

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

DOUBLE WHAMMY!

Want to increase your caloric burn and tighten up your lower half? Rise to the challenge of an uphill workout! Cardio on an incline puts more emphasis on your hamstrings and glutes, which will tighten, trim and tone your most troublesome areas. Check out these uphill ideas and you'll be on your way to great gains in no time.

- * Take your significant other on a hike or a mountain bike tour.
- * Set your treadmill or elliptical trainer to an incline of five percent or more.
- * Make use of the stair stepper in your gym.
- * Go to your local high school or collegiate sports stadium and run stair sprints.
- * Find a large hill near your home and do laps up and down.