

NO MORE EXCUSES! **JILLIAN MICHAELS** GIVES US A HIGH-INTENSITY, FULL-BODY WORKOUT YOU CAN SQUEEZE IN ANY TIME

BY SARAH GROSSBART

Michaels says her moves "make muscles faster, stronger and more flexible."

MINUTES TO

TONE

In 2017, resolve to cut back . . . on gym time! *Biggest Loser* alum Jillian Michaels — who calls herself "America's toughest trainer" — has crafted a quickie workout for *Us* so intense your body will continue to burn calories long after you finish. Four days a week, do each toning move for 30 seconds, then repeat the entire circuit. (Warm up with five minutes of cardio first.) The short-but-not-sweet interval training "makes the most of your time," explains the 42-year-old L.A. pro. "You burn calories, boost metabolism, maintain lean muscle and burn fat."

1 Walk-Out Pushups

Standing with your feet hip-width apart, bend forward from your hips to touch your toes. Walk your hands out until your back is straight, do a pushup, then walk your hands back to your toes.

2 Burpees

From standing, lower into a squat and place both hands on the floor. Quickly jump feet back into a pushup position, lower chest to the floor, then jump feet back into a squat. Finish by jumping straight up, arms in the air.

3 Goddess Squats

Stand with your feet hip-width apart, toes turned out and arms by your sides. Lower into a squat until your butt is above your heels, keeping hands in front of you. Return to start. Tip: If you feel like you're going to fall backward, hold a 20-pound weight with both hands at your chest as a way to counterbalance.