

YOUR GOAL

Firm Your Arms, Butt & Thighs

By adding some toning moves or techniques to your routine, you can turn walks into total-body workouts and shape your legs and butt even faster.

Aim to target each body area 2 or 3 times a week. For example, do the Sculpt All Over (p. 93) once or twice a week, and do a lower-body and an upper-body routine (or two) on alternate days. Don't work the same muscle groups on back-to-back days. For speedier firming, do walking routines from other sections on in-between days to melt flab and show off your sexy muscles.

9 Double-Duty Toner

Use a pair of walking poles (\$90 and up). Research shows they can boost calorie burn by up to 46% and get your arms and core involved for all-over firming. The poles also reduce impact on your joints. Go to nordicwalkingna.com for more information.

10 Treadmill Booty Blast

25 MINUTES

No outdoor hills to give your glutes a workout? Here's a fun treadmill routine from Tracey Staehle, a Connecticut-based trainer and creator of the DVD *Walking Strong*. Reports *Prevention* reader Carrie Pasquale of Petal, MS: "I could really feel it in my butt." You can do the full 25-minute routine or just 1 or 2 of the 5-minute hill climbs for a shorter session.

ACTIVITY	TIME	SPEED (MPH)	% INCLINE
WARM-UP	0:00-4:59	2.5	0
		<i>Increase speed 0.2 MPH and incline 1% each minute.</i>	
GRADUAL ASCENT	5:00-9:59	3.3	5
		<i>Maintain speed but increase incline 1% each minute.</i>	
ROLLING HILLS	10:00-10:59	3.4	5
	11:00-11:59	3.5	5
	12:00-12:29	3.7	7
	12:30-12:59	3.7	5
	13:00-13:29	3.8	8
	13:30-13:59	3.8	5
STEEP CLIMB	14:00-14:29	4.0	10
	14:30-14:59	3.5	5
	15:00-19:59	2.6	10
COOL-DOWN	20:00-25:00	3.4	4
		<i>Decrease speed 0.2 mph and incline 1% each minute.</i>	

TOP BY ZIONNA CASALE; BOTTOM BY NIVE STADHIL - AVAILABLE AT GAPS.COM; WATER BOTTLE BY KLEIN KAMPTEN

