

FITNESS

quick fix

Fifteen minutes doesn't seem like much, but it's time enough to work your way to a healthier, stronger, sexier body. SAVITA IYER-AHRESTANI shows you the moves



FAST FORWARD

Try trainer Juliet Kaska's 18-minute quick-and-tough workout

V LIFT 15 reps

- Lie on a bench, feet flat on floor.
- Reach arms overhead and hold top of bench. Draw abs in.
- Make V with legs, flex feet, lift heels to ceiling. Draw legs together.
- Open up again, bring feet down.

PILATES CHEST PRESS 15 reps

- Lie with legs extended to ceiling, holding weights on either side, upper arms on floor.
- Bend elbows to 90° out to the side (elbows level with shoulders), and lower legs to a 45° angle.

WIDE ROW ON BALL 15 reps

- Holding dumb-bells, lie front-down on an exercise ball, legs outstretched behind, toes on floor.
- Extend arms beside ball, palms facing feet. Pull elbows up and out to bring dumb-bells to armpits.

SINGLE-LEG BRIDGE ON BALL 10 reps per leg

- Sit with knees bent, feet flat on floor, upper back against an exercise ball with arms slightly to the side.
- Cross left ankle over right knee.
- Exhale and press hips up, rolling upper back on top of ball.
- Squeeze glutes and raise pelvis until level with hips and shoulders.

DOOR HINGE 15 reps

- Stand against a wall, abs tight.
- Hold a dumb-bell in each hand, elbows at waist, palms facing up, arms in front. Open arms back toward wall.
- Squeeze shoulders and release.

SQUAT WITH T-RAISE 15 reps

- Standing two feet away, lean shoulders against a wall, a dumb-bell in each hand, palms facing forward, hands down. Keep abs tight.
- Lower hips into a squat. Raise dumb-bells out to sides, then to front at shoulder height.
- Return them to sides and down.

YOGA TREE LUNGE 15 reps

- Stand on right foot in tree pose, hands on hips. Hold for one breath.
- Step out with left foot into side lunge: left knee over ankle.
- Push off with left foot, return to tree pose. Repeat on other side.

When it comes to fitness, less can actually be more. These days, 'less' can be as little as 15 minutes a day. Fitness experts say we're likely to do a lot better by taking on an exercise programme that's shorter and more realistic, one that's as easily workable into our busy lives as brushing our teeth.

TIME TRICK

Juliet Kaska, celebrity trainer and owner of JK Fitness Pilates Studio in Los Angeles, advocates short, punch-packed routines that are just a quarter hour long. Her magic number is actually 18, "to give people a couple of minutes to get to the gym from their work, shower and get back to work." Kaska, who has trained celebrities such as Pink, Kerry Washington and Stacy Keibler, says, "The 15-minute workout is not the ultimate workout... But with 15 minutes of exercise a day, you will have results. You will have a better and healthier body." More importantly, what you will not have is an excuse to skip your workout, because everyone can spare 15 minutes.

MAKING IT COUNT

The first rule of thumb for a 15-minute workout is consistency—that means working out every day, seven days a week. It's equally important to ensure that the routine you select is "exercise-

dense," says Jim Karas, a Chicago-based celebrity personal trainer who worked with actor Hugh Jackman for his role in *X-Men: The Last Stand*. "Since the time frame is short, you have to be moving multiple body parts at once, and combining movements like a shoulder press and a lunge. You've got to think of your body in three dimensions: it moves forward, in rotation and sideways at the same time, so you've got to be able to hit all three at once in your workout."

In a short fitness routine, it's extremely important to compound exercises in order to work more than one muscle group at the same time, Kaska agrees. This is the only way, she says, that a 15- or 18-minute full-body workout will yield optimal results. "We're talking about moves like doing a squat holding a six-pound dumbbell, then pressing up overhead in a single move that works the core, arms, legs and shoulders."

WHAT GOES IN...

The pros are all quick to provide one big disclaimer: good nutrition is vital. Eating right is key to the success of any exercise regimen, and more so for shorter ones, Karas says. "It takes just two minutes to eat a candy bar, but there's no way you're going to burn it off in just 15 minutes." ■

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