

STRENGTH TRAINING

Do **10 reps of each move**, going from one exercise to the next with no rest; then take a one-minute break. Do **three circuits** total. Follow this metabolism-revving, total-body routine **two or three times a week** as well as the cardio regimen below.

Dumbbell Squat Overhead Press: Hold weights at your shoulders, elbows bent, feet hip-width apart. Bend your knees and lower until your thighs are nearly parallel to the floor. As you stand, press the weights overhead until your arms are straight. Return to start. That's one rep.

Dumbbell Chest Press on Stability Ball: Grab a pair of dumbbells and position your upper back on a stability ball, knees bent 90 degrees, feet flat on the floor; hold the weights by your chest, elbows bent and palms facing forward. Press them toward the ceiling until your arms are straight, then lower back to start. That's one rep.

Stability Ball Jack Knife: Start in pushup position with your shins on a stability ball, your body forming a straight line from head to heels. Keeping your back flat, contract your abs and pull the ball toward you by bending your knees toward your chest. Pause, then return to start. That's one rep.

Dumbbell Lunge with Bicep Curl: Holding dumbbells at your sides, step your left foot forward and bend your knees until your left thigh is nearly parallel to the floor. As you lunge, curl the weights in front of your chest, palms up. Reverse to return to start, then repeat with the right leg. That's one rep.

Stability Ball Hamstring Curl: Lie face-up with your calves on top of a stability ball, arms by your sides, palms up. Squeeze your glutes and raise your hips until your body forms a straight line from shoulders to heels. Bend your knees to roll the ball toward you until your feet are flat on the ball. Straighten your legs to roll the ball back, then lower your body to the floor. That's one rep.

CALORIE-BLASTING TEMPOS

Now that your body is prepped to hang tough, amp up your cardio. "Tempos are longer intervals done at a moderately difficult intensity," says Holland. "You should be able to talk--but not easily." The result? You'll burn even more calories and fat per sweat session.

Two times a week, do this tempo workout: Using your cardio of choice, **warm up for eight minutes**. Then, **speed up** to your comfortably hard pace **and hold it steady for 10 to 15 minutes**. Then **slow back down** and recover at a conversational pace for **five minutes**. **Repeat one or two more times**. Breezing through? Up your tempo time to 20-minute segments, and repeat two or three times.