

Fastest Firmer— Found!

No wonder CrossFit has such a following: An Ohio State University study revealed that women who did 10 weeks of toning using the AMRAP (as many reps as possible) strategy—a popular practice in CrossFit workouts—showed a 3 percent decrease in body fat. Try it at home with Mike Donovanik's high-intensity interval training DVD **Extreme Burn—Ripped** (\$20, collagevideo.com).

