

# 5 TIPS FOR A TOTAL BODY REBOOT

What will you wear on the beach? Less! So it's time to get physical—and heed these five routines we've finagled from fitness experts, aimed at crafting the sleekest, most presentable you. Read on....

By **Lee Lusardi Connor**



**STRIKING WHILE IT'S HOT.** Mixed martial arts (MMA) is among the fastest-growing sports in the world, thanks in part to the sculpted physiques of superstars like Conor McGregor and Ronda Rousey. "MMA fighters have broad shoulders, slim waists and well-defined arms. A lot of people want to train to look like that," says Patrick Henigan, an American Council on Exercise (ACE)-certified trainer and owner of Jacksonville Fitness Academy in Jacksonville, Florida.

"Some elements of MMA, like wrestling and jiu jitsu, are too dangerous for the average person," he says. "However, the 'striking' sports—boxing and kickboxing—provide an opportunity to learn a new skill, burn a ton of calories and sculpt your body." While most people think boxing is mostly a matter of arm strength, Henigan explains, it actually involves the entire body—shoulder, rib cage, hips, legs. The same is true for kickboxing, a combination of karate and boxing.

**HIIT WITH A TWIST.** HIIT stands for high-intensity interval training—workouts of 30 minutes or so that include short bursts of intense activity punctuated by brief recovery periods. HIIT has been gaining in popularity as new research supporting its benefits is published, according to Pete McCall, ACE senior exercise scientist and San Diego-based certified personal trainer.

Now some HIIT offerings tap into the energy-boosting powers of music: The Zumba company has partnered with ACE to create STRONG by Zumba, a non-dance, HIIT-inspired workout that emphasizes music more than choreography (and that the company hopes will bring more men into the Zumba fold). Similarly, the popular Masala Bhangra program based on Indian dance has just launched a 20-minute HIIT-inspired workout. Called Transformation, it combines classic moves like burpees and squats with intervals of Bhangra and Bollywood dance moves. A downloadable version is available for \$11.99 at [masalabhingraworkout.com](http://masalabhingraworkout.com).

**CLIMB TIME.** Do you need to be efficient with your workout time? Then don't focus on isolation movements (like bicep curls and bench presses) that develop specific "glamour" muscles. Instead, go for complex movements—those that use two or more joints, such as pulling a sled or doing a full-body row, advises Jason Walsh, Hollywood's go-to action trainer, who has worked with such A-listers as Matt Damon, Bradley Cooper and Emma Stone.

Climbing is one of the most effective complex movements, Walsh says, and it's the basis of a group cardio concept he founded called Rise

Nation ([rise-nation.com](http://rise-nation.com)). The program mainly uses the Versaclimber, a machine that provides a fast "vertical workout" that simulates climbing. "It burns twice as many calories as any other piece of equipment out there, and it recruits more muscles as well," Walsh says. "It's effective and efficient—and you can get in better overall condition by doing a workout for as little as 30 minutes, three times a week."

**PUTTING THE "FUN" IN FUNCTIONAL.** If you define a "summer-ready body" as one that's fit for active fun, consider functional fitness training. This workout emphasizes core stability and motions needed for daily life. "It's old-school stuff—picking things up, putting things down, doing pushups and squats—but it's gaining in popularity," says Tricia Brouk, owner of Brouk Moves, an in-home personal training company based in New York City. "Really, it's what people pay tons of money to do at CrossFit classes." One of Brouk's favorite moves is the Farmer's Carry. "I could give you two kettlebells and, if you carry them correctly for 100 feet, you will be working on posture, core, balance, strength and endurance, all at the same time."

To get your functional moves down, you could hire a personal trainer, or take a few sessions with a trainer at a gym. "Most important, grab someone—a friend, a partner, a spouse—and make yourself accountable," Brouk says. "You'll be more inspired to do functional training if you have somebody to throw a ball at."

**I STREAM, YOU STREAM.** We've had fitness videos and online workouts for quite a while, but now we have instructor-led group classes that are live-streamed from the studio for the home screen of your choice. "You get the energy of a live class from the comfort of your own home," explains McCall. If your time zone or schedule don't sync up with a live class, many services offer video-on-demand libraries of classes that you can access at your convenience.

"Some people are just more comfortable working out at home rather than going to a gym," McCall says. "On the downside, you won't necessarily have access to all the equipment, such as medicine balls or dumbbells, they might be using in the class." Check out [dailyburn.com](http://dailyburn.com), which offers more than 600 kinds of workouts; [booyafitness.com](http://booyafitness.com), with everything from Yoga Boxing to Body Weight Sculpting and beyond, including personalized workout plans; or [lesmills.com](http://lesmills.com), which offers every type of on-demand workout imaginable, including its own trademarked classes like BodyPump, Sh'Bam, and BodyAttack.