

BEST WORKOUT

The Ultimate Fitness Plan 2010

Get a slim, sleek, scorching body with this workout plan

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To get a slim, sleek, scorching body without losing steam, you need a workout that doesn't totally take over your life and keeps your muscles guessing so you see constant results. That's why trainer Valerie Waters, who has gotten A-listers like Jennifer Garner into on-screen shape in only six weeks, crafted this plan just for *Women's Health* readers. The *WH* Ultimate Fitness Plan combines total-body circuits with fat-burning intervals to torch as many calories as possible in the shortest amount of time.

How the Plan Works

This chart outlines the six-week program. You'll do strength-training circuits on three nonconsecutive days, and twice a week you'll choose a cardio workout from the three interval options (see [Calorie-Scorching Cardio](#)). You can alter the weekly schedule to fit your needs; just don't do your strength work on back-to-back days—your muscles need recovery time. Use the other days to split up your two cardio workouts and two days of rest.

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Circuit A	Cardio	Circuit B	Cardio	Circuit A	Off	Off
Week 2	Circuit B	Cardio	Circuit A	Cardio	Circuit B	Off	Off
Week 3	Circuit A	Cardio	Circuit B	Cardio	Circuit A	Off	Off
Week 4	Circuit C	Cardio	Circuit D	Cardio	Circuit C	Off	Off
Week 5	Circuit D	Cardio	Circuit C	Cardio	Circuit D	Off	Off
Week 6	Circuit E	Cardio	Circuit E	Cardio	Circuit E	Off	Off

Body-sculpting Circuits

Each circuit is made up of combinations of the eight moves at right.

Circuit A: Moves 1, 3, 5, 6, 7

Circuit B: Moves 2, 4, 5, 8

Circuit C: Moves 1, 2, 4, 5, 7, 8

Circuit D: Moves 1, 3, 5, 6, 8

Circuit E: Moves 1 through 8

Complete each circuit three times. During weeks one and two, start at the lowest number of reps in the range given, working up to the maximum reps by week three. If you haven't exercised since before Thanksgiving (or longer), Waters recommends that you do each circuit only one time for the first two weeks while your body adapts to the new exercises.

Shape-Up Tools You Need

It pays to invest in the few key items needed for this workout, which will take your physique to the next level. Lucky for you, none cost more than \$20 (and if you belong to a gym, they won't cost a thing).

- Resistance band loop (9 to 12 inches)
- Resistance band with handles
- Stability ball
- Chair, step, or bench
- Dumbbells (two to five pounds)