

upper body

lower body

core

Mix & Match Workout

Create your own workout with moves from Marc Santa Maria, based on his popular Diesel class at Crunch in New York City. For full-body toning, choose a move marked 1, a move marked 2, and a move marked 3; then do 3 sets of each move.

Photos (pages 80 and 81): Chris Fanning. Wardrobe: Sarah Parlow. Hair: Stephen Ramsey/artistsbytmothypriano.com. Hair: Elaine Madalon/Naars. Trainer: Alyssa Sheffer. Clothing: Turn to page 104 for details.

GREAT ARMS & CHEST

Triceps Diesel Dips

Sit with legs extended and heels on the floor. Place hands shoulder-width apart behind butt, with wrists below shoulders and fingertips toward butt. Squeeze inner thighs together; press into hands to lift butt off floor (A). Lift right leg and hold; alternately bend and straighten elbows (B) 15 times. Repeat on opposite side, then with both heels on floor.



A



B

1

GREAT ARMS & CHEST

Patty-Cake Push-Ups

Get into the "up" part of push-up position. Touch left hand to right elbow (A), then right hand to left elbow. (Working out with a buddy? Face each other and high-five instead.) Next, do a push-up (B). Do 10 reps.



A



B

1

*** More challenging**

FAB LEGS & BUTT

Leg Extensions

Stand with feet hip-distance apart and thighs squeezed toward each other. Raise right leg, with knee bent to 90 degrees (A). Tighten quads and extend leg straight out in front (B). Do 10 reps, then keep leg extended and pulse it about 2 inches up and down 10 times. Repeat on opposite side.



A



B

2

FAB LEGS & BUTT



A



B

2

*** More challenging**

Squat Jumps

Stand with feet shoulder-width apart. Push butt back and lower into squat position (A), with knees behind toes; pulse up and down 3 times. Next, explode off floor and tap feet together in mid-air (B). Land softly in squat position. Do 10 reps.

KILLER ABS & BACK

Oblique Hops

Crouch with palms on floor (A). Keeping hands anchored, tighten abs and hop feet to the left (B). Hop back to the middle, then to the right. (To increase the challenge, skip middle and just hop from side to side.) Do 15 reps.



A



B

3

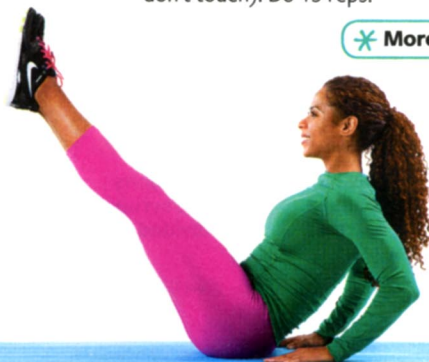
KILLER ABS & BACK

Leg Extension Crunches

Sit with hands on the floor behind you, palms down and fingers toward butt. Lean back on sitting bones, tighten abs, and raise both legs off floor. Bend knees and crunch legs in toward body (A); extend legs, then raise them as high as you can (B). Lower legs toward floor (but don't touch). Do 15 reps.



A



B

3

*** More challenging**