

15 Minutes to a Better Body

Health's star trainer reveals the four moves that give you the biggest bang for your workout minutes.

By **TRACY ANDERSON**

➔ **I TOTALLY UNDERSTAND THAT TIME IS PRECIOUS DURING THE** holidays, but you will thank me (and yourself) come Jan. 1 if you are steady with your workout routine. The single best gift you can give your body is switching to a more efficient routine. By choosing strength exercises that you cycle through quickly (like the circuit on the next page), you'll get the most out of a short amount of time and keep your body in tip-top form. Can't squeeze in *any* moves? Don't worry. Just opt for a focused cardio session instead. You'll be able to celebrate all month long and still keep those pounds at bay.

My Winter Travel Essentials

▶ Water

Flying is super dehydrating, so I make sure I always have a bottle on hand. Constantly sipping keeps my skin glowing. That way, I don't step off the airplane looking like a zombie.

▶ Green & Black's Organic milk chocolate bar with toffee

Simply put, a piece of high-quality chocolate makes me happy. I always stash this sweet treat in my carry-on bag because it really boosts my mood if, say, I'm stuck on a runway for an extended period.

▶ Nike Shox

I've got to be prepared to exercise wherever I am. These sneaks, which I think are the greatest training shoe ever made, go everywhere I do.

This page: Elisabetta Rogiani Racer Doll Bra in Black, \$71; rogiani.com. Next page: Phat Buddha Greenwich Criss Cross Bra in Black, \$44, and Mulberry Legging in Black, \$56; phatbuddhawear.com. Nike Shox; similar styles at store.nike.com.

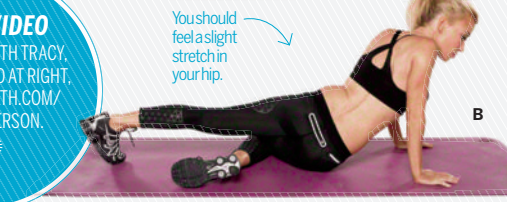


SCAN TO SHOP!
SCAN THE PHOTO AT RIGHT TO PURCHASE TRACY'S WORKOUT WEAR (LEARN HOW ON PAGE 8).

TRACY'S FAST FAT BLASTER

These strength exercises use compound movements that work your entire frame (yep, both your upper and lower body!) for the ultimate in calorie torching. Aim to complete this quickie toning sequence six days a week; whenever possible, follow it up with a solid 30 minutes of cardio. Added benefit: You'll be sweating away that seasonal stress, too.

Do all moves on the right side first, then repeat on the left.



1. Push-up Plank: with Alternating Hip Drop

▶ Start in plank position; bend elbows, performing one push-up (A). At the top of the push-up, tuck right knee into chest. Rotate waist so that outer side of right hip and thigh are facing the ground. Engage obliques and lower body until you are sitting on right hip (B). Reverse motion to return to plank. Repeat 30 times.

2. Knee Touch and Arabesque Extension

▶ Start on all fours, left knee facing in and left foot lifted and facing out, a 3-pound weight in right hand. Lower right forearm to the ground, palm faceup (A). Rotate left hip to extend left leg back as you extend right arm so palm faces down and hand punches straight out (B). Do 30 reps.



MAGIC WORD: CONSISTENCY

You can't skip workouts for a few weeks (or the whole month of December!) and think you can make it up with one three-hour session. The body only regularly turns to fat burning when it gets a routine blend of cardio and muscle work, as well as a daily healthy diet.



3. Bend and Kick

▶ Start in plank position with knees slightly bent, legs in a wide stance and fingers spread. Lift left foot, bend knee and bring it in toward chest (A). Straighten left leg and return it to the ground, then lift and extend right leg behind you (B). Return to start. Repeat 30 times.

4. Plank Abs Up and Down

▶ Start in plank position with forearms resting on the ground, right in front of left (A). Body should be in a straight line from head to heels. Press body to the top of a push-up by placing right hand on the ground and straightening arm (B), then repeating this motion on the left side (C). Reverse the movement, returning to forearms. This is 1 rep. Do 30 reps.



TRACY ANDERSON is a fitness expert with more than 15 years of experience, the creator of the Tracy Anderson Method and the star of more than 160 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie and Sienna Miller.