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Cross-training can take you from turtle to turbo. Read on to do it right.

By Molly Ritterbeck

# BUILT FOR SPEED

This strength circuit hits the sweet spot where your body gets the extra juice it needs to run faster without postworkout soreness slowing you down. "In many of these moves, you work one side of your body, then the other, to help even out muscle imbalances that hold a lot of runners back," says triathlon coach George Vafiades, a cofounder of As One Fitness in New York City. Do his 20-minute circuit twice (using 8- to 10-pound dumbbells) two or three times a week to really kick it on your loop.



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## SPLIT SQUAT

**Targets butt, legs**

● Stand with feet staggered far apart, left in front of right with right heel raised, and hands on hips; balance body weight mainly on left foot.

► Bend left knee 90 degrees as you lower into a lunge, right knee bent.

● Return to start position.

● Do 10 to 15 reps; switch sides and repeat.

**MAKE IT HARDER** For the second round, hold dumbbells in each hand, arms by sides, as you do reps.



## SINGLE-LEG TOUCHDOWN

**Targets butt, hamstrings**

● Stand with feet hip-width apart, arms by sides; lift right foot a few inches behind you.

► Hinge forward from hips 90 degrees as you lift extended right leg behind you until body is parallel to floor, then reach fingertips to touch floor without rounding your back.

● Return to start position. Do 10 to 15 reps; switch sides and repeat.



## ROCKING PLANK

**Targets shoulders, abs, obliques**

● Start on floor in forearm plank position, body balancing on forearms and toes.

▼ Keeping shoulders steady, rotate left hip toward floor, tapping it down if possible.

● Return to start position, then repeat with right hip to complete 1 rep.

● Do 10 to 15 reps.



## ROWER SIT-UP

**Targets shoulders, abs**

● Lie faceup on floor with arms stretched behind head.

► Engage abs and sit up, bending knees in toward chest as you sweep arms out and around legs.

● Lower back to start position without fully touching arms and legs to floor.

● Do 10 to 15 reps.



## PISTOL SQUAT

**Targets butt, quads**

● Stand with feet hip-width apart, arms extended forward in front of chest; lift right foot a few inches off floor, foot flexed.

► Lower into a single-leg squat, bending left knee 90 degrees. Return to start position.

● Do 10 to 15 reps; switch legs and repeat.

**MAKE IT HARDER** Lift right leg higher as you squat.



## ROW-DEAD LIFT COMBO

**Targets biceps, back, butt, hamstrings**

● Stand with feet hip-width apart, holding a dumbbell in each hand in front of thighs, palms facing each other.

► Hinge forward from hips until back is parallel to floor, arms hanging down. Drive elbows behind you, bringing hands by ribs.

● Lower dumbbells, then return to start position to complete 1 rep.

● Do 10 to 15 reps.



## SIDE LUNGE

**Targets butt, legs**

● Stand with feet hip-width apart, elbows bent, fists in front of chest.

► Step left leg out wide to side, toes pointing forward, then bend left knee 90 degrees. (Right leg is straight.)

● Return to start, then lunge to right.

● Do 10 to 15 reps, alternating sides.

**MAKE IT HARDER** On the second round, hold dumbbells in each hand to do biceps curls: Curl as you lunge to side, lower weights as you stand.



## FROGGER PUSH-UP

**Targets shoulders, chest, arms, abs, legs**

● Start on floor in full plank position, balancing on hands and toes.

● Perform a push-up, bending elbows to lower chest toward floor, then pressing up.

► Jump both feet forward beside hands, then jump back to start position.

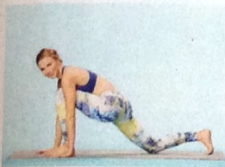
● Do 10 to 15 reps.

**MAKE IT EASIER** Skip the push-up. Or instead of jumping feet forward, step left foot forward and then right; step back to start position.



## SOOTHE MOVES / FOUR ESSENTIAL STRETCHES FOR RUNNERS

As the onetime resident yoga instructor at Nike headquarters, alignment pro Tiffany Cruikshank perfected this series while working with all the stiff runners who came looking to loosen up. "Just a few key stretches will target the areas that tighten up the most after a run—hips, hamstrings, IT [iliotibial] bands and calves," Cruikshank says. Try these post-run—"while the tissues are still warm"—to keep the boing in your stride.



### Low Lunge Stretch

**Stretches hip flexors**

● Kneel on mat, then step left foot forward, knee bent 90 degrees; place hands on mat on either side of left foot.

● Gently press pelvis toward mat. (To deepen stretch, lift right hand off mat and reach arm slightly toward the left at shoulder level.)

● Hold for 60 seconds. Switch sides and repeat.



### Broken-Toe Pose

**Stretches calves, feet**

● Start on mat on all fours with toes curled under.

● Slowly bring hips backward and rest them on heels.

● Walk hands back toward knees and sit upright, resting hands on thighs. (Beginners can keep palms planted on mat to distribute weight to hands.)

● Hold position for 30 to 60 seconds.



### Figure 4

**Stretches hips, IT bands**

● Lie faceup on mat with knees bent and feet flat.

● Rest left ankle on right thigh just above knee.

● Maintaining figure-4 leg position, lower bent right leg out to side to rest on floor; left foot rests on floor with left knee pointing toward ceiling.

● Hold stretch for 1 to 2 minutes. Switch sides and repeat.



### Hamstring Stretch

**Stretches hamstrings, calves**

● Holding ends of a rolled-up towel in each hand, lie faceup on mat with knees bent and feet flat.

● Lift right foot and loop center of towel under its arch like a stirrup, then extend right leg directly toward ceiling. Flex right foot and gently pull ends of towel.

● Hold for 60 seconds. Switch sides and repeat.

**PRESS YOUR POWER BUTTON** Watch this video at [fitnessmagazine.com/runnerworkout](http://fitnessmagazine.com/runnerworkout).