

7-MINUTE CALORIE-BURNING WORKOUT

This workout really super-charges your metabolism; you will burn off serious amounts of calories in just 7 minutes, and also raise your calorie burn for hours after. This routine is ideal if you are trying to reach a healthy weight, as it melts off fat fast. It works because not only are all the 7 moves I have selected for you multicomound (they work lots of muscle groups at once), as are all the other routines in this book, but this one also has some "plyometric" (jumping) moves, that need a little more energy. I've been kind and interspaced these with no-jump moves... but those are still big calorie-burners.

MEASURE YOUR PROGRESS

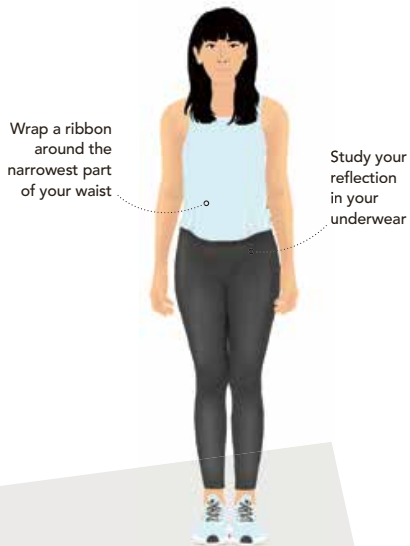
There are a couple of tests you can do. You can do both or just one, the choice is yours.

METHOD 1 – LOVE MY RIBBON

Wrap a ribbon round your waist. Mark where it meets. After 7 days, it will be shorter.

METHOD 2 – THE MIRROR

Stand in front of the mirror in your underwear. As we tend to lose weight from different areas, it is a good way of assessing weight loss. Take a long look. See how incredible your body is, it gives you life, so start loving it. After 7 days, repeat. If you've stuck to the plan, you'll notice a change.



OVERVIEW OF THE WORKOUT

Perform each move, flat out if you can, in the order shown for 1 minute. Don't forget to warm up and cool down.

- MINUTE 1** *On the run*
- MINUTE 2** *Netball jump*
- MINUTE 3** *Lunge to kick*
- MINUTE 4** *Ski jump squats*
- MINUTE 5** *Side shuffle touchdown*
- MINUTE 6** *Punch & crunch*
- MINUTE 7** *Star in & out*



Tip

Music always helps a workout, but I especially suggest it here, to get you pumped up.



MINUTE 1

On the run

This fast-paced cardio move is a great way to strip off excess body fat and also gives your abs, legs, arms, and rear a great quick toning session at the same time. Try to really exaggerate the movements as you run, as this will give you the best results, and go as fast as you can. Keep it up for the full 60 seconds and your body will thank you for it.

Tip

If you are a beginner and need this to be a little easier, take it slower, or simply march on the spot and take out the jump.



You can increase the intensity by going faster

1

Start by standing with good posture. Engage your abs and glutes, so your body is stabilized, and make sure your knees are soft and not locked. Get ready to run...



The higher you bring up your knees and arms, the harder this is

2

Now start running on the spot, bringing your left knee and right arm up high as you do so. The higher the better, so aim for your knee to be level with your hip.



Pumping your arms will help to raise up your knees

3

Alternating from leg to leg, simply imagine you are running fast on the spot, again, always trying to lift your knee as high as possible. Do this for 60 seconds.

MINUTE 2

Netball jump

This Frontal (lateral) travelling move (see p68) with an added Plyometric jump (see p104), targets lots of major muscle groups. Importantly, it works on the muscles on each side of your thighs, as well as your lower body in general, due to the travelling squat. And, at the same time, the jumping is doing wonders for your cardiovascular health.

Tip

The deeper the step and the higher the jump, the bigger the calorie burn for this move.



Keep low and resist the temptation to raise your head and shoulders

Step as widely as you can, but keep it controlled; don't lunge

1

Start in a squat position with your elbows and knees bent. Aim to get as low as possible, while engaging your core for optimum balance.



2

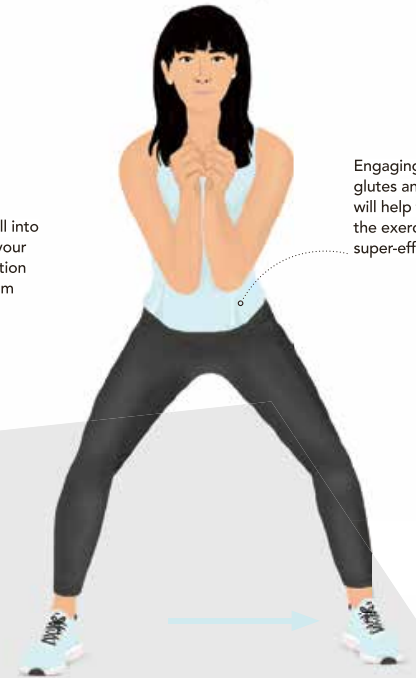
Keeping low and pushing off your left foot, take a big deep side step to the right, moving as far as you can. Bring your left foot across to join your right, still staying low.



Really put your all into the jump, using your low starting position to add momentum

3

Straight away jump up high (imagine you are shooting a goal for netball). Land low, back in your squat position, aiming to keep your balance.



Engaging your glutes and abs will help to keep the exercise super-effective

4

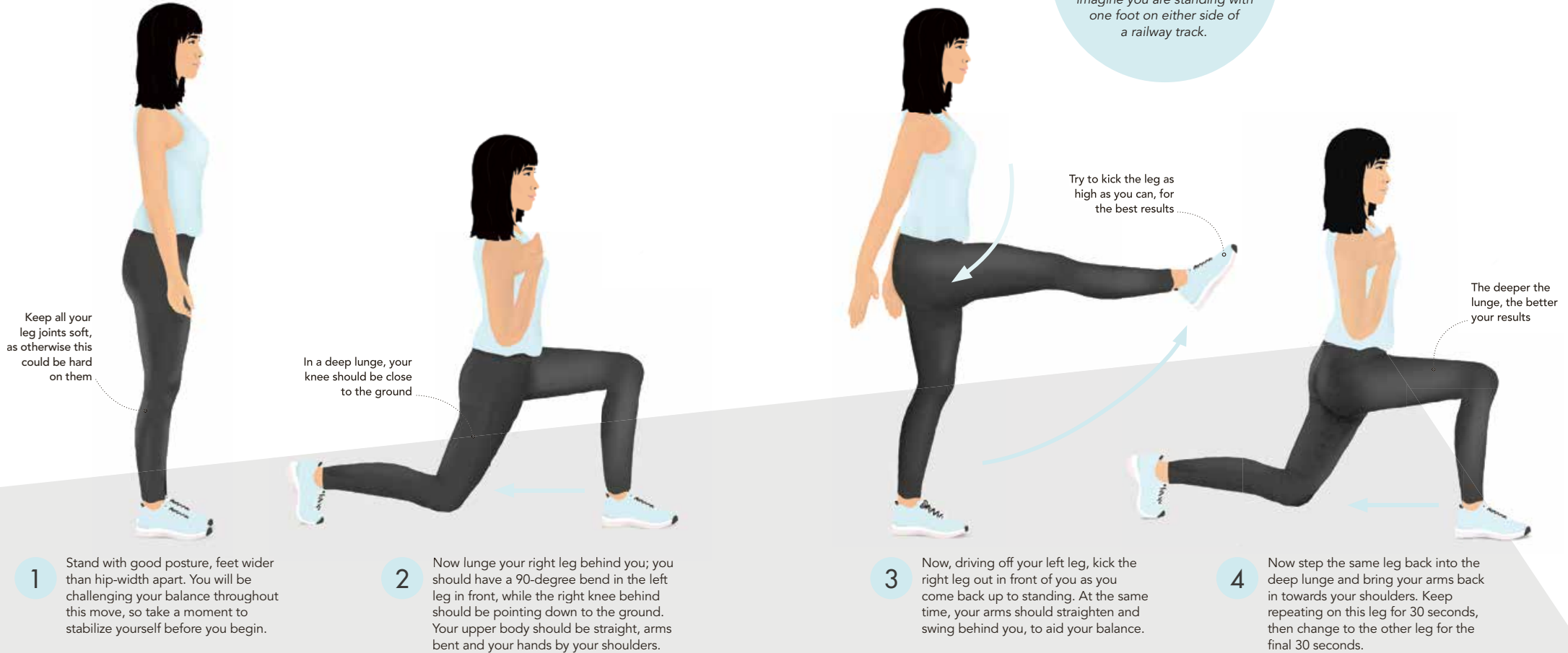
Now, keeping low and pushing off your right foot, take a big deep step to the left, then bring your right foot across to join your left. Then again jump up high. Keep travelling from side to side.

MINUTE 3

Lunge to kick

Even though we are not doing any jumping here, this is still a high-intensity move as it is so dynamic (because your body moves from low to high), so will be burning lots of calories. You will find that it is a challenging exercise, but, as with all my moves, the last 20 seconds are where we see the results, so keep going.

Tip
For balance for this move, it is important to keep your feet wider than hip-width apart, so imagine you are standing with one foot on either side of a railway track.



MINUTE 4

Ski jump squats

This travelling Plyometric (jumping) move (see p104) is ticking (checking) so many boxes, it's a serious calorie-burner and a multitoner that will massively boost your fitness. Plus, if you are a skier, this one is amazing at helping to improve your endurance and speed, so use this 7-day workout to get ready for your next skiing trip. This is a multicomound move, working loads of different muscle groups.

Tip

Make sure, when you land in the squat position, that your knees stay behind the line of your toes.



Always keep all your weight behind you when in a squat position

1

Start in a deep squat position with your arms slightly bent and in front of your body. Now jump diagonally in front and to the right, landing in a low squat.



Launch yourself into the jumps directly from your low squat

2

Jump back to your start position, then straighten up to perform 2 tiny jumps. Return to the squat and, this time, jump diagonally in front and to the left, again landing in a low squat.



Focus on landing softly, to protect your knees

3

Now jump back to your start position, and straighten up to perform 2 tiny jumps once more. Keep alternating from side to side for 60 seconds.

MINUTE 5

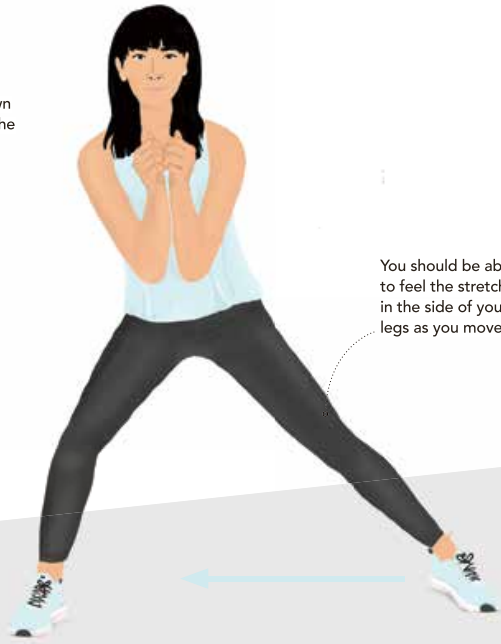
Side shuffle touchdown

This fast-paced multicomponent move works you in a Frontal (lateral) range of motion (see p68), toning up the muscle groups on the sides of your body that often get neglected. At the same time, the dynamic nature of the exercise will be firing up your metabolism, allowing you to burn more calories for hours after the 7 minutes are over.

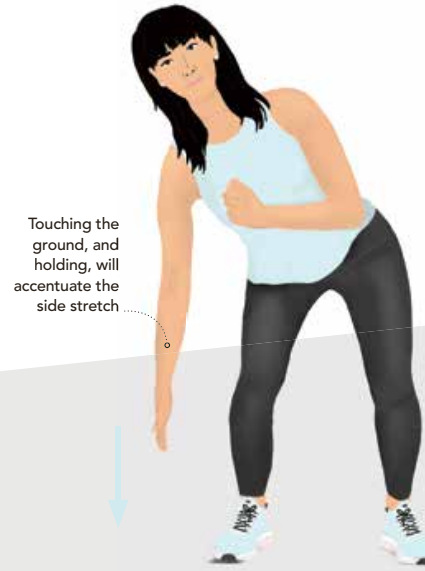
Tip
The deeper you are in a squat, the more toned you will get and the more calories you will burn, so don't forget to always keep challenging yourself.



Stay low down throughout the exercise



You should be able to feel the stretch in the side of your legs as you move



Touching the ground, and holding, will accentuate the side stretch



Keep your body in the deep squat, to work your lower body to its fullest

1

Start in a deep squat position. Your knees and hips should be bent, and your hands lightly clasped in front.

2

Staying low to the ground and stepping sideways, shuffle a couple of paces to the right side (if your room is long enough, make this more). Bring your feet together between each pace.

3

At the end of your right side shuffle, tap the ground with the fingertips of your right hand. Hold your position for a moment, then return to your squat position, hands clasped.

4

Side-step shuffle back to the left a couple of paces, always keeping low, then touch the ground with your left fingertips. Continue, alternating sides, for 60 seconds.

MINUTE 6

Punch & crunch

If you have any stress, this move will get rid of it, as the punching is a great way of relieving stress at the same time as shaping up. I have added a knee crunch, to work even more muscle groups and ensure the whole of your body is exercising hard during this move. You will be performing 4 punches, engaging your arms and chest, then 4 crunches, recruiting the muscles from your glutes and legs.

Tip

Keep your tummy muscles pulled in tight as you punch and perform the knee lift. This helps protect your back and gives your abs a great toning workout at the same time.



Concentrate on engaging your core to help you balance

1

Start in a slight split stance, your knees slightly bent, your arms bent and your fists clasped close to your body. Take a moment to stabilize yourself before you begin.



Punch with power, but retaining control over the movement

2

Keeping your lower body still, punch one arm straight out in front. Draw the arm back in, and now punch out the other directly in front, in a fast but controlled style. Repeat, so you do 4 punches



Lift your knee as high as you can during the crunch, for the best results

3

Lift your right leg in front into a knee lift and, at the same time, draw both arms in tight to your sides so your elbows are pointing behind you. Step the foot back, then lift it straight back into another knee crunch. Repeat twice, to do 4 crunches.



Always punch up, if possible, or parallel to the ground, but no lower

4

Step the foot back to return to your split stance and repeat Step 2's move of 4 straight punches. Follow this with another 4 knee crunches. Keep repeating this for 30 seconds, then change to the other leg for the final 30 seconds.

MINUTE 7

Star in & out

This move has a little extra twist as, with a traditional star jump, you just bring your arms above your head. I wanted to tweak the star and make sure you use lots more muscles... which, of course, means a high calorie burn.

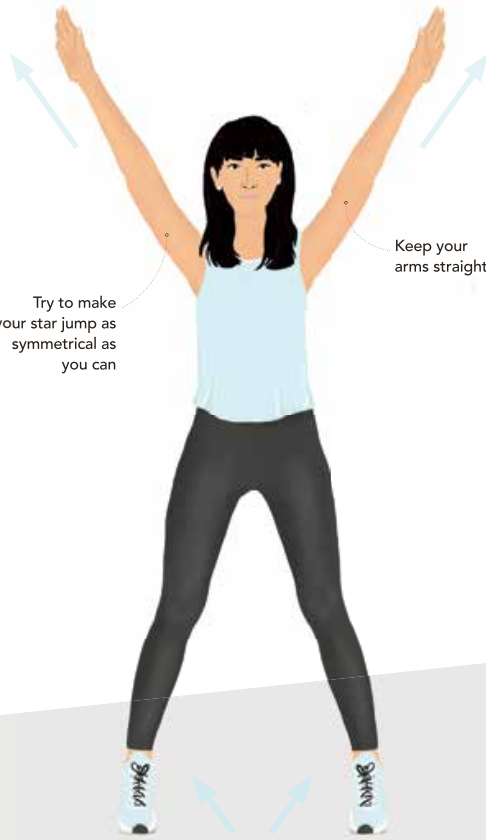
Tip

When you jump, always try to land as softly as you can, to help reduce excessive impact on your joints.



1

Stand upright with good posture, your arms by your sides and your knees soft. Engage your glutes and abs, to aid stabilization, and keep them "switched on" throughout the move.



2

Now jump your feet out to the sides and, at the same time, lift your arms above your head, forming a star jump. Then land back in your start position, keeping the landing soft.



3

This time, repeat the foot movements, jumping them out to the sides, but this time bring your arms up to shoulder height in front of you, palms facing the floor. Land back in your start position.



4

Remember to land softly each time. Keep alternating the arm movements from above your head to out in front, continuously, for 60 seconds.