

15
MINUTE
workout

Score a Sexy Rear View

This high-octane routine blasts fat and firms your lower half—fast!

Your tiny two-piece may be hibernating, but that doesn't mean your workout routine should take a long winter's rest.

Get lean legs and a tight tush with this supercharged circuit inspired by the new Aspen Ascent class at Reebok Sports Club/NY. Each high-energy move strengthens and shapes your quads, glutes, hamstrings, and calves while also improving your cardiovascular endurance, core stability, balance, and agility. Which means it's the perfect prep for ski bunnies: "You'll be able to navigate the slopes with better balance, ski longer without fatiguing, and recover faster with less soreness," says group exercise instructor Stephanie Levinson, who created this fast-paced workout. Or just look hot while sipping cocoa in the chalet.

Three times a week, complete each exercise, moving from one to the next without rest. Repeat two or three times total. For an added challenge, hold light dumbbells to work your upper body.

—Lindsay Roseman

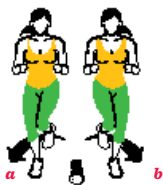


Bring up your tail end.

FOUR POWER MOVES

1/OVER-AND-BACK LUNGE WITH BICEPS CURL

Step forward off a step, arms at your sides, and lower into a lunge (a). Press through your front heel to stand up, raising your knee and curling your arms up to your shoulders (b). Immediately step back into a lunge and straighten your arms (c). Return to start. Do 10 to 12, then switch legs and repeat.



2/MOGUL HOP

Place a rolled-up towel on the floor to the left of you, and stand on your right foot, knee slightly bent, elbows bent 90 degrees (a). Keeping your core tight, hop to the left over the towel and land on your left foot (b). Hop back to return to start. That's one rep. Continue going back and forth at a quick but controlled pace, doing as many reps as you can in 60 seconds.

3/TWO-WAY LUNGE WITH TRICEPS EXTENSION

Step to the right and lower into a side lunge, left leg straight, and lean forward, extending your arms behind you (a). Press through your right heel to stand, raise your right knee, and curl your arms toward your chest (b), then step your right leg behind you into a lunge, extending your arms behind you (c). Return to start. Do eight to 10, then switch sides and repeat.



4/FOUR-POINT JUMP

With your forearms parallel to the floor, bend your knees and jump forward and then back to start, and then backward and back to start (a). Jump to the right (b), back to start, then to the left. Jump back to start. Do eight.



> Always on the run? Download free workouts for your portable media player at WomensHealthMag.com/Downloads.