



PART ONE

# THE SMART WAY TO GET FIT FAST

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WORK OUT SMARTER, NOT HARDER

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**In case you're wondering**, I'm here to give you some answers:

Yes, you can be strong *and* be graceful.

Yes, you can get fit *and* still have time for the rest of your life.

Yes, you can enjoy a workout that makes you feel energized and balanced, *and* sculpts lean, long muscles.

Now, how about some questions: Have you been doing the same workouts for weeks or even months without getting noticeable results? Did you work out regularly in the past, but now feel like you have too little time—or energy—to devote to exercise? Have you been spending a lot of time doing cardio workouts, but you're still waiting for your body to improve? Do you love how stretch class or Pilates makes you feel but also want to sculpt your body or firm up certain trouble spots?

If you answered yes to any of these questions, it's time to shake up the way you look at your exercise goals. It's time to work out smarter, not harder.

### **LEAN, LONG, AND STRONG: THE NEW "RECIPE" FOR FITNESS**

As a personal trainer for more than 20 years, I have had the opportunity to observe a lot of people as they work out. And I've noticed a frequent pattern: Despite showing up at the gym regularly and completing demanding workouts, many women are getting minimal returns for their efforts. Their bodies don't change. Stomachs don't get flatter. Legs don't get leaner. Arms don't get cut and toned. Yet, amazingly, these women don't question their workouts. Instead, they blame *themselves*, believing that they're somehow at fault for not working out hard enough or long enough.

I say it's time to place the blame where it really

belongs: *on the workout*. After all, if you had a recipe for Cajun fish and it tasted terrible every time you tried it, wouldn't you conclude that the recipe was flawed? Well, perhaps the "recipe" you've been following for flat abs, a firm butt, or shapely legs is flawed as well. In fact, if you're concentrating on just one aspect of fitness, I can guarantee you that it is.

When most women choose an exercise program, they pick a cardio (also known as aerobic) activity, such as walking, running, Spinning, or working out on a stairclimber or rowing machine. Cardio workouts are great for you, no doubt about it. They strengthen your heart and lungs, burn calories, and increase your endurance. But the truth is, they can do only so much; they can't sculpt your body, increase your flexibility, or improve your strength and posture.

Likewise, many women are devoted to their stretching or mind-body classes. Stretching lengthens your muscles, making you more flexible and graceful. But it doesn't burn a lot of calories or fat, and it doesn't give your cardiovascular system a workout. And while mind-body classes offer a great meditative aspect and teach you to connect to your breath, their potential for reshaping the body is limited.

Finally, there's strength training, which is using some form of resistance, such as dumbbells or your body weight, to challenge and build muscle. Unfortunately, strength training (also known as weight training) seems to suffer from bad P.R. Somehow, women got the notion that working out with weights would leave them looking like Arnold Schwarzenegger. As a result, very few women do it, but those who do find that it sculpts and firms up their bodies in a way that nothing else can. But as good as it is, it doesn't improve your endurance, increase your lung capacity, or necessarily make you more flexible and graceful.

When you focus on just one kind of workout, you get limited results. To truly get the most out of your workouts—and get the sculpted, trim, flexible body we all want—you need a new approach.

Perhaps you've heard the buzzword *synergy*. Synergy is the phenomenon that occurs when certain actions are combined at strategic moments, and the results are far greater than the sum of their parts.

Whereas regular exercise is about addition—20 crunches plus 20 more crunches equals a lot of time—my program is about using synergy to multiply the power of your workouts. You'll take the best of strength training, cardio work, and stretching and integrate them into fat-blasting, muscle-sculpting routines that yield maximum results in minimum time. In fact, my program is built on workouts that take only about 12 minutes, 4 days a week. Add in 20 minutes or so of a cardio activity 3 days a week, and you're on your

way to achieving a whole new level of fitness.

Instead of *just* burning calories, or *just* increasing flexibility, or *just* defining your muscles, my synergistic workouts will help you achieve all three. After all, we deserve all three. A fit, healthy body is lean, long *and* strong.

## THE ULTIMATE IN SYNERGY

The single most revolutionary aspect of the Lean, Long, and Strong program is its unique integration of stretches with strength-training exercises to help you reap the benefits of synergy. Each workout is made up of a special combination of moves grouped into what I call *synergy sets*. In each of these sets, you'll do precise strength-training exercises followed immediately by specially chosen stretches that make the strength-training move you just completed even more effective. Your muscles will become longer and stronger than they

## Balance: The Key to Changing Your Body

Changing your body requires balance. Not the double pirouette kind of balance you see Olympic ice-skaters exhibit (*Oh my, I can't look, she's going to fall!*). Not the handstand away from the wall (*Is he kidding?*) kind of balance that my yoga teacher can do. The balance required to transform your body starts with your exercise program.

Simply put, balance is the state in which all the various elements come together to form a satisfying whole, without one piece being out of pro-

portion or overemphasized. As great as it sounds, "balance" doesn't get a lot of media attention. Instead, we hear about extremes: the new workout program that requires you to work out for 3 hours a day. The fad diet that promises you can lose 50 pounds in a month. The "incredible" exercise contraption that magically works your muscles for you.

It's tough to stay centered in this world of extremes. The problem with diets and trendy workout programs is that they create impossible stan-

dards that set you up for failure. We're led into an "all-or-nothing" way of thinking, as we promise ourselves, "I will work out every day no matter what" or "I will banish all high-calorie foods from my life forever" or "I will exercise for 2 hours today and not a minute less."

Taking such an all-or-nothing approach with yourself is like walking on a tightrope—one wrong move and everything's lost. You won't be able to stay balanced with such a shaky plan. And when you fall (as

would if you'd done the exercises by themselves.

How do I know that the synergy sets are effective? I see the results every day—in my own body and the bodies of my clients. I developed synergy sets over the course of years, through trial and error, as I revised and reworked my individual exercise program to get the best results.

The story of how I developed synergy sets is also in great part the story of my career as a professional trainer. When I first started training at 16 years old, I made a lot of common mistakes. I trained legs every day, ignored my upper body, and spent way too much time doing aerobics. Over the years, I learned everything I could about getting into shape and began sharing my love of fitness with others, first by teaching classes and then by becoming a personal trainer. I've had the pleasure of working with some amazing clients as I helped them reach their fitness goals. And a number of years ago, I wrote the best-selling book *Body-*

*Change* with one of these clients—and an extraordinary human being—Montel Williams. Since then, I've continued to try out new forms of exercise, but I keep coming back to the same conclusion: Strength training changes bodies best.

I started incorporating more stretching into my routine a few years ago because I wanted to increase my level of flexibility for yoga. Previously, I had always rushed through a few quick stretches at the end of the workout. I wanted to maximize my time in the gym, so instead of adding more stretches at the end of my workout, I decided to integrate them between sets of strength-training exercises that I was already doing. The stretches felt so good that I kept adding more. Instead of resting between exercises, I now spent that time stretching. Holding a stretch for 30 seconds was also a reminder to focus on my breathing and not on what was on my desk waiting for me at home.

you've been set up to do), you get in the habit of failing. You start to feel bad and may even convince yourself that you can't stick to an exercise program, when all you had to do was try a more balanced approach.

The Lean, Long, and Strong workouts you'll be doing in this book were built on the key concept of balance. They acknowledge that you have a lot more going on in your day than just working out. So instead of 2-hour workouts, you'll be doing workouts specially designed

to get you maximum results in as little as 12 minutes a day. And if you missed your workout yesterday, you don't need to give up; just pick up where you left off. Instead of setting you up for failure, these workouts make success seem easy.

Best of all, by combining strength training, cardio work, and stretching, the plan gives you an effective, fast, and practical approach to balancing all your needs: You will become lean, long, and strong. You'll enjoy a trim, sculpted body; feel more agile and

graceful; and get through your day more easily, feeling strong and energized. Plus, bringing balance into your workouts will make you more self-aware and more confident. And when you apply this awareness to other aspects of your life, those areas that are not in balance will become more visible, which means you can apply the same principles to them. Ultimately, you won't set yourself up to fail by reaching for extremes, but you will find yourself balancing on the strength of your successes.

Quickly, I started seeing the benefits of my integrated workouts. Stretching between sets of an exercise took me to the next level of connecting to my body. After 20 years of lifting weights, which I loved, I was able to dial in on a whole new level of fitness by integrating the best stretches with the most efficient strength-training exercises. The intensity of my entire workout increased as one movement flowed to the next. Plus, it felt phenomenal. I could literally feel the energy flowing through me.

Stretching helps you connect your breath to your body, and I found that the focus on my breathing calmed me down and helped me focus even more intently on the workout. The lengthening stretches not only felt great, but when I did the next set of strength-training exercises, I could feel the exercises in greater depth. It was the difference between looking quickly at a painting in passing and taking a moment to experience the vibrant colors. I like to think of it as “training in color”—integrating stretches throughout my workout brought a whole new dimension to the experience.

Best of all, I discovered that I reaped benefits all day from those few extra moments spent stretching in between sets of an exercise. My mind was calmer, and my body felt even better than it had with my old workouts.

To give my clients the same amazing benefits, I started integrating complementary stretching (stretches that directly correspond with the muscles being worked) into their workouts. For instance, if we did an intensive exercise for the glutes such as a lunge, we would follow that immediately with a great stretch for the glutes. Benefits came right away. Their routines flowed easily, they had less soreness after a workout, and they maximized their results with a minimum of time invested. Inches were lost, clothes fit better, and slouching

was replaced by walking tall. Their legs looked longer and their abdominals and arms were better defined. My clients also told me they could feel, or connect to, their bodies better with the integrated strengthening and stretching. And the added stretches along with the focus on the breath helped prevent injury and brought them a sense of calm.

After seeing these results in my clients, I knew I needed to share these routines in a program designed just for women. Women—with their quest for leaner legs, firmer glutes, flatter stomachs, and more-toned arms—need a commonsense workout that *works*. You now hold that program in your hands, and with it, the detailed map to getting lean, long, and strong in workouts of just 12 minutes.

## MORE “SECRETS” FOR SUCCESS

While the cornerstone of my workout program is the synergy set, that’s not the only unique feature. You’ll also get maximum results in minimum time with the following core features of the program.

**Customized plans to target key trouble spots.** We all have them: those areas of our bodies that we’d particularly like to tone up. Maybe you’ve just had a baby, and you really want to firm up your abs. Or maybe summer’s coming, and you’d like to tone up those thighs so you look great when you wear a pair of shorts. In part three of the book, I’ll give you specific focus programs to target key trouble zones. And if your goal is all-around fitness, you’ll also find a total-body, fat-blasting program that will give you amazing results.

**Precision combination of compound and isolation moves.** You’ll also enjoy the benefits that come with the unique design of each workout routine. Each set of strength-training exercises builds on the previous one, combining

a mix of compound and isolation movements, which more effectively sculpt your body. For example, in the lower-body workouts, you'll do standing exercises followed by targeted leg exer-

cises done while lying on the floor. This way, your muscles have already been challenged by the time you start the floorwork, and there's no need for dozens of ineffective reps.

## Strength Training: Debunking the Myths

Where the belief that women shouldn't lift weights got started, we'll never know. Maybe we saw teenage boys lifting weights and growing like weeds, and we assumed the same would happen to us. Somewhere along the line, many of us developed the belief that lifting dumbbells would immediately turn us into a female version of the Incredible Hulk. Let's take a closer look at the three most common reasons women usually give for not doing strength-training exercises.

**I don't want to get big.** This is the most common excuse, but I'm here to tell you it's just not going to happen. Even if you wanted to develop big muscles, it's pretty difficult for a woman to get big and bulky from weight training.

Sure, there are lots of male bodybuilders who have huge, superhero-like muscles. But women don't have the kind of hormones a man has. Our muscles cannot get as big. The women you may see on TV who are bodybuilders have devoted hours each day for many years to working out and some-

times have manipulated their hormones to purposefully gain muscle.

Getting big does not happen by accident. You don't do a set of lateral raises to sculpt your shoulders and the next day find it impossible to fit through a doorway without going sideways. And actually, even a lot of men find it hard to get big. They're the ones who have all the hormones to gain muscle, and they don't wake up the day after their workouts and get stuck in their doorways either.

**I don't want to get muscle-bound.** Again, not a concern with my balanced workouts.

Is it possible to get muscle-bound? If all you do is lift really heavy weights for a very limited range of motion—and that is *all* you do—sure, it could be a challenge to reach over and touch your toes. But the right strength-training exercises actually increase your flexibility. The exercises you'll be doing require you to move your muscles through their full range of motion, so the muscles get stretched as well as strengthened. Plus, each synergy set includes at least one specific stretch,

virtually eliminating any chance that you'll become muscle-bound.

**I should lose weight first. I don't want to turn my fat into muscle.** I understand wanting to put off something until you feel better about yourself. We've all done it. Here's the catch with this one, though.

Muscle and fat are two different things. Fat doesn't turn into muscle and muscle doesn't turn into fat. I know you're thinking about that retired football player who can't fit into his custom-made suits anymore. Well, his muscle didn't turn into fat. He simply stopped training, so his muscles got smaller. At the same time, he started gaining body fat because he didn't have anything to do in his retirement except watch old football films and eat ice cream.

Fat won't turn to muscle. But having more muscle can help you lose fat. Strength training will *help* you lose weight. Not only will it not get in the way of any diet or weight-loss strategy you have, but having more muscle on your body will increase your metabolism, helping you to burn more calories even when you're at rest.

### **Maximum toning with an exercise ball.**

Many of the exercises are designed to be done while sitting or lying on an exercise ball. By using the ball, not only do you work the target muscles, but your abdominals and lower back also are challenged as they keep you in balance and in good form. With every move, you are challenging the muscles of your core, which include the abdominals, obliques (your waistline), and the all-important lower back. By doing exercises at a variety of angles—such as when sitting or lying on a ball—your body gets stronger using all the muscles *together*, the way they're used in real life.

**Effective weight work.** My workouts use weights in a way that allows you to get maximum results in a minimum amount of time. If you've taken toning or body sculpting classes geared toward women, you've probably noticed that almost all of them emphasize doing a high number of reps with very light weights. But this ignores an important fact: The best way to define the muscles is to challenge them. And unfortunately, using light weights to do endless reps is simply not enough of a challenge.

I spent many years teaching a class called Cuts. Women of all ages, shapes, and sizes would attend, including pregnant women, women over 40, dancers, and even grandmothers. Unlike traditional toning classes that used very light weights for endless repetitions, I had everyone using weights that were challenging for just 15 reps per set. Though some of the women were intimidated at first by the fear that they'd get big, that fear was soon replaced by the wonderful feeling of being strong. And as other women started seeing the results my students were getting, they began venturing into the class, too.

The body responds to the challenge of a heavier weight by getting stronger. So instead of using light weights to do hundreds of reps that

challenge your patience but not your body, my workout program encourages you to use whatever weight is a challenge for you to lift for just 15 reps. In other words, you'll challenge your muscles not by seeing how many reps you can do, but by seeing how *few* reps you can do.

**At-home convenience.** Because the workouts don't require complex exercise machines, you can do them at home any time you get 12 minutes to spare. There's no need to go to a gym or purchase expensive exercise equipment. Your workouts will be more convenient to do, so it will be easier to integrate them into your day.

## **ROUNDING OUT YOUR WORKOUTS**

As amazing as the workouts are, to take full advantage of them—to become truly lean, long, and strong—you need to balance them with cardio work and eating right.

**Count on cardio.** Though it's strength training that will sculpt your body and give your muscles definition, cardio exercise is still important. After all, the most important muscle in your body is your heart. No one dies of weak biceps. So I encourage you to supplement your strength training and stretching with a 20-minute cardio workout 3 days a week. You don't need to do anything elaborate: Walking, swimming, cycling, even jumping rope will do. Later in the book, I'll give you an easy-to-follow plan that will allow you to add in some cardio training easily and efficiently.

**Use the kitchen to support your workouts.** What you put into your body makes a big difference in the strength and energy you get out of it. For that reason, an entire section of this book is devoted to evaluating your daily eating habits and developing a balanced approach to food. Notice that I didn't say the word *diet*. I believe that

because diets hold you up to a rigid standard, they set you up for failure. Plus, most diets these days have you eliminate major food groups, and that approach just doesn't work for the long term.

Instead of a diet, I'm going to give you practical strategies you can use to substitute healthy eating habits for unhealthy ones. Each week for 6 weeks—exactly the amount of time it will take you to complete one level of the Lean, Long, and Strong workouts—I'll ask you to try some new strategies that will support your workouts nutritionally. You can combine these commonsense strategies to meet your individual goals, needs, and taste preferences to come up with a plan that works for you.

## WHAT BENEFITS CAN YOU EXPECT?

For most of us, fat loss is at the top of our fitness goals. And for this, you can't do better than the balanced workouts in this book. To understand why, you'll need to know a little bit about physiology.

Scientists know that muscle tissue burns more calories than fat tissue does, even when you're at rest. So the more lean muscle you have, the better your metabolism works. This means that if you have two women who both weigh 140 pounds, but one has more muscle than the other, the woman with more muscle will burn more calories than her friend, even when they're both just sitting around watching TV.

Unfortunately, women naturally lose muscle mass as they age. This makes their metabolism slow down—and the scale creep higher. The solution? Strength training. Simply put, it's the best way to preserve muscle.

Yes, it's true that your metabolism increases while you do cardio exercise. But what many people don't realize is that it increases only for the amount of time you're working out. So, if you

walk on a treadmill for 45 minutes, your metabolism will speed up for those 45 minutes, but no longer. On the other hand, if you focus on exercises that preserve muscle mass—such as the ones in this book—your metabolism will be working better all the time, not just while you're exercising.

Yet fat loss is not the only benefit you'll gain from the strength-training exercises in this book. After all, it's called *strength* training for a reason. With these workouts, you'll get physically stronger, which means you'll be able to accomplish more in your day. You'll have better posture, get through your chores and errands more easily, improve your joint strength, and experience fewer body aches and pains. You can have this strength without a bulky physique. Women are meant to be strong, and the right exercises will give you the lean, long, and strong look of a fit woman.

By integrating your strength-training moves with stretching, you'll become more flexible—and more graceful. You'll gain a greater sense of connectedness to your entire body. As a result, you'll be able to do all other forms of activity better. And because you'll improve your range of motion, you will limit your chances for straining a muscle as you go about your day.

And finally, by incorporating the concept of “flow” into your exercise routines—by moving through the exercises, one right after the other—you will be gaining some of the cardiovascular benefits of an aerobic workout. When you supplement this with a few cardio workouts each week, you will decrease your risk for a heart attack or cardiovascular disease, gain stamina, and burn calories.

The time has come for a change. It's time to redefine fitness—and to stop settling for less than the whole. Fitness means endurance, flexibility, *and* strength. And with the precision workouts in this book, you will gain all three.