


MAKE  
YOUR  
METABOLISM  
SOAR

Do cardio *before*  
weights for an  
extra post-workout  
calorie bump



# DOUBLE YOUR CALORIE BURN & SLIM DOWN FASTER

Teach your body to blast more fat and calories 24/7. And you don't have to wait four weeks—our expert-designed plan boosts your metabolism immediately!

BY ALYSSA SHAFFER PHOTOGRAPHY BY CHRIS FANNING

**WHO DOESN'T LOVE A BONUS?** Whether it's some end-of-year cash from your boss or a buy-one-get-one-free shoe deal, it's always nice to get a little something extra. Your workout is no different. Regular resistance training builds metabolism-boosting muscle, while aerobic exercise blasts body fat. But up the intensity of either workout and you'll experience a freebie called "excess post-exercise oxygen consumption," aka "after burn." It's the number of calories your body continues to use long after your sneakers are back in your gym bag. Some studies have shown after burn can last up to 48 hours and melt anywhere from 50 to 150 extra calories. That's like getting the benefit of four workouts from just three sessions!

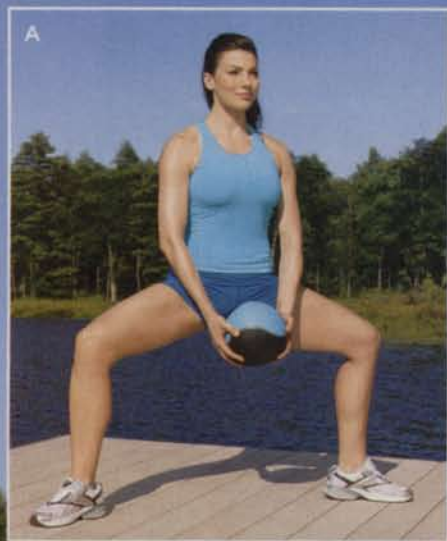
To achieve that after burn, though, you have to step out of your comfort zone. "The more intense your effort, the better and faster your results," explains Chris Mohr, Ph.D., R.D., owner of Mohr Results Inc. in Louisville, Kentucky. He's given us six ways to turbocharge your strength program—all of them will help you double your calorie burn during your workout and have been proven to rev your metabolism. Add high-intensity cardio and *your* bonus will be fitting into your tightest, sexiest little black party dress.

# the plan

**HOW IT WORKS** Do 2 or 3 sets of each exercise in order 2 or 3 days a week. You'll alternate between moves for your lower and upper body, which significantly raises the intensity. Every few weeks, switch to a different plan (see box on page 156 for options).

Aim to do 5 or 6 cardio workouts weekly, but make 2 of those the fat-blasting intervals on page 159.

**YOU'LL NEED** A 5- to 8-pound medicine ball, a set of 5- to 8-pound dumbbells, a stability ball, and two resistance bands. A mat is optional.



## 1 sumo squat

**WORKS LEGS, BUTT,  
AND SHOULDERS**

Stand with feet wide, legs and toes turned out, and hold a medicine ball with both hands in front of hips. Lower into a squat, keeping torso straight and knees aligned with toes [A]. Squeezing glutes, stand up halfway and raise ball up to the left [B]. Return to squat and repeat, lifting ball up to right on the next rep. Do 10 to 12 reps, alternating sides. (To add a band, stand on the center of it and hold an end in each hand with the ball.)





## 2 push-up with row

WORKS CHEST, TRICEPS, UPPER BACK, AND CORE

Holding a dumbbell in each hand, get in push-up position; lower onto knees if necessary. Keep abs tight as you lower chest toward ground **[A]**. Push up, then draw left hand toward rib cage **[B]**, keeping elbow tucked in. Lower weight and raise right hand to your rib cage to complete 1 rep. Do 10 to 12 reps. (To add a band, hold an end in each hand and make it taut.)



## 3 raise, curl, and press

WORKS CALVES, BICEPS, AND SHOULDERS

Stand with feet hip-width apart and hold a dumbbell in each hand at sides, palms facing forward. Curl weights toward shoulders; at the same time, rise up onto balls of both feet **[A]**. Hold for 1 count. Rotate wrists so palms face forward as you extend arms overhead, remaining on balls of feet **[B]**. Reverse position, bringing arms back to shoulders and then down to sides as you lower heels to floor. Repeat; do 10 to 12 reps. (To add a band, anchor it under both feet and hold an end in each hand.)

# 5 more ways to fast-track your results

Each plan here ups your workout intensity and/or increases strength, both of which speed up your metabolism.

## ➤ HOLD STEADY

Research has shown that increasing the amount of time your muscles are working against resistance can improve strength by as much as 50 percent.

**TRY IT** Do 5 to 10 small pulses at the toughest point of each move—for example, at the lowest part of a squat or lunge or the lifting phase of a row or press.

## ➤ SLOW DOWN

One study found that subjects who emphasized the eccentric contraction (usually the lowering part of a move) gained nearly twice the strength as those who focused on the lifting portion of the exercise.

**TRY IT** Take 2 counts to lift, then 4 to 5 counts to return to the starting position. Take 4 to 5 counts to squat or lunge.

## ➤ ADD A BAND

Use a resistance band with dumbbells and your results multiply. One recent study found that exercisers had up to three times the increase in strength and power when they paired a resistance band or tube with free weights.

**TRY IT** Follow the instructions given at the end of each move here. Start with a long, light band or tube.

## ➤ KEEP MOVING

Circuit training can keep your metabolism elevated for up to 16 hours after exercising, according to research.

**TRY IT** Do 1 minute of high-energy cardio between each move: jumping jacks, mountain climbers, side shuffles, fast feet, high knees, or squat thrusts (go to [shape.com/cheatsheet](http://shape.com/cheatsheet) for descriptions).

## ➤ GAIN WEIGHT

It doesn't take a Ph.D. to know that heavier weights are harder to lift. One study found a higher-resistance strength program produced nearly double the after burn of a lower-resistance one.

**TRY IT** Pick a weight that you can lift only 5 or 6 times and reduce the reps by about half (add ankle weights to the side scissors).



## 4 side scissors

WORKS CORE AND LEGS

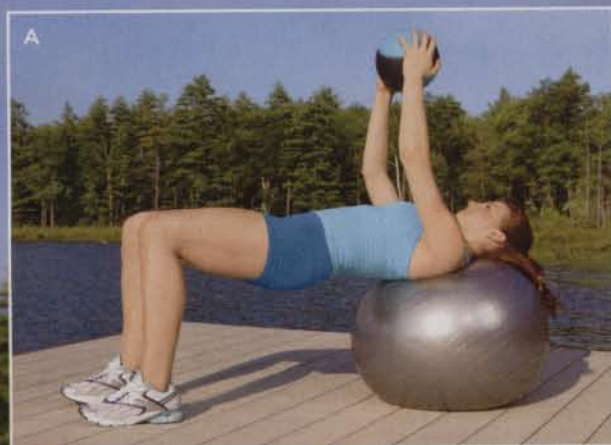
Lie on right side with head on right arm, left hand on ground in front of you for support. Lift legs a few inches, keeping feet, hips, and shoulders stacked [A]; try not to roll forward or back. Sweep right leg forward and left leg back [B], then switch to complete 1 rep. Do 10 to 15 reps, then switch sides to complete set. (To add a band, attach an end to each ankle and make sure there's very little slack in the band in the starting position.)



## 5 high-knee squat jog

WORKS LEGS, BUTT, ARMS, AND CORE

Hold a dumbbell in each hand and stand with feet shoulder-width apart. Lower halfway into a squat, hands at hips [A], and alternate lifting one knee then the other to waist height in front of you [B]. Slowly "jog" in place for 30 to 60 seconds. (To add bands, loop one under the middle of each foot and hold the ends in each hand in front of you; choke up on bands so they're taut before you start jogging slowly.)



## 6 pullover on ball

WORKS BACK AND CORE

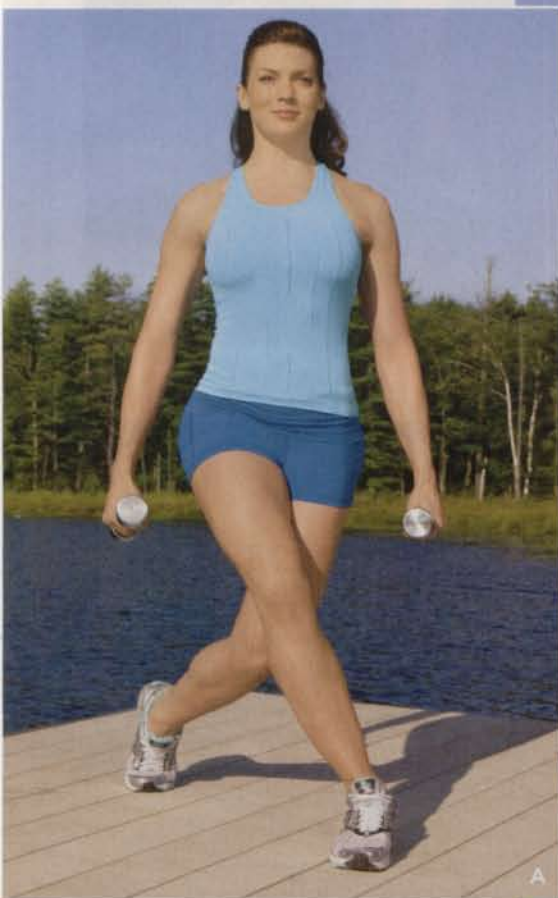
Lie faceup on a stability ball (or use a weight bench) with your shoulders centered on it and your feet shoulder-width apart. Hold a medicine ball in both hands, arms extended over chest, and lift hips so body is aligned from head to knees [A]; to make this harder, lift one leg. Lower arms behind head, keeping them as straight as possible [B]. Return to start and repeat. Do 10 to 12 reps. (To add a band, anchor the center of it behind you and hold an end in each hand with the ball.)



## tip

### EAT MORE PROTEIN

It requires extra energy to digest, which boosts your metabolism. A high-protein, lowfat diet doubled calorie burn in one study.



## 7 curtsy lunge and lift

WORKS LEGS, BUTT, THIGHS, AND SHOULDERS

Stand with feet hip-width apart and hold a dumbbell in each hand at sides, palms facing in. Lunge back, crossing left leg behind and to the right of your right foot [A]. Stand up and lift left leg out to the side. At the same time, raise left arm out to shoulder height [B]. Return to lunge and repeat. Do 10 to 12 reps; switch sides to complete set. (To add a band, attach it to each ankle or anchor it under front foot and hold an end in each hand.)



## 8 weighted crunch

WORKS ENTIRE CORE

Lie faceup with a dumbbell in each hand next to shoulders, knees bent and toes on the ground. Lift head and shoulders as you draw knees toward chest [A]. Touch toes to ground as you lower upper body slightly [B] and repeat. Do 15 to 20 reps. (To add a band, attach it to a sturdy object behind you and hold an end in each hand as you crunch.)

## blast more fat in less time

THEY'RE FAST, THEY MAKE YOU FITTER, and they burn more flab—now here's one more reason to love interval workouts: a bigger after burn. One Australian study found that doing 20 1-minute speed bursts produced nearly twice the after burn as a moderate-intensity 30-minute treadmill session. Two types of interval routines appear to be the most effective: longer, high-intensity (but not all-out) bursts, and short, maximum-effort sprints. Try both approaches, below. They'll work with any cardio exercise; just follow the rate of perceived exertion (RPE\*).

### metabolism booster 1: HIGH-LOW

TIME	WHAT TO DO	INTENSITY	RPE* (1-10)
0-5	warm up	easy	3
5-8	increase speed/intensity	hard	7-8
8-11	recover	easy	3-4
11-35	repeat min. 5-11 four times	easy to hard	3-8
35-40	cool down	easy	3

### metabolism booster 2: SUPER SPRINTS

TIME	WHAT TO DO	INTENSITY	RPE* (1-10)
0-5	warm up	easy	3
5-5:30	sprint	very hard	9-10
5:30-7:30	recover	easy	3-4
7:30-25	repeat min. 5-7:30 seven times	easy to very hard	3-10
25-30	cool down	easy	3

\*See page 196 for RPE chart.