

Be strong+well

the body-weight workout



MAKE MORE MUSCLE

With only the weight of your body, you can get a killer strength-HIIT session—not to mention a fierce physique. In fact, new research finds that body-weight training can boost muscle strength as well as hoisting weights can. In a four-week study at North Dakota State University, one group of exercisers did progressively harder push-up variations (from wall push-ups to modified single-arm reps); another did barbell bench presses, gradually adding pounds. “The results showed that the push-up was just as good at increasing upper-body strength as the bench press,” lead researcher Christopher J. Kotarsky says. The push-up group may also have strengthened their core more. Ready to sculpt all over with no tools? We’ve got the info—and all-new *Shape Studio* video—you need. (Continued on page 48)



Q:

What's the best way to recover postworkout? Any hydration rules to follow?

"Plain water is fine after a workout of 60 minutes or less," says Felicia Stoler, R.D.N., a doctor of clinical nutrition in New Jersey. For longer, sweatier routines, sodium, potassium, and magnesium are the important nutrients to replace. "If you want an electrolyte beverage, drink Smartwater"—and skip the trendy fizzy tablets offering other vitamins, Stoler says. "Eat real food for those."

LEVEL UP

Pull Your Weight

For the best gauge of your upper-body strength, do pull-ups. They're so challenging because they require everything from a good grip to strong lats (your biggest back muscle) to move your entire mass vertically against gravity, says trainer Chris Gagliardi, a pro with the American Council on Exercise (ACE). In fact, they work lats more than seven other common back exercises, according to ACE research. Use the plan at shape.com/pullup to finally master this key move.

62%

Doing a single-leg squat (with rear foot on a bench) works your gluteus maximus this much more than doing a traditional squat, a recent study in the *Journal of Strength and Conditioning Research* shows.

1:1

For a core that's strong 360, aim for a 1-to-1 ratio: Hold side planks for equal time on each side. Hold a sit-up (60-degree recline angle) for as long as you hold a back extension (the bench to use is found in most gyms).

Just walking half an hour is a good calorie burner

316

on sand

204

on wet sand

124

on grass or concrete

be **strong+well**

BODY BONUS

With each running stride, your foot hits the ground with a force that's two to five times your weight, stimulating bone growth.



+



**JOIN OUR WORKOUT SESSION
WITH TRAINER HOLLY RILINGER**

Introducing the *Shape* Studio video workout series: Follow along in real time with trainer Holly Rilinger as she leads you through the body-weight circuit she designed exclusively for *Shape*. Watch it at shape.com/shapestudio, and get your sweat on.

Martin Rusch/Tunk Archive

The Power of a Body-Weight Circuit

ONE OF THE GREAT THINGS about body-weight training is that it's built on total-body movements. "In compound movements, our entire system works harder—we are forced to balance, move in different directions, and use multiple muscle groups," says Holly Rilinger, the creator of the Lifted method and remote coaching program. "This translates into greater calorie burn." You're also building functional strength. "Functional training refers to training for movements—push, pull, rotate, jump—that you do in everyday life," she says.

Body-weight workouts are easy to adjust in intensity. And you can go from move to move without losing flow.

As a Nike Master Trainer who has led routines at big events around the world, Rilinger has honed the art of creating a serious workout using just the body as resistance. So we tapped her to kick off our new *Shape* Studio video workout series with a circuit of her creative moves that checks off all your muscles and high-intensity intervals too. Body-weight workouts are easy to adjust in intensity, just as if you have a cardio or weight machine, Rilinger says. (For example, doing decline push-ups instead of traditional ones is like adding plates on a chest press machine.) Some of the ways to instantly turn it up a notch: "Move faster. Do it on one leg. Make it a plyo," she says. Want to make it easier? "Do it on your knees. Slow down. Reduce your range of motion." And because there's no equipment, you can

transition from move to move without stopping or losing your flow—that will keep the intensity hot and the hassle low. But the real magic of body-weight training, Rilinger says, is that "anyone can benefit from it—even an Olympic athlete." Start now with her HIIT-style seven-move routine at *Shape* Studio. ■