

COSMOPOLITAN

For Latinas

FALL 2015



tu vida mejor | FITNESS

WORK IT OUT

Te mueres to get into shape, but money is tight. Never fear: We researched the latest fitness trends and checked in with certified trainer and nutritionist, **Franci Cohen**, to see which workouts are worth the sweat.

SOUL CYCLE

CALORIES 600-900.

INTENSITY The amount of fat and carb stores your body will burn depends on cadence, resistance, positioning, and training zones.

TONING Fluctuating between aerobic and anaerobic cardio (short, high intensity exercise) gets the best results for legs, glutes, and arms too.

VS

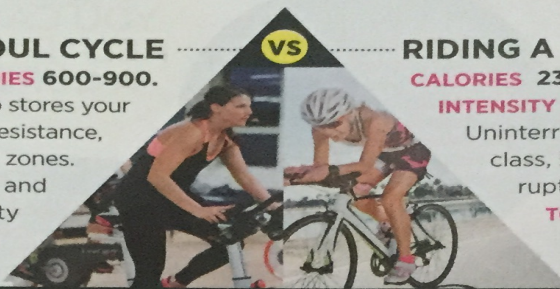
RIDING A BIKE

CALORIES 236 at 10 MPH.

INTENSITY The right terrain is crucial.

Uninterrupted terrain can be similar to a class, if you keep a steady pace, but interrupted terrain could take away momentum.

TONING A leg workout is bound to happen, but it may not tone your bum and arms the way a class can.



VERDICT INDOOR CYCLING GETS YOU THAT EXTRA INTENSITY YOU NEED TO BURN THE CALORIES YOU WANT IN LESS TIME.

CARDIO DANCE CLASS

CALORIES 500-700.

INTENSITY If the choreography is challenging and keeps muscles moving, the workout is equivalent to light jogging. It's a perfect way to get active if you've been out of the gym.

TONING Engaged core muscles help build abs, while squats shape glutes, and free weights tone arms.

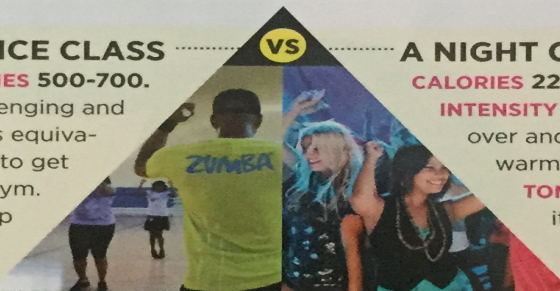
VS

A NIGHT OF DANCING

CALORIES 220, depending on dance style.

INTENSITY If you're doing the same move over and over, it can be the equivalent to the warm-up of a Zumba or Vixen workout.

TONING You may get sore from breaking it down, however, chances are you're just burning off the shot you pre-gamed with.



VERDICT CARDIO DANCE CLASSES WILL GET YOUR BODY MOVING MORE TO HELP ACHIEVE A BETTER OVERALL WORKOUT.

TREADMILL INTERVALS

CALORIES 700-1000.

INTENSITY Running classes use speed and incline to give your body a demanding interval workout, pushing your fitness level.

TONING The great thing about running is the overall toning, but intervals help build muscle (particularly in your legs) when at an incline.

VS

TRADITIONAL RUNNING

CALORIES 530 at 5 MPH.

INTENSITY Outdoors there are many uncontrollable variables, like traffic lights or *gente*, that can kill your pace and damper your workout.

TONING A disciplined run with varying terrain will tone you up, but if you lose motivation or intensity, results won't be as head-turning as you expect.



VERDICT IT'S REALLY A TOSS-UP AND DEPENDS ON THE ENVIRONMENT AND YOUR ROUTE.

CROSSFIT

CALORIES 700-850.

INTENSITY Classes give a full body workout by juxtaposing plyometric anaerobic spurts (i.e. box jumps) with heavy weight lifting.

TONING Everything will be toned and shredded from the use of weights and the constant pushing of your body to its limit. Expect overall hotness!

VS

INSANITY WORKOUT DVD

CALORIES 679.*

INTENSITY Working out alone will not hold you to the standards a class or instructor will. Discipline is a must to make this work.

TONING The DVDs work both upper and lower body, and use cardio and resistance training to give you a total body workout without using weights.

