TORCH 400 CALORIES IN 20 MINUTES

That's what a kettlebell workout can do, according to a study by the American Council on Exercise. Hefting the cannonball-shaped weights strengthens your muscles, and because you're doing exercises that require quick bursts of movement, your heart rate jumps, helping you burn mega calories. Test it for yourself with the kettlebell plan at shape.com/kb.

Buy 'bells at theshape store.com

“...It puts you at risk of falling, and when you gaze down, your posture suffers,” says Polly de Mille, Ph.D., an exercise physiologist at the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City. What's more, if you're consumed by that chapter of Twilight, you're likely not working as hard—or burning as many calories—as you could be.

STOP! READING ON THE TREADMILL

Try This! Sign up for a strength-training session with a pro. Exercise newbies who lift weights with a coach increase their strength 33 percent more during the first three months than those who go it alone.

SOURCE: JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

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