

TRANSFORM YOUR BODY ONCE AND FOR ALL WITH THE WOMEN'S HEALTH ULTIMATE FITNESS PLAN

Our **Ultimate Fitness Plan** is tailored to your personal fitness level in five areas: cardio, strength, flexibility, balance and agility. And it progresses as you do – we switch up the moves every 2 months, just in time to prevent you from hitting a plateau. You'll be working out 6 days a week, but none of the daily routines takes longer than an hour (some last less than 5 minutes)—so there's no excuse for not squeezing them in between bed and work or work and happy hour.

WE DARE YOU

Five fitness challenges designed by a team of WH experts: Tim Church, M.D., ph.D., P.P.H., an exercise science professor at Pennington Biomedical Research Center in Baton Rouge; Lori Incledon, C.S.C.S, author of *Strength Training in Women*; and Valerie Waters, a personal trainer in Brentwood, California who works with the likes of Jennifer Garner.

To get started:

1) FIGURE OUT HOW FIT YOU ARE

On these pages (and by registering at womenshealthmag.com/fitplan) you'll find five fitness challenges designed by a team of WH experts: Tim Church, M.D., ph.D., P.P.H., an exercise science professor at Pennington Biomedical Research Center in Baton Rouge; Lori Incledon, C.S.C.S, author of *Strength Training in Women*; and Valerie Waters, a personal trainer in Brentwood, California who works with the likes of Jennifer Garner. Take each test, then score yourself accordingly: Aspiring (you've got potential), Solid (pretty fit but could use a push), or Strong (woo-hoo!). All you need is a step (or stairs) a stability ball, a water bottle, a mat, and a roll of masking tape.

2) FOLLOW OUR 8-WEEK PLAN

Each move falls into one of the five test categories and has three levels of difficulty. Do the level that corresponds with your test score for that category.

3) TEST YOUR PROGRESS

Repeat each test after 4 weeks to see whether you're ready for the next level. If you're already at the highest level—bravo, you've exceeded our expectations—monitor your progress (watching your scores soar is instant motivation). Also, keep challenging yourself by adding weight to strength moves or subtracting some rest time from cardio.

4) FOLLOW THE WORKOUT ONLINE

Visit womenshealthmag.com/fitplan to get your workout for the remaining 4 months. by signing up, you'll be able to download a new plan every 2 weeks, print moves to take to the gym, read expert tips, and learn from other WH Ultimate Fitness Plan participants.

TEST #1

How fit is your heart?

3-Minute Step Stand in front of a 12-inch high step with your feet hip-width apart. Step up with one foot and then the other. Step down the same way. Try to maintain a steady, unhurried pace; up, up, down, down. After 3 minutes, remain standing and check your heart rate by placing two fingertips an inch to the right of your windpipe. Count the beats for 1 minute.



Cardio Scoring

Aspiring 112 or higher
Solid 95 to 111
Strong 94 or lower

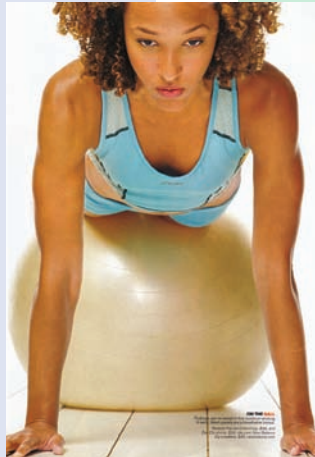


TEST #2

Got Muscle?

Upper Body Stability Ball Pushing

The goal is to perform 10 pushups with your arms shoulder-width apart and legs elevated on a 65-inch stability ball. The farther your torso is from the ball, the harder it'll be to complete the set. To start, try to do them with the fronts of your ankles on the ball. If that's impossible, try from your knee. Still too tough? Place the ball under your thighs.

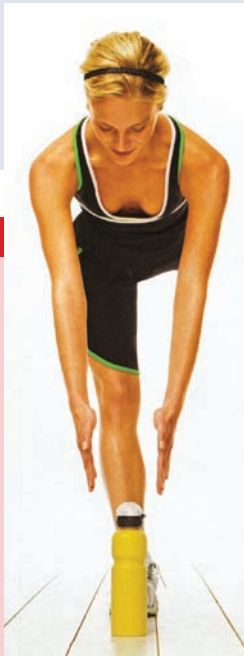


Strength Scoring

- Aspiring** 10 or fewer with thighs on ball
- Solid** 10 or fewer with knees on ball
- Strong** 10 or fewer with ankles on ball

Lower Body 1-Minute Squat

Stand in front of a 12 inch step or box with your feet shoulder width apart. Raise arms to shoulder height and hold them straight out in front of you. Drop your hips as though you're sitting in a chair until your butt grazes the step. Return to start and repeat as many times as you can in 12 minute, maintaining good form (head up, spine neutral, knees behind toes and pointed straight ahead).



Strength Scoring

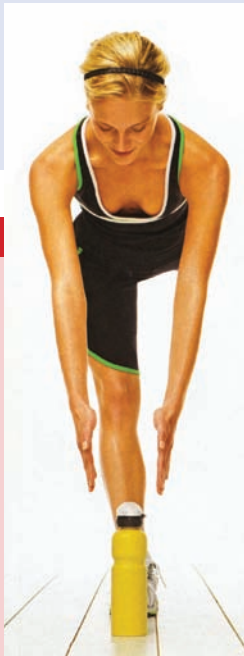
- Aspiring** 20 or fewer
- Solid** 21-29
- Strong** 30 or more

TEST #4

Are you well balanced?

Flamingo Reach

Place a water bottle 2 1/2 feet in front of you. Stand with your feet together, arms at your sides. Draw your navel toward your spine and lift your left foot off the floor behind you and your arms straight overhead, in line with your shoulders. Bend forward and down to touch the bottle. Return to standing and repeat as many times as possible up to 15, without letting your left leg touch the floor. If it does, take the test over. Repeat on your left leg. Take the average.



Strength Scoring

- Aspiring** 7 or less
- Solid** 8 to 11
- Strong** 12 or more

TEST #3

Can you bend it like Bikram?

Downward Dog

Begin on your hands and knees with palms shoulder-width apart and feet together. Push up through your toes, then lean into your palms and straighten your legs, lifting your tailbone toward the ceiling while pulling your naval toward your spine. Keeping your neck and spine aligned, focus on sinking your torso into the position so your ears are in line with your upper arms and your heels are as close to the floor as possible. With your elbows and knees locked, see how far down you can reach with your torso and heels.



Flexibility Scoring

- Aspiring** Heels up, ears above your arms
- Solid** Heels almost to floor, ears even with your arms
- Strong** Heels on floor, ears past your arms

TEST #5

Do you have fast feet?

Two Line Hop

Place two pieces of tape on the floor parallel to each other, 12 inches apart. Stand with one foot on each line, arms at your sides. Lift your right foot. Hop from line to line (side to side) on your left foot as many times as you can in 15 seconds. Repeat on your right foot, then take the average.



Agility Scoring

- Aspiring** 21 or fewer
- Solid** 22 to 26
- Strong** 27 or more