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PHOTOGRAPHS BY DENISE CREW

Walk it off

Check out the latest skinny on walking: Women between the ages of 18 and 30 who walked at least four hours a week were 44 percent more likely to lose weight during the 15 years they were tracked than those who didn't walk at all—regardless of what other exercise they did, according to a study in the *American Journal of Clinical Nutrition*. To hit that magic 240-minute-a-week total, follow this simple plan created by Malin Svensson, a walking and fitness expert in Los Angeles. You'll not only burn off 1,300 calories this week but also firm up trouble zones that your average stroll ignores.

HOW IT WORKS Aim to rack up at least 45 minutes of walking on most days (we've plotted it out for you on page 89), alternating your usual steady walks with Svensson's Burn-and-Firm Workout, shown on these pages. You'll melt about 240 calories in each 45-minute Burn-and-Firm session as you "sculpt from abs to calves and build more push-off power," says Svensson, author of *Nordic Walking*, who puts her clients through this shape-up. For an all-over makeover, give equal toning TLC to your top half with Svensson's four Essential Upper-Body Shapers, on page 89. Now step on it!

Walk This Way
See the workout video at www.fitnessmagazine.com/walkitoff.

Burn-and-Firm Workout

START OUT at an easy pace (about 20 minutes per mile) for 4 minutes, then alternate doing the tone-as-you-go exercises pictured with 5 minutes of brisk walking (a 15-minute mile or faster). Cool down with an easy 4-minute walk.

► Heel Walk

TARGETS butt, shins

- ▲ Step forward with right foot, landing on heel.
- Keeping body weight centered on middle of right heel as you push off (toes are off the ground; walk only on heels), quickly take a short step forward with left foot, landing on heel.
- Swing extended arms in opposition to legs, matching pace of arm swing to speed of steps.
- Continue heel walk for 1 minute, taking short, quick steps.

► Toe Walk

TARGETS shoulders, abs, calves

- Walk quickly on tiptoes, keeping weight centered on balls of feet and taking short steps (like a ballet dancer).
- ▲ Simultaneously press arms overhead: Start in a goalpost pose, with elbows bent 90 degrees and raised out to sides at shoulder level, hands in fists, palms facing forward.
- Quickly press arms straight overhead and open hands, palms facing each other.
- Continue toe walk for 1 minute, alternating goalpost and overhead arm position throughout.

Fresh Tracks This 45-minute playlist will keep you cruising at a quick, calorie-sizzling pace. Download it now at www.fitnessmagazine.com/freshtracks.

“Proper Education” (RADIO EDIT) ERIC PRYDZ VS. FLOYD “Lady” LENNY KRAVITZ “Seven Nation Army” THE WHITE STRIPES

“The Shock of the Lightning” OASIS “New Moon Rising” WOLFMOTHER “Do What You Want” OK GO “100% Pure Love” CRYSTAL WATERS

← **Trainer's Tip**
Keep ribs lifted
and eyes looking
forward to resist
urge to round back.

→ **Trainer's Tip**
For the best toning,
avoid bouncing:
Rather than letting
body rise between
steps, maintain a
low, gliding stride.

▷ Balance Walk

TARGETS abs, hips

- Step forward with right foot, raising arms straight overhead, palms facing each other. (Arms reach top as right heel touches down.)
- ▲ As you land on right foot, raise bent left knee to hip height or higher and quickly lower straight arms down to meet knee in a sharp, controlled motion.
- Repeat, raising arms as left foot lands and lowering arms quickly as bent right knee reaches hip level.
- Continue balance walk for 1 minute, keeping posture tall.

▷ Groucho Walk

TARGETS butt, thighs

- ▲ Take a long step (but not a big stretch) forward with left leg, lowering hips closer to ground.
- Keeping body lowered, squeeze glutes as you take a long step forward with right leg in a gliding motion.
- Continue Groucho walk for 1 minute, moving arms in opposition to legs, elbows bent.

▷ Trunk Twist

TARGETS abs, obliques, hips

- ▲ March forward with left leg, lifting bent left knee to hip height, as you rotate torso to left, swinging straight right arm forward to touch inside of left knee and swinging straight left arm behind you.
- Keep your head facing forward and maintain a tall posture as you march forward with right leg, rotating torso to right and swinging left arm to touch inside of bent right knee.
- Continue trunk twist walk for 1 minute, alternating sides.

▷ Cat Walk

TARGETS abs, obliques, inner thighs

- ▲ Place hands on hips and step forward, crossing left leg over right thigh (so left foot lands to right of an imaginary median line in front of you) as torso rotates to left.
- Step forward with right leg, crossing it over left thigh and rotating torso to right.
- Continue cat walk for 1 minute, keeping posture tall.

HAIR: CHEN HO WITH FORD ARTISTS FOR KERATASE. MAKEUP: VICKIE GRAY/ADO USING MAC COSMETICS. NUX TOP AND SHORTS. AVIA SHOES. STILL: BRYAN MCCAY

“Canned Heat” (CENTER STAGE SOUND TRACK) JAMIROQUAI “Show Me Love” ROBIN S “Flaunt It” DJFRANCOFABI “Move (You Make Me Feel So Good)” MOBY

→ Trainer's Tip

To work upper back muscles, bring shoulder blades down and together to kiss when arms are fully extended.

Stash and Carry

Pocket your cash, keys and ID in these performance tops.



New Balance NBx Shimmel with built-in sports bra (\$45; newbalance.com)

Moving Comfort

Endurance Support Tank for A/B or C/D cup (\$52; movingcomfort.com)



Asics ARD Shimmel with shelf bra (\$55; asicsamerica.com for info)

▶ Tick-Tock Walk

TARGETS hips, butt

- Bring fists in front of chest, elbows bent. Form a diagonal line with bent elbows, left elbow above shoulder level and right elbow below, as you step forward with left foot.
- ▲ As you land on left foot, simultaneously lift right leg out to side, toes pointing forward, as you straighten arms in the diagonal line. **MAKE IT EASIER:** Keep elbows bent by sides, fists in front of chest, and skip arm movements.
- Bend elbows and return fists to chest, this time with right elbow above shoulder level and left elbow below, as you step forward with right leg.
- Extend arms again as you land on right foot and lift left leg out to side. (Imagine legs moving like a pendulum.)
- Continue tick-tock walk for 1 minute.

Your Weekly Stride Guide

Follow this at-a-glance plan to start torching 1,300 calories each week.*

Essential Upper-Body Shapers

Grab a pair of three- to five-pound dumbbells and do two to three sets of each move below twice a week to go from flab to fab.



▲ Three-Legged Crab

TARGETS triceps, abs, butt

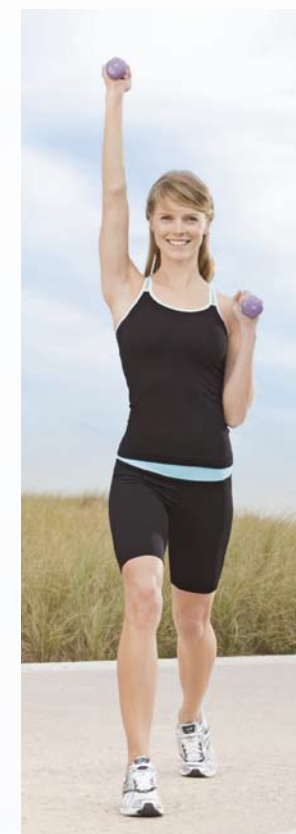
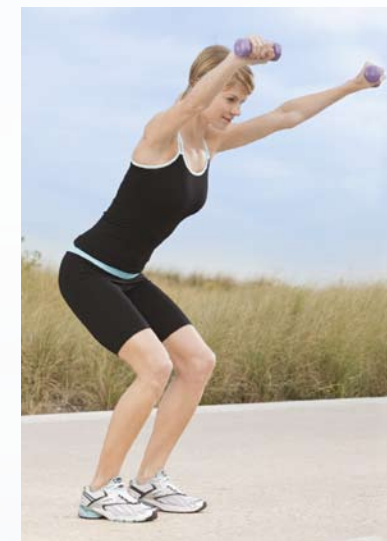
- Sit on floor with knees bent and feet flat, palms planted beside hips, fingers pointing toward feet.
- Press through palms to straighten arms and raise hips off floor, balancing body between hands and feet.
- Lift left foot off floor and extend leg in front of you.
- ▲ Keeping left leg raised throughout, bend elbows slightly to lower hips toward floor (without touching it).
- Press through palms to raise hips again.
- Do 8 reps. Switch legs and repeat.



▼ Snow Angel

TARGETS back, shoulders

- Holding a dumbbell in each hand, stand with feet hip-width apart, knees slightly bent, and hinge forward 45 degrees at hips so dumbbells hover in front of knees, palms facing in.
- ▼ Keeping back flat, raise extended arms up and out to form a V shape overhead, palms facing forward.
- Lower straight arms out to sides and then down toward hips so they form an inverted V shape, palms facing forward.
- Reverse arc motion to return arms to V shape.
- Do 8 to 10 reps.



▲ Curl and Press

TARGETS upper back, shoulders, biceps, legs

- Stand with feet hip-width apart, holding a dumbbell in each hand, arms by sides, palms facing in.
- Lunge forward with right leg, knee bent about 90 degrees, left leg extended directly behind you.
- Bend right elbow and bring dumbbell near right shoulder, palm facing left.
- ▲ Keeping torso upright and maintaining lunge position, press right hand overhead as you curl left hand to shoulder, palm facing right.
- Lower weights, bringing right hand to shoulder and left hand beside thigh, to complete rep.
- Do 8 reps. Switch sides; repeat.

◀ Flye Trap

TARGETS chest, abs, butt, inner thighs, hamstrings

- Holding a dumbbell in right hand, lie faceup on floor with right knee bent, foot flat, and left leg on floor and extended out to side at a 45-degree angle so inner thigh faces up.
- Bring extended right arm out to side at shoulder level, palm facing up; left arm remains by side, palm down; this is start position.
- ▼ Squeeze glutes and press through right heel to raise hips as you lift straight right arm and left leg toward each other in center.
- Slowly lower right arm and left leg out to sides as you bring hips to floor to return to start position.
- Do 8 to 10 reps. Switch sides and repeat.

MON

Essential Upper-Body Shapers

TUES

Steady 4 mph or faster walk (Do 45 minutes in one shot or divide the time into three 15-minute 1-mile walks.)

WED

Burn-and-Firm Workout (45 minutes)

THURS

Steady 4 mph or faster walk (45 minutes)

Essential Upper-Body Shapers

FRI

OFF

SAT

Burn-and-Firm Workout (45 minutes)

SUN

Steady 4 mph or faster walk (Do 60 minutes all in one loop or two 30-minute outings.)

*Calories burned are based on a 140-pound woman walking a weekly total of 240 minutes at a four-mile-per-hour pace and toning her upper body twice a week.