



**Run for the hills.** For it, you'll simply need a relatively steep hill and some sturdy shoes with traction. Start with a five-minute light jog on flat terrain. From a point at the bottom of the hill, sprint full-force straight to the top, then either walk or jog lightly to the bottom. Continue with four to nine more sprints, depending on your fitness level. Finish with a slow jog on a flat surface for five minutes to cool down.

**For a quick,** 20-minute cardio session that will hit your whole body, use this suggestion from Dave Harris, CSCS, a strength and fitness consultant in Toronto, Canada. Warm-up for five minutes by biking or light jogging. Then jump on the ergometer or rower, row for one minute as hard and as fast as you possibly can. Then rest for two minutes by rowing real easy and slow. Do this six times.

**Wind sprints** may sound like a breeze but this high intensity activity will raise your heart rate and make your body use those fat stores in a minimal amount of time. Try the following drill from Harris: Warm up for five minutes by biking or light jogging. Sprint for 50 seconds or about 300 meters. Then walk back to your starting place. This active rest period should last no longer than 120 seconds. Repeat six times.

**Take the stairs!** Use this trio of approaches to make this challenging activity a bit more work. First, walk or run up the stairs one step at a time, then walk down. Second, walk or run up the stairs two steps at a time (hitting every other one). Again walk down, using the time as your recovery period. Third, do stair stakes, jumping side to side from one step to the next. To do this you'll jump to your right, landing on your right foot, left foot slightly behind you. Then jump to your left and

## Ways to Burn 500 Calories

*Ignite your body's fat-burning potential with these heart-pumping workouts.*

BY CAREY ROSSI

onto the next step, landing on your left foot. Again, walk down. Continue repeating the sequence for 30 minutes.

**Race against yourself.** After a leisurely 10-minute bike ride, pick a starting point that you'll remember. Now choose a time in your head: 20 minutes if you're a relative beginner, up to 30 or more if you're an expert rider. You're going to ride for that amount of time through any course you wish. See how far you can get in your chosen time, stop and rest two to five minutes, then turn around, reset the clock and retrace your route. Try to go further in the same amount of time. Once you finish, take 10 minutes to return to your original starting place at a slower cool-down pace.

**Step To It.** You'll want to visit a sports store and buy a pedometer. From the time you get up to the time you go to bed, you'll don the pedometer and aim to take at least 10,000

steps throughout the day. This is approximately five miles. Go out of your way to get steps—choose the stairs over the elevator, park the car further away in the lot if you go to the store, take a walk during lunch or after work. Careful: This particular workout may be addictive!

**Take the treadmill** to new heights. Use this workout from eDiets.com's lead fitness trainer Raphael Calzadilla to take the boredom out of the treadmill:

- 1** Begin with a warm up of five minutes at 3.0 miles per hour
- 2** On the sixth minute, increase to 4.0 mph (light jog)
- 3** On the seventh minute, increase to 5.0 mph
- 4** On the eighth minute, increase to level 6.5 or 7.0 mph
- 5** For the next two minutes (minutes nine and ten), return to 3.0 mph
- 6** Repeat steps 2-5 two additional times, but increase the level of intensity one mile per hour on each phase.

Cool down for five minutes at 3.0 mph  
Total workout time (including warm up and cool down): 35 minutes.

**Here's one for the "you-can-take-it-with-you" file.** For only a few bucks, you can buy an inexpensive jump rope and throw it in your gym bag, briefcase or suitcase. Jumping rope is a major calorie burner, too. Jump for 3-5 minutes and rest for 30-60 seconds. Do this for a total of 20-30 minutes.

Swim, bike ride and run, but who says that a triathlon's line-up is a hard and fast rule? Make up your own this week-end, based on your favorite activities. Rollerblade, bike and shoot hoops. Or perhaps run stairs, jump rope and swim. You can pick either a time period or a distance for each activity. ■

*\* Calories burned may vary depending on intensity and fitness level.*



## Pressure Fuel Servicing Adapter



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### MILITARY SPECIFICATIONS:

Design and construction per MIL-A-25896E,  
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