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Dress 4 US | 34 EU    Shoe 8 US | 39 EU    Hair Brown    Eyes Brown



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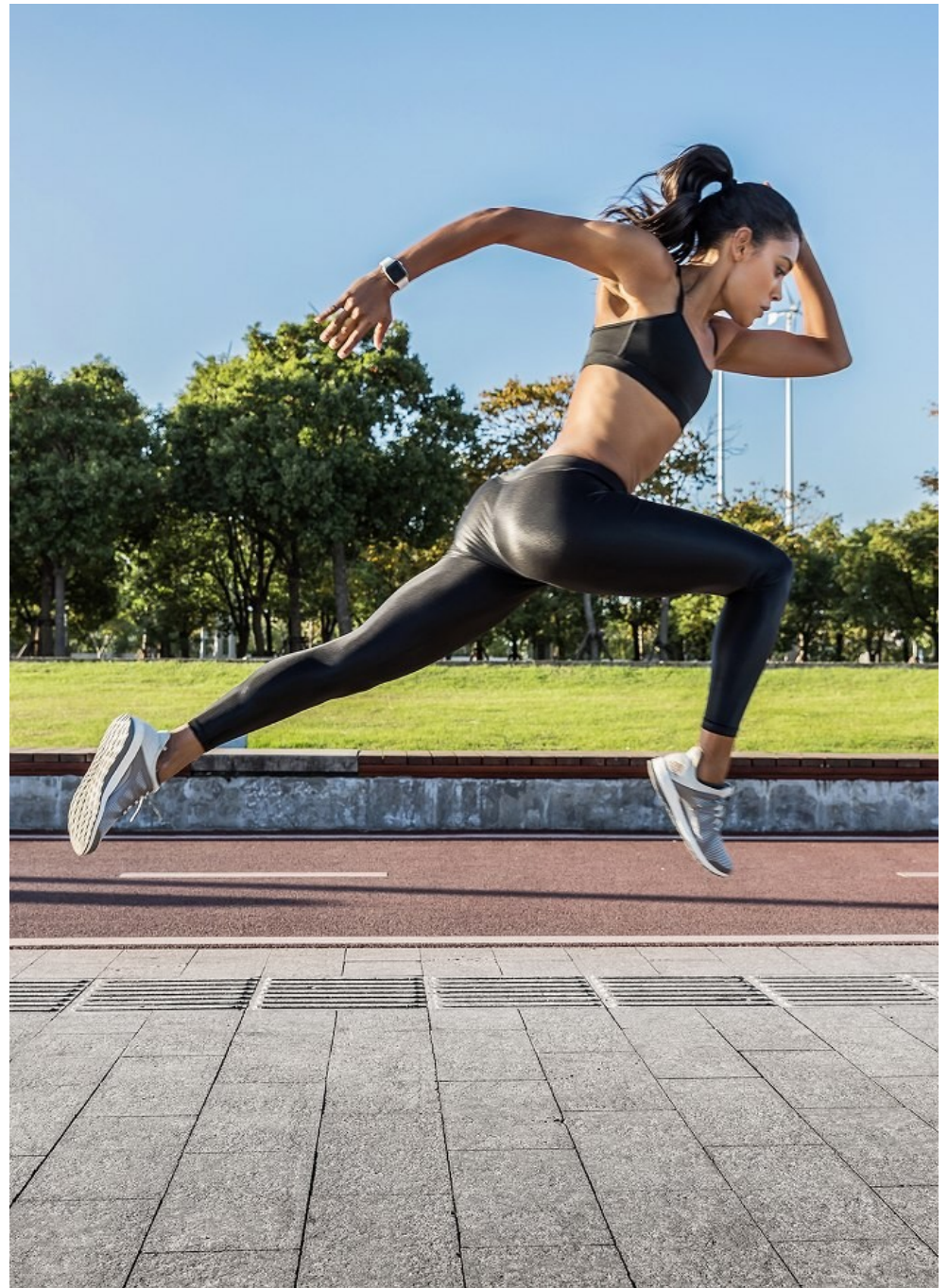


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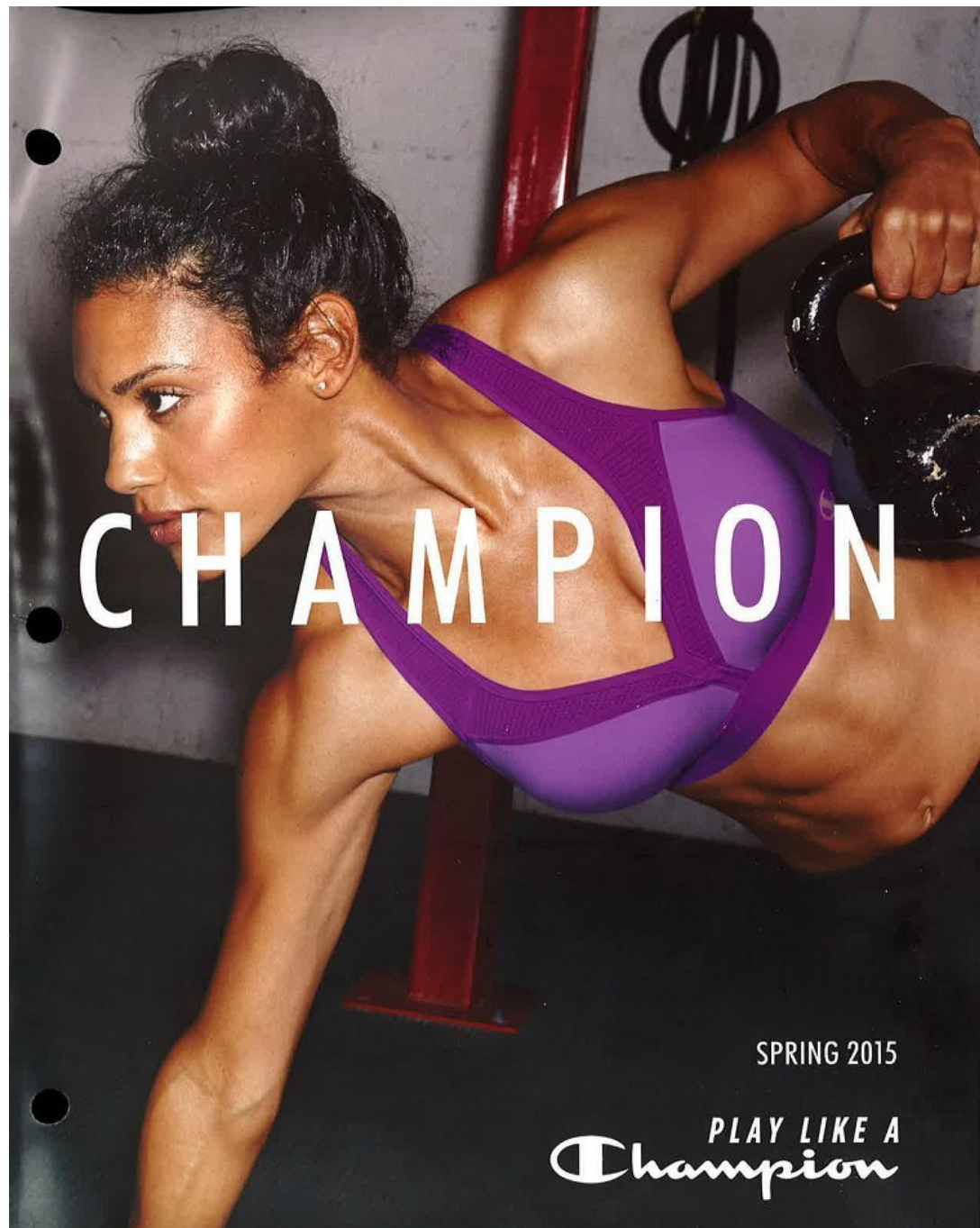
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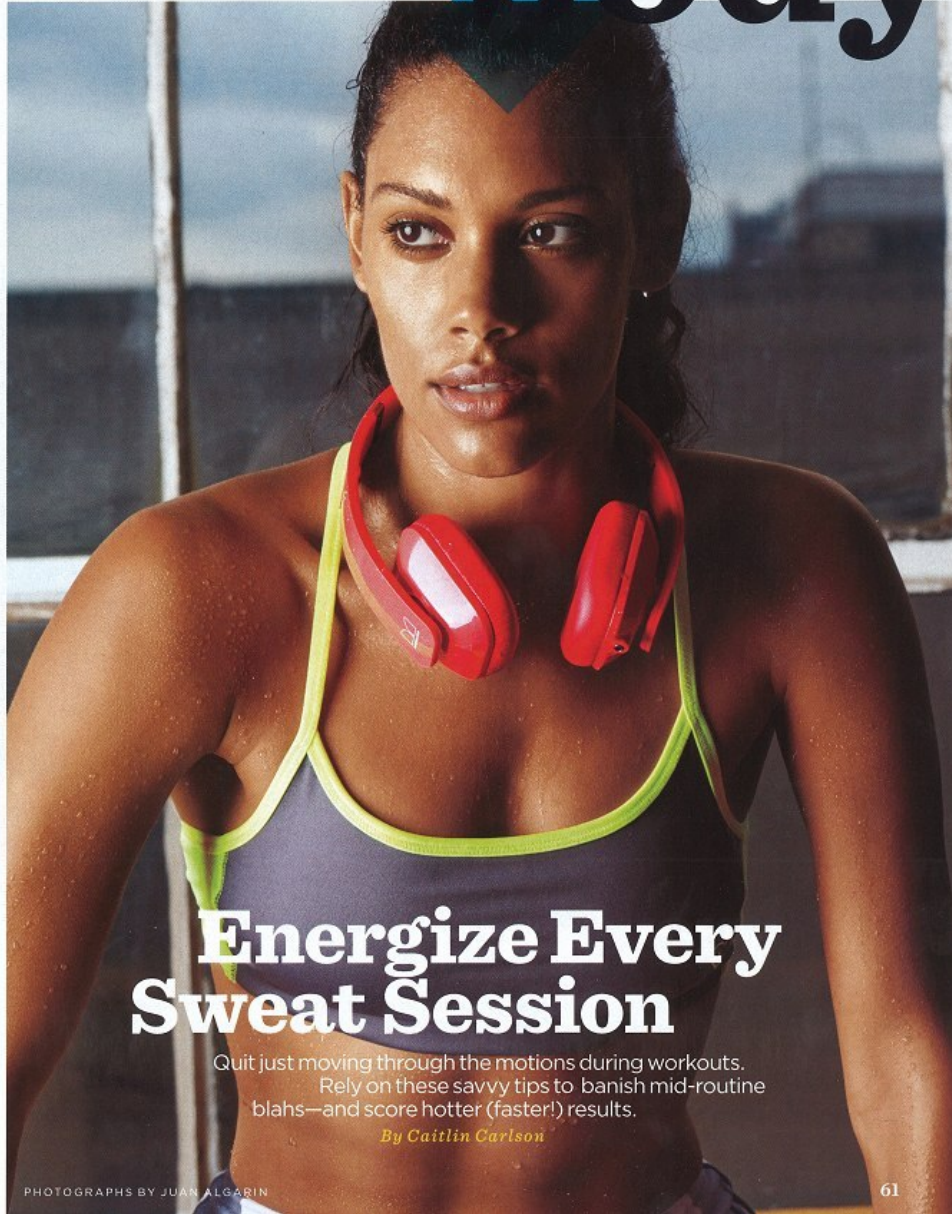


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best **body**

*Shape Your Life*



## Energize Every Sweat Session

Quit just moving through the motions during workouts. Rely on these savvy tips to banish mid-routine blahs—and score hotter (faster!) results.

*By Caitlin Carlson*

PHOTOGRAPHS BY JUAN ALGARIN

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## 7 get-fit getaways

From acupuncture to Zumba, resorts now have health-focused offerings for everyone, making it easier than ever to find your perfect escape. >>>  
By Jeanine Detz

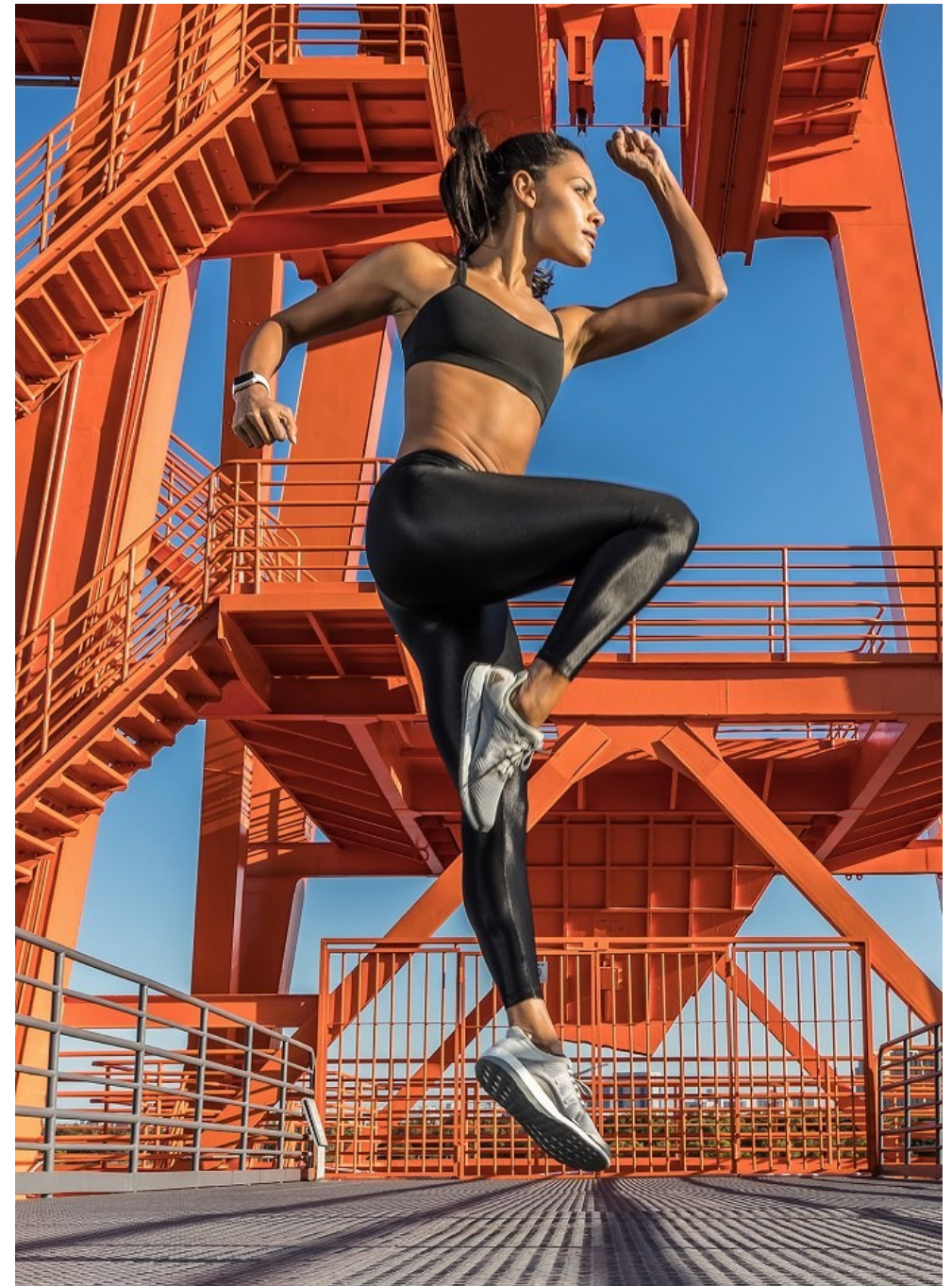
216 APRIL 2014 SHAPE.COM

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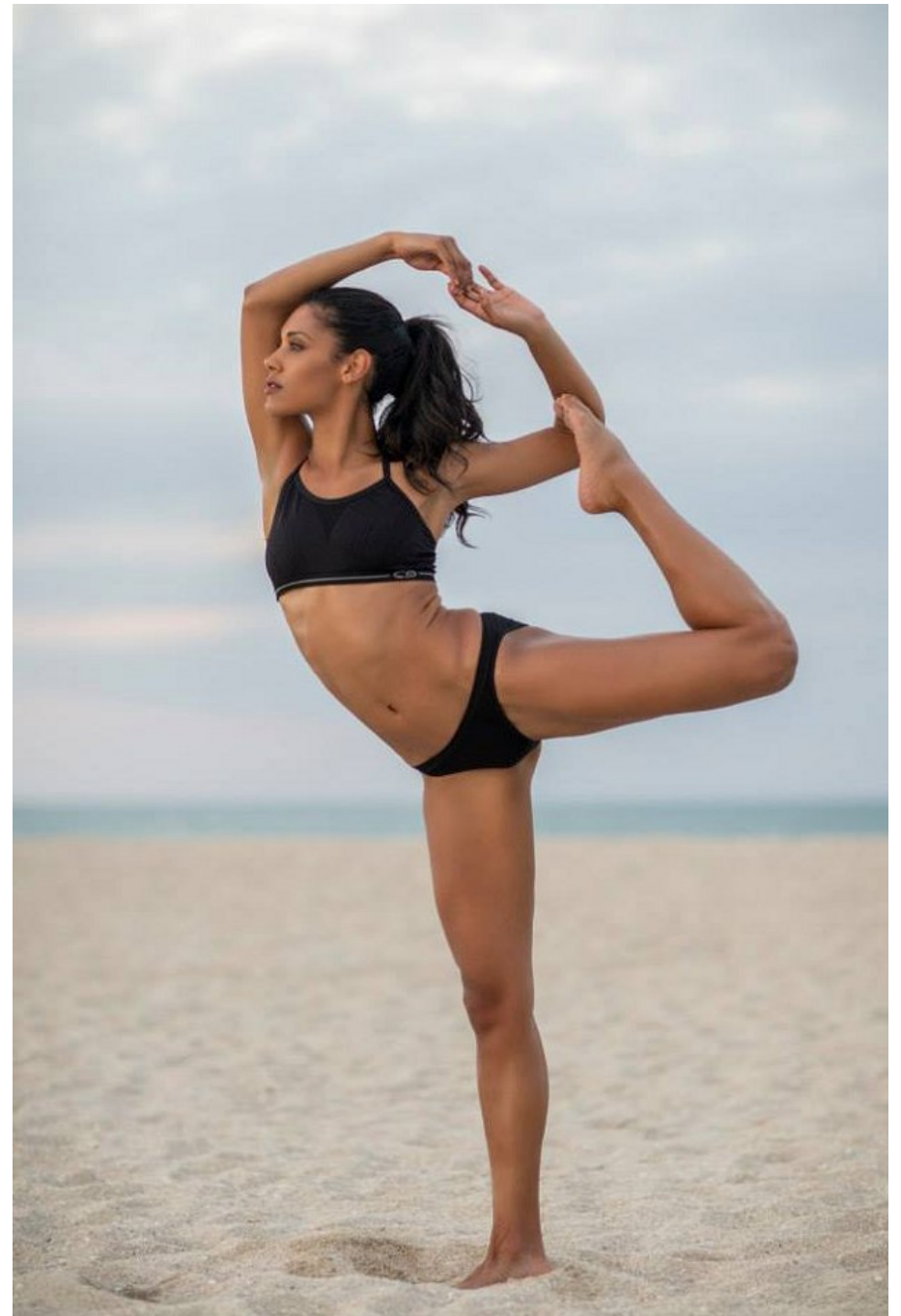
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EXPRESS FITNESS

# The magic of speed rounds

Meet the 14-minute workout that burns through fat and gets you lean, toned legs—using one simple tool.  
By Amy Roberts

**SHUFFLE, GRAPEVINE,**

and hop—that's what you'll do around an agility ladder (a plastic ladder that lies flat on the floor). "These exercises require speedy acceleration, deceleration, and changes in direction, all of which fire up your metabolism," says Jai Lee, a performance specialist for the Exos athletic training facility in Phoenix. Do Lee's fat-melting mix on the next page, tackling the ladder moves as quickly and powerfully as you can and catching your breath as you bang out the body-weight strengtheners in between. Boom! You've just sculpted your abs to calves plus shoulders, chest, and arms in 14 minutes flat.

continued



**DIY or Buy**  
Make your own grid with masking tape or chalk: For a 15-foot ladder, create eleven 17-by-15-inch rectangles. Or get the **Skiz Quick ladder** (\$30; skiz.com), shown here.

## Your Workout

**INTENSITY:**

Moderate to hard (RPE\*: Shoot for a 7 or an 8 out of 10.)

**TOTAL TIME:**

14 minutes

**YOU'LL NEED:**

An agility ladder. Many gyms have one; ask a trainer to help you find it.

**HOW IT WORKS:**

Warm up, then do the drills at right in order three times, resting for 1 minute between rounds.

**CALORIES BURNED:** 159\*\*

\*Rate of perceived exertion; see page 188 for chart.

\*\*Calorie burn is based on a 140-pound woman.

▶ **IN-IN, OUT-OUT**

Stand facing one end of the ladder. Step right foot into first box, then left foot. Then step right foot to outside of next box, then left foot. Continue running in and out until you reach the end. Repeat, going backward to start position. Continue for 30 seconds.

▶ **JUMP-SWITCH SHUFFLE**

Stand perpendicular to right end of the ladder with toes pointing to first box. Step left foot into first box. Jump laterally, switching feet in the air to land with right foot in second box. Continue alternating legs until you reach the end. Repeat to right. Continue for 30 seconds.

▶ **DOUBLE HIGH-KNEES**

Stand facing one end of the ladder. Run with high knees and on balls of feet down ladder, taking small steps so both feet enter each box before moving on to next. Repeat, going backward to start position. Continue for 30 seconds.

▶ **DO 15 PUSH-UPS.**

▶ **HOPSCOTCH SQUAT**

Squat with feet wide behind one end of the ladder. Hop feet together into first box to stand, then jump feet to outside of next box to squat. Continue until you reach the end. Repeat, going backward to start position. Continue for 30 seconds.

▶ **LATERAL HIGH-KNEES**

Stand perpendicular to right end of the ladder with feet together in first box. Run sideways toward left with high knees down ladder, taking small steps so both feet enter each box before moving on to next. At the end, repeat toward right to return to start position. Continue for 30 seconds.

▼ **CROSSOVER HAND WALK**

Start in plank at right end of the ladder with left hand beside first box (body is perpendicular to ladder). Cross right hand over left to reach into first box, then left hand under right (shuffling feet to left) to return to plank in first box. Continue until you reach the end. Repeat to right. Continue for 30 seconds.

▶ **DO 25 SIT-UPS.**



**GET THIS PLAN TO GO!**

Download the **Motion Traxx** app (free, Android and iOS) to get audio coaching over music matched to this routine. New users receive five free workouts when they register.

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