HIT YOUR STRIDE

Take your workout off autopilot to torch 300 calories in 25 minutes. by RACHEL STURTZ

If your cardio routine is all elliptical, all the time, throw your body a curveball with the Cybex Arc Trainer. "Moving your legs in a crescent-shaped pattern puts less pressure on your knees and works your hamstrings and glutes harder than an oval motion does," says Angela Corcoran, director of education at the Cybex Research Institute. "That extra challenge increases your oxygen consumption and calorie burn." During this plan, designed by Corcoran, you'll move at a steady pace (aim for 100 to 120 steps per minute), changing the incline and resistance throughout. Switching the grade balances the workload between your butt and thighs, while adjusting the tension offers the fatburning benefits of interval training—minus the sprints. What are you waiting for? Rush to this machine before other gym-goers realize how amazing it is.



Your Workout Plan

TIME (MINS)	WHAT TO DO	INCLINE	RESISTANCE (LEVEL)	RPE* (1-10)
0-3	Warm up	3-6	15-30	3
3-5:30	Decrease incline, increase resistance	0-3	40-45	6-7
5:30-8	Decrease resistance	0-3	15-30	4-5
8-13	Repeat minutes 3-8	0-3	15-45	4-7
13-15:30	Increase incline and resistance	7–10	45-60	8
15:30-18	Decrease resistance	7–10	15-30	4-5
18-23	Repeat minutes 13-18	7–10	15-60	4-8
23-25	Cool down	3-6	15-30	3

Workout intensity moderately hard **Equipment needed** Cybex Arc Trainer Total time 25 minutes Calories burned 300**

*Rate of perceived exertion; see page 222 for chart. **Calorie burn is based on a 145-pound woman.

AS SEEN IN SHAPE