ARMS ✓ BUTT ✓ THIGHS ✓

6 Moves to Tone It All

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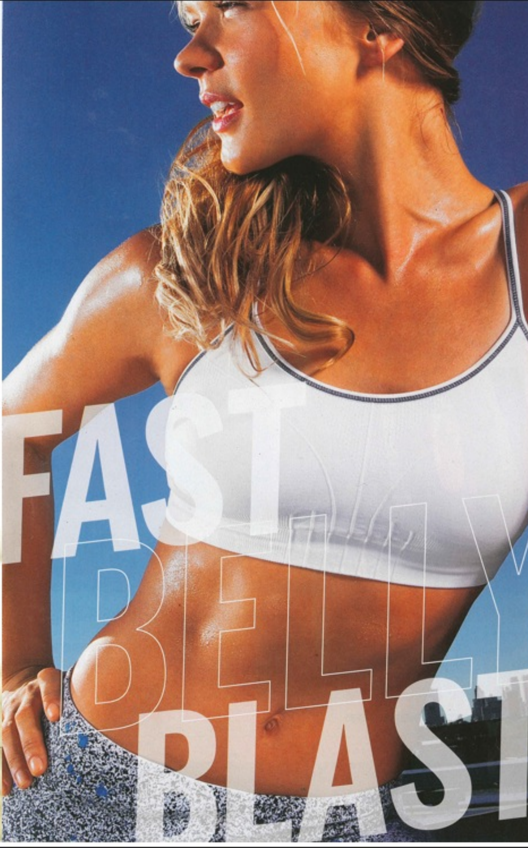
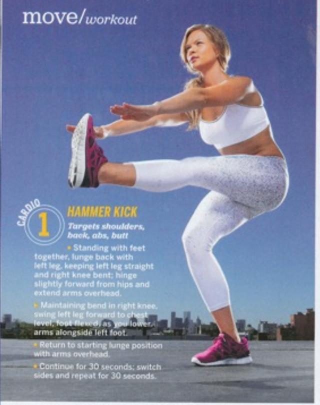


THE NEW, NO-GYM WAY TO ACHIEVE FLAT, FIRM ABS AND SCULPT THE BODY YOU WANT.

BY JENNA AUTUORI-DEDIĆ
PHOTOGRAPHS
BY NATHANIEL WELCH

If your routine isn't trimming the fat, here's what will. Trainer Shaun T, the brains and brawn behind the *Insanity* DVDs, gave us this exclusive sample from his latest set, *Focus T25*—all-new 25-minute circuits every bit as butt kicking as the hourlong ones that made him famous. "Anyone can do this workout," he promises. And with no tools needed, he's not having any excuses. You'll warm up with a minute of jacks and then complete the circuit twice nonstop, doing two cardio exercises before each abs move. "I make every minute count," he says, and you can bet your Spanx that his combo approach takes tummy tightening to the next level. Finish with a signature Shaun T "burnout" round of just the cardio moves—we'll mark them for you; you focus on crushing it. Fit in three sessions a week and you'll see the skinny happen in as little as two weeks. So killer, so quick, so done.

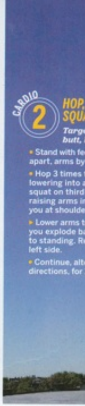


CARDIO

1 HAMMER KICK

Targets shoulders, back, abs, butt

- Standing with feet together, lunge back with left leg, keeping left leg straight and right knee bent; hinge slightly forward from hips and extend arms overhead.
- Maintaining bend in right knee, swing left leg forward to chest level, foot flexed, as you lower arms alongside left foot.
- Return to starting lunge position with arms overhead.
- Continue for 30 seconds; switch sides and repeat for 30 seconds.



CARDIO

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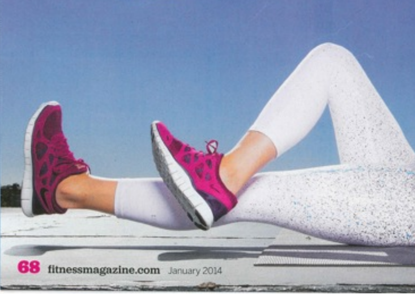
ABS

3 CROSSOVER

Targets abs, butt, legs

- Sit on floor with knees bent and palms flat by hips. Lean torso back 45 degrees, bending elbows slightly, and extend legs forward a few inches off floor.
- Bend right knee and tap right heel on floor to left of left leg, then to right.
- Continue for 30 seconds; switch sides and repeat for 30 seconds.



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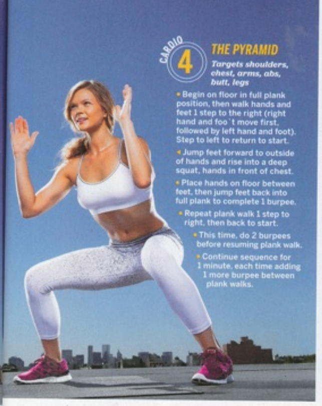
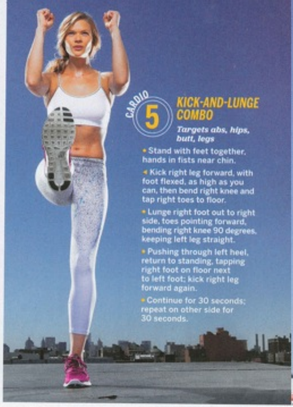


CARDIO

4 THE PYRAMID

Targets shoulders, chest, arms, abs, butt, legs

- Begin on floor in full plank position, then walk hands and feet 1 step to the right (right hand and foo`t move first, followed by left hand and foot). Step to left to return to start.
- ◂ Jump feet forward to outside of hands and rise into a deep squat, hands in front of chest.
- Place hands on floor between feet, then jump feet back into full plank to complete 1 burpee.
- Repeat plank walk 1 step to right, then back to start.
- This time, do 2 burpees before resuming plank walk.
- Continue sequence for 1 minute, each time adding 1 more burpee between plank walks.

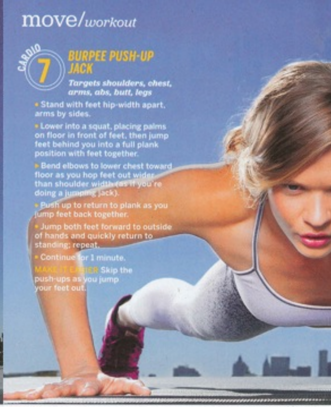


CARDIO

5 KICK-AND-LUNGE COMBO

Targets abs, hips, butt, legs

- Stand with feet together, hands in fists near chin.
- ◂ Kick right leg forward, with foot flexed, as high as you can, then bend right knee and tap right toes to floor.
- Lunge right foot out to right side, toes pointing forward, bending right knee 90 degrees, keeping left leg straight.
- Pushing through left heel, return to standing, tapping right foot on floor next to left foot; kick right leg forward again.
- Continue for 30 seconds; repeat on other side for 30 seconds.



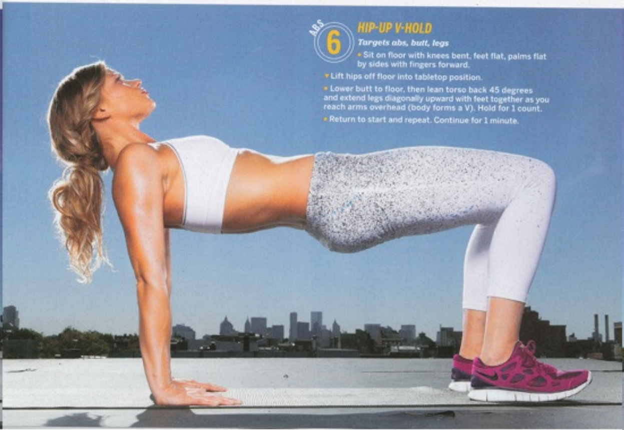
CARDIO

7 BURPEE PUSH-UP JACK

Targets shoulders, chest, arms, abs, butt, legs

- Stand with feet hip-width apart, arms by sides.
- Lower into a squat, placing palms on floor in front of feet, then jump feet behind you into a full plank position with feet together.
- ▸ Bend elbows to lower chest toward floor as you hop feet out wider than shoulder width (as if you're doing a jumping jack).
- Push up to return to plank as you jump feet back together.
- Jump both feet forward to outside of hands and quickly return to standing; repeat.
- Continue for 1 minute.

MAKE IT EASIER Skip the push-ups as you jump your feet out.

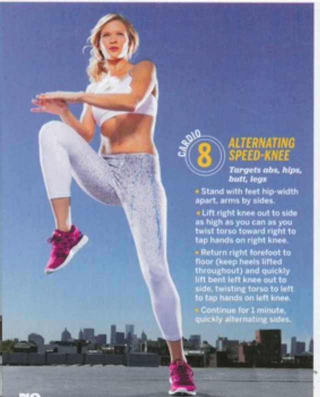


ABS

6 HIP-UP V-HOLD

Targets abs, butt, legs

- Sit on floor with knees bent, feet flat, palms flat by sides with fingers forward.
- ▾ Lift hips off floor into tabletop position.
- Lower butt to floor, then lean torso back 45 degrees and extend legs diagonally upward with feet together as you reach arms overhead (body forms a V). Hold for 1 count.
- Return to start and repeat. Continue for 1 minute.



CARDIO

8 ALTERNATING SPEED-KNEE

Targets abs, hips, butt, legs

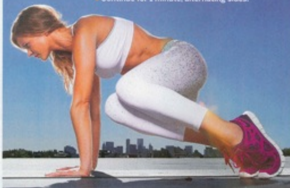
- Stand with feet hip-width apart, arms by sides.
- ◂ Lift right knee out to side as high as you can as you twist torso toward right to tap hands on right knee.
- Return right forefoot to floor (keep heels lifted throughout) and quickly lift bent left knee out to side, twisting torso to left to tap hands on left knee.
- Continue for 1 minute, quickly alternating sides.

ABS

9 WALKING SKI ABS

Targets shoulders, chest, arms, abs

- Begin on floor in full plank position, feet together.
- Step right foot diagonally forward, placing toes on floor under left knee, right knee bent; step left foot forward next to right foot, left knee bent.
- Repeat, stepping right foot forward once more; step left foot next to right foot (bent knees almost touch left elbow).
- Reverse walking motion back to plank position, stepping first with left foot and then right foot.
- Repeat, this time stepping with left foot under body toward right knee.
- Continue for 1 minute, alternating sides.



BURNOUT ROUND BEGINS NOW!

Circuits complete? Hit these cardio moves one more time for a six-minute chaser that will set your metabolism on fire.

- **Hammer Kick**
- **Hop, Hop, Squat**
- **The Pyramid**
- **Kick-and-Lunge Combo**
- **Burpee Push-Up Jack**
- **Alternating Speed-Knee**

Have a question for trainer Shaun T? Like FITNESS on Facebook for our upcoming Facebook chat with the pro. Plus, send an e-mail with the subject line "Shaun T" to **freebie@fitnessmagazine.com** by January 31 to enter for a chance to win one of five free *Focus T25* DVD sets. See page 106 for details.

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