

RECHARGE *your body*

THIS CARDIO-STRENGTH ROUTINE
SHAKES THINGS UP WITH AN UNEXPECTED
TOOL AND INTERVAL SCHEME
TO BRING ON BIG RESULTS.
GET AFTER IT LIKE A BOSS.

FIT FASHION

This page: **Stone Row x GMJ rain jacket** (\$150, volcom.com).
Panarea Couture Irene One-Piece suit (\$295, panareacouture.com).
New Balance 574 Sport sneakers (\$100, newbalance.com).

By **SARA ANGLE**
Photographs by Arthur Bebebeau



**GETTING
EXCITED**
*for your next
workout is
all about variety.*



FIT FASHION
This page: **Tory Sport Reflective Performance hoodie** (\$228, torysport.com). **Tantris Tanoluxe shorts** (\$58, tantris.com). **Reebok Classic Leather Zip sneakers** (\$100, reebok.com).
Opposite page: **Bondi Born The Lookout suit** (\$290, bondiborn.com). **Splits59 Sprint shorts** (\$58, splits59.com). **Reebok Classic Leather HD sneakers** (\$85, reebok.com).

Hair by Antonio Diaz for Oribe Hair Care; makeup by Kyriaki Savrani for Dior Addict; set styling by Tara Marino/Ray Brown Pro





There is more than one

right way to perform a HIIT routine, so why do the same push-recover-repeat mix every time? “If you’re constantly switching up the equipment you use, the exercises you do, the resistance, and the timing and patterns of your workout, your body never gets used to any one form of training,” says Rob Deutsch, the founder and co-owner of F45, a functional training gym with over 800 locations worldwide. Such variety, he says, is exactly what helps keep your metabolism stoked.

Your body needs to work harder to adjust to different exercises, greater loads, or a new rep scheme, which results in a higher calorie burn, Deutsch continues. Varying the timing of intervals also plays a crucial role: Switching back and forth between cardio bursts that spike the heart rate and strength-training sets that let your heart rate level out challenges your system—and routinely recalibrating them gets you even fitter.

“At F45 you’ll never move around the room the same way,” Deutsch says of the studio’s circuit-style training. One class, dubbed “Firestorm,” has a whopping 54 stations, while “Hollywood” has 27 stations. “Benches, barbells, and dumbbells are staples, but we also bring in ropes, boxes, sandbags, sleds, bands, slam balls, Bosu balls, and more,” he

says. (Get a sneak peek on these pages.)

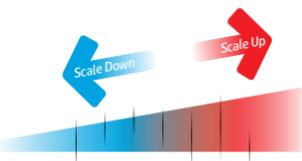
In fact, to sell you on the power of adding some fresh stations to your usual circuit, we asked Chris Barnes, F45’s athletic director, to create a total-body HIIT workout exclusively for *Shape* using—besides your body weight—an old-school Bosu ball. (Head to shape.com/F45 for the full routine.) If you haven’t used one of these inflated rubber mini domes before (you can get the original Bosu Balance Trainer for around \$100 on amazon.com), it can be used in extremely versatile ways and has about the same effect as exercising while standing in a canoe would.

“When you’re on an unstable surface, your central nervous system is sent into overdrive, firing off signals to stabilizing muscles that you don’t use in everyday life,” Deutsch says of its shock-your-body benefits. You’re working at a greater rate, which means you’re burning more calories and building muscle. You’ll also fire up your core as it works to keep you balanced.

Follow the circuit through, and, postworkout, you should feel it in a few spots that you typically wouldn’t with your current drill. Remember, you’ve always got the option to mix it up—we’ll get you started with some suggestions online. Let those spark you to reboot your next workout. ★

Try this workout!

Scan here for your step-by-step how-to, including photos, or visit shape.com/F45.



SCALE IT FOR BEST RESULTS

Check out the Scale Down and Scale Up cues online to customize these exercises to your fitness level.



FIT FASHION

Melissa Odabash
Zuma suit (\$260,
odabash.com).
Opposite page: Noli
Yoga Star Mesh top
(\$70, noliyoga.com).
Yandy.com Fitted
Contrast Color Gym
shorts (\$10, yandy.com). Nike sneakers
(stylist’s own).

**NEW
CIRCUITS**
*will keep you
mentally energized.*