

if you have
10
MINUTES

THIS MONTH

full-body blast

These double-duty moves combine cardio and strength training to help you reach your goals in no time!

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Push-Up Burpees

From standing, bend down and place hands on the floor. Then jump feet back so your body is in a plank position. Do one push-up, then immediately jump feet forward toward hands and return to standing. Do 10 reps.
PERFECT YOUR FORM: Don't arch your back when you jump back into plank.
DIAL IT DOWN: Do push-up from knees or skip it.
AMP IT UP: After returning to standing, do a power jump into the air.



Mountain Climbers

Start in plank. Bring one knee, then the other, in toward your chest, switching legs in mid-air so that only one foot touches the floor at a time. Repeat for 30 to 60 seconds.
PERFECT YOUR FORM: Keep shoulders positioned directly above your hands.
DIAL IT DOWN: Tap your toes on the ground when bringing knee into chest.
AMP IT UP: Super-boost this exercise by doing as many mountain climbers as you can in 30 seconds.



Squat Jumps

Standing with your feet hip-width apart, lower into a deep squat with your arms bent in front of your face. As soon as your thighs are parallel to the ground, jump up in the air. Do 10 reps.
PERFECT YOUR FORM: Make sure your knees don't cave in or rotate out.
DIAL IT DOWN: Perform the squat without the jump.
AMP IT UP: Put a box or step in front of you. As you stand up from the squat, jump onto it.



High-Plank Jumping Jacks

Begin in plank position with your hands directly under your shoulders. Jump both legs out to the side and back together. Do 20 reps.
PERFECT YOUR FORM: Keep your shoulders and hips still and your lower back neutral.
DIAL IT DOWN: Keep one leg on floor and tap the other leg out to side. Alternate side toe taps for 10 reps.
AMP IT UP: Place hands on Bosu ball or wobble board to engage your core.



Calorie-Burning Bonus Make a powerhouse playlist. Studies show songs with faster tempos enhance performance.



Beef up your vitamin B₃ intake. It can help you **look five years younger.**