

Too often it seems our work-out routines yield little to no results after weeks and sometimes even months of effort. The problem is we waste all of our time doing exercises that just don't work! Tara Zimlik, founder of Tara's Boot Camp, has helped countless clients turn their tired fitness regimens into fat-blasting, muscle-sculpting workouts. After years of experience, Tara has found that the key is targeting various parts of the body at once, without spending countless hours at the gym. "When it comes to building a better body, less is more," says Tara.

Below, the expert offers a dynamic routine that turns flabby into fit with just 5 powerful exercises.

FOR SCULPTED ARMS

Condition your muscles to burn more calories while building balance and strength. "The more muscle you have, the more calories your body burns while resting," says Tara, "So strong arms will stay lean with less effort."

Leaning dumbbell curls: Sit on a bench or chair with your back at a 45 degree angle. Hold a dumbbell in each hand and let your arms hang straight down on both sides with your palms facing in toward each other. Slowly curl the weight in your left hand as if to touch it to your left shoulder. While you are curling the dumbbell, slowly turn your wrist outward so that your thumb points away from you body. Squeeze your bicep at the top of the movement for a one-count and then slowly return to the start position. Aim for 3-4 sets of 8-10 reps.

FOR TONED LEGS

Simply apply force in quick, powerful bursts. According to Tara, treadmills can sometimes take a toll on your knees, so it's a good idea to work your legs with low impact exercises at least three times per week.

Single leg box jumps: Stand in an athletic position with one foot on the ground facing a bench or similar target you intend to jump onto. Bending your knee into a squat, explode off the ground, landing on the edge of the target. Spring backwards off the bench landing back on the ground in a squat position. Perform 5-10 jumps for each leg in 2-3 sets.



5 EXERCISES That Get You More BANG FOR YOUR BUCK

FOR A SEXY BACK

Sculpt your lat muscles or your "wings". Solid, muscular shoulders give the illusion of a smaller waist. Tara says with one properly executed move, you can also improve your posture, burn more calories, and protect yourself from muscle imbalances.

Barbell Bent Over Rows: Keeping your feet shoulder-width apart and your back straight, bend at the waist so that your torso is almost parallel to the floor. With an overhand grip slightly wider than shoulder width, extend

your hips and pull the barbell up from the floor to your chest. Lower the barbell about 3 inches from the floor with your arms fully extended. After 8-12 reps, return the barbell to starting position. Do three sets.

FOR TIGHT ABS

Don't waste your time doing crunches which will only result in back pain. Instead, focus on a core-building and fat-burning exercise guaranteed to strengthen and tone your mid-section, says Tara.

Russian twist: With a medicine ball, dumbbell, or weight plate, sit on the floor with your hips and knees bent at a 90 degree angle. Hold the weight straight out in front of you and while keeping your back straight, twist your torso as far as you can to the left. Then reverse the motion, twisting as far as you can to the right. "Large movements boost your metabolism," says Tara, "So really focus on extending and contracting your abdominals for maximum benefit." Do 3 sets of 8-12 reps.

FOR FIRM GLUTES

Engage your stabilizer muscles while keeping your body perfectly balanced. "Challenge your backside with an exercise that combines resistance with intensity," Tara advises. Simultaneously working your hamstrings and lower back allows you to shape up more efficiently.

One-legged dead lifts: Take your left leg back just a bit, lightly resting on your toe. With the weights in front of the thighs, tip from the hips and lower the weights as low as your flexibility allows. Keep your back flat or with a natural arch and make sure you keep the abs contracted to protect the back. Squeeze the glutes of the working leg to rise back up. Do 2-3 sets of 8-12 reps.