

three-way fat burner

TRAINER Wendy Larkin, personal training manager, Crunch, San Francisco

WHAT YOU'LL NEED A jump rope, group cycling bike, and treadmill

CALORIES BURNED 450-500

"Alternating between different types of exercises allows you to push yourself to your limits—then briefly recover and do it again on the next piece of equipment—while using all your muscles," says Larkin. "It's a challenge for both body and mind."

A few tips to keep in mind to help maximize your results: When jumping rope, land lightly on the balls of your feet (this will absorb some of the impact). Begin by jumping with both feet, then gradually start alternating feet. If you can't do 10 minutes, jump for 10 revolutions, then rest for 15 seconds. Add 10 revolutions at a time until you get to 10 minutes. When you're cycling, begin with just enough resistance to feel a slight pull on the wheel, then increase it from there. During the standing portions, keep your butt over the seat and your legs over the pedals.

STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-10	Jump rope	5
10-13	Switch to the bike; warm up	3
13-16	Increase resistance to a mild incline	5
16-17	Seated climb; increase resistance to moderately high	7
17-19	Standing climb; maintain resistance	7
19-22	Repeat minutes 16-19 once	7
22-22:30	Seated climb; high resistance	7
22:30-23	Seated climb; increase resistance again	9
23-25	Repeat minute 22-23 twice	7-9
25-26	Decrease resistance to moderate; stand	7
26-29	Decrease resistance to mild; sit and increase pace	6
29-30	Decrease resistance; slow speed	5
30-34	Hop on treadmill and walk or jog at moderate speed	6
34-35	Increase speed by 0.5 mph	7
35-35:30	Decrease speed to base pace	6
35:30-40	Repeat minutes 34-35:30 three times; increase speed by 0.5 mph each time	6-9
40-46	Repeat minutes 34-40, but decrease speed by 0.5 mph with each interval	6-8
46-50	Cool down easy	4

lower-body sculptor

TRAINER Tracey Staehle, creator of the *Walking Strong* workout DVD (fitbytracey.com)

WHAT YOU'LL NEED A treadmill

CALORIES BURNED 200*

This "lofty" hill routine makes your lower body work extra hard, and the more you engage those large muscle groups, the more calories you burn. "Plus, things are changing frequently, so you have to stay focused—you can't zone out," says Staehle. "You're constantly being confronted with a challenge, whether it's speed-walking up a steep hill, jogging on an incline, or doing walking lunges."

*CALORIE BURN IS BASED ON A 145-POUND WOMAN.

STEP-BY-STEP PLAN

TIME	WHAT TO DO	INCLINE	RPE
0-1	Warm up at 3 mph	1%	3
2-4	Increase to 3.3 mph	3%	4
5-6	Increase to 3.5 mph	5%	5
6-9	Increase to 4 mph	8%	7
9-10	Jog at 4.5 mph	8%	8
10-14	Decrease to 1.5 mph; do walking lunges on the treadmill (lift back leg after each step)	10%	5
14-15	Walk at 4 mph	10%	8
16-17	Jog at 5 mph	10%	9
18-19	Walk at 4 mph	10%	8
20-22	Walk at 4 mph	10%	8
22-23	Jog at 5 mph	10%	9
23-25	Decrease to 1.5 mph; do walking lunges	10%	5
25-26	Walk at 4 mph	10%	8
26-27	Jog at 5-5.5 mph	10%	9
27-28	Walk at 4 mph	10%	8
28-30	Cool down at 3 mph	1%	4

elliptical refresher course

TRAINER GERALYN COOPERSMITH, senior national manager, Equinox Fitness Training Institute, New York City

WHAT YOU'LL NEED An elliptical machine
CALORIES BURNED 250

"The elliptical offers an excellent low-impact workout that burns serious calories, but it doesn't feel like you're working quite as hard as you do on some other types of equipment," says Coopersmith. Since these no-impact machines vary by manufacturer in their levels of resistance and ramp incline, we've kept this workout somewhat generic; follow the RPE and your machine's options to keep you in the right zone. "The higher the ramp, the more calories you'll burn," she adds.

You can increase that tally by using the arm levers and really pushing and pulling with each stride. But if you don't feel like using them or you're only holding on while the levers do all the work, don't sweat it. Just use a natural arm motion: Pump your arms in opposition to your legs, which challenges your core too.

STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-5	Warm up; low ramp, low resistance	4
5-10	Increase ramp incline to steep; keep resistance low	7
10-15	Lower ramp to moderate; increase resistance to high	7
15-20	Bring ramp to high again; keep resistance high	8
20-25	Repeat minutes 10-15	7
25-30	Cool down	4

do-anywhere intervals

TRAINER CAT MANTURUK, the Sports Center at Chelsea Piers, New York City

WHAT YOU'LL NEED A watch with a second hand or a stopwatch
CALORIES BURNED 130-300

"I tell all my clients they need to incorporate intervals—it's one of the best ways to burn fat and improve your fitness level quickly," says Manturuk. We're all for speeding up results, so do this workout on any machine, or walk, run, or bike outside (if you're walking or running, take longer steps when the plan calls for increasing the incline or resistance, or scope out some hills in your neighborhood ahead of time). "Instead of huffing and puffing, make your breathing more rhythmic by inhaling and exhaling for the same length of time," adds Manturuk. "You'll get more oxygen to your lungs while keeping your body relaxed, so you'll be able to power through each burst."

STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-3	Warm up	3
3-5	Increase speed, resistance, or incline slightly	5
5-12	Increase speed, resistance, or incline again	6
12-13	Increase resistance or incline	8
13-14	Decrease resistance or incline	6
14-20	Repeat minutes 12-14 three times	6-8
20-21	Keep resistance and incline steady but increase speed	7
21-22	Increase speed again	8
22-23	Increase speed to maximum level; try to keep breathing evenly	9
23-25	Cool down	4-5

mega calorie blaster

TRAINER PAUL FREDIANI, certified USA Triathlon coach, New York City

WHAT YOU'LL NEED A watch with a second hand or a stopwatch
CALORIES BURNED 300-600

Runners and triathletes practice something called "tempo training"—maintaining an intensity that's challenging but not so hard that you feel like you're about to keel over. "It's one of the best ways to improve your stamina, speed, and fitness level," says Frediani. Plus, you're working at a point—about 80 percent of your max heart rate—that optimizes both your fat and calorie burn. It takes practice to maintain this level for a long time, but this routine, which incorporates mini speed bursts, will help you nail it. Do it indoors or out while biking, running, or speed-walking. (You can also adapt it to almost any other cardio machine, from the rower to the elliptical.)

STEP-BY-STEP PLAN

TIME	WHAT TO DO	RPE
0-10	Warm up	4-5
10-20	Increase speed or resistance until you're slightly breathless	6-7
20-21	Sprint burst; increase speed to a challenging pace (difficult to maintain)	9
21-24	Recover at a moderate intensity, gradually working your way back to a slightly breathless pace	4-7
24-40	Repeat minutes 20-24 four times	4-9
40-48	Maintain a moderately challenging pace	6-7
48-53	Cool down	4-5