

Beauty Bonus
Flip Over

WomensHealth

EXCLUSIVE!

FIT & SEXY

Slim Down and Firm Up Fast With This Super-Fun Workout!

Total Body Sex

Discover the Secret to a Longer, Stronger Big-O!

Shakira
"I'm Always Trying to Challenge Myself."

10 HUNGER FIXES
Eat More, Weigh Less

TRANSFORM YOUR TUSH
Lift It!
Shape It!
Tone It!

Life-Saving Report
The Health Danger That Strikes Silently

Look Great Naked!

New Detoxing
Tips for a Flat Belly
& Glowing Skin

April 2014

\$4.99 US/DISPLAY UNTIL APRIL 15, 2014



WomensHealthMag.com

15 MINUTE WORKOUT

WIN AT THE POWER BALL

Slam, toss, and catch your way to a more toned bod.

Though you may be after a hard body, going soft can offer some surprising benefits.

A Dynamax ball is easier and safer to grip, toss, and catch than its cousin, the medicine ball—but don't equate its softness with wimpiness. Unlike a rubber medicine ball, whose bounce allows you to build momentum, a Dynamax ball absorbs impact, forcing you to use more strength to keep it moving. This makes it a great tool for developing explosive core power, says Jessi Kneeland, a personal trainer at Peak Performance in New York City.

This circuit from Kneeland is designed to capitalize on that, while also firing up your fat burners. "Explosive exercises like the squat to overhead toss are more metabolically demanding than, say, a traditional overhead press," says Kneeland. The reps are kept low so you can give each one your max effort. "People tend to scale back their intensity when they know they're doing a ton of reps, which decreases the workout's effectiveness," she says.

Complete eight reps of each exercise, moving from one to the next with little or no rest in between. Rest 30 seconds, then repeat for a total of six sets.

—Caitlin Carlson

1 Overhead Slam

Hold the ball with both hands directly overhead, arms straight, feet shoulder-width apart, and knees slightly bent (a). Brace your core and bring your arms forward to throw the ball onto the floor as hard as you can (b). That's one rep. Reset at start.



QUICK TIP
For best results, throw the ball onto a mat or soft surface.

2 Side Throw



Stand with your left side about four feet from a wall, hold the ball with both hands near your right hip (a). Keeping your arms straight and core tight, pull the ball across the front of your body at chest height and throw it at the wall as you pivot on your right foot (b). That's one rep. Return to start, complete all reps, then switch sides and repeat.

3 Squat to Overhead Toss

Holding the ball with both hands at chest height, elbows bent and feet shoulder-width apart, sit your hips back and bend your knees to 90 degrees (a). In one motion, press through your heels to stand and toss the ball overhead (b). Catch it, then immediately lower into the next rep.



4 Overhead Walking Lunge

Hold the ball with both hands directly overhead, arms straight (a). Keeping your back flat and core tight, step your left foot forward and bend both knees into a lunge (b). Press through your left heel to stand, then step your right foot forward and repeat. That's one rep.



STYLING: THERA PALAIS; HAIR AND MAKEUP: LUCY VESTER CASTELLANO FOR CHARNE; MAKEUP: NINA-REBE; THE NORTH FACE SPORTS BEEA; OLD NAVY; H&M; ASHLEY BODIES

PHOTOGRAPHS BY BETH BISCHOFF