



**step on it**  
Clean off your treadmill and try this plan—it's designed to help you drop 6 to 8 pounds in just 30 days.

**walk it off**  
by Cheryl S. Grant

# anti-boredom workout

» As the weather gets colder, sticking to your walking routine becomes more difficult. And although you may be one of the 8 million Americans who own a treadmill, chances are it's gathering dust or being used as a clothing rack. "Many people think treadmills are boring," says personal trainer Tracey Staehle, who designed the workout below. "But when used creatively, they will help you feel energized and provide the same cardiovascular and weight-loss benefits as a brisk walk outside." If you don't have access to a machine, follow the "Minus the Treadmill" column in our chart.

Minutes	Speed (mph)	Incline (%)	Minus the Treadmill
0:00 - 2:00	2.5	0	march in place
2:01 - 4:00	2.8	2	step side to side
4:01 - 5:00	3.0	4	walk fast in place and pump arms
5:01 - 7:00	3.2	4	march (lift knees to hip height)
7:01 - 8:00	3.5	8	<b>butt kicks</b>
8:01 - 10:00	1.2	10	<b>alternate lunges</b>
10:01 - 12:00	3.5	10	walk fast and pump arms
12:01 - 13:00	4.0	5	march in place
13:01 - 15:00	3.2	2	<b>reverse lunges</b>
15:01 - 17:00	1.2	10	alternate lunges
17:01 - 18:00	3.5	8	walk fast in place and pump arms
18:01 - 20:00	1.2	2	reverse lunges
20:01 - 21:00	3.5	4	<b>squats</b>
21:01 - 23:00	1.2	10	alternate lunges
23:01 - 25:00	3.2	4	march in place
25:01 - 26:00	3.5	10	walk fast in place and pump arms
26:01 - 28:00	3.0	6	march (lift knees to hip height)
28:01 - 30:00	2.5	2	march in place

## MOVES TO DO

- » **Butt kicks** Keeping back straight, kick the heel of your right foot back and try to quickly tap your butt. Continue, alternating sides.
- » **Alternate lunges** With torso upright, hands on hips, step forward with right leg, bending knee to 90 degrees (don't let knee pass over toes). Return to standing and repeat with left leg.
- » **Reverse lunges** Step back with right leg and lower down until shin is parallel to the floor. Return to starting position, switch legs and repeat.
- » **Squats** Stand with feet shoulder-width apart, toes facing forward. Push hips back and down, as if sitting on a chair (knees should not go over the toes). Return to standing as you contract your abs and butt muscles. Repeat.

**WIN A TREADMILL**  
One lucky reader will walk off the weight on her very own treadmill: the NordicTrack T5zi, \$599, with a belt as wide as those in commercial gyms, an iPod connection, speakers and foldability to save space. Available at Sears. For details on entering, see page 198.



Photo (top): Holo Images/Getty Images.