

Four different 30s sessions make one Tabata; two rounds make for a fat-burning, mixed-muscle workout that boosts aerobic *and* anaerobic fitness in weeks. The workouts push you to your limits, though, so Tabata training is more aimed at experienced athletes. If you're already doing prog cali or other HIIT (High Intensity Interval Training) see if it's for you.

Develop a daily routine: the 100 Somethings

To make fitness a habit, try starting each day with a short workout that covers the basics—some sort of pull, some sort of push, and some sort of squat.

Set a figure (such as 100) and do that number of *somethings*. 3 x 20 squats, 3 x 10 pushups, and 1 x 10 pullups is one idea. Or go hardcore, with 33 one-legged squats, 33 one-armed pushups, and 33 pullups in straight sets. (If you finish fresh, go harder the next day.) For many such a session is all they'll ever need.

And find a program you LIKE!

Whatever you choose, the only workout that matters is the one you stick to. They all work; the common denominator is discipline. The **CrossFit** (crossfit.com) **P90X** and **Insanity** (both at beachbody.com) workouts are loved by millions, but so are simpler programmes you can schedule yourself.

Why not apply the 100 days philosophy: build up to completing 100 pushups (or squats, or even pullups) in a single session, with a goal that starts with doing 1 today and builds to 100 in a guessable number of days' time?

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STUDY CLOSE COMBAT

For both men and women, being able to fight—if you have to—is confidence-boosting and life-affirming. While there's nothing wrong with martial arts, many are just sports: few get close to the thrill and risk of *fighting*. In consensual surroundings, and combined with other training like calisthenics or kettlebells, a weekly bout of sparring and grappling adds a visceral edge to life while conditioning core and limbs for explosive power and fast reactions.

Fight simple, with Krav Maga

The antidote to traditional martial arts is a close-combat system like Israel's **Krav Maga**. Created as a simple self-defence methodology that could be learned fast and practiced anywhere, it's based on real-world scenarios and common attacks, not mountaintop gurus and ancient training manuals. There's a reason for it: when your blood's surging you lose fine motor control and have to act on instinct, so it concentrates on large limb movements and drilling a small number of key moves into your muscle memory.