

Cheat boredom



If you always do the same thing, you'll burn fewer calories as your body becomes more efficient. To shake it up:

● **Push a new button** Alter the speed, resistance or incline of a machine every four weeks. If you love the treadmill, steal this cool trick: Change the incline, not the speed—a faster pace makes you take shorter steps, but long strides consume the most calories.

● **Play musical machines** “If you usually do 45 minutes on a machine, try 15 minutes on the stairstepper, 15 on the ski machine and 15 on the rower,” Westcott suggests. “You keep your heart working while avoiding fatigue.”

● **Get your game on** “I go to the basketball court and do fast-break drills,” says Tony Lattimore, an instructor at The Sports Club/LA—Orange County in California. “It keeps me constantly challenged.”

Cheat the calories



Although strength training is not aerobic, you can help it work your heart. How to make weights a calorie burner:

● **Lift and sweat** While walking or cycling, do biceps curls, shoulder presses and triceps extensions. Using 3-pound hand weights can increase your calorie burn by 5 to 15 percent.

● **Do a circuit** Do eight strength machines one after another without resting. Focus on the hips, butt and legs. “These require more oxygen, which elevates the heart rate and burns more calories,” says Douglas Brooks, an exercise physiologist in Mammoth Lakes, California.

● **Wake up your walk** “I walk slowly one block, then do walking lunges,” Lyons says. “At a red light, I do jumping jacks or squats.” Such multijoint moves work several muscles at once, burning more calories per rep.

Those aren't mere museum stairs, they're an outdoor cardio tool. Sprint to the top!

