



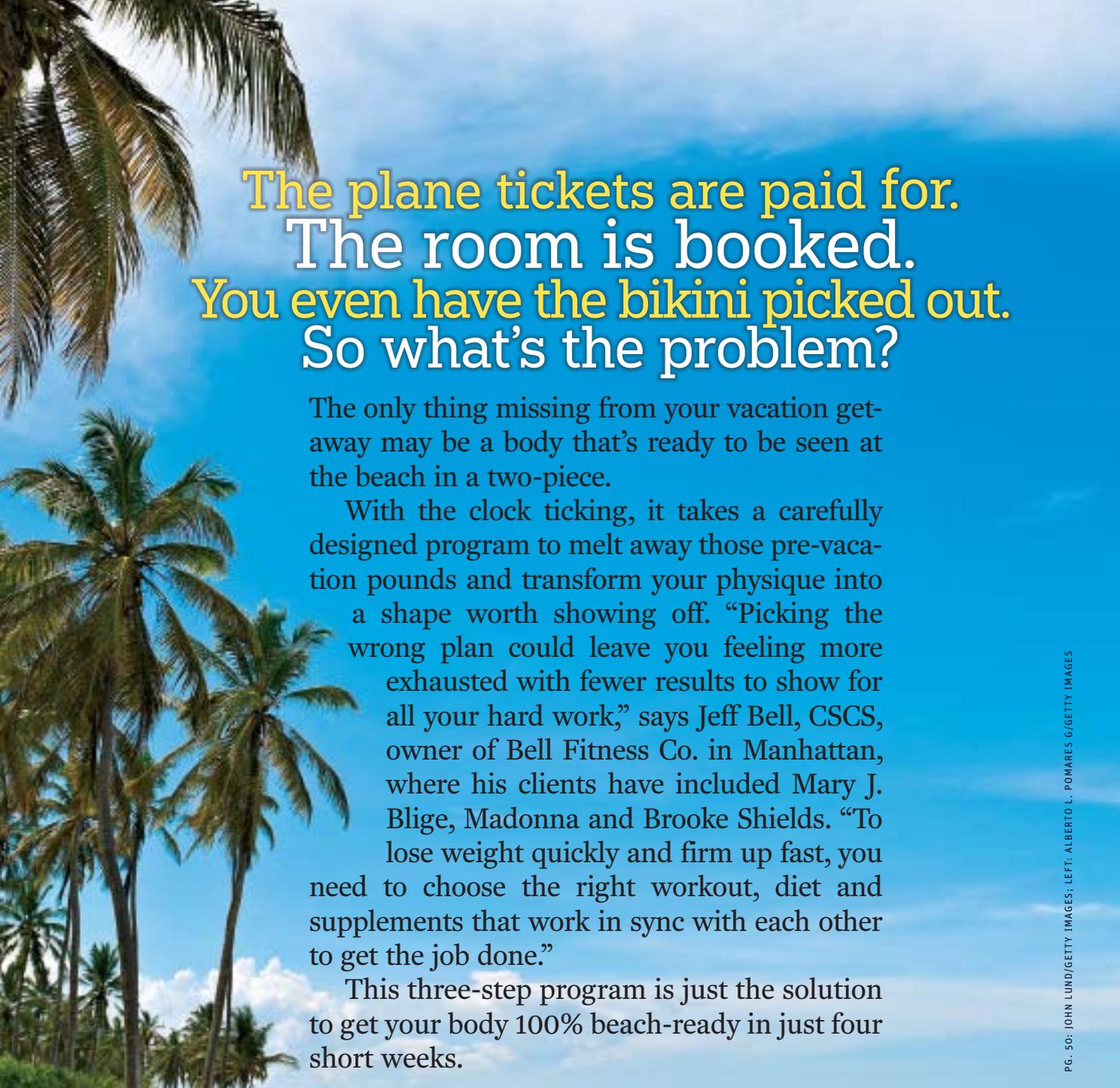
The Vacation COUNT DOWN

Here's how to get your body
bikini-ready in four weeks —
guaranteed!

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GYM: BREAKTHRU FITNESS, PASADENA, CA





The plane tickets are paid for.
The room is booked.
You even have the bikini picked out.
So what's the problem?

The only thing missing from your vacation getaway may be a body that's ready to be seen at the beach in a two-piece.

With the clock ticking, it takes a carefully designed program to melt away those pre-vacation pounds and transform your physique into a shape worth showing off. "Picking the wrong plan could leave you feeling more exhausted with fewer results to show for all your hard work," says Jeff Bell, CSCS, owner of Bell Fitness Co. in Manhattan, where his clients have included Mary J. Blige, Madonna and Brooke Shields. "To lose weight quickly and firm up fast, you need to choose the right workout, diet and supplements that work in sync with each other to get the job done."

This three-step program is just the solution to get your body 100% beach-ready in just four short weeks.

STEP 1: THE WORKOUT

"The best routine is an intense, full-body plan that activates as many muscle fibers as possible yet still allows your body just enough rest to last the entire month," explains Bell, who recommends following a four-days-a-week schedule in which each week gets progressively more challenging so you burn more calories and overall bodyfat.

"As you get fitter week by week, you'll reduce the rest periods between exercises to boost your fat-burning and car-

diovascular benefit," Bell notes. "After four weeks, not only will your overall bodyfat drop significantly but your fitness level will be much higher. In addition, the stability-challenging exercises in each workout will improve your total muscle recovery, cardiovascular conditioning and flexibility."

The program also does what most "get fit fast" plans don't, and that's concentrate on overall development. "Many women looking to get in shape quickly

sometimes sacrifice a balanced routine for what they believe will work the fastest," Bell points out. "This can be a huge mistake, since it can create muscular imbalances that could minimize your results and increase your risk of injury, especially when combined in a high-intensity workout." Instead, this circuit program targets nearly every muscle group so you achieve definition in the right spots and sculpt shapely curves in the right places.



Overhead Squat

With your feet shoulder-width apart, grasp a light barbell or broom handle and hold it at shoulder level using a wide palms-forward grip. Press the weight overhead until your elbows are locked. Bend your knees and hips as if to sit in a chair and descend until your thighs are nearly parallel to the floor. As you come down, your shoulders should open and the weight will move slightly behind your head. Press through your heels to return to standing.

Walking Abduction

Using either a Dyna-Band or a piece of tubing tied in a circle, step into the band with both feet and pull it up around your ankles. Get into an active stance, with your knees bent and hands clasped in front of you. Step out to the right with your right foot, then follow with your left foot, making sure your feet stay wide enough apart to keep tension on the band. Repeat for reps, then switch sides.



THE ROUTINE: MONDAY

EXERCISE	REPS
Dumbbell Swing	12–15
Hanging Leg Raise	to failure (at least 12–15)
Exercise-Ball Push-Up	to failure (at least 12–15)
Exercise-Ball Roll-In	12–15
Overhead Squat	12–15
Power-Band Assisted Pull-Up	to failure (at least 12–15)
Walking Abduction (with Dyna-Band)	15–20 steps per side

WEEK 1: Perform two rounds of the routine, resting 60 seconds between each exercise and circuit. WEEK 2: Perform two rounds, resting 45 seconds. WEEK 3: Perform two rounds, resting 30 seconds. WEEK 4: Perform 3–4 rounds, resting 15–20 seconds.

THE ROUTINE: WEDNESDAY

EXERCISE	REPS
Dumbbell Squat	12–15
Two-Arm Dumbbell Row	12–15
Shoulder Circuit	
Bent-Over Lateral Raise	6
Lateral Raise	6
Front-Lateral Circle	6
Overhead Dumbbell Press	8–10
Ab Circuit	
Oblique Plank	6–8 (per side)
Pilates Curl-Up	8–10
Ball Scaption	8–12



Shoulder Circuit

Do these exercises in order with no rest. Stand erect with a light dumbbell in each hand, feet shoulder-width apart.

1 Bent-Over Lateral Raise Lean forward at the waist 45 degrees so your arms hang perpendicular to the floor, palms in. Keeping your arms straight, raise the weights up and out to your sides until they're parallel to the floor and aligned with your shoulders, then lower.

2 Lateral Raise Return to standing and, keeping your arms straight, raise the weights up and out to your sides until they're parallel to the floor and aligned with your shoulders, then lower.

3 Front-Lateral Circle Raise your arms in front of you, palms facing in, until they're parallel to the floor. Next, spread your arms out to your sides (you should look like a T), then lower.

4 Overhead Dumbbell Press Bring the weights up to your shoulders, palms facing out. Press the dumbbells overhead to full-arm extension, then lower.



Romanian Deadlift

Stand erect, feet shoulder-width apart, grasping dumbbells in front of your thighs using an overhand grip. With your knees slightly bent and back arched, shift your hips back and lower the weights until they reach your shins. Press through your heels and push your hips forward to return to standing.



Dumbbell Woodchop

Stand up straight holding a light dumbbell with a hand-over-hand grip, arms extended just above your left shoulder. With your knees slightly bent, twist to your right as you bring the weight across your body and down to touch the outside of your right ankle. Reverse the motion to return to the start, keeping the movement under control. Repeat for reps, then switch sides.



THE ROUTINE: FRIDAY

EXERCISE

Romanian Deadlift

Dumbbell Woodchop

Arm Circuit

Lying Triceps Kickback

Back Lunge Biceps Curl

Cable Overhead Triceps Extension

Extended-Arm Cable Curl

REPS

12–15

12 (per side)

8–12

10 (per side)

12–15

15–20

WEEK 1: Perform two rounds of the routine, resting 60 seconds between each exercise and circuit. WEEK 2: Perform two rounds, resting 45 seconds. WEEK 3: Perform two rounds, resting 30 seconds. WEEK 4: Perform 3–4 rounds, resting 15–20 seconds.

Arm Circuit (not shown)

Do these exercises in order with no rest.

>> Lying Triceps Kickback Lie facedown on an exercise ball so your midsection is fully supported. Your legs should be extended behind you, feet shoulder-width apart, toes on the floor. Grasp a light dumbbell in each hand and align your upper arms with your torso. Keeping your elbows close to your sides, slowly extend both forearms straight behind you. Lower the weights back down, bending only your elbows.

>> Back Lunge Biceps Curl Stand on an exercise step with a dumbbell in each hand; curl the weights to your shoulders. Take a long stride back off the step with your left foot and bend your knees and hips until your right thigh is almost parallel to the floor, then lower the weights to your sides by extending your elbows. Push back up onto the step as you

curl the weights to your shoulders. Alternate legs for reps.

>> Cable Overhead Triceps Extension Set a cable pulley at waist level and attach a rope handle. Grasp one end of the rope in each hand, face away from the pulley and step forward with one foot. Lean forward, bringing your upper arms next to your ears and letting your hands fall behind your head. Straighten your arms out in front of you, and return.

>> Extended-Arm Cable Curl Set the cable pulley at shoulder level and attach a straight bar. Take a step or two away from the station to keep tension on the cable and stand up straight with your arms extended in front of you, palms up. Curl the bar toward your shoulders, keeping your upper arms parallel to the floor.

THE ROUTINE: SATURDAY

EXERCISE	REPS
Lateral Lunge Touch	10 (per side)
Cross-Back Lunge	10 (per side)
Forward Lunge Touch	10 (per side)
Exercise-Ball Crunch	to failure
Cardio Blast	3 cycles

WEEK 1: Perform two rounds of the routine with no rest between exercises or circuits. WEEK 2: Perform two rounds with no rest. WEEK 3: Perform three rounds with no rest. WEEK 4: Perform four rounds with no rest.



Lateral Lunge Touch

Stand erect with your feet hip-width apart, holding a medicine ball with both hands. Take a big step to your left, then bend your left knee until your thigh is almost parallel to the floor. Your right leg should be extended with your foot facing forward. As you descend into the lunge, reach down and touch the ball to the floor near your left foot, keeping your back flat. Press back up to standing and alternate sides for reps.

After four weeks, your overall bodyfat will drop significantly and your fitness level will be much higher



Cross-Back Lunge

Stand erect with your feet shoulder-width apart, hands on your hips. Cross your left foot back and 18–24 inches behind your right foot. Bend your right knee 90 degrees and descend toward the floor, keeping your upper body in line with your hips. Push back up to standing, then reverse the move by stepping to your left and crossing your right foot behind your left leg. Alternate sides for reps.



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You can find descriptions of the exercises not shown for each daily routine

STEP 2: THE DIET

Cutting calories isn't always the smartest approach to shaving off a few pounds, and since this program gets progressively harder, you'll certainly need some carbohydrates to fuel your workouts.

"Finding the right balance of the right foods means making sure you always get maximal value from what you're eating," explains Steven Lischin, MS, NASM-CPT, a Manhattan-based nutrition adviser and former nutritional consultant for the New York Mets. "The trick is to eat smaller, complex meals that not only satiate your hunger but also encourage your body to utilize fat for energy and provide enough nutrients to recuperate from each intense workout." Lischin recommends eating six times daily (three meals and three snacks) with each consisting of these nutrients:

» A low-glycemic carbohydrate (fruits, vegetables, oats/

brown rice/quinoa)

» A high-quality protein (low-fat meats/dairy, or a combination of grains and legumes)

» Some form of soluble and/or insoluble fiber

» Some form of healthy fats and fatty acids.

Start by keeping each small meal at 300–400 calories. After Week 1, use the same meal combinations but begin to moderately decrease portion sizes, paying close attention to your energy levels.

"Sticking with this basic formula will help you create satisfying meals that offer a lot of nutritional value, fiber and water without a lot of calories," Lischin says. "It'll also give you all-day energy with no peaks and valleys in your blood-sugar levels, which could adversely affect your progress by causing you to store more calories as fat and feel sluggish."

SAMPLE MEAL PLAN

MEAL 1: Mix one serving of fat-free plain, unsweetened yogurt with ground flaxseeds, walnuts, blueberries/blackberries and a scoop of whey protein powder.

MEAL 2: Mix one serving of rolled oats with ground flaxseeds, walnuts and one high-antioxidant fruit (strawberries, kiwi, etc.).

MEAL 3: Make a power smoothie with a splash of coconut water, a handful of frozen blueberries, 1 tablespoon natural peanut butter or almond butter, 1 heaping tablespoon fat-free plain yogurt, 1 scoop of protein powder and ice.

MEAL 4: Make a whole-wheat wrap with turkey deli meat, low-fat cheese, dark-leaf lettuce, a slice of avocado, tomato and Dijon mustard.

MEAL 5: One apple or pear, 8–10 almonds, 2 egg whites

MEAL 6: Fill a bowl with dark leafy greens (romaine lettuce, mesclun, spinach), steamed and chilled cruciferous veggies (broccoli, cauliflower, shredded red cabbage), cucumber, cherry tomatoes and bell pepper. Add one serving of beans (pinto, black, kidney) and another form of protein (egg whites, chicken, fish).

STEP 3: THE SUPPLEMENTS

Baring it all beachside means being seen from head to toe at every possible angle. "Taking the right mix of supplements can put the finishing touches on all your hard work by helping your body preserve lean muscle, speed recuperation, train harder and use more stored fat as fuel," states Lischin, who suggests the following supplements to get the job done.

Bone Health/Muscle Preservation

Calcium: 1,500 mg daily

Vitamin D: 1,000 IU twice a day with meals

BCAAs: 5 g pre- and postworkout

Glutamine: 5 g daily

Antioxidants

Multivitamin: daily

Folic acid: at least 400 mcg daily

Tocotrienols: 200 mg daily

Coenzyme Q10: 100–200 mg twice a day with meals

Resveratrol: 75–100 mg daily

Fat-Burning/Performance/Anti-Inflammatory

Caffeine: 100–200 mg one hour preworkout

CLA: 1–3 g 2–3 times a day with meals

Omega-3 fatty acids: 1–3 g twice a day with meals

Carnitine: 500–1,000 mg 2–3 times a day with meals **hers**



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