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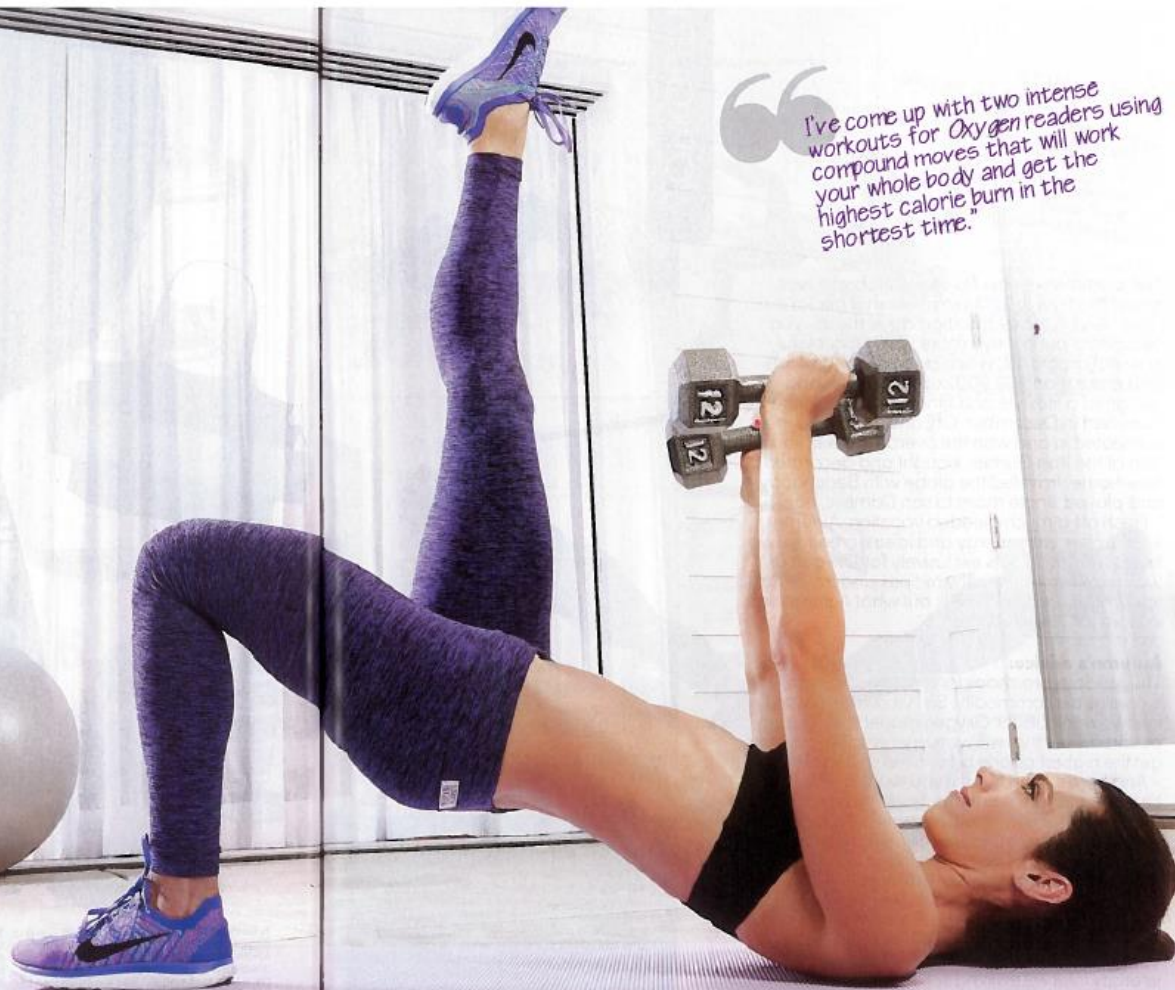
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Pressed for time? Try two timesaving workouts from Autumn Calabrese, the woman behind the 21 Day Fix and The Master's Hammer and Chisel.

"I've come up with two intense workouts for Oxygen readers using compound moves that will work your whole body and get the highest calorie burn in the shortest time."



autumn in

DECEMBER

BY LARA MCGLASHAN, MFA, CPT, FITNESS EDITOR PHOTOGRAPHY BY PETER LUEDERS

JUST THE FACTS
 Birth Date: September 23, 1980
 Birthplace: Cleveland
 Current Residence: Studio City, California
 Height: 5'4"
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 YouTube/Facebook: autumnfitness
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The last time we saw Autumn Calabrese was about this time in 2014 when we shot her for our cover. And in those 365 short days, the 35-year-old spiffire put out two more wildly successful workout programs, wrote a cookbook that has sold more than 200,000 copies to date, and designed a lifestyle and fitness apparel line to be launched in December. Oh, and of course, she competed in and won the overall in the bikini division at the Iron Games, bought and decorated a new home, traveled the globe with Beachbody, and played single mom to son Dominic, now 6.

Fresh off a much-needed vacation, Autumn was replete with energy and ideas, creating two timesaving workouts exclusively for Oxygen as well as giving out healthy recipes and traveling tips for the holidays. Check out what Autumn has in store for you this winter!

Autumn's advice:

The holidays are chaos for most people, and time is a valuable commodity. So I've come up with two intense workouts for Oxygen readers using compound moves that will work your whole body and get the highest calorie burn in the shortest time.

And here's a fun twist: If you want to lift a little heavier and maintain muscle, do three rounds of 15 reps for each move. If you want to get in more cardio and burn off that pecan pie, lighten up the weight a little and do two rounds of 22 reps per move. Do one workout for an intense 15-minute session, or do them in tandem for a fast and furious 30-minute body blast.

Your plan: Do these moves in a giant high-intensity interval training set, resting no more than 15 to 20 seconds between moves and no more than a minute between rounds.

WORKOUT 1



BULGARIAN SPLIT SQUAT JUMP
setup: Stand in front of a flat bench with one foot extended behind you, with the ball of your foot on the bench and your torso pitched slightly forward.
move: Bend your front knee, then explode upward, lifting your front foot off the ground and tapping the knee in the air with your opposite hand while keeping your other foot pressed firmly into the bench. Land softly and repeat right away. Do all reps on one side before switching.

Autumn's Tip: "The key is to stay tilted slightly forward from the hip. If you're too upright, you're arching your back and putting pressure on your spine."

Autumn's Tip: "Squeeze the glutes of the grounded leg while your other leg is in the air to keep your hips square and lifted."



BRIDGE ONE-ARM PRESS
setup: Position your head and shoulders on a bench so they are fully supported, and lift your hips in a bridge with your feet hip-width apart. Hold a dumbbell in one hand at your shoulder, elbow bent.
move: Extend your arm and press the weight straight up as you lift your opposite leg, knee bent, up over your hip. Lower your leg and arm and repeat, completing all reps on one side before switching.



CLOCK PUSH-UP
setup: Get in to a push-up position with your hands outside your shoulder and your head, hips and heels in line.
move: Bend your elbows and lower your body toward the floor until your chest nearly touches, then extend back to the start. Walk your hands on a turn to the right, pivoting around as if you were a hand on a clock with your toes in the center, and repeat the process until you've done half your reps. Do the other half in the opposite direction.

Autumn's Tip: "Take the time to get into your proper push-up position each time you walk a step around the clock."

HAIR AND MAKEUP: NANCY JAMBAZIAN • FITNESS CLOTHING: LEGGINGS BY ELISABETTA DRUSIANI, BLACK TOP BY AUBREY JANE, SHOES BY NIKE. STYLING: JESSICA WILSON FOR OXYGEN MAGAZINE. COURTESY: OXYGEN MAGAZINE

Win Autumn's stuff! Want to get a 21 Day Fix Extreme program and cook your way fit with FixAte? Go to oxygenmag.com and find out how!

WORKOUT 2



STEP-UP CROSSOVER

setup: Hold a dumbbell at your chest with both hands and stand to the side of a flat bench. Place your right foot squarely on top of the bench.
move: Extend your right leg and stand up onto the bench, bringing your left foot up over the top and across to the other side (right foot still on top). Touch down briefly, then extend your right leg once more, bringing your left foot back over and across to the original side to complete one rep. Do all reps on one leg before switching.

• **Autumn's Tip:** "Take it slow. This is not about speed. You don't want to get your trail foot caught as you lift it up and over."

RENEGADE BENCH ROW AND LEG LIFT

setup: Get into plank with one hand on a bench and the other holding a dumbbell.
move: Keeping your head, shoulders and hips in line, row the dumbbell up and back while simultaneously lifting your opposite leg into the air. Lower slowly, then repeat. Do all reps on one side, then switch.

• **Autumn's Tip:** "The biggest cheat I see here is putting your heel down to stabilize you. To challenge your balance and engage your core, keep your heel lifted off the ground at all times."



For a fab ab superset designed by Autumn, go to oxygenmag.com!



DUMBBELL OVERHEAD PULL

setup: Lie faceup on the floor with your knees bent and hold a set of dumbbells straight up over your shoulders, palms inward. Bridge your hips and lift one leg straight up into the air.
move: Hold in bridge as you lower your arms back behind your head until they are hovering above the floor. Raise them back to the start, completing all reps while holding bridge.

• **Autumn's Tip:** "Be careful with your range of motion and only lower the weights back as far as you can while staying in control."

Stretching your limits

I like to lift heavy, so if I don't stretch out after I train, I walk funny the next day! Plus, I have a bulging disk in my lower spine and stretching helps me stave off injury. This is my favorite stretch postworkout, hitting the hip flexor, side body, shoulder and quad. Because you use the bench for balance, you can go deeper into the stretch and hold it a little longer. Do each side for at least 30 seconds and remember to breathe deeply and let your muscles relax.



BENCH HIP FLEXOR STRETCH

Kneel facing the bench and step your left foot forward so your left knee comes in contact with the bench while the right leg slides back as far as possible. Place both hands on the bench, lift your chest and lower your hips toward the floor. Hold for 30 seconds and breathe. To add intensity: Reach your right arm overhead and to the side, holding when you feel a stretch and breathing through it.



For three more great stretches from Autumn, go to oxygenmag.com!

chow time

I love cooking — and in fact, my brother is a chef — so together with him and Beachbody, I came up with 101 recipes and created my cookbook *FixAte*. All the recipes are based on the portion-control system from my 21 Day Fix programs, and there's everything from salad dressing to dinners to cocktails. Here are two of my favorite recipes for winter that are healthy, tasty and energizing.



Mac and cheese with broccoli and chicken

"My son loves mac and cheese, and I love making this recipe for him because it ensures he also gets in his veggies and protein."

- 4 ounces whole-wheat macaroni
- 4 teaspoons organic grass-fed butter (or extra-virgin coconut oil)
- 2 tablespoons unbleached whole-wheat flour
- 1½ cups unsweetened almond milk
- 1¼ cups extra-sharp cheddar cheese, grated
- 3 cups cooked boneless skinless chicken breast, chopped or shredded
- 4 cups broccoli florets, steamed and chopped
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper

Cook macaroni as per directions and set aside. Melt butter in a large saucepan over medium heat. Add flour and cook one minute, whisking constantly until brown. Pour in almond milk and cook one to two minutes, whisking constantly until mixture thickens and there are no lumps. Reduce heat to low and add cheese, cooking twice three minutes and whisking constantly, until melted. Add chicken, broccoli, salt and pepper, and cook one minute or until heated through. Serve immediately. Makes 8 servings (2 cups each).

Nutritional information (per serving):
calories 245, protein 25 g, carbs 14 g, saturated fat 5 g, cholesterol 68 mg, sodium 486 mg, fiber 2 g, sugar 0 g



Au kum préparé a c'bon meal in her Studio City kitchen.



Pumpkin pie energy bites

"These pumpkin pie bites are a delicious boost of healthy energy."

- 1 cup pitted dates
- ½ cup raw pecan halves
- ½ cup canned pumpkin puree
- ¼ cup unsweetened coconut flakes
- 1 teaspoon pure hazelnut (or maple) extract
- 1 teaspoon maple syrup
- 2 teaspoons pumpkin pie spice
- 1 pinch sea salt

Place dates in a bowl, cover with water and soak for 10 minutes. Drain and set aside. Place pecans in a food processor and pulse until finely ground. Add remaining ingredients to the food processor — saving some coconut flakes for garnish — and mix well. Cover and refrigerate for 30 minutes. Remove and then shape into tablespoon-size balls and roll in reserved coconut. Refrigerate overnight in airtight container. Makes 16 bites.

Nutritional information (per serving):
calories 61, protein 1 g, carbs 9 g, fiber 2 g, sugar 7 g, sodium 10 mg, saturated fat 1 g, cholesterol 0 g