

12 WORKOUTS THAT BLAST 500 CALORIES (OR MORE!)

Whether it's on a machine, using equipment, throwing punches, or just working with your own body weight, these routines promise to burn fat, build lean muscle, and get you totally energized while torching calories! Turn to this guide when you're ready to work up a serious sweat. **BY ALYSSA SHAFFER**

“ This workout includes my Stoked Supersets for the first two moves, flowing from a TRX move to a dumbbell exercise or plyo move. The goal is to tax the focus muscle group in two slightly different ways, which creates fatigue and leads to gains.” **—KIRA STOKES**



WORKOUT 1 CARDIO/ STRENGTH CIRCUITS

STOKED SUPERSETS

Time: 1 hr.

Trainer: Kira Stokes, trainer, creator of the Stoked Method



WARMUP (3X)

- 1 / Jumping Jacks** (30 sec.)
- 2 / Active Stretch** (30 sec.) Roll down from standing; walk hands to extended arm plank.
- 3 / High Knee** (30 sec.) Place right heel outside right
- 4 / Chopper** (30 sec.)



wrist. Twist to the right, extending right arm toward ceiling. Return to plank and repeat on left side; continue for 30 sec. and roll up to standing.

3 / Air Squat (30 sec.) Hold squat for 2 sec. per rep.

CIRCUIT 1 (3X)

1 / Squat to Shoulder Press (45 sec.)

2 / TRX Squat Jump to Toe Touch (30 sec.)

Face anchor point of TRX, holding handles with arms straight. Sit back into a squat, chest lifted (avoid leaning forward). Keeping arms straight, drive through heels to explode up, tapping feet together in air. Land in squat and repeat.

3 / Plank Up-Down to Plank Jack (30 sec.)

Do 2 up-downs (from full plank, bring elbows to floor one at a time, then straighten back to start), followed by 2 plank jacks (keeping hands on floor, hop feet out to sides and back). Repeat.

4 / Pushup to Towel Knee Tuck (30 sec.)

Place small towels under toes and get into full pushup position. Do 1 pushup, then 1 knee tuck, drawing knees to chest. Repeat.

CIRCUIT 2 (3X)

1 / TRX Row (45 sec.)

2 / Renegade Row to Kickback & Triceps Pushup to Squat Thrust (90 sec.)

From full plank, do row and kickback with right arm, then repeat on left before moving to pushup and squat thrust.

3 / High Knee (30 sec.)

4 / Chopper (30 sec.)

Start in a sumo squat, toes

turned out 45 degrees, quads parallel to floor, holding single dumbbell with both hands in front of legs. Drive through heels to powerfully extend weight overhead, keeping slight bend in elbows. Slowly return to start position and repeat.

CIRCUIT 3 (3X)

1 / Walking Lunge with Biceps Curl (60–90 sec. or 12–15 reps each leg)

Do a forward lunge, pulsing twice at bottom; then drive through heel of front foot and do a biceps curl to top. Continue, alternating legs.

2 / Lunge to Hop Switch (30 sec. per side)

Lunge forward with right leg, explosively switch legs, landing in lunge with left leg forward. Step right leg forward and repeat for time; switch lead legs and repeat.

3 / Mountain Climber (30 sec.)

4 / Crouching Tiger Pushup (45 sec.)

Start in full pushup, hands wider than shoulder width. Do 1 pushup, then bring hips back toward heels, knees bent. Lift hips to downward dog; tuck tailbone and return to full pushup. Repeat flowing movement.

CIRCUIT 4 (3X)

1 / TRX Triceps Extension (30 sec.)

Face away from anchor point, holding handles with arms parallel to floor; walk feet back a little and bend elbows, keeping upper arms parallel to floor; straighten to return to start.

2 / DB Overhead Triceps Extension (30 sec.)

Hold weight in one hand behind head, elbow close to head;

“This full-body Tabata workout will boost your metabolism and quickly raise your heart rate as your body works hard to keep up. Start with a 3- to 5-minute warmup with dynamic stretches and finish with a 3- to 5-minute cooldown.” —KELLY LEE

“Hit the stairs for a heart-pumping, kick-ass workout to build strength and endurance while torching calories! Always warm up to prep for the workout and cool down with stretches for your hips, legs, and back to prevent injury.” —CINDY LAI

straighten arm and repeat for 30 sec.; switch sides.

3 / Sumo Squat to Hop Combo (45 sec.)
Put weight vertically on floor between legs. Do a sumo squat; pick weight up; squat again and lower weight to floor. Hop forward and back, staying in sumo squat. Repeat series.

4 / Butt Kick to High Knee (30 sec.)
Alternate doing 4 reps of each move.

CIRCUIT 5 (IX)

Do as many reps as possible for 30 sec. for each move.

- 1 / Air Squat**
- 2 / Squat Jump**
- 3 / Alternating Front (or Reverse) Lunge**
- 4 / Split Lunge Jump**
- 5 / Pushup (wide-grip, not triceps)**
- 6 / Burpee**
- 7 / Forearm Plank**



WORKOUT 2

HIIT TABATA

Time: 40 min.

Trainer: Kelly Lee, master trainer, grokker.com



HOW TO DO IT:
Do as many reps as you can of each move for 20 seconds at a high intensity, followed by 10 seconds of rest. Repeat 8 times per exercise. Rest 1 minute between moves. (Take 2 to 3 minutes after burpees.)

- › **Squat** (with or without weights) (20 sec. on, 10 sec. rest; 8x). Rest 1 min.
- › **Pushup** (20 sec. on; rest 10 sec. in child's pose; 8x). Rest 1 min.
- › **Crunch** (basic, legs in tabletop, or full double crunch) (20 sec. on, 10 sec. rest; 8x). Rest 1 min.
- › **Burpee** (20 sec. on, 10 sec. rest; 8x). Rest 2–3 min.
- › **Squat Thruster** (with or without weights; squat and the press arms up) (20 sec. on, 10 sec. rest; 8x). Rest 1 min.
- › **Plank** (options: plank-ups or mountain climbers) (20 sec. on; rest 10 sec. in child's pose with palms up; 8x). Rest 1 min.
- › **Dip** (20 sec. on, 10 sec. rest; 8x). Rest 1 min.

WORKOUT 3

HIGH-INTENSITY STAIR INTERVALS

Time: 20–30 min.

Trainer: Cindy Lai, New York



WARMUP (3–5 MIN.)*

- › **Easy Stair Jog; Walk Down**
 - › **Squat (10x)**
 - › **Easy Stair Jog; Walk Down**
 - › **Alternating Side Lunge (10x per side)**
 - › **Easy Stair Jog; Walk Down**
 - › **Stair Climb (2 steps at a time); Walk Down**
 - › **Alternating Side Plank (on hands; 10x per side)**
 - › **Easy Stair Jog; Walk Down**
- *Repeat if time allows.

CIRCUIT 1 (3X*)

- › **Stair Hop Squat**
Jump into wide squats for first step, then narrow squats for second step; continue up flight; walk down.
- › **Spiderman Traveling Pushup**
Climb up stairs in pushup position, bringing one knee close to elbow; alternate



sides with each step; walk down.

› Sprint

Take 2 steps at a time, going as fast as possible. Walk down.

› Lateral Squat

Stand with left side parallel to stairs. Do a deep squat and step up, skipping a step. Continue for flight; walk down. Switch sides, leading with right leg.

*Rest 1 min. between circuits.

CIRCUIT 2 (3X)

- › **Stair Sprint** (up and down; 1 min.) Try sprinting on a diagonal to fire up additional muscle fibers in your legs.
- › **Stair Hop Squat Thrust (20x)**

Hop up and down stair; place hand on floor, jump feet back to pushup position. Jump up; repeat.
› **Pistol Squat** (10x per side)
Do single-leg squats off stair; squeeze glutes to stand.

› **Decline Pike-up to Plank (20x)**
Place hands on floor and legs on stairs, forming an upside-down “L” shape; come into full plank. Do 20 reps each. Rest 1 min.; repeat.

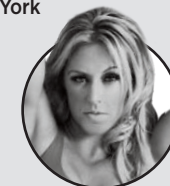


WORKOUT 4

RIPPED CIRCUITS

Time: 1 hr.

Trainer: Jamie George, trainer, Ripped Fitness, New York



“Adding weight to any exercise burns more calories while building strength. And adding strength moves to cardio increases your metabolism even after the session is over. I like circuits of 3 to 4 strength moves followed by a cardio burst.” —JAMIE GEORGE

CIRCUIT 1 (DO 3X THROUGH)

- › **Squat with DB Overhead Press (15x)**
- › **Box Jump (15x)**
- › **Pullup** (assisted or full) (15x)
- › **Pushup (15x)**
- › **Sprint (5 x 30 sec.)**
Walk 30 sec. to recover between sprints.

CIRCUIT 2 (DO 3X THROUGH)

- › **Walking Lunge with DB Biceps Curl (20 steps)**
- › **DB Renegade Row (12x per side)**
- › **Ball Slam (15x)**
- › **Situp (20x)**
- › **Sprint (5 x 30 sec.)**
Walk 30 sec. to recover between sprints.

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