



ULTIMATE 21-DAY TOTAL BODY MAKEOVER

Women's Health

Ultimate 21-Day Total Body Makeover

YOU CAN GET A NEW BODY in as few as 3 weeks—a body with more energy, a revved-up metabolism to burn extra calories, and a firmer, shapelier figure that will turn heads whether you’re wearing jeans or a little black dress. The secret to dropping pounds and inches quickly is high-intensity workouts. But don’t panic—you don’t have to run for miles or lift 50-pound dumbbells. What’s high intensity for someone who’s less fit may be low for you, or vice versa. The point is to push out of your comfort zone so you boost your calorie burn an extra 25% to 50% in the same amount of time—and incinerate another 75 calories over the course of the day to boot.

This firm-up plan consists of a walking workout to burn fat and a body shaping workout to tone you and firm your core. The walking workout includes four walks (easy, interval, speed, and long), and the weight workout includes two routines that you will alternate every other workout day.

Here is an overview of what you’ll be doing.

The Fat-Burning Workout

Crank up your calorie burn by alternating a variety of walking routines—from moderately paced jaunts to high-speed

intervals—each week. Start and finish each of your workouts with 5 minutes of slow walking to warm up and cool down.

EASY WALK

(MONDAY, WEDNESDAY, AND FRIDAY)

It’s “easy” because you don’t have to really push yourself. Just get out and walk at a good pace, as if you were 5 minutes late for an appointment.

WEEK 1 30 minutes

WEEK 2 35 minutes

WEEK 3 40 minutes

INTERVAL WALK

(TUESDAY AND THURSDAY)

Here you’ll pick up the pace—and your calorie burn—for 30 to 90 seconds, before slowing down to catch your breath. During the speed interval, you should be walking so that you’re breathing hard and it’s difficult to talk in full sentences.

WEEK 1 4-minute moderate pace, 30-second speed interval;
do 4 times = 18 minutes total

WEEK 2 4-minute moderate pace, 60-second speed interval;
do 4 times = 20 minutes total

WEEK 3 3-minute moderate pace, 90-second speed interval;
do 4 times = 18 minutes total

SPEED WALK

(SATURDAY)

Pick an easy-to-remember route that will take about 20 minutes to complete at a fast pace. Each week, try to cover the same distance in less time.

LONG WALK

(SUNDAY)

This is your endurance workout. Walk at a pace you can comfortably sustain for the recommended time. Focus on enjoying your jaunt, not on getting out and back fast.

WEEK 1 40 minutes

WEEK 2 50 minutes

WEEK 3 60 minutes

CHART YOUR PROGRESS

Make tracking your 21-day fitness plan easier by hanging this log in plain sight—and using it. After every workout, simply check off the appropriate box (no, the walk times don't include warm-ups and cooldowns, but you have to do them anyway).

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk	Easy 30 min	Interval 4 min/30 sec*	Easy 30 min	Interval 4 min/30 sec*	Easy 30 min	Speed 20 min	Long 40 min
Workout	Workout 1		Workout 2		Workout 1		

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk	Easy 35 min	Interval 4 min/1 min*	Easy 35 min	Interval 4 min/1 min*	Easy 35 min	Speed <20 min	Long 50 min
Workout	Workout 2		Workout 1		Workout 2		

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk	Easy 40 min	Interval 3 min/90 sec*	Easy 40 min	Interval 3 min/90 sec*	Easy 40 min	Speed <20 min	Long 60 min
Workout	Workout 1		Workout 2		Workout 1		

*Walk at a moderate pace for the first time listed, then speed up for the second. Do this four times.

Body-Shaping Workout

You pedal until you're dripping. You leave yoga flushed. But when it comes to the weight room, you sometimes even skip the shower afterward. So we asked Lou Schuler and Alwyn Cosgrove, C.S.C.S, co-authors of *The New Rules of Lifting for Women*, to create a strength workout that will make you work up a sweat.

The result is two killer workouts—same exercises, but different number of reps and sets. Fewer reps will allow you to hoist

more poundage (heavier weight means you hit more muscle fibers), and changing the exact number of reps, sets, and rest every workout will activate different muscle strands. Grab a towel and start getting hot.

DO THE ROUTINES 2 TO 3 DAYS A WEEK, alternating between the two versions so you're never doing the same routine on consecutive workout days (see chart, at right). And choose a weight that lets you complete the set with perfect form.



A. FRONT SQUAT AND PUSH-PRESS COMBO

Works core, entire lower body, shoulders, and triceps

Grab a barbell with an overhand grip, with your hands slightly wider than shoulder width. Position your feet shoulder-width apart. Bend your elbows, bringing your knuckles toward your body until they're touching the outside of your shoulders (A). Lower your hips until your thighs are parallel to the floor (B). Straighten your legs and use your momentum to press the bar overhead (you'll need to move your chin back a bit) (C). Pause, then lower the bar. That's 1 rep.

DO EACH OF THE EXERCISE DUOS—B1 and B2, C1 and C2, D1 and D2—as alternating sets. Example: Do one set of B1, followed immediately by one set of B2, and then rest a minute. Repeat B1 and B2 until you've completed all the sets; then move on to exercises C1 and C2.

AFTER 3 WEEKS, repeat the workouts using the same guidelines for another 3 weeks; or you can up the reps to 6 for Workout 1, and to 12 for Workout 2.

	reps	sets	rest between sets
Workout 1	4	3 to 4	90 sec
Workout 2	8	2 to 3	60 sec



B1. STEP UP

Works entire lower body (especially glutes)

Grab a pair of dumbbells and stand up to 2 feet from a step or exercise bench, with the weights at your sides and your feet hip-width apart. Place your left foot on the step (A) and press up through the leg. Allow your right leg to come up and brush the bench (B), but don't put any weight on it. Step down with your right leg, then your left. Complete all reps, then repeat, stepping up with your right leg. That's 1 set.



B2. ONE-POINT DUMBBELL ROW

Works biceps, glutes, hamstrings, and upper back

Grab a pair of dumbbells and stand with your feet hip-width apart, weights at your sides. Bend forward at the hips while lifting your right leg straight behind you until your body forms a T. Your left knee should be slightly bent. Let your arms hang straight down, palms facing each other (A). Squeeze your shoulder blades together and bring your elbows toward the ceiling until they pass your torso (B). Do half the reps, then switch legs and finish the set.



C1. SINGLE DUMBBELL OVERHEAD SQUAT

Works core and entire lower body (especially quads)

Grab two dumbbells, one twice the weight of the other. Stand with your feet shoulder-width apart, holding the lighter dumbbell in your left hand and the heavier one in your right. Raise the left dumbbell straight overhead, palm facing forward. Next, position the right weight between your legs with your arm straight, palm facing you (A). Squat until your thighs are parallel to the floor (B). Return to the start. Complete all reps without lowering your left arm, then switch sides. That's 1 set. Note: The light dumbbell should always be lifted overhead.



C2. T-PUSHUPS

Works chest, core, rotator cuff, shoulders, and triceps

Get into pushup position with your feet together and hands shoulder-width apart (A). Lower yourself until your chest is 2 to 4 inches off the floor (B). As you push back up, lift your right arm straight up and rotate your body to the right until you form a T, balancing on your left hand and the outside of your left foot (C). Return to the top of the pushup position and repeat to the opposite side. That's 1 rep. Continue alternating to complete the set.

D1. PRONE JACKKNIFE

Works upper and lower abdominals and obliques

Grab a Swiss ball and get in pushup position with your shins resting on the ball and your palms flat on the floor, shoulder-width apart (A). Pull your knees toward your chest, allowing your hips to rise toward the ceiling and your head to tilt toward the floor. Stop when your toes are on the ball and most of your weight is on your hands (B). Straighten your legs to roll the ball back to the start. That's 1 rep.



D2. REVERSE WOODCHOP

Works upper and lower abdominals and obliques

Grab a medicine ball and stand with your feet shoulder-width apart. Hold the ball on the outside of your right hip with both hands, then perform a squat (A). Keeping your chest up and arms straight, press your feet into the ground as you “chop” the ball up and across your body until your legs are straight and the ball is above your left shoulder (B). Pause, then lower the ball back to your right knee. Complete all reps before repeating on the other side for 1 set.

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Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.

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