



> YOU CAN DO IT!

# REACH YOUR BETTER BODY GOAL

**Your dream-body wishes** are about to be granted. Flat abs? Start seeing results this week. Trimmer lower half? You won't believe your thighs (in a good way). Pair our workouts with the "Eat Your Way Slim" diet to—wish number three—lose 10 pounds this month. More than a million women have shaped up with You Can Do It! plans. Now it's your turn. **BY MARY ANDERSON PHOTOGRAPHS BY ALEXA MILLER**

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## Your Transformation Starts Here

**1. Name your wish.** Sign up at [fitnessmagazine.com/transform](http://fitnessmagazine.com/transform) to follow either the Flat Abs Fast or Trim From Tush to Toe workout (details on the following pages), along with our "Eat Your Way Slim" diet (page 71). In four weeks you can lose as many as 10 pounds using our support tools: calorie trackers, videos, more skinny recipes, and answers to your biggest burning-and-firming questions from FITNESS advisory board member and exercise pro Michele Olson, Ph.D. Invite a buddy (or three) to join you, or link up with the thousands of women following the same plan on our forums.

**2. Cash in.** Join online for a chance to win a vacation for two to the aah-rific St. James's Club Resort & Villas on Antigua (a \$2,515 value) or a sleek Livestrong Fitness LS10.0T Treadmill (a \$1,000 value). Grab your SPF and spandex! (For rules, see page 175.)

**3. Pinch yourself.** Get your goal this month, then switch plans to get another.



# Take Your Pick

## TRACK 1

### FLAT ABS FAST

Achieving a littler middle just got simple. "These strength sessions work your core in all planes of movement and recruit a lot of other muscles to turn up your calorie burn," says FITNESS advisory board member Joe Dowdell, author of *Ultimate You: A 4-Phase Total Body Makeover*, who created these routines. Translation: You'll slim as you cinch. Workouts A and B are made up of mini circuits using "The Perfect 10 Moves" on pages 64 and 65. Do the first circuit in order three times, then the next. For each exercise, choose a weight that makes the last two reps tough. Use the cheat sheet below to check off workouts as you go. (Cardio info, page 66)

#### WORKOUT A

##### CIRCUIT 1

- Split Squat
- Single-Arm Row
- Dumbbell Side Plank

##### CIRCUIT 2

- Two-Arm Swing
- Dumbbell Push-Up
- Rollout

#### WORKOUT B

##### CIRCUIT 1

- Lateral Squat
- Alternating Row
- Rollout

##### CIRCUIT 2

- Modified Deadlift
- Curl to Press
- Dumbbell Side Plank

### Flat Abs Workout Plan at a Glance

	Week 1	Week 2	Week 3	Week 4
Mon	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> A	<input type="checkbox"/> B
Tues	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Wed	<input type="checkbox"/> B	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> A
Thurs	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Fri	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> A	<input type="checkbox"/> B
Sat	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Sun	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest



Exercise along with the video of these workout moves when you sign up at [fitnessmagazine.com/transform](http://fitnessmagazine.com/transform).

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## TRACK 2

# TRIM FROM TUSH TO TOE

Ready to love your lower half? "Each strength workout has only five different exercises, but it's about the quality and not the quantity of movements," says Dowdell, who also built in a short-and-sweet upper-body session so you won't skimp on sculpting your arms and back. In Workouts A and B, you'll do supersets of "The Perfect 10 Moves" on pages 64 and 65. Do the first superset in order three times, then the second three times. Finish with the last move listed. For each exercise, choose dumbbells that are heavy enough to make the last two reps tough. Check off workouts as you go in the box below. (Cardio info, page 66)

### WORKOUT A

#### SUPERSET 1

- Split Squat
- Two-Arm Swing

#### SUPERSET 2

- Lateral Squat
- Modified Deadlift

#### FINISH WITH

- Rollout

### WORKOUT B

#### SUPERSET 1

- Dumbbell Push-Up
- Single-Arm Row

#### SUPERSET 2

- Curl to Press
- Alternating Row

#### FINISH WITH

- Dumbbell Side Plank

## Tush-to-Toe Toning Checklist

	Week 1	Week 2	Week 3	Week 4
Mon	<input checked="" type="checkbox"/> A	<input type="checkbox"/> A	<input type="checkbox"/> A	<input type="checkbox"/> A
Tues	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Wed	<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B	<input type="checkbox"/> B
Thurs	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Fri	<input type="checkbox"/> A	<input type="checkbox"/> A	<input type="checkbox"/> A	<input type="checkbox"/> B
Sat	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio	<input type="checkbox"/> Cardio
Sun	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest	<input type="checkbox"/> Rest