

WEEK 3

LEAN: STRENGTH

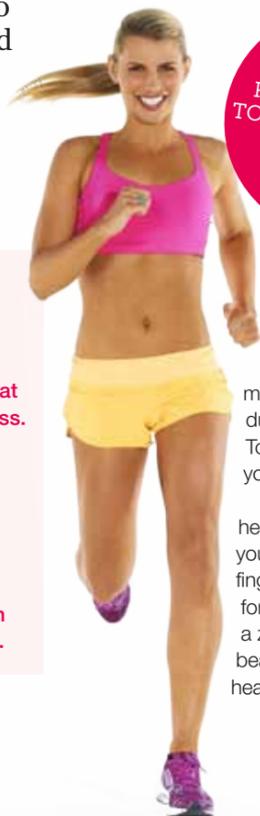
Now that your metabolism's going, it's time to burn fat (and get fit and toned in the process). We've enlisted the help of Tiffany Hall – former trainer on *The Biggest Loser* and author of *Tiffany's Lighten Up Cookbook** – to whip us into shape with her top fat-burning workouts. The plan of attack? Four days a week, choose from the following workouts, depending on your mood and goal. Do 45 minutes of cardio two days a week, and fully rest for one.

warm-up
JOG FOR
5-10 MINUTES

Aim to induce a light sweat and to be slightly breathless.

cool down
WALK FOR
10 MINUTES

Or until you have your breath back. Follow with your favourite stretches.



TIP:
USE A HEART-RATE MONITOR TO SEE HOW MANY KILOJOULES YOU'RE BURNING.

Aim for 1470kJ per 30 minutes (or 49kJ per minute) to really slash the fat. Train between 70 to 80 per cent of your maximum heart rate (MHR) during the sprint intervals. To find your MHR, subtract your age from 220. If you don't have a heart-rate monitor, count your heartbeats with two fingers under your chin for six seconds then add a zero. If you counted 16 beats in six seconds, your heart rate is 160.

workout 1

ULTIMATE FAT BURNER: RUN, BABY, RUN

Triple your fat loss and shed kilos in killer time with interval training (short bursts of intense exertion followed by rest/lower oomph, which are repeated). Shock + intensity = higher fat burn. If you're still building your fitness level, walk the rest periods and jog the sprints.

Here's what to do:

- Two-minute sprint, 30-second rest. Repeat cycle for 10 minutes.
- Five-minute recovery jog until you can talk easily again.
- One-minute sprint, 20-second rest. Repeat for 10 minutes.

If you don't like running, you can interval train on a bike. Try 12 seconds of fast pedalling and eight seconds of light pedalling over 20 minutes.

workout 2

BYE-BYE FLABBY ARMS & BACK

This one's for you if you hate your bra being tight or feel embarrassed when you wave.



WALKING PUSH-UPS (pictured)
Five to the left, five to the right. Repeat three times.

Start in a push-up position on your toes. Step hands together and feet together, and out again to the left. Do one push-up, keeping your bellybutton pulled into your spine, hands shoulder width apart. Lower your chest down to your palms and push up.

PUNCHING SIT-UPS

20 reps
Lie on your back with a friend standing over your bent knees. As you sit up, draw your bellybutton into your spine and reach out and punch their hands five times with alternating fists while holding the crunch position.

SQUAT WITH FRONT KICKS

20 each leg
Stand with feet hip width apart. Squat deeply past your knees. As you rise, lift one leg and kick. Repeat on other leg. Keep kicks low to protect hamstrings.

BOXING

Two minutes or 100 punches
Nothing tones your arms better than boxing. If you don't have a punching bag, ask a friend to hold a pillow and punch it for two minutes without stopping; or try 100 punches straight. Go for speed, not power.

workout 3

CELLULITE BLASTER: THIGHS, LEGS & BUTT

Resistance training builds muscles that chew up to 1680kJ per kilogram of muscle. You also burn up to 25 per cent more kilojoules post-workout by elevating your basal metabolic rate this way.

LUNGE WITH KNEE CRUNCHES

20 each leg
Perform a standard lunge then bring your back leg upwards into a knee crunch, pulling your knee into your chest. Replace the knee back into the lunge position. This engages the core just as much as the thighs and butt. *TIP: Stretch arms out in front to maintain balance.*

BOX JUMPS

20 reps
From a squat position, jump both feet up onto a park bench. Return to the squat position after every jump.

HORSE RIDING STANCE WITH 100 PUNCHES

Nine reps
This is one of the most common stances in taekwondo and has shaped my legs. Stand with legs wider than your hips with toes forward. Sink your bottom down as if you're sitting on a horse. Punch quickly. The punches distract you from the burn in your legs. After 100 punches drop down and do two push-ups. Repeat 100 punches, then do three push-ups; continue until you do 10 push-ups.

TURKISH GET-UPS (pictured)

Eight each leg
Lie on your back, right knee bent with your heel next to your bottom. Punch the water bottle straight up into the air as you crunch up, using elbow and heel to push off the ground, keeping the bottle straight up in the air. Finish standing tall with the bottle above your head.



workout 4

FITNESS TESTER

This workout is designed to test your fitness while blasting fat. Do as many rounds as you can in 20 minutes and try to beat your repetitions at each station every time.

TWO SQUAT JUMPS, 10-SECOND RUN ON THE SPOT

Repeat for two minutes
With feet hip width apart, squat down so your buttocks are behind your knees, then leap up and land back in the squat position. Repeat, then run on the spot for 10 seconds.



20 HIGH-FIVE PUSH-UPS (pictured)
Do a push-up then lift one arm in the prone position; or, if you have a partner, high-five them.

KNEE-UPS ON THE SPOT FOR TWO MINUTES

Run on the spot lifting your knees as high as you can above your waist.

15 BURPEES

Jump in the air with your arms above your head, then squat down into a push-up position. Do one push-up then leap back into the air with your arms above your head. ▶



LIGHTEN UP!
Check out *Tiffany's Lighten Up Cookbook* (Hardie Grant, \$29.95) for high-protein, low-carb, zero-sugar, fat-burning recipes that don't scrimp on taste. It's vital to eat right because "a gorgeous shape is only about 20 per cent due to movement. The other 80 per cent comes from good nutrition," points out Hall. "The best bodies are forged in the kitchen, not the gym."

week 3 cheat sheet

Every day this week you should ...

- EAT/DRINK**
- Min 80 per cent healthy, max 20 per cent naughty.
 - Eat to the metabolic clock – see week 2.
 - 30 per cent protein; 30 per cent healthy fats; 40 per cent vegetables/fruit/low-GI carbohydrates.
- DO**
- **Four days:** One of the fat-burning workouts.
 - **Two days:** 45 minutes cardio (e.g. dancing, jogging, cycling).
 - **One day:** Rest.

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WEEK 4

FLEX: STRETCH IT OUT

You're nearing the halfway mark of the challenge. Are you sticking to your routine and thriving, or do you need to refocus a little more? Remember, success is in the planning – so take time on the weekend to plan your meals, shop and map out when you'll exercise. It's also a good time to add Pilates-inspired stretches to boost flexibility and relieve sore muscles from your fat-burning and cardio workouts.

A 2011 study published in the *Asian Journal Of Sports Medicine* showed that 85 per cent of people who did flexibility-promoting Pilates exercises twice a week for eight weeks passed a flexibility test. Of those who didn't do the exercises, none passed.

Peta Serras, Pilates instructor and author of the *Pilates Stretching Series* DVD (www.petaserras.com, \$32.95), shares her best stretches for increasing flexibility.

"To get the most out of this sequence, perform it when you're properly warmed up. The ideal time would be after your cardio or strength-training workout, or

even in the afternoon to release tension from the body," says Serras. "Doing the routine regularly will improve flexibility and will leave you feeling limber and revived. I recommend that everyone stretches their body at least once a day, but performing these stretches four to five times per week will deliver fast results," she adds.

Hold each stretch for 30 seconds, switching sides if necessary. To get the most out of any stretch routine, make sure you take deep breaths in and out of each movement, and ensure you're drinking at least two litres of water daily.

the stretches

STANDING ROLLDOWNS

NECK, LOWER BACK, UPPER BACK AND HAMSTRINGS
Stand tall with feet hip distance apart. Exhale to let your head hang forward and begin to gradually roll down your spine, vertebrae by vertebrae, until you relax over the legs. Inhale, focusing on the full-body stretch, making sure your upper body is completely relaxed. Exhale, roll back up slowly through the spine until you're standing tall, letting your head be the last thing to lift.



UPPER-ARM STRETCH

NECK, UPPER BACK AND SHOULDERS
Sitting or standing comfortably, bend one arm, taking the forearm in line with the nose with fingers directly pointing to the ceiling. Twist your other arm underneath the bent arm until elbows are stacked and locked. If you can, press palms together and push elbows forward away from chest, keeping your upper back broad. Repeat on other side.



QUAD STRETCH

QUAD, HIP FLEXOR
Lie on your side with knees bent, feet in line with your back and head supported by the underneath arm. With the top arm, grab your heel and pull it gently towards your bottom. Press your pelvis forward to lengthen the lower back and keep the tummy connected. Repeat on other side.

BOOST IT:
FOR A MORE INTENSE STRETCH, PUSH HIPS FORWARD AND DRAW KNEE BACK WHILE SQUEEZING BOTTOM.

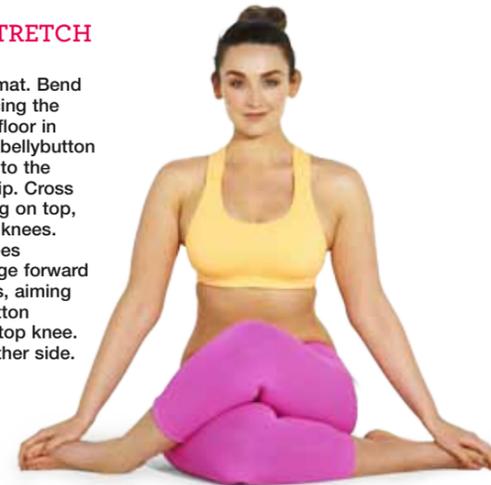


LEGS IN DIAMOND

INNER THIGHS, LOWER BACK AND BUTTOCKS
Sit on a mat. Bend legs up so knees are out wide and feet are together. Bending at the hips, stretch forward over your legs, gradually sinking knees closer to the floor and your body closer to your legs.

GLUTE STRETCH

GLUTES, HIPS
Sit tall on a mat. Bend one leg, placing the knee on the floor in line with the bellybutton and the foot to the side of the hip. Cross your other leg on top, stacking the knees. Pressing knees together, hinge forward from the hips, aiming your bellybutton towards the top knee. Repeat on other side.



HAMSTRING HIP FLEXOR STRETCH

HAMSTRING, HIP FLEXOR, THIGH
Start in a high kneeling position with one leg bent in front in a lunge position. Place hands either side of the foot with your shoulder touching your knee. Inhale, pushing your body forward until you feel a stretch at the front of your hip. Exhale as you start pressing your body back, lengthening your front leg and keeping a straight back. Repeat 10 times each side.



REMEMBER TO DRINK AT LEAST 2 LITRES OF WATER DAILY.



not tired? TRY THIS FITNESS TEST!

How many push-ups on your toes can you do?

10-15 = Good.
20-40 = Awesome.

How many sit-ups can you do?

19-20 = OK,
25-30 = Looking good.
35+ = You're killing it!

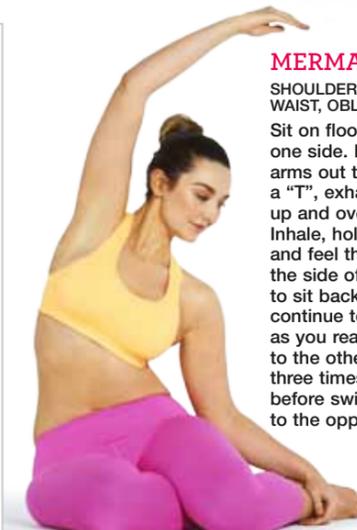
How many squats can you do?

18-25 = Average.
30+ = Buns of steel!

MERMAID

SHOULDER, SIDE, WAIST, OBLIQUES

Sit on floor with legs bent to one side. Inhale, straighten arms out to sides to form a "T", exhale while reaching up and over to one side. Inhale, hold this position and feel the stretch through the side of the waist. Exhale to sit back up tall and then continue to breathe out as you reach up and over to the other side. Repeat three times each side before switching your legs to the opposite side. ■



week 4 cheat sheet

Every day this week you should ...

EAT/DRINK

- Min 80 per cent healthy, max 20 per cent naughty.
- Eat to the metabolic clock – see week 2.
- 30 per cent protein, 30 per cent healthy fats, 40 per cent vegetables/fruit/low-GI carbohydrates daily.

DO

- Four days: One of the fat-burning workouts + Pilates-inspired stretches.
- Two days: 45 minutes cardio, plus Pilates-inspired stretches.
- One day: Rest.

PHOTOGRAPHED BY ADAM FLIPP; HAIR AND MAKE-UP BY CHARLIE KIELTY; TEXT BY OLIVIA RICHARDSON. *ACCORDING TO THE BIGGEST LOSER'S TIFFINY HALL. MODEL WEARS PANTS AND BRA BOTH BY LULULEMON ATHLETICA. WWW.LULULEMON.COM.AU