

Tone at Home

Hate the cold? Then you'll love our *indoor* ski-inspired workout. Get the calorie-burning, balance-boosting benefit of downhill; no parka required!

Just **20 min**



Warm Up [2 min]

Elbow-Knee Touches

1 min
Stand with feet shoulder-width apart, arms at sides. Without bending forward at the waist, lift your right leg up to meet your left elbow; continue alternating sides.



Side Ski Shuffle

1 min
Stand with your feet shoulder-width apart. Bring your right foot to meet your left; quickly return to start. Bring your left foot to meet your right; return to start. Continue alternating feet, picking up the pace as you go.

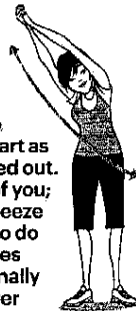
Work Out [16 min]

Repeat this series four times in this order. Focus on form at first; once you have that down, pick up the pace.

1 Popover 1 min
Stand with feet together, knees slightly bent, hands on hips. Place a rolled-up towel about 3 inches to the side of left foot. Jump over the towel from side to side while trying to keep feet together.

2 Wall Sit 1 min
Stand with your heels 1-2 feet from a wall and lean your back against it. Slide down until your legs form a 90-degree angle (or as close as you can get), thighs parallel to the floor. Hold, keeping abs contracted, for 10 seconds. Lift back up. Repeat 5 times.

3 Alpine Plié Reach 1 min
Stand with feet as wide apart as is comfortable, toes pointed out. Hang arms down in front of you; clasp hands together. Squeeze your abs and bend knees to do a plié. Straighten your knees and raise your arms diagonally overhead to the right. Lower your hands as you move into another plié and then lift them diagonally overhead to the left. Repeat.



4 Mountain Climbers 1 min
Begin in push-up position. Bring left knee in to chest and rest the foot on the floor. Move left leg back to start, while simultaneously bringing right leg in to chest. Repeat, resting as needed.



Cool Down [2 min]

Jackknife 1 min
Lie on back. Keeping right leg straight with foot flexed, bend left leg and grasp left knee, pulling it toward chest. Hold for 30 seconds. Repeat on opposite side.

Mountain Stretch 1 min
Stand with feet shoulder-width apart, arms hanging down at sides. Clasp hands and reach arms overhead to stretch your entire upper body. Hold for 20 seconds. Release and repeat 2 more times.



ACTIVITY POINTS PLUS VALUES EARNED: 1 (BASED ON A 150-LB WOMAN)

PHOTOGRAPHY: KRISTIANE VEY/JUMP FOTO.

WEIGHT WATCHERS IS A REGISTERED TRADEMARK OF THIS WORKOUT. FOR MORE INFORMATION, VISIT WWW.WEIGHTWATCHERS.COM. E-MAIL US AT WWWEDFOR@WEIGHTWATCHERS.COM.