

The Wonder Workout

THE GOAL: Blast belly fat, improve insulin resistance, and regulate blood sugar in 8 weeks. This workout and diet plan was designed to fight prediabetes, but it's great for anyone.

THE RESULTS: The six prediabetic women who followed the plan saw their risk factors diminish in just 8 weeks. They dropped pounds and even lowered cholesterol and blood pressure.

THE EXPERTS: The workout/diet was designed by Jacqueline Shahar, a clinical exercise physiologist at the Joslin Diabetes Center in Boston, and Osama Hamdy, MD, PhD, director of the center's obesity clinical program, with nutritionist and exercise physiologist Martica Heaner, PhD.

TONE & SCULPT

Do 3 sets of 15 reps of each of the 7 exercises 3 days a week. Once you're able to do the final reps of each set easily, follow the Make It Harder suggestion.

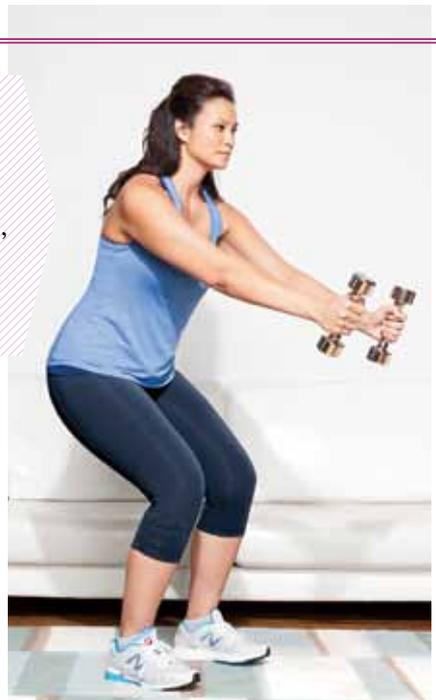
Equipment: 5-pound dumbbells and 2 strengths of resistance bands

1 SQUAT WITH ROW ▶

Targets: Butt, thighs, back

Hold dumbbells and stand with feet hip-width apart. Push arms straight out in front of you as you bend knees and lean torso forward. Pull elbows back in by sides and press into heels to straighten legs, keeping torso forward.

Make It Harder: Hold heavier dumbbells.



2 HAMMER CURL ▶

Targets: Upper arms
Stand on middle of band with both feet. Hold a handle in each hand, arms down by sides, palms facing in. Bend elbows to raise handles in front of shoulders. Hold, then slowly lower to starting position.

Make It Harder: Use a heavier band or add dumbbells while using the band.



3 TRICEPS KICKBACK ▶

Targets: Arms, shoulders, back
Stand on band with right foot. 1 handle in left hand. Step back with left foot. Rest right elbow on right thigh. Bend left elbow alongside waist, then extend arm straight back. Bend arm for 1 rep. After 15 reps, switch sides.

Make It Harder: Use a heavier band or hold dumbbells while using the band.



TONE & SCULPT

4 BACK LUNGE WITH OVERHEAD PRESS ▶

Targets: Butt, thighs, shoulders, abs, back

Hold dumbbells in front of shoulders, palms facing in, and stand with feet shoulder-width apart. Push arms overhead. Lower dumbbells to shoulders as you step back into a lunge with right foot. Return to standing. Do 15 reps with right foot, then switch sides.

Make It Harder: Use heavier dumbbells, or use the same weight but add a resistance band, standing on middle of band with front foot.



5 LAT PULL-DOWN ▶

Targets: Back, upper arms, shoulders

Secure center of resistance band around a sturdy pole, so band is about forehead height. Stand with feet hip-width apart, facing band with a handle in each hand. Band should be taut when arms are straight ahead. Bend elbows as you pull arms back, stopping when they reach just past your shoulders. Pause, then slowly extend arms to the starting position.

Make It Harder: Use a heavier band or take a step back to increase the resistance.



6 CORE TWIST ▼

Targets: Abs, back

Secure center of resistance band around pole at chest height. Hold handles together in front of chest, elbows bent wide and band taut. Rotate torso to the right, keeping arms in front of chest and hips still. Hold, then slowly rotate back to starting position. After 15 reps, switch sides.

Make It Harder: Use a heavier band.



Anchor Idea:
Try a
staircase
rail!



7 CHEST PRESS ▲

Targets: Chest, shoulders

Secure resistance band around pole at chest height. Face away from pole, holding a handle in each hand in front of shoulders with elbows bent and palms facing in. Keep band taut. "Punch" both arms straight in front of chest. Bend elbows to return to starting position.

Make It Harder: Use a heavier band or take a step forward to increase the resistance.

CARDIO TO BURN FAT

Choose between walking, dancing, cycling, or swimming—or anything else that gets your heart rate up. Add a 10-minute warm-up and a 5-minute cool-down to each workout.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Day 1	20–30 min	25–35 min	30–35 min	+ Intervals 30–35 min	+ Intervals 30–35 min	20–25 min	+ Intervals 35–40 min	45–50 min
Day 2	REST Tip! Feel free to vary workout days; just complete all the sessions each week.					+ Intervals 35–40 min	+ Intervals 35–40 min	+ Intervals 35–40 min
Day 3	20–30 min	25–35 min	35–40 min	40–45 min	40–45 min	REST	20–25 min	45–50 min
Day 4	REST	35–40 min	30–35 min	+ Intervals 30–35 min	40–45 min	+ Intervals 35–40 min	REST	+ Intervals 35–40 min
Day 5	25–35 min	REST	REST Tip! Fit in half of your cardio in the morning and half at night.				+ Intervals 35–40 min	REST
Day 6	25–35 min	25–35 min	35–40 min	40–45 min	+ Intervals 30–35 min	45–50 min	45–50 min	45–50 min
Day 7	REST	35–40 min	35–40 min	40–45 min	40–45 min	+ Intervals 35–40 min	+ Intervals 35–40 min	+ Intervals 35–40 min

+ ADDING INTERVALS For an extra fat-burning boost, include interval training starting in week 4, alternating higher- and lower-intensity bouts throughout the workout.

During the “hard” sections you should feel winded but still able to speak. For the “easy” portion, recover by moving at a gentler pace. Each week you’ll increase the time you spend working “hard.”

Week 4: 30 seconds hard/2 minutes easy

Week 5: 45 seconds hard/2 minutes easy

Week 6: 60 seconds hard/2 minutes easy

Week 7: 90 seconds hard/2 minutes easy

Week 8: 2 minutes hard/2 minutes easy