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THE BOYS MIGHT BE ON TO SOMETHING:

Take a page from their training book with this intense new plan—and get on the fast track to a fit body.

GO FOR THE BURN!

SHIFT INTO HIGH GEAR

You've seen guys at your gym slamming giant ropes, so why haven't you tried it? Although equipment like this (plus sandbags, kettlebells, and weighted sleds) used to be the stuff of football and mixed martial arts workouts, it's now a mainstay in many health clubs—and using it can challenge your body big-time. “Waving ropes keeps constant tension on your arms, shoulders, and back while revving your heart rate,” says Kelvin Gary, a trainer and the owner of Body Space Fitness in NYC. “And because kettlebells and sandbags are unsteady, you have to work hard to stabilize them, which improves your balance and fires up more muscle fibers.” The result: You'll get seriously sculpted while torching tons of calories. Follow this plan Gary designed, featuring familiar toners that have been amped up with different gear—and discover why sometimes it pays to be one of the boys.



The PLAN

HOW IT WORKS

Warm up for 5 minutes by walking or jogging up stairs or on a treadmill. Do 2 sets of each circuit 1 move in order, resting for up to 60 seconds between exercises. Then do 2 sets of each circuit 2 moves in order, resting for up to 60 seconds between each one.

YOU'LL NEED

A 14- to 18-pound kettlebell, a 20- to 25-pound sandbag, two heavy (or “battle”) ropes, and a low pull sled. (A 20-pound weight plate is optional.)

Circuit #1

▲ A | B

1. SINGLE-LEG DEADLIFT

Works butt, legs, and back

Stand with feet hip-width apart and hold a kettlebell in right hand with arm extended in front of you, palm facing thigh. Extend left arm at side, shift your weight to right foot, and place ball of left foot on the ground behind you [A]. Bend forward from hips, lowering kettlebell toward the ground, as you raise left leg to hip height behind you [B]. Rise up to starting position and repeat. Do 12 to 15 reps; switch sides to complete set.



▲ A | B

2. SPLIT-STANCE BENT-OVER ROW

Works back, biceps, and shoulders

Place a sandbag on the ground and stand facing it with feet staggered, right in front of left, and knees bent. Bend forward from hips and grab the sandbag's middle handles [A]. Rise up until torso is parallel to the ground, then bend elbows straight back, bringing bag toward you [B]. Return to starting position and repeat. Do 12 to 15 reps. Switch legs on next set.

TO UP THE INTENSITY, JOG FOR 30 SECONDS (HOLDING THE BAG OVER ONE SHOULDER) AFTER THIS MOVE.

3. SANDBAG ROTATION

Works core, legs, and butt

Stand with feet wider than shoulders and hold a middle handle of the sandbag with each hand, arms extended in front of you. Bend knees and pivot right foot and knee to the left as you swing bag to the left [shown]. In one motion, return to starting position and immediately rotate to the right. Continue, alternating sides, for 1 minute.



Hair and makeup by Erika Parsons/Celestine Agency; styling by Milka Prica/Celestine Agency; prop styling by David Ross/Artnik Beauty. Forever 21 tank; Lorna Jane bra top; GapFit shorts. Nike sneakers, worn throughout. Opening spread: Forever 21 tank; Lorna Jane bra top; GapFit shorts. Next spread: Under Armour tank and bra top; GIG Active shorts

▼ A | B

4. SIDE-LUNGE SNAP

Works back, shoulders, arms, butt, and legs

Stand with feet hip-width apart and hold an end of a rope in each hand, arms extended in front of you and palms facing each other. Step left foot out to the left as you raise arms overhead [A], then bend left knee as you forcefully bring arms down in front of left foot [B]. Step back to starting position and repeat on opposite side to complete 1 rep. Do 12 to 15 reps.

SWINGING HEAVY ROPES BURNS AS MANY CALORIES AS RUNNING (MORE THAN 11 PER MINUTE) WHILE TONING YOUR UPPER BODY.

Circuit #2

▶ A | B

1. KETTLEBELL SWING

Works legs, butt, core, and arms

Stand with feet wider than shoulders and hold a kettlebell with both hands, arms extended in front of you. Squat as you swing kettlebell between your legs [A], then rise up and step feet together as you swing kettlebell up to shoulder height in front of you [B]. Immediately repeat. Do 12 to 15 reps.

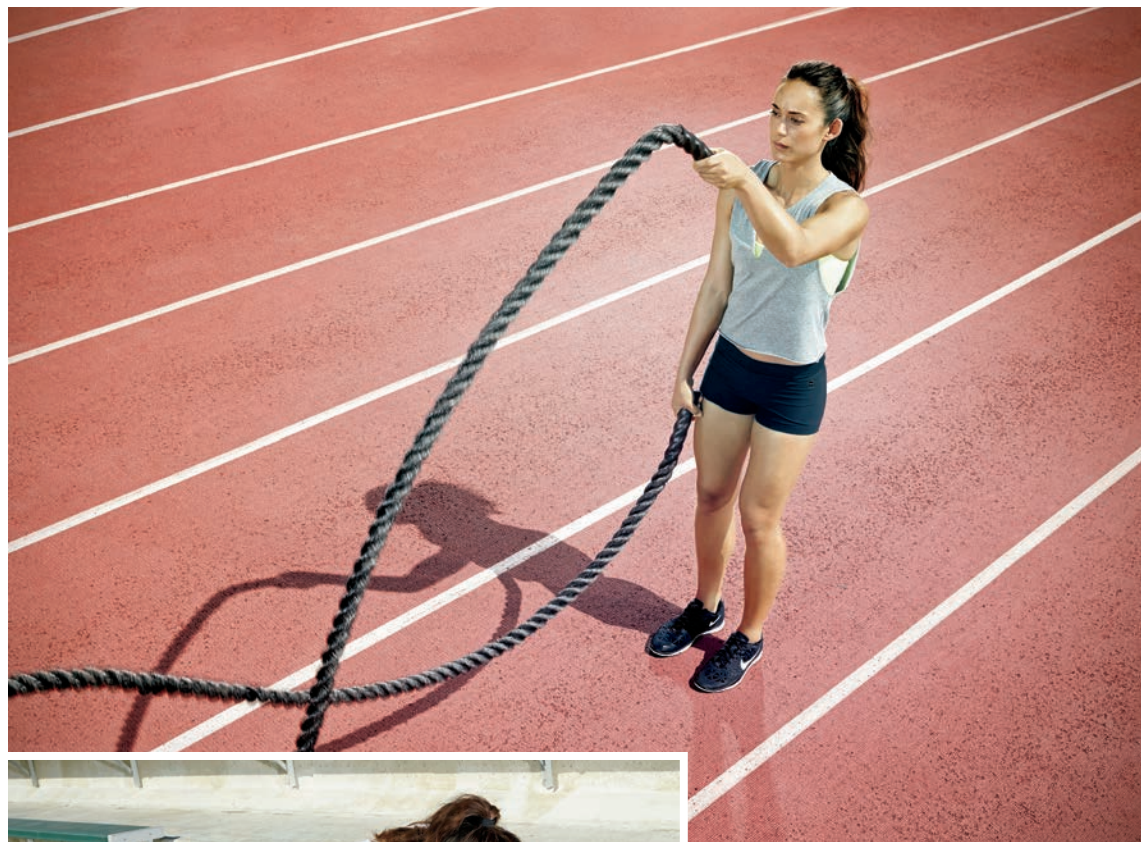


▼ A | B ▶

2. WAVE WITH LUNGE

Works back, shoulders, arms, butt, and legs

Stand with feet hip-width apart and hold an end of a rope in each hand, with palms facing each other and elbows slightly bent. Raise left arm to shoulder height [A], then quickly switch arms. Continue moving arms up and down as you lunge back with right foot until left thigh is parallel to the ground [B]. Return to starting position and repeat on left side to complete 1 rep. Do 12 to 15 reps.



▼ A | B ◀

3. SANDBAG PULL-THROUGH

Works abs, back, and shoulders

Get in plank position with a sandbag on the ground behind and slightly to the right of right hand [A]. Grab the side handle of the sandbag with left hand and pull it underneath your body [B] to your left side. Repeat on opposite side (pull bag back to starting position) to complete 1 rep. Do 12 to 15 reps.



4. LOW SLED PULL

Works arms and legs

Load a weight plate (optional) onto a pull sled. Secure the waist belt or chest harness to your torso and stand facing away from sled. Jog [shown] for 20 to 30 seconds.

