

Make Over My Workout!

Stuck in a fitness funk? These five readers were, until our pros gave their routines a complete revamp. Get inspired by their one-month turnarounds and step off that elliptical to nowhere! BY MICHELE BENDER ■ PHOTOGRAPHS BY KAREN PEARSON

The Experts ● Amie Hoff, New York Sports Clubs master trainer
● Ashley Miller, New York Sports Clubs master trainer
● Lisa Goldberg, nutritionist and creator of HealthCoach, LLC

Rachel Strohmenger 30, Brooklyn, NY Public Relations VP

RUT Her daughter Jordan's first birthday came and went, but Rachel still hadn't shed the last seven post-baby pounds. She worked out three to five times a week—running, lifting and taking classes—but “couldn't lose another ounce.”

ROUTINE RESCUE

Take a “brake.” Rachel was working too hard, at 90 percent of her maximum effort. By easing up to 75 percent—with quick sprints mixed in—she could run longer and burn more calories from fat.

Focus. Rachel took aerobics classes that incorporated ab-sculpting Pilates moves.

Eat more often. To boost her metabolism, she ate five smaller meals a day.

SUCCESS! Rachel is back in her favorite pre-pregnancy jeans. “I rarely weigh myself, but those pants tell it all,” she says.

“My do-it-all approach wasn't taking off the baby weight. A little focus did.”

