

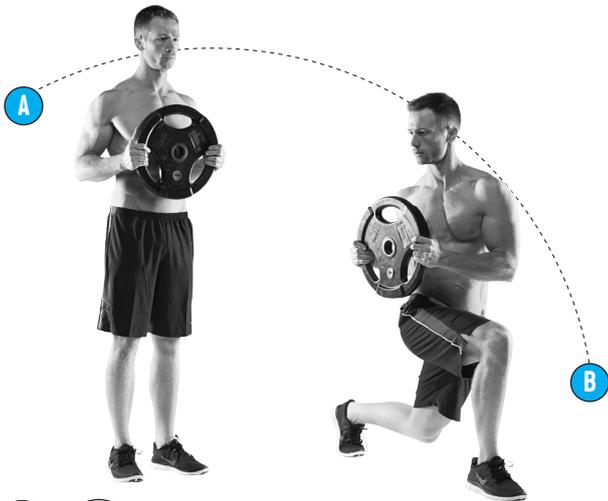


# THE 15-MINUTE FAT LOSS WORKOUT

Transforming your body takes hard graft and dedication, but it needn't take time. Perform these exercises as a circuit for a fast, full-body workout that will torch calories and spark muscle growth. Complete as many circuits as you can in 15 minutes, resting for 60 seconds between sets

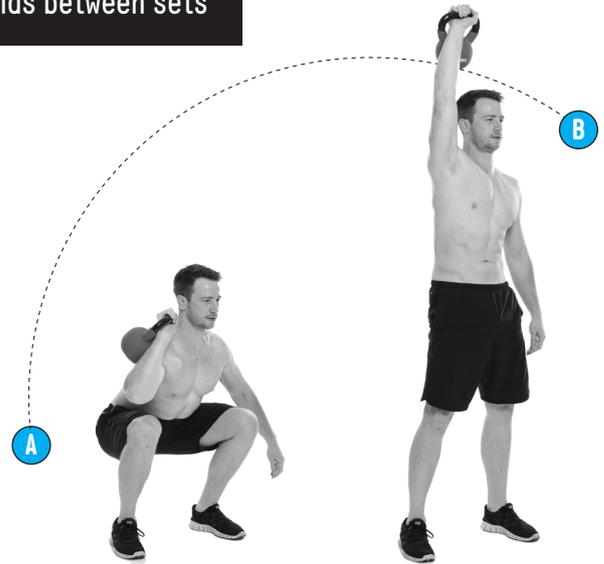


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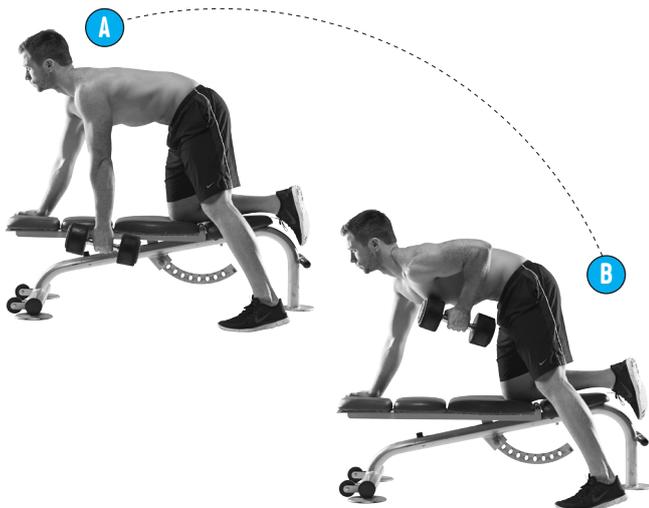
## ROTATIONAL LUNGE

The big muscles in your lower body have maximum fat-burning potential. Grab a weight plate (A), step forward with your right foot and sink into a lunge so your knees are bent at 90 degrees. As you lunge, twist your torso toward the front leg (B). Return to standing, then repeat on the other side. Do 8-10 reps each side, alternating.



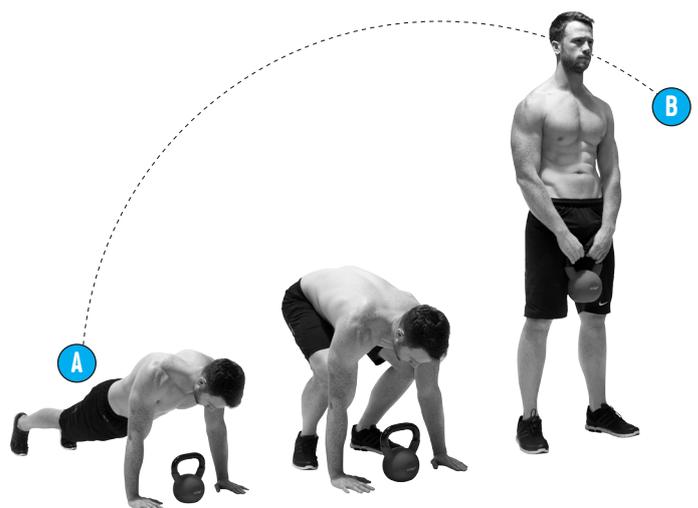
## SQUAT PRESS

Double-time your results with a hybrid move that works your legs, glutes and shoulders. Pull the kettlebell up off the floor into a rack position over your shoulder. Sink into a squat (A), then power up through your legs to press the bell overhead (B). Return the weight to your shoulder and repeat for 8-12 reps each side.



## SINGLE-ARM ROW

Holding a dumbbell in one hand, kneel on a flat bench and let your arm hang, with the other acting as a support (A). Engage your core to stabilise your spine. Now pull the dumbbell up, retracting your shoulder blade and keeping your elbow close to your body throughout (B), then lower. Work each arm in turn for 8-12 reps.



## KETTLEBELL GET-UP

Complete your total-body assault with this modified burpee. Set up in a plank position over the top of the kettlebell (A), then hop your legs in. Instead of jumping, grab a heavy kettlebell and deadlift it off the floor (B). Squat to place it down, then hop back into the plank. Do 8-10 reps. Now go back to the lunges.