

NO MORE EXCUSES! **JILLIAN MICHAELS** GIVES US A HIGH-INTENSITY, FULL-BODY WORKOUT YOU CAN SQUEEZE IN ANY TIME

BY SARAH GROSSBART

Michaels says her moves "make muscles faster, stronger and more flexible."

MINUTES TO

TO TONED

In 2017, resolve to cut back . . . on gym time! *Biggest Loser* alum Jillian Michaels — who calls herself "America's toughest trainer" — has crafted a quickie workout for *Us* so intense your body will continue to burn calories long after you finish. Four days a week, do each toning move for 30 seconds, then repeat the entire circuit. (Warm up with five minutes of cardio first.) The short-but-not-sweet interval training "makes the most of your time," explains the 42-year-old L.A. pro. "You burn calories, boost metabolism, maintain lean muscle and burn fat."

1 Walk-Out Pushups

Standing with your feet hip-width apart, bend forward from your hips to touch your toes. Walk your hands out until your back is straight, do a pushup, then walk your hands back to your toes.

2 Burpees

From standing, lower into a squat and place both hands on the floor. Quickly jump feet back into a pushup position, lower chest to the floor, then jump feet back into a squat. Finish by jumping straight up, arms in the air.

3 Goddess Squats

Stand with your feet hip-width apart, toes turned out and arms by your sides. Lower into a squat until your butt is above your heels, keeping hands in front of you. Return to start. Tip: If you feel like you're going to fall backward, hold a 20-pound weight with both hands at your chest as a way to counterbalance.

4 **Jumping Lunges**

Stand with your feet staggered, left in front. Push off using both feet to jump. Switch legs in midair, landing in a lunge position with your right leg in front. Repeat, landing with your left leg in front.

5 **Side Plank Pop 'n' Crunches**

Lie on your left side in a side plank, left foot slightly in front of right, your left arm straight, holding up your body. Put your right hand behind your head, then lower body to tap your left hip on the ground. Use your abs to raise back up, then crunch your right elbow to meet your left side. When you repeat the circuit, switch sides.

6 **Extended Plank Hold**

Get into a pushup position, with legs straight, toes on the ground and hands on the floor directly under the shoulders. Walk hands out as far as you can while still maintaining position and hold for 30 seconds. Make sure to keep the body straight.

7 **Superman**

Lie facedown on the ground, arms and legs extended. Lift arms and legs, keeping them straight and shoulder blades down, until your chest and knees are off the ground. Hold for a beat, then return to start.

8 **Twisting Mountain Climbers**

Start in a plank, then quickly bring the left knee to right armpit, twisting at the waist. Jump it back as you bring your right knee in to left armpit. Alternate sides.

TRAINER'S NOTES

Michaels shares two last reminders

Here's how to get all the benefits from a time-strapped workout.

GO HARD "In a perfect world, you'd do 20 to 30 minutes, minimum," notes Michaels, who kicks off an empowerment-focused tour in April.

"If you have less time, the goal is to make sure your intensity is up so you get the best results during and after the workout."

COOL DOWN At the end of a routine, your muscles are still warm and loose. Use that time to stretch out your muscles (while sitting or standing in place) to help prevent soreness and improve flexibility.

"Exercises that work multiple muscle groups burn more calories," notes the pro.

9 **Alternating Leg-Climber Crunches**

Lie on your back, legs extended. Keeping the right leg on the ground, raise your left leg until it's perpendicular to your body. Using your abs, lift your upper body. Reach for your thigh with the right hand, then reach for your knee with the left, then reach for your ankle with the right. Finally, use both hands to grab the sole of your foot before returning to start. (If you can't reach your foot, suggests Michaels, grab your ankle.) Repeat with right leg.

10 **Wide Row in Static Squats**

Stand with feet shoulder-width apart. Hold a 10-pound weight in each hand with palms facing away from you. Squat until thighs are parallel to the floor and torso is at a 45-degree angle. Row elbows back and hands to the chest. Keep squat. Lower arms, then repeat.