

# 2-IN-1 TONERS

Compound moves benefit your whole body—big time.

Photographs by Beth Bischoff

Our workout uses combo moves to build muscle, burn fat, and shake up a stale exercise routine, says Robert dos Remedios, a strength and conditioning coach at College of the Canyons in Santa Clarita, California. “Best of all, it adds intensity and burns more calories in less time.” Each perforated card (front and back) represents one “dynamic duo,” two moves that together work as a superset. Start with any card and complete each exercise (6 to 10 reps of each), resting for 60 to 90 seconds after finishing both sides. Repeat for a total of two sets per duo. Grab another card and start the next pair of exercises, completing two sets in the same way. Really strapped for time? Pick any duo and perform three sets of each move without rest.

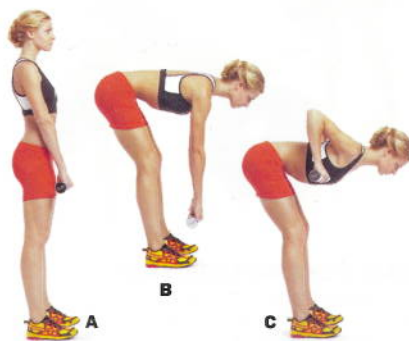
## DOUBLE-DUTY CARDIO DRILL

This deceptively simple cardio drill will raise your heart rate and incinerate calories. Find 30 feet of open space and place three markers in a line, each 15 feet away from the other. Straddling the middle marker, sprint to your right and touch the line with your right hand. Immediately turn and sprint back to your left for 30 feet and touch with your left hand; turn once more and sprint back to your starting point. That's 1 rep (it should take 5 to 7 seconds). Rest for 25 seconds, and on your next rep, move to your left first. Continue this pattern until you complete 10 reps.

### ON MODEL

Body Up sports bra,  
American Apparel shorts,  
La Sportiva sneakers

Each perforated card (front and back) represents one “dynamic duo.”



DYNAMIC DUO  
**1**

### DEADLIFT AND BENT-OVER ROW COMBO

> Stand with your feet hip-width apart, holding dumbbells at your thighs (A). Keeping your knees bent slightly, bend at the waist until your torso is parallel to the floor (B). Pause, then pull the weights up toward your rib cage (C). Lower them, press back on your heels, and stand. That's 1 rep.

DYNAMIC DUO  
**2**

### THRUSTER

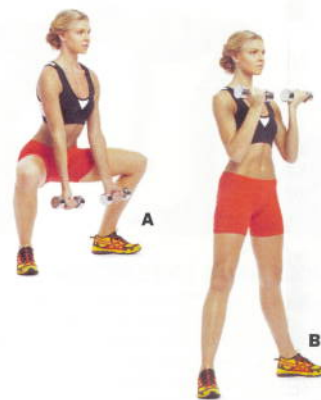
> Hold a pair of dumbbells just above your shoulders (A). Bend your knees into a squat, with your thighs parallel to the floor (B). Push yourself up, pressing the weights straight up as you stand (C). Pause, then lower them to your shoulders. That's 1 rep.



DYNAMIC DUO  
**3**

### SUMO SQUAT AND CURL

> Stand with your feet wider than hip-width apart, toes turned out, holding a pair of dumbbells between your knees. This is the start. Bending at your knees, lower your body until your thighs are parallel to the floor (A). Push yourself back up as you curl the weights up to your shoulders (B). Return to start. That's 1 rep.

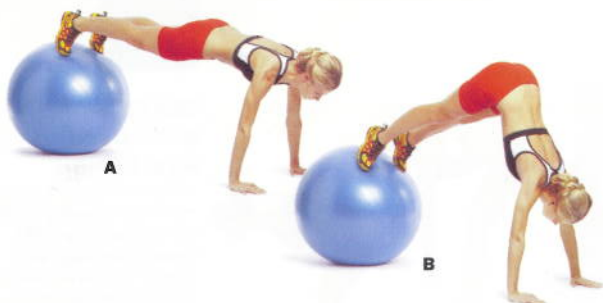


DYNAMIC DUO  
**4**

### STEP-UP AND SINGLE-ARM PRESS

> Hold a dumbbell in your right hand with your upper arm parallel to the floor and place your left foot on a step or bench (A). Lift yourself onto the step as you press the weight over your shoulder (B). Lower both back to the starting position. That's 1 rep. Finish all the reps with your left leg, then repeat with your right.





**DYNAMIC DUO**  
**1**

### SWISS-BALL PIKE WITH PUSHUP

> Start in a pushup position with your toes on a stability ball and your hands on the floor (A). Keeping your legs straight, raise your butt toward the ceiling, drawing the ball toward your arms (B). Pause and roll back to start. Pause, then do a pushup. That's 1 rep.

**DYNAMIC DUO**  
**2**

### PUSHUP ROW WITH CORE HOLD

> Get into pushup position with your arms straight and your hands resting on dumbbells, feet slightly wider than hip-width apart (A). Brace your abs as you pull one dumbbell toward your body until your elbow is above your back (B). Pause, then slowly return the weight to the floor and repeat with the other arm. That's 1 rep.



**DYNAMIC DUO**  
**3**

### ROW AND BACK EXTENSION

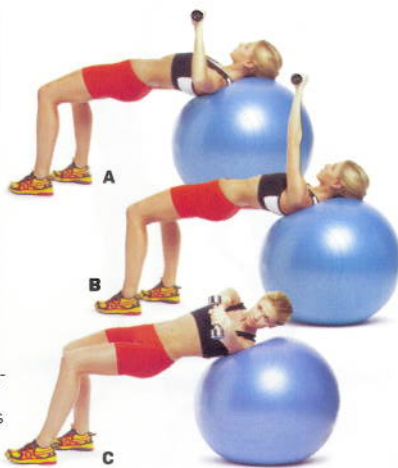
> Stand with your feet hip-width apart, holding a pair of dumbbells in front of you. Keeping your knees slightly bent, lean forward at the waist until your torso is parallel to the floor and the weights are at mid-shin level. This is the starting position (A). Pull the weights up toward your rib cage (B). Stand up, holding the dumbbells at your shoulders (C). Reverse the movements by lowering to the bent-over row position and extending your arms back to start. That's 1 rep.



**DYNAMIC DUO**  
**4**

### DUMBBELL PRESS AND CORE ROLL

> Holding a dumbbell at your left shoulder, lie on a stability ball, keeping your hips in line with your knees (A). Push the dumbbell straight up to full extension (B). Grab your left wrist and rotate your body to the left, keeping your hips in position (C). Return your shoulders to the ball and lower the weight to your shoulder. That's 1 rep. Finish the reps on the left, then repeat on the right.



## Get in, get out

The body you want in the time you have

### 1 COME UP WITH A STRATEGY

Without one, workout time becomes wasted time. Figure out what equipment you need before you start, says Ed Scow, a certified personal trainer in Lincoln, Nebraska. Grab what you need—dumbbells, stability ball, bands—and put them near a mat or adjustable bench so you can do your entire workout in one place. "You won't expend time wandering from machine to machine or waiting in line," Scow says. "And by creating your own personal space at the gym, you maximize your intensity and efficiency, keeping your heart rate and metabolism up the entire time by moving from one exercise to the next." Don't know where to start? These *WH* tear-out cards make planning easy, or download your favorite workouts to your iPod with the *Women's Health* Workout to Go ([womenshealthmag.com/fitness/ipod-workouts](http://womenshealthmag.com/fitness/ipod-workouts)).

### 2 SWAP THIS FOR THAT

If you usually focus on exercises that work only a single muscle or muscle group (think: calf raises, leg extensions, and crunches), save time by replacing them with compound movements like squats, lunges, and pushups, which work more muscles at once. "Targeting larger muscle groups burns more calories and gives you a total-body workout in less time," says certified personal trainer Nick Tumminello, owner of Performance University in Baltimore.

### 3 REST LESS

By minimizing downtime between moves, you maximize the fat-burning impact of your workout. Do it with supersets: Alternate sets of an upper-body exercise with a lower-body exercise with very little (or zero!) rest. "Supersets accomplish more work in a shorter period of time without compromising the effort of each set," says personal trainer Bill Hartman, co-owner of Indianapolis Sports and Fitness. When you do rest, make the most of it by doing stretches rather than saving them for the end.

### 4 TIME YOUR CARDIO RIGHT

Doing cardio before resistance training zaps strength and energy levels fast, so save it for the end of your routine. And if you're running out of time, don't worry about the clock, just go harder. "You'll improve your conditioning more by running at a higher intensity for 15 minutes than with a slow 30-minute jog," Hartman says.

## FRESHEN UP—FAST!

Post-workout primping can suck up too much time. Beat the clock with these time-saving products.

#### \*T3 Labs Wide

#### Wet-Or-Dry

#### flat iron (\$200,

[sephora.com](http://sephora.com))

Designed to dry and style hair in a single step, this iron evaporates excess water through high-tech vents while tourmaline technology leaves your hair straight and healthy with a high-gloss shine.

#### \*AftaSport

#### full-body towel

(\$6.25 for a 3-pack,

[aftasport.com](http://aftasport.com))

When spin class goes long, skip the shower without worrying about post-exercise funk. This disposable cloth towel is saturated with a no-rinse, body-cleansing aloe lotion that goes on moist, dries instantly, and absorbs sweat and odor.

#### \*Paula Dorf

#### Perfect Color

#### in Sensuous

(\$32, [www.pauladorf.com](http://www.pauladorf.com))

This multipurpose cream stick has a lightweight formula that allows an effortless application on your eyes, cheeks, and lips. The shimmery golden pink color looks great on all skin tones.