

kick fat goodbye

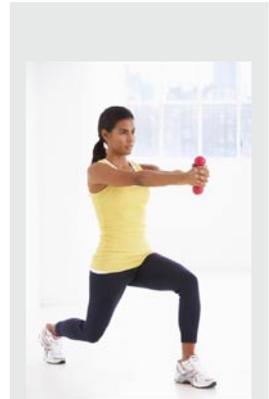
Firm up fast with these martial arts-inspired moves.

goal
Do 12 to 14 reps (6 to 7 reps per side) of each move; repeat the entire sequence 3 times. **What you'll need:** A single light (2 to 4 lb) dumbbell.



◀ SIDEKICK COMBO: TONES ARMS, CORE, HIPS, BUTT, AND LEGS

Stand with feet shoulder-width apart, knees slightly bent, with your hands in fists in front of your face. Shift your weight to your right leg and bend your left knee to bring it up to hip level. Lean your torso slightly to the right to maintain balance, and extend your left leg out to the side at hip level, keeping your foot flexed and your heel higher than your toes. At the same time, punch your left fist straight out to the side. Return to start; repeat on the right side.



▶ STEP AND STRIKE: TONES ARMS, SHOULDERS, BACK, BUTT, AND LEGS

Stand with feet hip-distance apart, holding a dumbbell overhead with both hands, elbows slightly bent. Take a giant step forward with your left leg and bend both knees until your left thigh is parallel to the floor (keep your left knee behind your toes). At the same time, sweep your arms down so they are extended in front of you at chest level. Step back to start; repeat with the opposite leg.

▶ SIDE SWIPE: TONES CORE, ARMS, AND BUTT

Stand with feet in a wide straddle stance with soft knees, toes turned slightly out, and hold a dumbbell with both hands, arms extended at chest level, elbows slightly bent. Without moving the rest of your body, sweep your arms in front of your body to the right, allowing your right arm to bend naturally. In one smooth motion, thrust your hips toward the left, pivot on the ball of your right foot so your right toes point in, and sweep arms across your body to the left as though swinging a sword at an enemy attacking from that side. Return to start; repeat on the opposite side.



▶ SAMURAI CHOP: TONES ARMS, SHOULDERS, BACK, BUTT, AND LEGS

Stand with your feet close together, holding a dumbbell in front of you and close to your chest with both hands, elbows pointing out to the sides. Take a giant step out to the left and raise the dumbbell overhead, keeping your elbows slightly bent. In one smooth motion, bend your knees to about 45 degrees (keep your knees behind your toes) and sweep your arms down in front of you in a chopping motion, stopping when your arms are parallel to the floor. Repeat the chopping motion (keep your legs stationary), then draw the dumbbell back toward your body and step back to start. Repeat on the opposite side.



tip

The power of martial arts lies in "mindful motion." Concentrate on holding your body rock solid and engaging every muscle while performing these moves.

▶ WARRIOR BOW: TONES CORE, BUTT, AND LEGS

Stand with feet together and arms overhead, palms pressed together. Bend knees and squat back as though sitting in a chair (keeping knees behind toes), then sweep your arms out and down, bringing them together again in front of you, diagonal to the floor. Shift your weight to your left leg and straighten it to standing, then slowly bend forward at the hips, lifting and extending right leg straight back behind you as you sweep your arms back alongside your body. Your body should form a "T." Return to start; repeat on the opposite side.

