

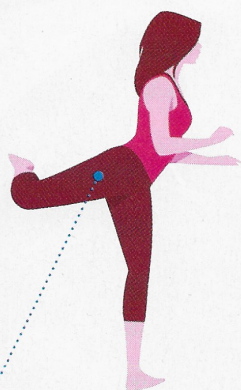
The kitchen workout

Torch calories—not dinner—with this fun barre routine. (By the time you're done, your meal will be ready!) **By DIANA KELLY**

Get toned in the kitchen while the water is boiling? Now that's multitasking. Barre, the ballet-inspired fitness craze that uses slow, low-impact moves to deliver a total-body transformation, is the perfect match for the busiest room of the house. All you need is a cleared-off counter or a chair. For beginners, do one rep of all six moves, which were created exclusively for *Weight Watchers* magazine by Jillian Lorenz and Ariana Chernin, co-founders of Chicago-based studio The Barre Code. Work your way up to performing the circuit three times, resting for 15 seconds between each move, to get enviable results while you wait for dinner.



Counter the calories with this workout.



PRETZEL LIFTS

Targets obliques, glutes
Stand with left hip toward counter, heels together and toes 4–6 inches apart. Turn 45 degrees to right and place left forearm on counter, hinging forward at waist. Grab right foot with right hand, folding leg, so ankle is close to seat (barre-speak for butt). Raise knee out to hip height and pull it back, releasing foot. Perform 20 pulses with leg. Switch sides and repeat.

THIGH TOASTER

Targets glutes, thighs
Stand at arm's length from counter, feet in wide straddle, toes pointed at 45-degree angles. Hold on to counter for support and bend knees until thighs are parallel to floor. Hinge forward so back is at 45-degree angle. Perform 20 small pulses with seat.

FRESH ABS

Targets core
Start in standing plank position: hands on counter, arms in line with shoulders, legs straightened on balls of feet, body at 45-degree angle. Keeping back flat and abs engaged, pull right knee in toward chest, then switch legs. Do this as fast as you can for 60 seconds.

CORE CHOPPER

Targets shoulders, arms, core
Start in plank position, with arms straight and hands on ground under shoulders. Walk hands back toward

feet, keeping legs straight. Slowly roll body up one vertebra at a time until standing, and raise arms overhead. Then lower arms and roll upper body back down, place hands on ground and walk back out into plank position. Repeat 10 times.

TIPTOE & TONE

Targets core, thighs
Stand with left hip toward counter, legs together, feet facing forward and left hand on counter. With knees bent, rise up onto balls of feet as high as you can. Perform 20 small pulses with seat, legs remaining bent. Then sink 1 inch lower and hold for 10 seconds. Release heels down. Switch sides and repeat.

UPRIGHT SIX-PACK

Targets core, obliques, glutes, thighs
Stand with left hip toward counter, left hand resting lightly on counter. Raise right arm overhead and extend right leg out to side, with toes pointed. Bending elbow, bring

right arm down to 90-degree angle, and continue bending until elbow drives into right side while lifting leg straight out to side as high as possible. Repeat 20 times, then switch sides and repeat.

FIND YOUR FOOTING

Though you can perform these moves barefoot, wearing socks with grips will deliver a safer workout (as will staying clear of the stove!).

