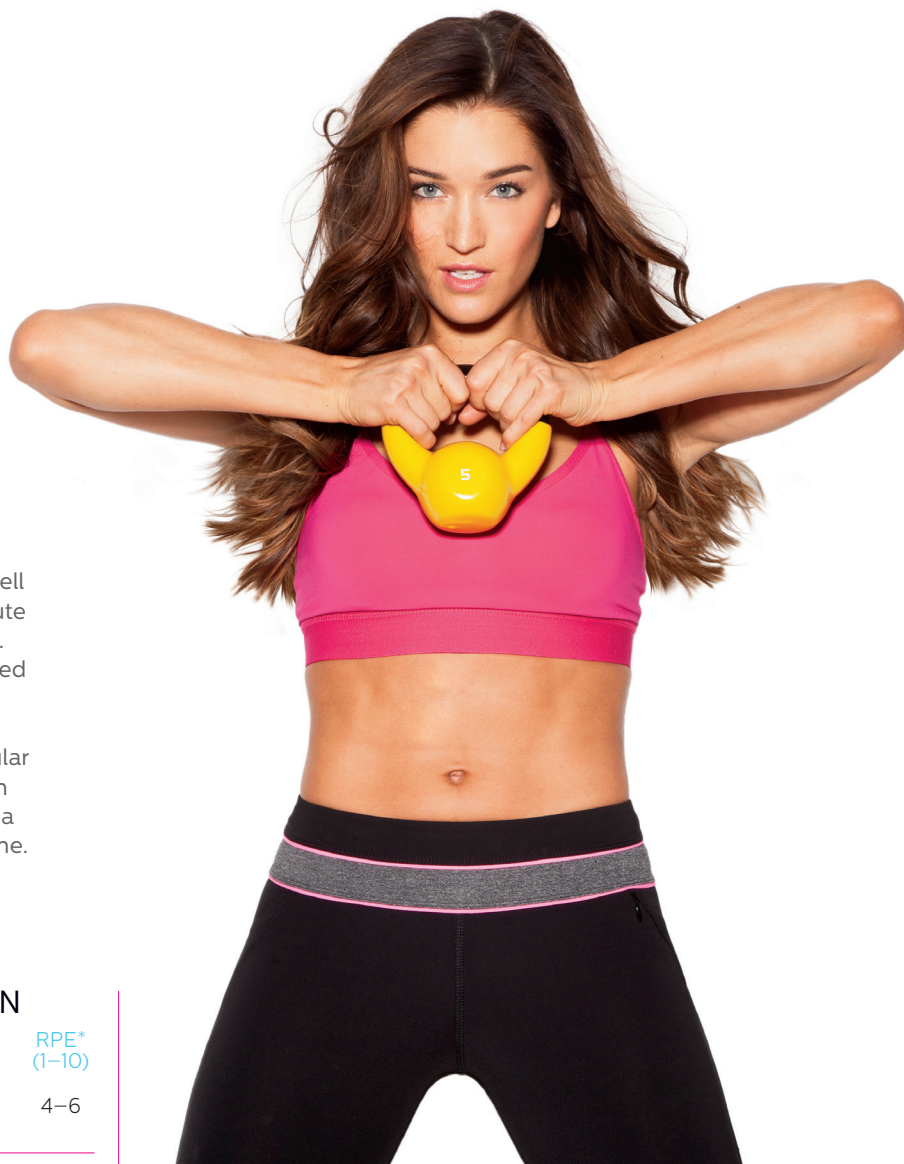


Bell curves

One little tool is all you need to shape up in a snap.

By **Laurel Leicht**

You've got less than half an hour to work out—do you choose cardio or strength training? There's no need to take sides, thanks to this plan from Alex Isaly, lead trainer of the *KettleWorX 8-Week Rapid Evolution* DVD set. It combines heart-rate-revving intervals with kettlebell moves to blast up to 20 calories per minute (seriously!) while sculpting your muscles. Another reason to reach for an orb-shaped weight: "This type of training is the only form of resistance exercise that's proven to increase your VO₂ max, or cardiovascular fitness level," says Isaly. Swing into action now; head to shape.com/cheatsheet for a refresher on all the exercises in this routine.



YOUR WORKOUT PLAN

TIME (mins)	WHAT TO DO	RPE* (1-10)
0-2	Jog in place for 1 minute, then do jumping jacks for 1 minute	4-6
2-4	Kettlebell swing	6-7
4-6	Jog in place, raising knees to hip height in front of you	6-7
6-8	Lunge, right leg forward, holding a kettlebell in front of chest with hands; switch legs after 1 minute	6-7
8-9	Squat jump	8
9-10	Figure eight (see right)	7
10-18	Repeat mins 2-10	6-8
18-20	March in place: Alternate circling arms forward and backward for 30 seconds	3-4

WORKOUT INTENSITY: Moderately hard

EQUIPMENT NEEDED: A 5- to 15-pound kettlebell

TOTAL TIME: 20 minutes

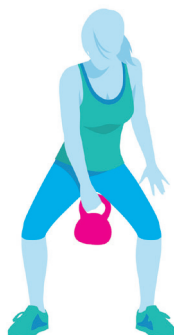
CALORIES BURNED: 240**

*Rate of perceived exertion; see page 175 for chart.
**Calorie burn is based on a 145-pound woman.

STRONG ARM

Target your upper body with the **figure eight**.

Stand with feet slightly wider than shoulders, arms extended at sides, and hold a kettlebell in right hand. In one motion, squat as you lower the kettlebell between legs **[shown]**, then pass it to left hand, grabbing handle behind left knee.



Rise up as you bend left elbow, curling the kettlebell toward left shoulder **[shown]**. Extend left arm and repeat entire sequence in opposite direction. Continue for 1 minute, alternating sides.



Photograph by Chris Fanning; illustrations by Paul Oakley