



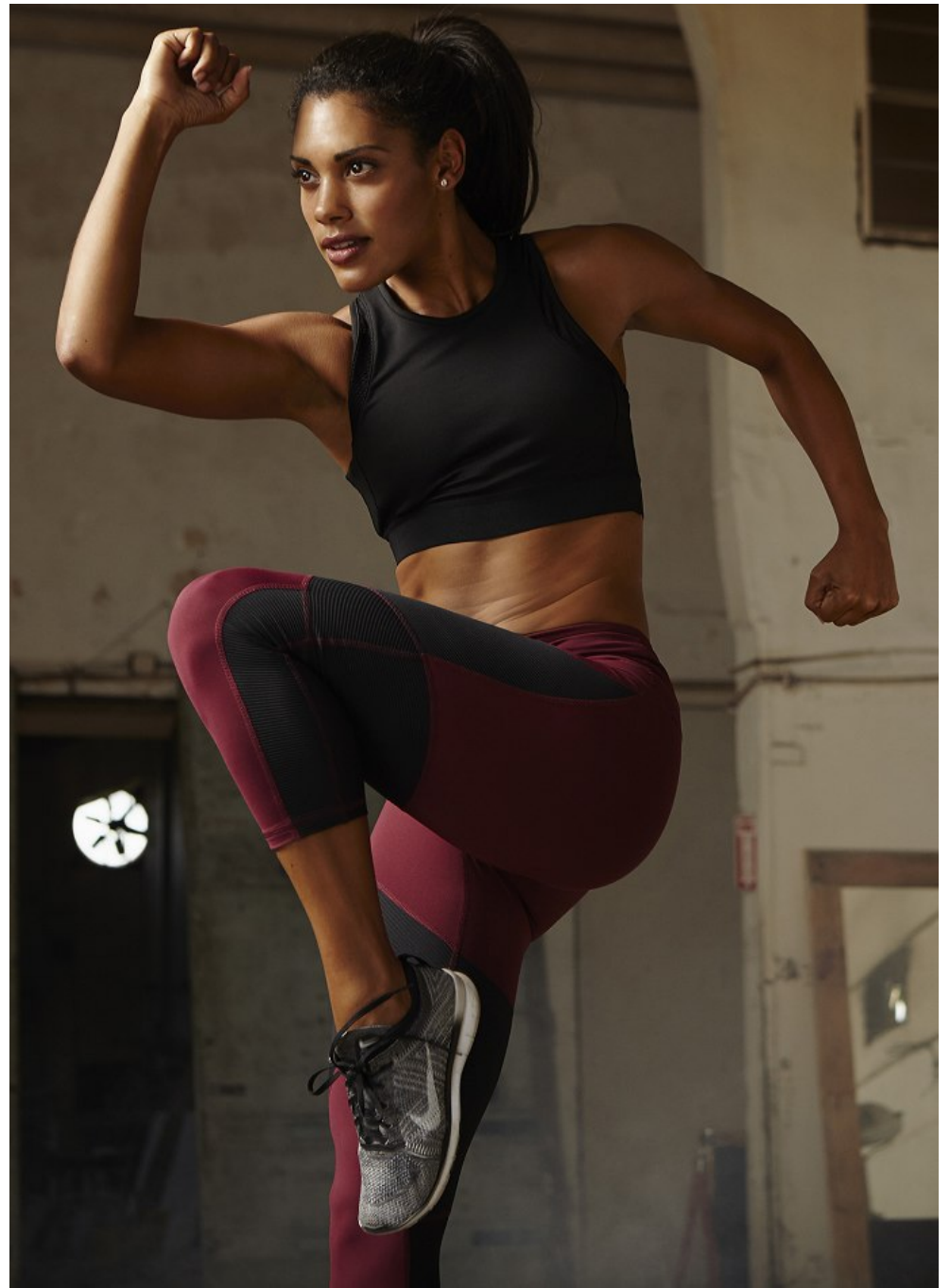
Taylor Walker Height 5'8" | 173cm Bust 34" | 86cm Waist 25" | 64cm Hips 35" | 89cm
Dress 4 US | 34 EU Shoe 8 US | 39 EU Hair Brown Eyes Brown



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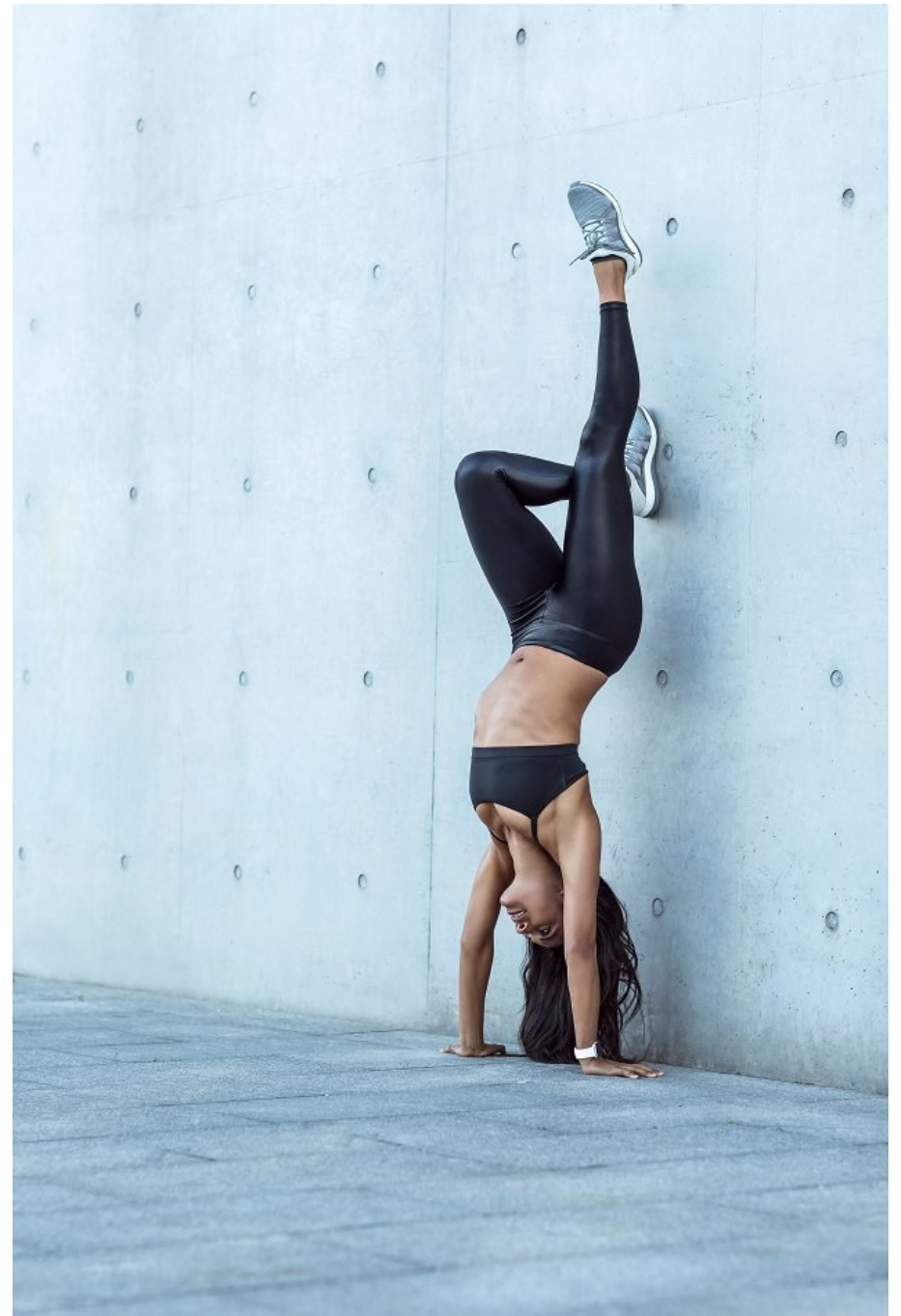


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get fit / CALORIE BURNER

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 Jair 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.

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.

continued

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Shape Your Life

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

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