

GetFit {Workout of the Month}

The plan

How it works

Three times a week, walk on a treadmill for 10 to 15 minutes, increasing the incline every few minutes until it's at least 10 percent. (Or hoof it up and down stairs instead.) Then do 2 sets of each move in order without resting in between.

You'll need

A box or bench, a pair of 5- to 10-pound dumbbells, and a looped resistance band (or knot a band to form a loop). A treadmill is optional.



1 SINGLE-LEG SQUAT

Works butt and legs

Stand with ball of right foot on a box or bench behind you and left foot on the floor a stride's length in front of it. Hold a dumbbell in each hand with arms extended at sides and palms facing each other **[a]**. Bend left knee until thigh is parallel to the floor **[b]**. Rise up to starting position; do 20 reps. Switch sides to complete set.



2 SQUAT ARABESQUE

Works butt and legs

Stand with feet shoulder-width apart and hold a dumbbell in each hand in front of shoulders, elbows close to your sides and palms facing each other; squat **[a]**. Rise up as you lift right leg out to the side **[b]**. Return to starting position; do 15 reps. Switch sides to complete set.

Body: Top, bra top: Lululemon leggings: Astics sneaker's