

# Crank up your afterburn

When you move at peak speed through this total-body routine, you maximize your fat burn during the workout—and for hours after.

By SARA ANGLE



## YOU KNOW THAT

faster reps make for a hotter calorie burn, and that's where an EMOM (every minute on the minute) workout like this can spark you to step up your intensity, says Kirsty Godso, a Nike Master Trainer who uses the formula for her classes at Project by Equinox in New York City. (That's Godso demoing some of her signature moves on these pages.) In an EMOM, you have one minute to complete a certain number of reps of a move. At the end of the minute, you begin the next move. "You have two options," Godso explains. "You can go slow and use the whole minute, or you can go fast and have the remainder of the minute to rest." And the faster you go, the more of that recovery time you'll need.

Don't overthink it, though: Even switching up your speed will work, since Godso created this EMOM circuit with enough reps per set to keep your metabolism revved however you pace yourself. But since it's easy to measure your improvement from week to week or even set to set, you'll be motivated to race the clock as you get into the rhythm. If it took you 30 seconds to do 10 burpees in round one, try to beat that in the next round, Godso says. "Even if you feel totally exhausted after the first round, your body is actually more warmed up and ready to move for the second."

Do this workout two to three times a week on non-consecutive days. By the third week, make your goal to do three rounds of the EMOM circuit in a session. →

**FIT FASHION** Nike Classic Swoosh Modern bra (\$40, [nike.com](http://nike.com)). Nike Zonal Strength Tights (\$150, [nike.com](http://nike.com)). Nike Flex 2017 RN sneakers (\$85, [kohls.com](http://kohls.com)).



Checkout the **SCALE DOWN** and **SCALE UP** cues for customizing these exercises to your fitness level.

## YOUR WORKOUT

Do a dynamic warm-up: 45 seconds each of inchworms, knee hugs, walking lunges, slow lateral shuffles, high knees, and planks to downward dogs. Then do the indicated reps of each move, starting a new move at the top of each minute. Rest for 2 minutes after completing all moves. Repeat circuit once or twice more.

## YOU'LL NEED

A stopwatch or a phone with timer



## 1 LATERAL SHUFFLE TOUCH

**WORKS BUTT, INNER THIGHS**

Stand with feet wider than hip-width apart, knees slightly bent, hips back, and chest up. **A** Shuffle right for a few steps, keeping feet low to floor. **B** Touch down with right hand. Switch sides; repeat. That's 1 rep. Do 10 reps.

### ▼ SCALE DOWN

Don't reach all the way to floor.

### ▲ SCALE UP

Shuffle in a semisquat position and increase pace.



## 2 DONKEY KICK

**WORKS SHOULDERS, TRICEPS, ABS**

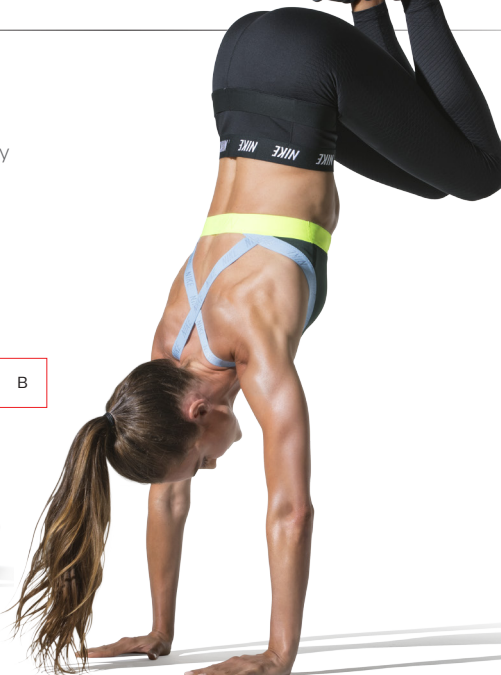
**A** Start on floor in plank on palms. **B** Shift body weight forward into hands and kick feet up (knees bent) toward your butt, engaging core. That's 1 rep. Land in crouch. Do 20 reps.

### ▼ SCALE DOWN

Move slowly to work on form.

### ▲ SCALE UP

Get body as vertical as possible in kick and go for speed.



## 3 POP LUNGE

**WORKS BUTT, QUADS, CALVES**

**A** Start in a low lunge position, left leg forward, with both knees bent to 90 degrees. **B** Push through balls of feet to jump as high as you can, switching legs midair so you land in lunge position with right leg forward. That's 1 rep. Do 20 reps.

### ▼ SCALE DOWN

Do 10 regular jump lunges on each side.





A  
B

#### 4 HOT SAUCE

WORKS SHOULDERS, TRICEPS, ABS, BUTT, INNER THIGHS

Start on floor in plank on palms. **A** Push body weight forward into hands while driving knees in toward chest. Engage core to jump legs straight back, landing in plank.

**B** Immediately jump feet to outside of hands to land in a low squat.

**C** Jump straight up into a tuck jump, driving knees up; land with bent knees. Jump back to start. That's 1 rep. Do 10 reps.

##### ▼ SCALE DOWN

Jump both feet to outside of hands into a low squat, then jump back to plank. Instead of a tuck jump, do a regular jump.



C



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A



B  
C

#### 5 PLANK WALK

WORKS SHOULDERS, CHEST, ABS, BUTT

**A** Start on floor in plank on palms. **B** Lower right forearm to floor, then left forearm. **C** Reverse movement to return to start. That's 1 rep. Do 20 reps.

##### ▼ SCALE DOWN

Drop to knees.

## 6 SINGLE-LEG BURPEE

WORKS CHEST, TRICEPS, ABS, BUTT, QUADS, INNER THIGHS

Start on floor in plank on palms, left foot lifted slightly. **A** Keeping elbows close by ribs, do a triceps push-up. **B** Return to plank, keeping left foot off floor, then jump right foot between hands. Rise up into a low single-leg squat. **C** Jump up as high as you can, raising arms overhead. Land on right foot. That's 1 rep. Do 5 reps. Switch sides, then repeat.

### ▼ SCALE DOWN

Take out the push-up.



## 7 90-DEGREE ABS

WORKS SHOULDERS, OBLIQUES, BUTT

Start on floor in plank on palms. **A** Draw bent right knee toward chest. **B** Thread right leg under body and extend out to left, slightly bending right elbow to angle torso toward left and flexing right foot to create an L. Reverse movement back to start. That's 1 rep. Do 10 reps. Switch sides, repeat.

