

FOR WOMEN
FITNESSRX™
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

PRINT AND GO

GET FIT FAST FALL WORKOUT

with Michele Lavesque

THIS IS AN EFFECTIVE WORKOUT BECAUSE IT TARGETS THE FAST-TWITCH MUSCLES, SAID MICHELE. "THIS MEANS YOU WILL BURN MORE FAT DURING AND AFTER YOUR WORKOUT AND BECAUSE YOUR MUSCLES RELY ON STORED GLUCOSE FOR ENERGY, YOU GO STRAIGHT INTO FAT-BURNING MODE. IT IS A MORE INTENSE WORKOUT BECAUSE IT REQUIRES MORE POWER AND SPEED AND WILL RELEASE MORE FAT-BURNING HORMONES."

YOU CAN PERFORM THIS WORKOUT TWO OR THREE TIMES A WEEK. "YOU CAN EVEN USE THIS WORKOUT AFTER A WEIGHT-TRAINING ROUTINE TO MAXIMIZE YOUR FAT-LOSS RESULTS AND TO REACH YOUR ULTIMATE BODY-SCULPTING GOALS," SAID MICHELE."

5 X 100-METER SPRINT

60-METER HIGH KNEE JUMP LUNGES

60-METER WALKING LUNGES

60 DEEP SQUAT SIDE WALKS

20 JUMP SQUATS

FINISH WITH 5 X 100-METER SPRINT

CAN BE REPEATED FOR 2 OR 3 ROUNDS