

Drop the weights!

Your own body is the only equipment you need for this ultra-effective sculpting routine.

By Alice Oglethorpe

All those gadgets at the gym can help you build a knockout physique, but the smartest piece of gear is right in your mirror. "Using only your body weight to exercise can engage many muscles at once, maximizing your calorie burn and helping you sculpt multiple areas simultaneously," says Jessica Rucker, a trainer at Monkey Bar Gym in Madison, WI. "Plus, body-weight moves lower your injury risk because they prepare you for everyday tasks—like hauling heavy grocery bags or picking up your baby—better than traditional resistance exercises." Rucker borrowed from activities like capoeira, wrestling, and break dancing to design this creative, no-tools-needed plan. Try it today and discover why the ultimate workout machine is you.



Just
6
Moves

ON MODEL: **Ideology** bra top (\$30) and leggings (\$30; macys.com). **Adidas** sneakers (adidas.com for similar).

Snap & Shop
SHOP THE PAGE
Download the free *Layar* app and snap this page.

GetFit {Workout of the Month}

The plan

How it works

Two times a week, do each move for 40 seconds in order, resting 20 seconds between each exercise. Repeat the entire circuit twice more, catching your breath for up to 2 minutes between rounds.

You'll need

Nothing but a high ceiling and floor space to move around.

1 SIT OUT / Works core, arms, and legs

Get on all fours with your wrists under your shoulders and your knees under your hips. Tuck your toes under **[a]**. Bring your left foot under your body toward your right arm, extending your left leg as you lift your right hand toward your chest **[b]**. Return to starting position and repeat on opposite side. Continue, alternating sides.



ON MODEL: Ideology bra top (\$20) and leggings (\$30; macys.com). Adidas sneakers (adidas.com for similar).

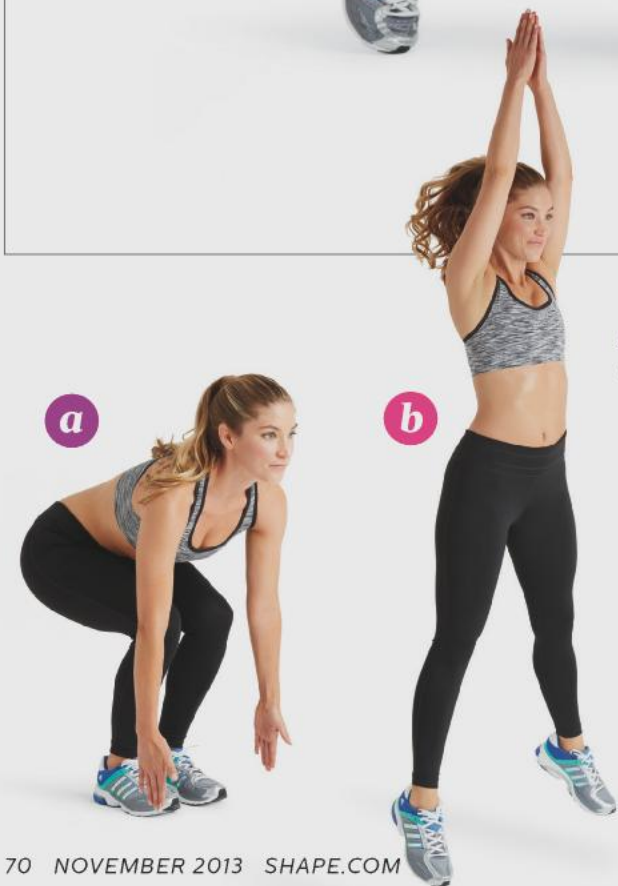
2 CAPOEIRA LUNGE / Works legs, butt, and core

Stand with feet hip-width apart, knees slightly bent. Step right foot as far out to the right as you can, then bring left foot behind it and bend knees into a lunge; place right hand on the floor next to your right foot and bring left hand toward your chest, palm facing forward **[shown]**. Step left leg next to right to return to starting position. Repeat in the opposite direction. Continue, alternating sides.



3 SPRAWL / Works arms, chest, shoulders, and back

Stand with feet shoulder-width apart. Squat and bend your elbows at your sides with palms facing each other [a]. Put your hands on the floor in front of you and jump your feet back, wide apart, to plank position; arch your back, lowering your hips toward the floor [b]. Jump feet forward and return to starting position.



4 STAR JUMP / Works legs, butt, shoulders, and arms

Stand with feet hip-width apart and arms extended at your sides. Squat low, reaching your hands toward the floor [a], then jump up as you separate your legs wide and clap your hands together overhead [b]. Return to starting position.

Cardio quickie

Doing this routine, or one with similar multi-muscle movements, at a quick pace revs your heart rate. In fact, research shows that sculpting workouts like this provide the same cardiovascular benefits (and calorie burn) as a brisk walk.

GetFit {Workout of the Month}

5 WALK AROUND THE CLOCK

Works core, arms, legs, and butt

Sit with your knees bent and feet together on the floor. Place your hands behind your hips with fingers pointing toward your feet. Extend your arms, and lift your butt off the floor **[a]**. Look straight ahead as you walk feet to the right **[b]**, extend them behind you **[c]**, and then continue back to starting position. (Lift hands as needed to let feet pass.) Repeat in the opposite direction. Continue, alternating directions.



6 OLD-SCHOOL DIP

Works legs, butt, and lower back

Kneel with knees hip-width apart, arms extended at your sides and palms facing thighs **[a]**. Sit back on your heels as you bend forward at the waist, lowering your forehead to the floor **[b]**. Slowly return to starting position.