



**Tip:** With each jump, alternate which arm/leg is on top/in front. "Unless you have two left feet!" Major says, jokingly. "In which case stick with the same arm and leg until you get the hang of it."

## Tricks of the Trainers:

### Scissor Jack

➔ Change up your plain ol' jumping jacks with this move, devised by Tee Major, an ACE-certified group fitness instructor based in Santa Monica, California. "This move is a metabolic dream," Major says. "It shoots the heart rate up, demands a lot from your lungs and helps shred massive amounts of fat in a hurry." Use it as part of a metabolic-conditioning circuit, hitting it hard for 30 to 45 seconds per round.

**Setup:** Stand with your feet shoulder-width apart, toes forward and extend your arms out to the sides at shoulder height, palms down.

**Move:** Jump up, and while in the air, cross your arms in front of your chest and scissor your legs underneath you. Before you land, open your arms and legs back out and land softly. Repeat right away.

### A Fabric That Makes You Fitter? (sign us up!)

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shapewear and jeans.

The clothing is purported to improve skin elasticity, reduce the appearance of cellulite and promote well-being (if worn for six hours a day for 30 consecutive days). But of greater interest to Oxygen athletes: The Emana-

containing clothes were shown to improve sports performance by reducing muscle fatigue and accelerating recovery.

➔ [bejiaflorjeans.com](http://bejiaflorjeans.com), \$178

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