

# Mom

A Happy Family Starts With You

The Today Show's  
**NATALIE MORALES**  
Making time for family,  
finding time for herself

"Moms are  
the caregivers,  
the providers...  
we do it all!"

## NEW YEAR... New You

How a clutter-free life  
can make you a  
better mom (really!)

## 23 WAYS TO CONQUER COUPONS!

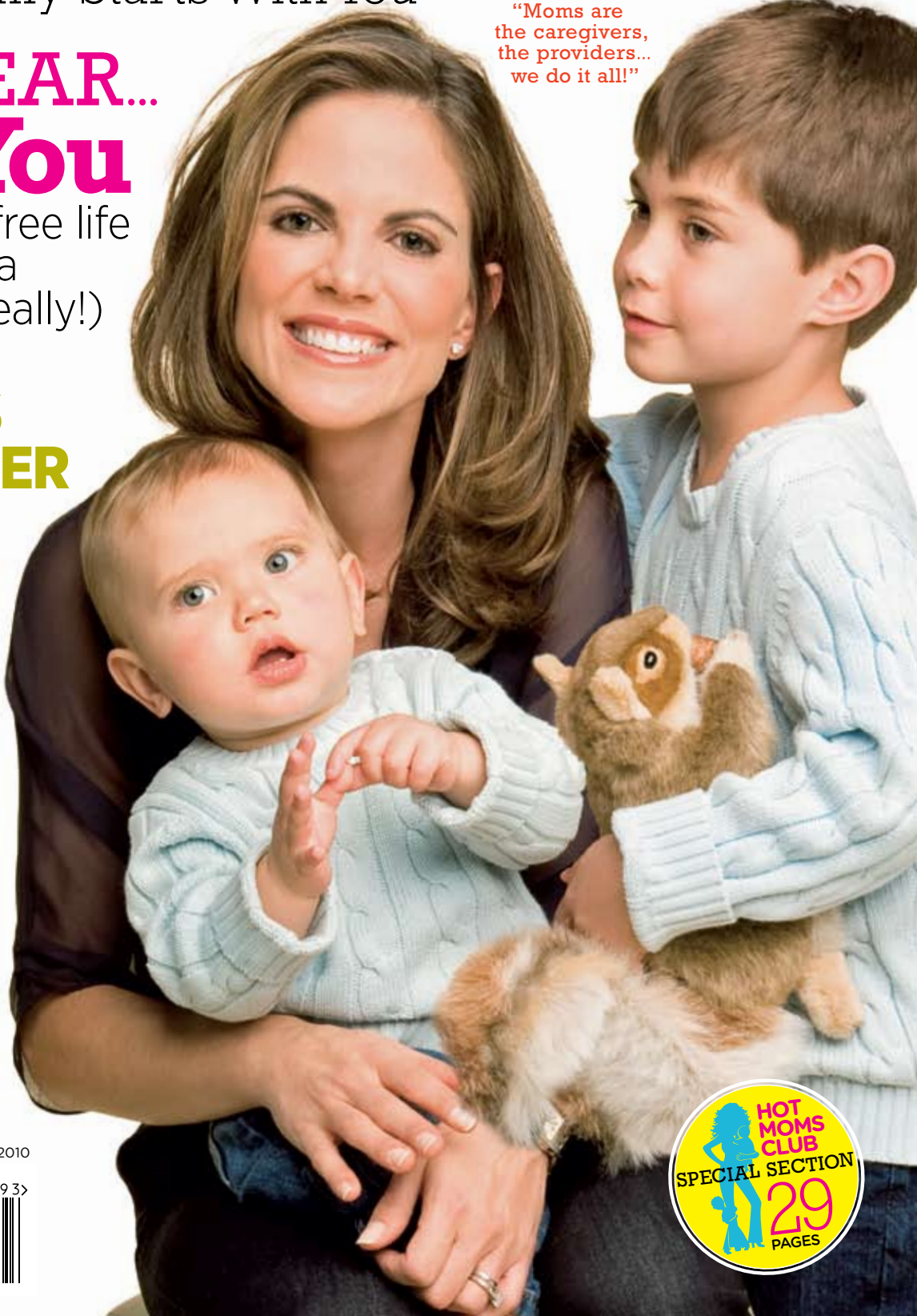
## HAIR TO DYE FOR

PRO TIPS FOR  
DIY COLOR

## HELP!

MY KIDS  
HATE MY NEW  
BOYFRIEND

## GYM-LESS WORKOUT



WINTER 2010 Display until March 30, 2010



# The no-excuse workout

Fitness expert **Jennifer Cohen** shares her *No Gym Required* 15-minute workout, which anyone can do with little or no equipment

PHOTOGRAPHY BY DUMMY NAME HERE

## BURPEE

**Muscle Groups:**

Abs and core, quads, hamstrings, shoulders

**Optional Tool:**

Medicine ball

Assume a push-up position, then pull legs in toward your chest as you jump, raising your arms up in the air above your head. Do 12-15 reps.

**Variation:** Add a medicine ball that you pick up and raise above your head with a jump up in the final stage.

**HEADS UP** A few of these moves call for dumbbells or a step. If you don't have those, use water bottles or cans of food as weights and your stairs or a foot stool as a step.



# BULGARIAN LUNGE

**Muscle groups:**

Glutes, hamstrings, quads, calves, and hip flexors

**Tools:** Step, or a stack of books or magazines; dumbbells

Begin by standing about 3 feet in front of a step (your back to the step), hands on hips for beginners or holding dumbbells for the advanced. Place your right foot on the step, ensuring your left leg is still straight in alignment with your upper body. Slowly descend, just like in a regular lunge—remembering to keep your left knee behind your left foot to bring your left leg to a 90-degree bend. Hold for 2 seconds, then extend your left leg and return to the beginning position. Do 12–15 reps for 3 sets on each leg.



# PLIÉ SQUAT

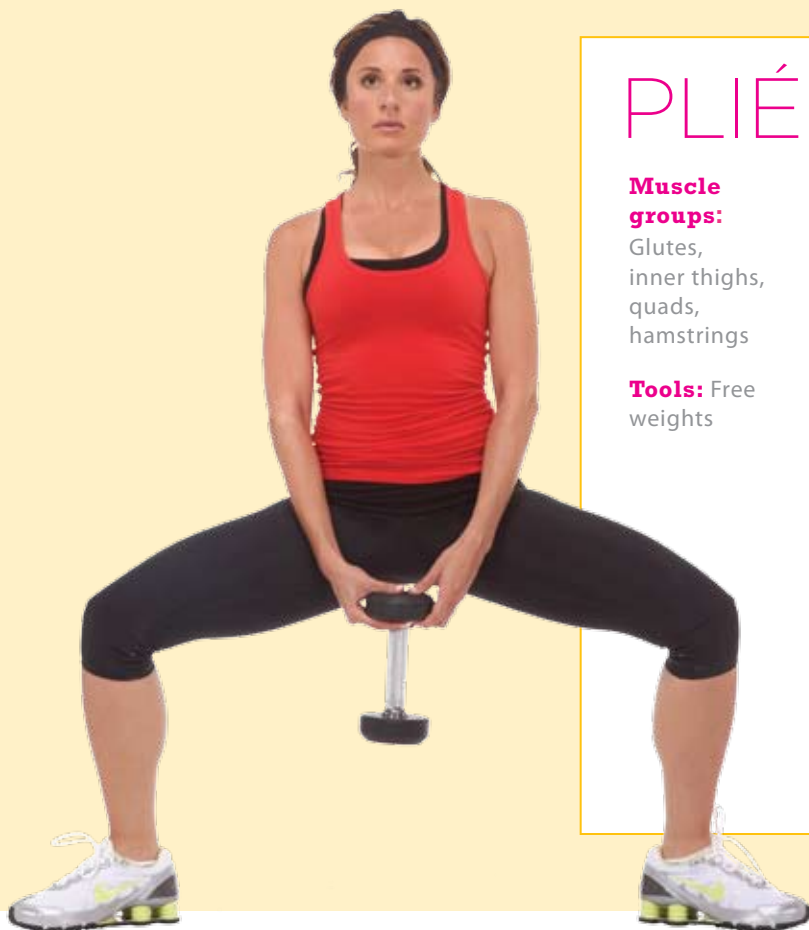
**Muscle groups:**

Glutes, inner thighs, quads, hamstrings

**Tools:** Free weights

Stand with your feet wider than shoulder-width apart, toes pointing out. Hold a free weight with both hands in front of you. Keep your back straight and lower yourself, bending from your knees. Hold for 3 seconds and then exhale as you slowly stand back up. Do 12–15 reps for 3 sets.

**Variation:** Add an overhead tricep extension for more difficulty. This will also work your upper body at the same time. While holding a weight in each hand, extend both arms so your hands are above your head. Extend your arms and slowly lower the weights behind your head as you squat. To make that easier, just use one weight.





**Variation:** Hold heavier weights to increase intensity.

“I like to stick to the basics, like push-ups and lunges, and mix in muscle-group exercises like burpees and jumping jacks. **The key is to build a routine you’re going to enjoy doing!**”

## STANDING SIDE CRUNCH



**Muscle groups:** Abs and core

**Tools:** Free weights

Stand with feet apart a little wider than hips. With a free weight in each hand, raise your right arm up in an arc over your head and then down, while lifting your right knee up toward the side of your body to meet your right elbow. Repeat on the left side. Do 12-15 reps for 3 sets on each side. ●



**Jennifer Cohen** is a health and fitness expert, author of the book *No Gym Required*, and president of the company NGR. Drawing from her experience training clients, Jennifer focuses on making it easy for people to adopt healthier lifestyles.