IS YOUR WORKOUT MAKING YOU FAT?

THE ULTIMATE CARDIO

THE BEST FALL FASHION EVERYTHING YOU NEED TO LOOK GREAT ALL SEASON LONG

A RARE
INTERVIEW
WITH
ELUSIVE
BILLIONAIRE
PETER
THIEL

NATION HOW THE MANTRA BECAME THE

FORGET HOLLYWOOD:

ASHTON KUTCHER

IS SILICON VALLEY'S SECRET WEAPON

ASHTON CREATED AN EXCLUSIVE, ONLINE-ONLY ISSUE OF *Details*.

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30 DAYS TO

GUNNAR PETERSON. WHO TRAINS STARS LIKE TOM BRADY AND HALLE BERRY, HAS CUSTOMIZED THIS MONTHLONG PROGRAM, WHICH INVOLVES EATING AN ENERGIZING (AND SLIMMING) DIET, WORKING OUT WITH MORE PEP AND VIGOR, AND SLEEPING MORE RESTFULLY. IT'LL TAKE YEARS OFF THE WAY YOU FEEL (AND MAYBE LOOK) IN A MATTER OF WEEKS



OUT: BASELINE

pace and do the final 3 minutes 10 percent faster. training. Do 10 reps and 3 sets of each move. Choose day, and Friday, do squat presses, diamond push-ups bers, and side lunges to lateral raises. On Tuesday, sturday, do push-up to stands, rear lunges to upright over raises to curls. Sign up for the Detoils trainer e-mail each of these moves.

SLEEP: CHART IT

and record patterns (like reading before bed or eating well) that equal more restful shut-eye.

mid-morning, one mid-afternoon). Yes, they can be the same.

Increase to 40 minutes of cardio daily, doing the last 4 minutes of the workout at the faster clip. Your strength routine will increase from 3 to 4 sets. Continue doing the same exercises on the same days as in Week 1.

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Foster an environment for better sleep. First rule: no television in bed. Next, set your bed-room temperature to 68 degrees or lower. Warmer temperatures promote tossing and turning and less restful slumber.

beverages after 4 P.M. Yes, that

WEEK 3 DIET:

LESS IS MORE Reduce the size of your dinner by 25 percent. Settle down. you sleep better-see how it all ties together?

STRONGER AND FASTER

Keep your cardio at 40 minutes but increase your pace by 10 percent. For the final 4 minutes, bump up the speed by another 5 percent. Do this week's movements before your cardio. Do push-up to stands (for an advanced version, see Key Exercise), lying hamstring presses, alternating crunches, and reverse crunches on Monday, Wednesday, and Friday. On Tuesday, Thursday, and Saturday, do tuck jumps, dumbbell biceps curis to rear deltoid raises, and Superman back extensions. to rear deltoid raises, and Superman back extensions

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SLEEP: ELIMINATE

sleep by 15 minutes per night. It might help to remove one superfluous thing time for extra Zs

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Make the push-up to stand more challenging (and energy-boost ing) with progression. to stands ... until you get to eight. That's a total of 36 push-ups.

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TIP: LEARN HOW TO

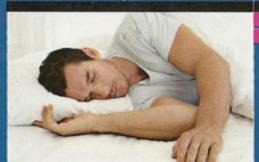
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HYDRATE MORE Increase your daily water intake by additional one at the beginning, at the middle, and at

WORKOUT: CRANK IT UP

Make every fifth minute of cardio a sprint. The movements and reps will stay the same, but try to get through all the movements with no



SLEEP: ELIMINATE TIME-WASTERS

perfluous activities to boost shut-eye. makes a difference.

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KEY EXERCISE

Tuck jumps are a great addition to any routine. Make them more difficult to your chest on every jump-up

GO TO DETAILS.COM FOR DEMONSTRATIONS OF THE EXERCISES ABOVE. PLUS, SIGN UP TO HAVE 30 DAYS OF WORKOUTS DELIVERED DIRECTLY TO YOUR IN-BOX.