

15  
MINUTE  
workout

# Crush More Calories

This high-intensity workout is a superfast body sculptor.

Preventing too much holiday cheer from settling on your waistline comes down to simple calorie math: If you want to indulge in a few extra calories, you'll have to sweat off a few more than usual. Send 'em packing with these four explosive moves created by Kim Blake, a trainer at Nike World Headquarters Sports Center in Portland, Oregon. You'll push your body weight off the floor and then absorb it when you land. Translation? Your muscles will work hard, and you'll blast fat.

Do 12 to 16 reps of each move, resting for 15 seconds between each exercise. When you've finished all four, rest for a minute or two, then repeat the circuit two more times. Do this calorie-incinerating workout three times a week, or anytime you need a little damage control.

—Jen Ator

• Push through a fitness plateau.

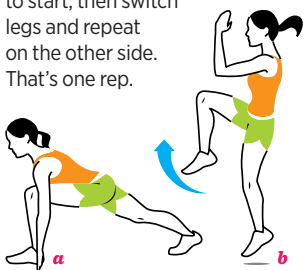
O'Neill tank, Adidas by Stella McCartney pants, Puma watch

**Want to work out on the go?**  
> Get all the moves on your iPhone at [WomensHealthMag.com/Downloads](http://WomensHealthMag.com/Downloads).

## FOUR POWER MOVES

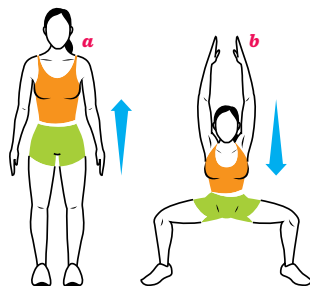
### 1/RUNNER'S LUNGE TO KNEE SKIP

Start in a pushup position, then bend your left knee and place your left foot between your hands (a). Push through your left foot, raise your torso, and drive your right knee and left arm into the air, hopping off the ground (b). Return to start, then switch legs and repeat on the other side. That's one rep.



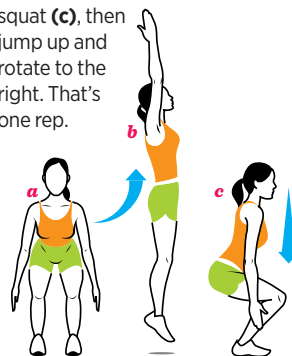
### 2/PLIÉ JUMPING JACKS

Stand with your hands at your sides (a) and jump into the air, bringing your arms overhead and your feet wide, knees and toes turned out, then lower into a squat (b). Quickly jump back to the starting position. That's one rep.



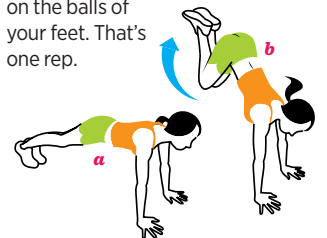
### 3/QUARTER-TURN SQUAT JUMP

Lower into a squat (a), then jump up, swinging your arms overhead and rotating 90 degrees to the left while in the air (b). Lower into a squat (c), then jump up and rotate to the right. That's one rep.



### 4/DONKEY KICK

Start in a pushup position, legs extended directly behind you and hands under your shoulders (a). With your legs together, brace your core and glutes, then kick both legs into the air, bending your knees to bring your feet toward your butt (b). Reverse the movement to return to start, trying to land softly on the balls of your feet. That's one rep.



CHRIS SHIPMAN; STYLING: THEA PALAD; HAIR: VASSILIOS KOKKINIDIS/FORD ARTISTS; MAKEUP: CARLO LONGO/BRYAN BANTRY; MCKIBILLO (ILLUSTRATIONS)