

## 4 Jumping Lunges

Stand with your feet staggered, left in front. Push off using both feet to jump. Switch legs in midair, landing in a lunge position with your right leg in front. Repeat, landing with your left leg in front.

## 5 Side Plank Pop 'n' Crunches

Lie on your left side in a side plank, left foot slightly in front of right, your left arm straight, holding up your body. Put your right hand behind your head, then lower body to tap your left hip on the ground. Use your abs to raise back up, then crunch your right elbow to meet your left side. When you repeat the circuit, switch sides.

## 6 Extended Plank Hold

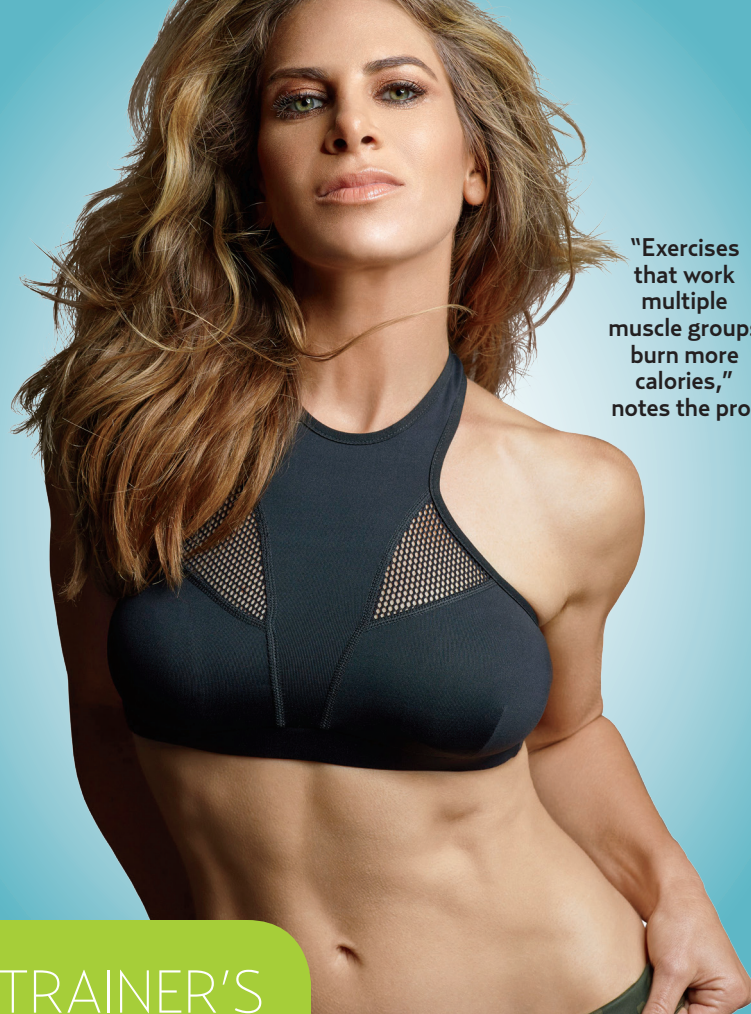
Get into a pushup position, with legs straight, toes on the ground and hands on the floor directly under the shoulders. Walk hands out as far as you can while still maintaining position and hold for 30 seconds. Make sure to keep the body straight.

## 7 Superman

Lie facedown on the ground, arms and legs extended. Lift arms and legs, keeping them straight and shoulder blades down, until your chest and knees are off the ground. Hold for a beat, then return to start.

## 8 Twisting Mountain Climbers

Start in a plank, then quickly bring the left knee to right armpit, twisting at the waist. Jump it back as you bring your right knee in to left armpit. Alternate sides.



"Exercises that work multiple muscle groups burn more calories," notes the pro.

## TRAINER'S NOTES

Michaels shares two last reminders

Here's how to get all the benefits from a time-strapped workout.

**GO HARD** "In a perfect world, you'd do 20 to 30 minutes, minimum," notes Michaels, who kicks off an empowerment-focused tour in April.

"If you have less time, the goal is to make sure your intensity is up so you get the best results during and after the workout."

**COOL DOWN** At the end of a routine, your muscles are still warm and loose. Use that time to stretch out your muscles (while sitting or standing in place) to help prevent soreness and improve flexibility.

## 9 Alternating Leg-Climber Crunches

Lie on your back, legs extended. Keeping the right leg on the ground, raise your left leg until it's perpendicular to your body. Using your abs, lift your upper body. Reach for your thigh with the right hand, then reach for your knee with the left, then reach for your ankle with the right. Finally, use both hands to grab the sole of your foot before returning to start. (If you can't reach your foot, suggests Michaels, grab your ankle.) Repeat with right leg.

## 10 Wide Row in Static Squats

Stand with feet shoulder-width apart. Hold a 10-pound weight in each hand with palms facing away from you. Squat until thighs are parallel to the floor and torso is at a 45-degree angle. Row elbows back and hands to the chest. Keep squat. Lower arms, then repeat.