

30 DAYS TO... BOOSTING YOUR ENERGY

GUNNAR PETERSON, WHO TRAINS STARS LIKE TOM BRADY AND HALLE BERRY, HAS CUSTOMIZED THIS MONTHLONG PROGRAM, WHICH INVOLVES EATING AN ENERGIZING (AND SLIMMING) DIET, WORKING OUT WITH MORE PEP AND VIGOR, AND SLEEPING MORE RESTFULLY. IT'LL TAKE YEARS OFF THE WAY YOU FEEL (AND MAYBE LOOK) IN A MATTER OF WEEKS.



WEEK 1 DIET: TIMING IS EVERYTHING

Eat breakfast within 45 minutes of waking and a high-protein snack 30 minutes after exercising.

WORKOUT: BASELINE

Do cardio (running, biking—whatever suits you) for 35 minutes a day. Maintain a steady pace and do the final 3 minutes 10 percent faster. Then do strength training. Do 10 reps and 3 sets of each move. Choose a weight that will make you break form at the end of each set. On Monday, Wednesday, and Friday, do squat presses, diamond push-ups to mountain climbers, and side lunges to lateral raises. On Tuesday, Thursday, and Saturday, do push-up to stands, rear lunges to upright rows, and bent-over raises to curls. Sign up for the Details trainer e-mail to see videos of each of these moves.

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SLEEP: CHART IT

Keep a sleep journal on your night table and record patterns (like reading before bed or eating well) that equal more restful shut-eye.



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WEEK 2 DIET: SNACK SMART

Build two protein-based snacks into your day (one mid-morning, one mid-afternoon). Yes, they can be the same.

WORKOUT: PROGRESSION

Increase to 40 minutes of cardio daily, doing the last 4 minutes of the workout at the faster clip. Your strength routine will increase from 3 to 4 sets. Continue doing the same exercises on the same days as in Week 1.

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SLEEP: SET THE MOOD

Foster an environment for better sleep. First rule: no television in bed. Next, set your bedroom temperature to 68 degrees or lower. Warmer temperatures promote tossing and turning and less restful slumber.

TIP: TIME TO WIND DOWN

Stop drinking caffeinated beverages after 4 P.M. Yes, that includes tea.

WEEK 3 DIET: LESS IS MORE

Reduce the size of your dinner by 25 percent. Settle down, it's not that much. Besides, it will help you sleep better—see how it all ties together?

WORKOUT: STRONGER AND FASTER

Keep your cardio at 40 minutes but increase your pace by 10 percent. For the final 4 minutes, bump up the speed by another 5 percent. Do this week's movements before your cardio. Do push-up to stands (for an advanced version, see Key Exercise), lying hamstring presses, alternating crunches, and reverse crunches on Monday, Wednesday, and Friday. On Tuesday, Thursday, and Saturday, do tuck jumps, dumbbell biceps curls to rear deltoid raises, and Superman back extensions.

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SLEEP: ELIMINATE TIME-WASTERS

Start to extend your sleep by 15 minutes per night. It might help to remove one superfluous thing from your before-bed routine and use the time for extra Zs.

KEY EXERCISE

Make the push-up to stand more challenging (and energy-boosting) with progression. Do one push-up to stand, two push-up to stands . . . until you get to eight. That's a total of 36 push-ups.

TIP: LEARN HOW TO DRINK SMARTER

It's time to eliminate soda and fruit juice. Nutritionally, they're the same: loaded with fattening sugar.

WEEK 4 DIET: HYDRATE MORE

Increase your daily water intake by three glasses: an additional one at the beginning, at the middle, and at the end of the day.

WORKOUT: CRANK IT UP

Make every fifth minute of cardio a sprint. The movements and reps will stay the same, but try to get through all the movements with no rest. Use the same exercise order as Week 3.



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SLEEP: ELIMINATE TIME-WASTERS

Continue to cut superfluous activities to boost shut-eye. Even 10 minutes makes a difference.

KEY EXERCISE

Tuck jumps are a great addition to any routine. Make them more difficult by dropping lower into a squat and touching your knees to your chest on every jump-up.

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WWW

GO TO DETAILS.COM FOR DEMONSTRATIONS OF THE EXERCISES ABOVE. PLUS, SIGN UP TO HAVE 30 DAYS OF WORKOUTS DELIVERED DIRECTLY TO YOUR IN-BOX.