BOOT CAMP FAT BLAST

Get down and give us 20! This fast-paced, boot camp–style workout will help you sculpt your best-ever bikini body, guaranteed.

Workout by Suzanne Bowen

Photography by Rod Foster; Hair by Niki Marshall, makeup by Heather Puhek; Outfit at left by Elisabetta Rogiani, Clothes at right by Prana

Don't worry: We're not going to make you skip bleachers, flip tires or run around a field carrying a weighted plate over your head. But that doesn't mean you won't be begging for mercy!

The good news is that you'll blast fat and tone up all over—and do it quickly—with classically trained Suzanne Bowen's BarreAmped Boot Camp, derived from her renowned BarreAmped barre technique class, which emphasizes a neutral spine, deep pelvic floor contraction and alignment. "In my BarreAmped classes, movements are kept very small and controlled, but in this boot camp routine, we shake things up with bigger but controlled ranges of motion and moves to get your heart rate up to burn fat fast," says Bowen. "BarreAmped Boot Camp was created for all levels as a cross-training, cardio interval–based class. I've seen clients lose 20 inches in just six weeks!"

(Shot on location at the JW Marriot Desert Springs Resort & Spa in Palm Desert, California)

HOW IT WORKS:

- The workout is broken down into two different intervals (both feature front-leg, back-leg, upper-body and cardio exercises) of four, 90-second segments.
- Repeat the two intervals up to three times for a total of 36 minutes.
- End the routine with matwork and some light stretching.

INTERVAL 1 ★★★★

Sergeant Suzanne's Orders:

1. Pay attention to your form to get the most out of these exercises.

2. Don't be afraid to hold onto something sturdy for balance until you get stronger. "I would rather you perform the moves well than stumble around trying to maintain a position in bad form," says Bowen.

3. Shake! "My motto with my method is you have got to shake to change. Let your muscles shake, and shake up your workout to continue to get results," she says.

Thighs: Second Position

PURPOSE: deeply works the quads and inner thighs; enhances control

SETUP: Standing on a mat with your arms extended out to your sides at shoulder height, step out into a wide Second Position Plié: Turn your toes out, keeping them in line with your knees. Keep your upper body as upright as possible and zip your pelvic floor without tucking your hips.

1. Bending your knees, lower your body down to knee level (or as low as possible). Once you feel the burn in your legs, hold the position.

2. Lift your left heel off the mat, making sure to keep most of your weight on your big and second toe and less on the outside of your foot. Pulse your body up and down for 30 seconds, keeping the movement very small.

3. Lower your left heel, and lift your right heel off the mat. Pulse for another 30 seconds, then lower your heel.

TIPS: Make sure your knees are just above your ankles and your chest is lifted, but don't tuck your pelvis. To get the most bang for your buck, once you move down to where you feel your quads and inner thighs firing, maintain that position.

MODIFICATION: Keep both of your heels firmly planted on the mat and/or hold onto something for balance.

ADVANCED: Lift both heels of the mat as high as you can and pulse your body up and down for 30 seconds.

Seat: Up and Back

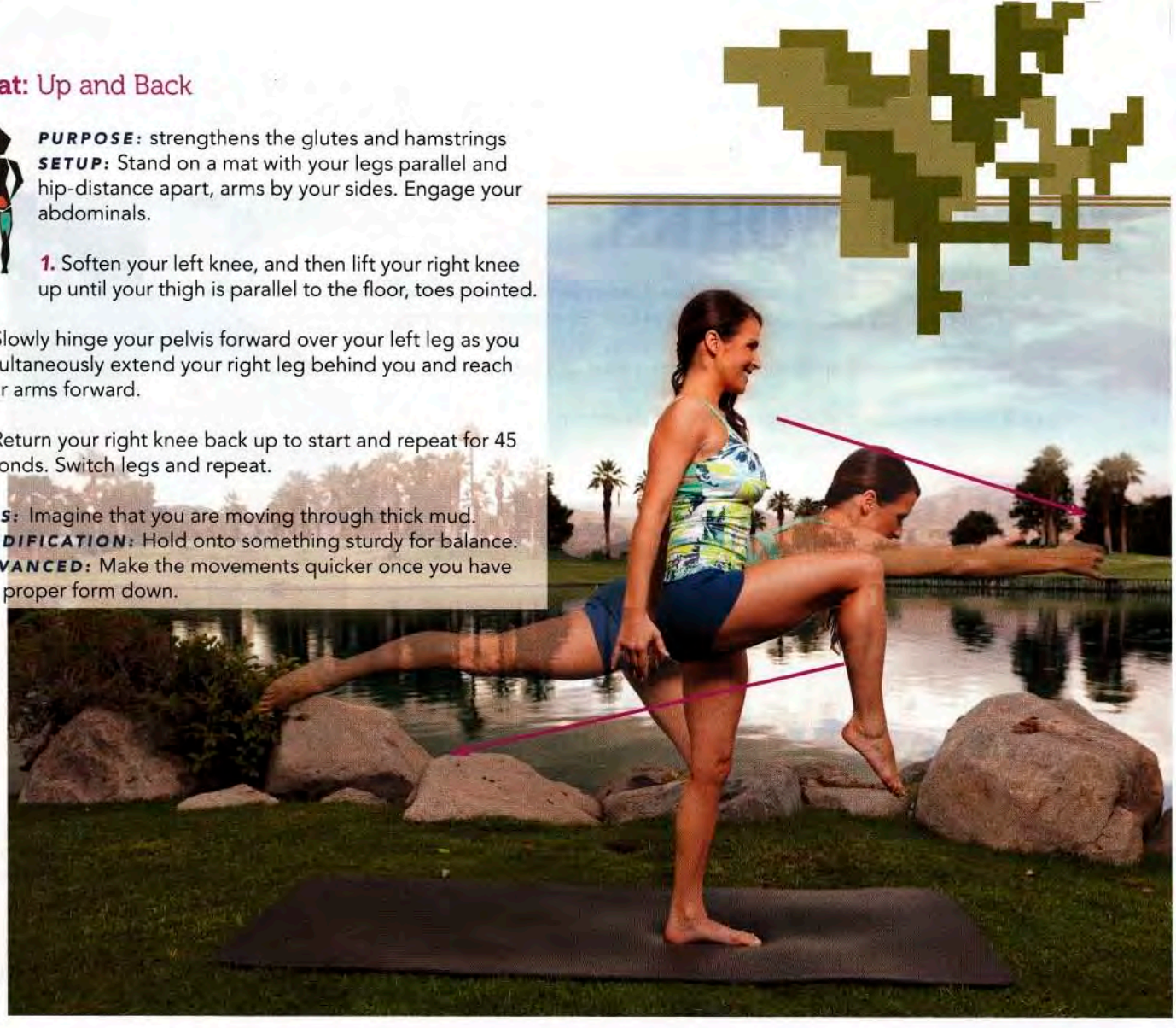
PURPOSE: strengthens the glutes and hamstrings
SETUP: Stand on a mat with your legs parallel and hip-distance apart, arms by your sides. Engage your abdominals.

1. Soften your left knee, and then lift your right knee up until your thigh is parallel to the floor, toes pointed.

2. Slowly hinge your pelvis forward over your left leg as you simultaneously extend your right leg behind you and reach your arms forward.

3. Return your right knee back up to start and repeat for 45 seconds. Switch legs and repeat.

TIPS: Imagine that you are moving through thick mud.
MODIFICATION: Hold onto something sturdy for balance.
ADVANCED: Make the movements quicker once you have the proper form down.



★ ★ ★ ★

Cardio: Mountain Climber

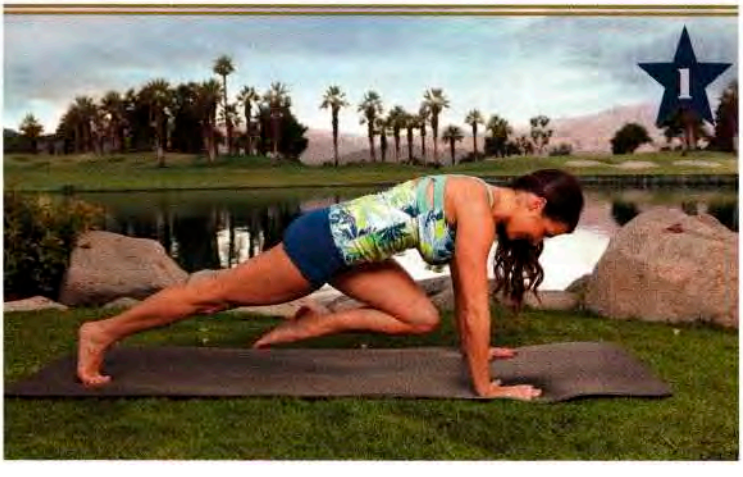
PURPOSE: elevates the heart rate; works the core
SETUP: Kneel on a mat, and bring your hands directly under your shoulders, fingers together and facing forward. Engage your powerhouse and lift your body up into a Plank position, keeping your wrists in line with your shoulders.

1. Pull your left knee into your chest, then briskly and lightly switch legs and repeat. Repeat for 45 seconds.

2. Return to start. Pull your left knee in toward your right elbow, then switch legs and repeat. Repeat for 45 seconds.

TIPS: Don't move too slowly but also not so fast that you're using just momentum. Feel your abs and waist engage as you raise your heart rate.
MODIFICATION: Instead of pulling your knees in as if you were running, dip your knees to the floor.

ADVANCED: Once you have mastered the position down, you can move faster as long as you can keep your hips in line with your body and your powerhouse fully connected.



Upper Body: Extended Chest Dip

PURPOSE: works the chest and arms

SETUP: Get on all fours on a mat, bringing your hands to the edges of the mat, fingers together and facing forward just in front of your shoulders. Extend your right leg behind you, and place the sole of your left foot under your right knee. Lift your powerhouse, making sure your back does not sink and your whole core is engaged.

1. Bend your elbows, dipping your chest a few inches down toward the mat and making sure to keep the rest of your body stable.

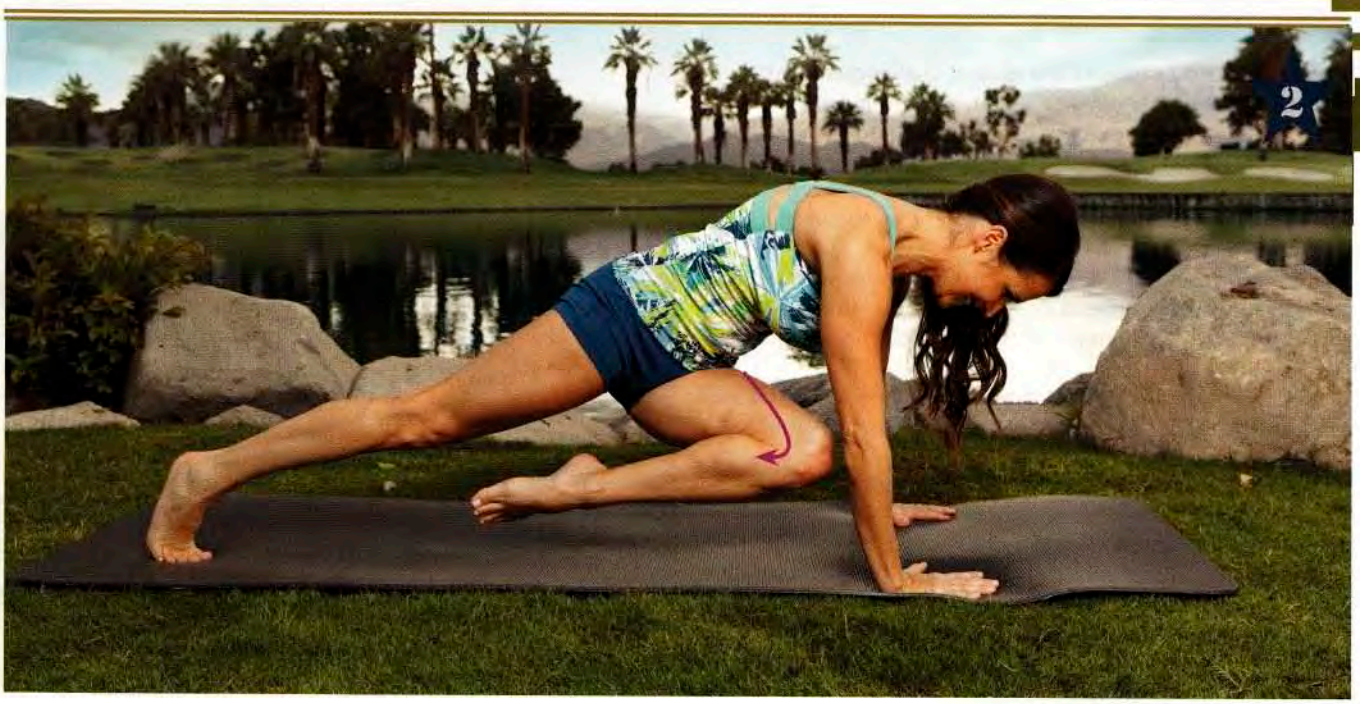
2. Return to start. Repeat dip for 30 seconds, then pulse up and down for 30 more seconds.

3. Dip your chest back down and hover for 30 seconds.

TIPS: Do not cave your back. Only move the entire "super-glued" position from your elbows, bending down and up as if your body were a simple machine.

MODIFICATION: Dip your chest keeping both knees down until you get strong enough to extend a leg. Or, only lower down an inch and up an inch.

ADVANCED: Move your body down and up for the full range for 45 seconds, then hover for 45 seconds.



INTERVAL 2 ★★★★

Thighs: Side-Bend Lunge

PURPOSE: tones the quads and waist
SETUP: Standing on a mat with your legs hip-distance apart, lunge your left knee forward, making sure your knee does not fall over your toes, and step your right leg behind you, toes curled under. Keeping your shoulders over your hips, engage your abdominals without tucking your hips. Extend your arms overhead, slightly rounding them.

1. Maintaining a low lunge position, do a side-bend to your left side, then return to start. Repeat, adding a tiny pulse with each move for 45 seconds. Switch legs and repeat.

TIPS: Make sure you are in a low enough lunge that you feel the burn in your thighs.
MODIFICATION: If you feel your chest jutting over your front thigh, bring your back leg closer in until you get more flexible in your back quad.
ADVANCED: Move in a more full range of motion as long as you can maintain your balance and keep your legs engaged.

★★★★

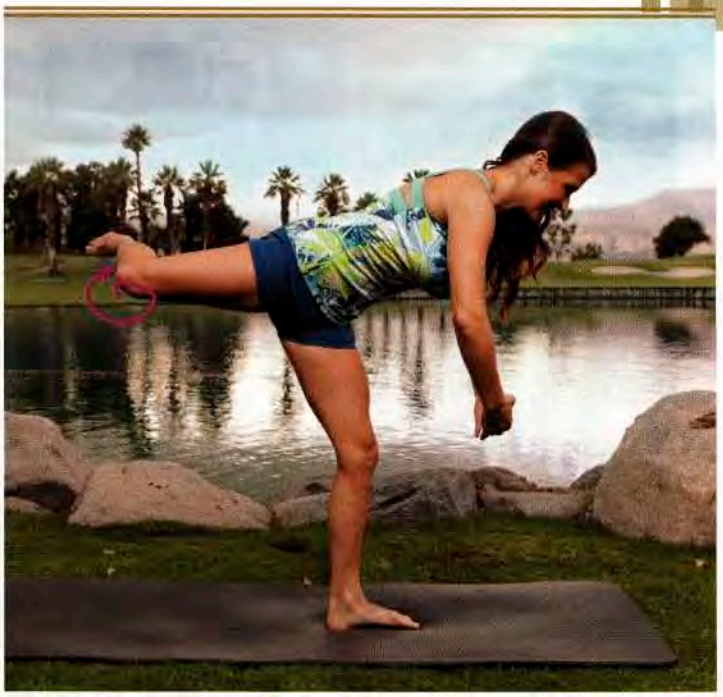
Seat: Foldover Pretzel

PURPOSE: works the glutes; challenges balance
SETUP: Standing on a mat, step your right leg back about two feet, then extend it behind you. Soften your left knee and pull in your powerhouse. Extend your arms out to your sides at shoulder height for balance, or in front of your body (as shown).

1. Keeping your spine very neutral, hinge over your left leg, lifting your right hip about 2–3 inches higher than your left hip. Bend your right knee and turn out your right leg.

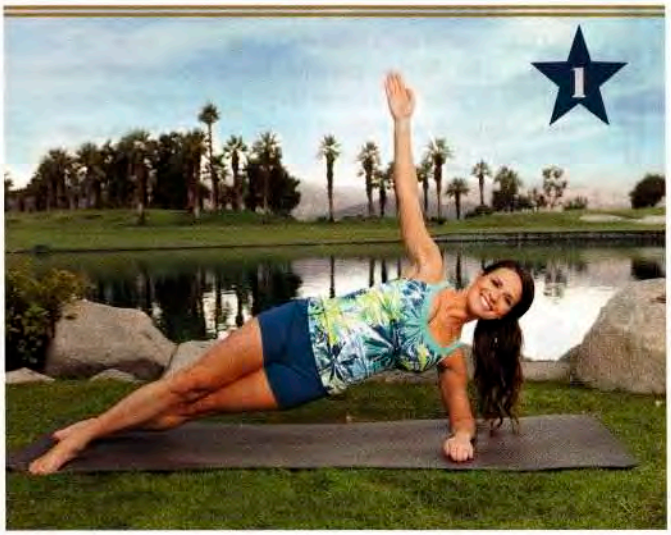
2. Keeping your abs zipped, draw a tiny dime-size circle with your right knee for 45 seconds. Repeat with your other leg.

TIPS: Make sure your movement is small and you keep both your powerhouse and glutes engaged.
MODIFICATION: Hold onto a chair for balance.
ADVANCED: This exercise is already pretty advanced, but you can move in a bigger range of motion, making circles the size of a baseball.



Floor: Side Plank Under and Over

PURPOSE: tones the upper back, shoulders and core
SETUP: Lie on a mat on your left side with your legs extended in front of your hips. Move your top leg to the front edge of the mat, in front of your bottom leg. Prop yourself up on your bottom elbow, making sure it is directly underneath your shoulder. Extend your top arm toward the ceiling, palm facing forward and fingers together. Keep your hips stacked.



1. Pull your abs in, and press your body up into a Side Plank position, making sure that your body is in one long line.

2. Maintain your Side Plank as you reach your top arm under your waist, twisting your body toward your chest.

3. Return to your Side Plank, and then reach your top arm over your head, lifting your hips an inch higher.

4. Repeat steps 2–3 for 45 seconds. Repeat on your other side.

TIPS: Move slowly and with control.
MODIFICATION: Rest your bottom leg on the mat.
ADVANCED: Repeat steps 2 and 3 for 90 seconds.

Cardio: Side Lunge Knee-Up

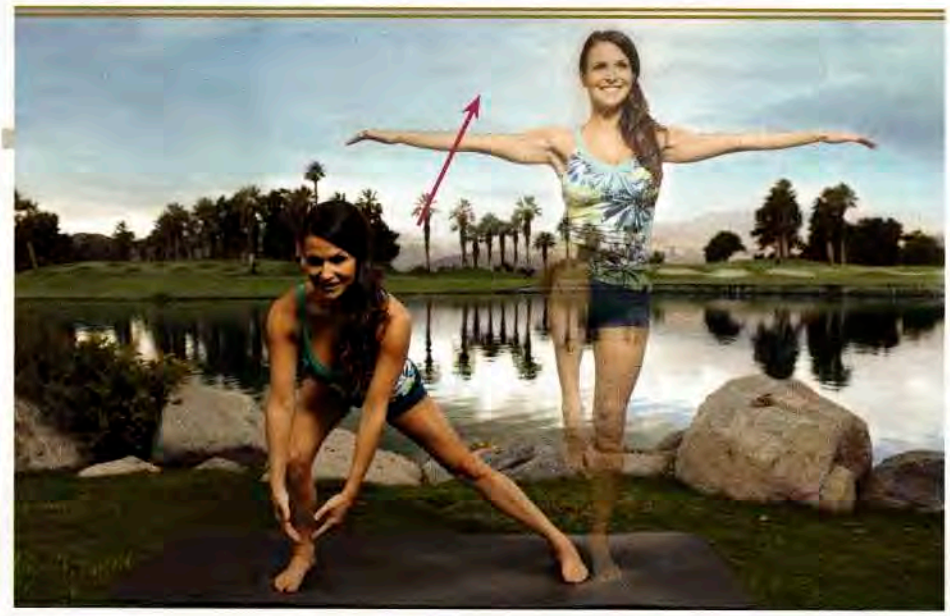
PURPOSE: elevates the heart rate
SETUP: Stand on a mat and step your legs into a wide stance, feet in parallel. Bend your right knee and reach your arms and torso toward your right toes, keeping your chest lifted, and sit back into your right hip.

1. Pushing off the floor with your right foot and powerfully extending your arms out to your sides at shoulder level, palms facing downward, lift your bent right knee up into your chest.

2. Return to start, making sure to keep your powerhouse connected and posture strong throughout. Repeat for 45 seconds.

TIPS: Move intentionally and with control to feel your glutes powerfully working as you elevate your heart rate.
MODIFICATION: For added balance, step your leg into your other foot without lifting your knee into your chest.
ADVANCED: Increase your pace.

Want to see Suzanne in action? Log onto *www.pilatesstyle.com* to view footage from her cover shoot and a bonus bootcamp exercise! Bikini season, here you come!



MATWORK ★★★★

Twisted Curl

PURPOSE: deeply works the abdominals with tiny movements
SETUP: Lie on your back on a mat with your knees bent and together, feet just wider than hip-distance apart and just your toes touching the mat. Initiating from your pelvic floor, zip up your abs. Keep your arms by your sides.

1. Keeping your abs engaged, lift your chest up and over your abdominal wall holding onto the outside of your thighs, keeping your thumbs on the top and your fingers on the bottom of your legs. Extend your right leg out to a 45 degree angle.

2. Continue to pull your abs up and in as you twist your upper body to your left, reaching past your left leg but trying to keep your left shoulder off the mat. Do tiny pulses to your left for 45 seconds. Repeat on your other side.

TIPS: When zipping up your abs, imagine your abs are going up an elevator, starting from your pelvic floor. Focus on the up movement and fight the down.
MODIFICATION: Support the twist with your arms by firmly holding onto your leg. Focus on strengthening your abs while stretching your back.
ADVANCED: When reaching to your left (and vice versa), try your best to get your left shoulder blade off the mat while keeping your abs firmly lifted up and in and maintaining the strong twist.

Grasshopper

PURPOSE: works the spinal extensors of the lower back with the glutes and hamstrings
SETUP: Lie facedown on a mat with your knees bent and your legs turned out, toes together. Place your arms in Buddha pose on the mat, bending your elbows out to your sides and stacking your forearms. Rest your forehead on your arms.

1. Pull in your abs, and lift your upper body off the mat, keeping your neck aligned and your gaze facing forward.

2. Lift your legs off the mat, maintaining the shape you created. Scissor your legs, maintaining the shape in your legs and keep your knees "superglued." Repeat for 45 seconds. Rest and repeat.

TIPS: Avoid moving the shins inside the knee joint; instead, move the entire shape of the leg inside the pelvis. The pelvis should be stabilized, allowing the glutes and the back to work.
MODIFICATION: Rest your forehead on tops of hands and do not lift your upper body.
ADVANCED: Reach your arms back and clasp your hands behind your back.

★ ★ ★ ★

Cool Down

End the routine in Child's Pose, resting your hips on your heels, knees apart. Stretch your upper body from side to side and really focus on the calming effect of brisk but thoughtful, intentional movement. **PS**

Suzanne Bowen is the creator of BarreAmped and its offshoots, Advanced, Boot Camp and Fire (www.barreamped.com). Classically trained at the NYC-based Lotte Berk Method, the original barre exercise method, she has created and starred in numerous international, top-selling DVDs and workouts around the globe, including 10 Minute Solution: Pilates Perfect Body, Suzanne Bowen's Gorgeous Core and her latest streaming series, 30 Minute Slim Down (www.suzannebowenfitness.com). Additionally, Suzanne is the owner of two Nashville-based BarreAmped Fitness Studios, where she trains Pilates instructors in BarreAmped and its offshoots. Her passion is form, technique and helping clients and other teachers understand how to build a solid foundation for extreme results.