



the do-anywhere workout

Perfect for traveling, crowded gyms, and home, this 30-minute routine guarantees results. BY JEANINE DETZ

Your mission

In a rush? Now you can check cardio *and* strength training off your to-do list in 30 minutes flat—no machines necessary. We asked Jeremy Cheung, owner of Twisted Twilight, a personal training company in San Francisco, to design an effective routine that requires nothing more than a jump rope and a dumbbell. Skipping rope blasts calories faster than walking or jogging does, but because it can be challenging, you sometimes need to take frequent breaks. This workout puts those rest periods to good use with simple but super-effective sculpting moves that strengthen your upper and lower body and keep the intensity elevated. The result: a minute-maximizing plan that leaves no muscle unworked.

How it works

Warm up with easy cardio: Dance around your house, march in place, climb up and down a staircase—anything that raises your heart rate will do. Then follow this plan. If you need a refresher on lunges and squats, go to shape.com/cheatsheet. For the vogue press, see the must-do move (right). Cool down by walking for a few minutes, then stretch.

*See page 239 for RPE chart.

your workout plan

what to do	time (minutes)	RPE* (1-10)
warm up	0-4	3
lunge	4-5	5
jump rope	5-7	6-7
vogue press	7-8	5
squat	8-9	5
jump rope	9-11	6-7
lunge	11-12	5
jump rope	12-15	6-7
vogue press	15-16	5
squat	16-17	5
jump rope	17-20	6-7
lunge	20-21	5
jump rope	21-23	6-7
vogue press	23-24	5
squat	24-25	5
cool down	25-30	3-4

workout intensity
moderately hard

equipment needed a jump rope and a 5- to 10-pound dumbbell or large water bottle

total time 30 minutes

calories burned 250**

**Calorie burn is based on a 145-pound woman.

Strengthen your shoulders, triceps, and upper back—as you hum a little Madonna—with this **must-do move**.



vogue press

➤ **Stand** with your feet hip-width apart, knees slightly bent, and hold a 5- to 10-pound dumbbell overhead with one hand on each end [A].

➤ **Bend right arm**, drawing your elbow toward your side, as you reach your left arm over your head (the dumbbell will be vertical) [B].

➤ **Straighten your arms** to return to the starting position, then repeat on the opposite side to complete 1 rep.

Shape's 30-minute playlist

LOAD THIS MUSIC ONTO YOUR MP3 PLAYER

"Tootsee Roll"
69 Boyz (4:16)

"Do It Well"
Jennifer Lopez (3:05)

"Makes Me Happy"
Drake Bell (2:07)

"She Works Hard for the Money" Donna Summer (5:20)

"Jump" Kris Kross (3:15)

"Timebomb" Beck (2:50)

"Throb"
Janet Jackson (4:35)

"Doo Wop (That Thing)"
Lauryn Hill (5:20)

Total Time: 30:48

online bonus! Go to shape.com/playlists to buy and download this mix and others.



Sony Walkman video MP3 player (\$180; sonystyle.com)

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