

# Tone Up IN 30 DAYS

**Lyzabeth Lopez**, fitness powerhouse, holistic nutritionist, and creator of the super-popular Hourglass Workout, shares her tips for getting lean in all the right places.

BY CORINNE GRIFFITH COLE



### The Philosophy:

The key to an **hourglass figure** is less about losing your curves and more about flattening your belly and building your booty. Check out Lyzabeth's total body plan at [lyzabethlopez.com](http://lyzabethlopez.com).

### The Workout:

**CARDIO:** To lose fat and maintain muscle mass (ahem a booty), go for short cardio bursts every two days.

#### TRY THIS 20-MINUTE TREADMILL HIIT (HIGH INTENSITY INTERVAL TRAINING) SPRINT:

- Start with a 3-minute warm up jog.
- From minutes 4-10, perform moderate intensity sprints for 45 seconds to one minute with 30 seconds of rest in between.
- Once you hit the 10-minute mark, increase your speed and sprint for 20-30 seconds with one to one and a half minutes of rest in between. Finish out the workout this way.

**WEIGHTS:** Plain old squats using only your body weight won't do much to boost your bum, says Lyzabeth, so you've got to lift.

**Her top 5 exercises for an amazing butt.** Try doing these twice a week.

- 10 Deadlifts (110-300 lbs)
- 10 Kneeling cable kick backs (50-80 lbs per leg)
- 10 Hip thrusts (110-350 lbs)
- 10 Walking lunges with glute kick back (50-110 lbs)
- 10 Glute/ham machine raises (45 lb plate)

\*These are Lyzabeth's suggested weights, but start out with what you're comfortable with.

#### LYZABETH DRINKS THIS BELLY-BLOAT BUSTER 3X/WEEK

### Fire Shot

1 serving; best if consumed within 20 minutes of blending or juicing

- 2 tbsp apple cider vinegar
- 1 tsp local raw honey
- ½ an orange juiced or squeezed
- 1 whole lemon juiced or squeezed
- ¾ cup water
- 1 inch fresh turmeric root
- 1-2 inches fresh ginger root

For more of Lyzabeth's recipes, go to [latina.com/30dayfitness](http://latina.com/30dayfitness).

**TIP:** ADD A 1-2 LEVEL INCLINE FOR GLUTE ENGAGEMENT THROUGHOUT YOUR SPRINTS.

### The Diet:

**CUT OUT SUGAR:** "It's the major food to eliminate if you want to see quick and positive results in your weight, energy, skin tone, mood, and more," says Lyzabeth. "But, full disclosure: no one's perfect. I still give into my cravings for a chocolate chip cookie, or small dark chocolate bar three to four times a week. It's the 80/20 rule: eat healthy for 80 percent of the time, then you have 20 percent for a few cookies, or your fave cheat food."

Incorporate these "flat belly foods" into your diet to reduce bloat and help with good gut health:

- Kimchi
- Sauerkraut
- Kefir
- Apple cider vinegar (diluted with water)

**TIP:** BECAUSE THE INGREDIENTS ARE ACIDIC, RINSE YOUR MOUTH WITH WATER AFTER DRINKING TO PROTECT YOUR TOOTH ENAMEL.

#### INSTRUCTIONS

Place all ingredients in a blender and mix on high speed until blended. Try drinking it 20 minutes before a meal to assist with digestion.

