

Burn It Off

Try these new moves to shed fat

Edited by Bill Stieg & Liesa Goins

To lose fat, don't rest after isolation moves -- and do some new moves. That's the advice of Gunnar Peterson, C.S.C.S., a Beverly Hills-based trainer whose clients include Ben Affleck, Sly Stallone, and Pete Sampras.

These variations on the pushup, squat, and crunch work the areas you'd expect, plus surrounding muscles that don't get used as much. Jump rope between sets and you'll melt the stubborn fat layer that stands between you and Affleckian leanness.

Perform Peterson's full-body routine three times a week, resting a day between. After each exercise, do 30 rope skips. Do two rounds of exercises. Every week, add five skips and increase the weight.

T-Pushup

With hexagonal dumbbells placed shoulder-width apart on the floor, do a pushup.

1 When your arms are straight, lift your right hand and rotate to the right so that you raise your right arm and the dumbbell straight up over your shoulder and your body forms a T.

2 Bring the dumbbell back to the floor. Do another pushup, and work the other side. Perform five reps per side.

T Pushup



Staggered Squat Press

Hold dumbbells at shoulder level, palms facing in. In a wide stance, point your left foot to 11 o'clock and your right foot to 4 o'clock.

Lower your left thigh parallel to the floor and put your weight on your left heel. Your right heel rises, as if you're lunging.

1 Pause, push back to the starting position, then press your arms straight overhead.

2 Return to the start. Do five to 10 reps, then switch legs.

Staggered Squat Press



Twisting Crunch

Lie on the floor and hold a dumbbell with both hands on your upper chest. Crunch your rib cage toward your pelvis.

1 At the top of the crunch, raise the dumbbell 1 foot off your chest. Twist to the left as far as you can, **2** pause, then twist to the right as far as you can. Rotate back to the middle, then return to the starting position. That's one repetition. Do 10 to 12 reps.

Twisting Crunch

