packed right down to the last minute, your cardio and weightlifting sessions can get lost in the shuffle. Luckily, if you train circuit-style you can get in a cardio and strength workout all at once in a very short amount of time. When you move through the exercises quickly, your heart rate is elevated, which promotes cardiovascular and endurance benefits. And, because each move requires major muscle power, you're also gaining strength and sculpting muscles. That's a pretty sweet deal for anyone on the go - which is pretty much everyone.

CLOTHING LULU LEMON, SHOES NIKE



A



B



C



D

sun squat

Targets: back and leg muscles, core, delts, pecs

Stand with your feet slightly wider than shoulder-width apart, toes turned out. Inhale as you sweep your arms out to the sides and overhead, pressing your palms together. Exhale as you squat deeply, bringing your hands to your chest. Inhale and straighten your legs, reaching your pressed palms overhead. Exhale and squat deeply, sweeping your arms out to the sides and crossing your wrists in front of you. Inhale and sweep your arms overhead. Continue in this manner, squatting deeply, alternating palms pressing and arms sweeping.



Ramp it up:

Do it with your eyes closed, or on tip-toes.



A



B



Ramp it up:

Pause for a period of time (while breathing properly) at the top of each move.

ab rocker

Targets: rectus and transverse abdominis

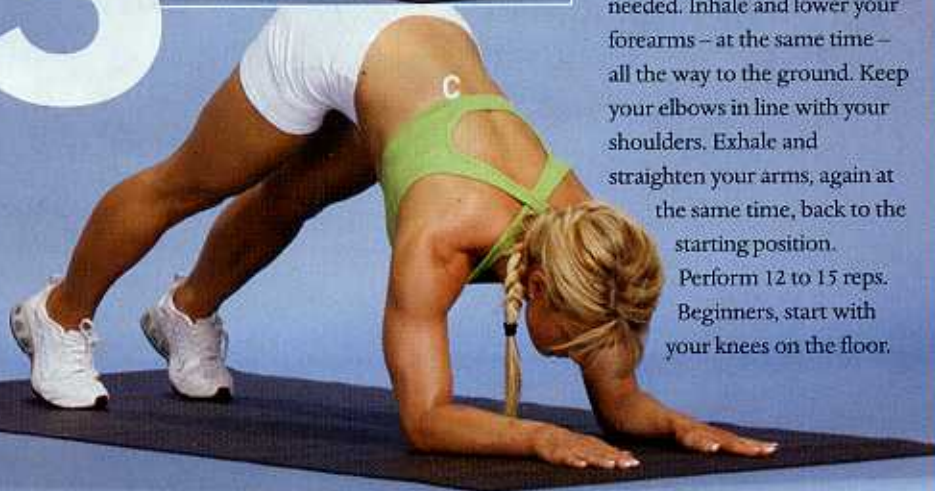
Lie on your back with your legs extended and your hands interlaced behind your head. As you exhale, flatten your abs and slowly raise your legs and shoulders at the same time, until your toes are at eye level. Pause for a moment, then slowly lower, resisting gravity. Perform 12 to 15 reps, without jerking or using momentum.

forearm push-up

Targets: triceps, delts, pecs, core

Start on all fours with your hands under your shoulders and your toes curled under. Spread your fingers and press your palms firmly into the ground as you lift your hips into an inverted V, or downward dog (for you yogis), pressing your heels toward the floor. Keep your knees slightly bent if needed. Inhale and lower your forearms – at the same time – all the way to the ground. Keep your elbows in line with your shoulders. Exhale and straighten your arms, again at the same time, back to the starting position.

Perform 12 to 15 reps. Beginners, start with your knees on the floor.



Ramp it up:

Keep your right leg lifted during the first round, and your left leg lifted during the second round.

3

SECOND CIRCUIT

hovering push-up

Targets: abs, lats, traps, rhomboids, delts, triceps, pecs, glutes, hamstrings

Assume a traditional push-up stance with your legs extended and your hands directly under your shoulders. Lower your torso in one piece until you are hovering a few inches above the ground. Keep your elbows

tucked into the sides of your waistline, and make sure your bum is not sticking up in the air. Your body should look like one horizontal line.

Beginners, keep your knees on the ground.



Ramp it up:

Hover with the tops of your feet flat, or raise one leg for 30 seconds at a time.



No-Fuss FOODS

Strip clean eating down to its bare essentials: every day, consume three servings each of protein, healthy carbs, fruit, vegetables and healthy fats. Add in one serving of low-fat dairy and three liters of water, and you're covered.

Sample Menu

BREAKFAST: 3 egg whites, 1 cup oatmeal and 1 tbsp ground flaxseed

SNACK: 1 cup nonfat yogurt and 1/2 cup berries

LUNCH: Mixed green salad with 3 oz chicken breast, 1/2 cup brown rice, 1/2 cup salsa and 1/2 sliced avocado

SNACK: 1 small apple or pear with 20 unsalted almonds or walnut halves

DINNER: 4 oz tilapia, 1/2 cup baked sweet potato and 1 cup steamed asparagus

SNACK: 1/2 cup berries or 1/2 grapefruit

Drink Up

No matter what circuit you choose – or how many you do – you need to hydrate.

According to *Oxygen* editorial advisory board member and sports nutritionist Susan Kleiner, PhD, RD, you need to drink water at regular intervals. In her book, *Power Eating* (Human Kinetics, third edition, 2007), she notes you can't rely on thirst to tell you when to drink up. By the time your thirst mechanism kicks in during a workout, it's too late – you've already lost about one to two percent of your body weight as sweat. For more, go to the American College of Sports Medicine website and read its stance on exercise and fluid replacement. acsm.org





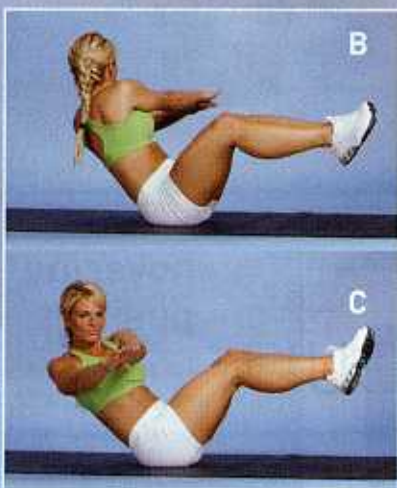
» **Ramp it up:**
Challenge your balance by closing your eyes or standing on a soft pillow.

one-legged squat

Targets: *pecs, delts, glutes, quads, hamstrings*

Stand with one foot slightly in front of the other. Clasp your hands behind you and open your chest. Shift your

weight to your front foot and raise your back leg, creating one line from head to toes, with your torso parallel to the floor. Maintain this position as you bend your standing leg, squatting deeply. Straighten your leg to complete the move, and continue for 12 reps before switching sides. Beginners, rest your fingertips on a wall or chair for balance.



3 moving boat

Targets: *obliques, delts*

Sit with your knees bent and feet lifted to eye level. Extend your arms above your knees, toward your feet. Inhale and lengthen your spine; exhale and move your feet to the right and arms to the left. Inhale and return to center; exhale and move your feet to the left and arms to the right. Continue alternating sides for 20 reps total. Beginners, keep your hands on the floor.



» **Ramp it up:**
Perform the exercise with your legs extended.

superwoman

Targets: traps, lats, delts, rhomboids, glutes, hamstrings

Lie facedown with your arms extended overhead. Inhale and raise your chest as you squeeze your elbows toward your waistline (as if doing a lat pulldown) and lift your feet, squeezing your glutes. Keep your chin tucked and your gaze on the floor directly under you. Pause for a moment, then return with control to the starting position. Repeat for 12 to 15 reps, then press back onto your heels to stretch your back in child's pose.

1 THIRD CIRCUIT

» **Ramp it up:**
On the last rep, hold the lifted position for 30 to 60 seconds.



Research has determined the bicycle is the best for your abs because it targets the most muscle.

American Council on Exercise



» **Ramp it up:**
Uh... no need to!



2 the ultimate bicycle

Targets: abdominals

Lie on your back with your fingers interlaced behind your head. Use your abs to raise your shoulders and hover your legs about four inches from the floor. As you exhale, draw your right knee into your chest and rotate your left shoulder (not elbow) to meet it. Return to the start position and continue for 12 to 15 reps, moving just the right leg and keeping the left leg extended and absolutely still. Repeat on the other side.

3 swimming dolphin

Targets: pecs, delts, triceps, traps, lats, rhomboids, glutes, hamstrings, abs

From an all-fours position, interlace your fingers and place your forearms on the floor with your elbows directly under your shoulders. Curl your toes under and lift your hips, walking your feet in a few steps if possible. Keeping your abs engaged, draw your chin forward, attempting to tap it down on the ground in front of your interlaced fingers. Press back up to the starting position. Beginners, keep your knees on the ground.

» **Ramp it up:**
Keep your right leg lifted during the first round, and your left leg lifted during the second round.

