



On Track

GEAR UP

Get sweaty in a bold, colour-blocked kit.



NIKE \$55



RVU \$30



MICHI \$140



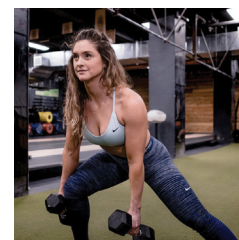
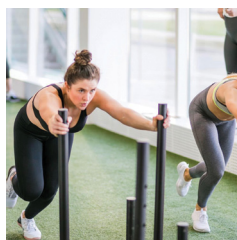
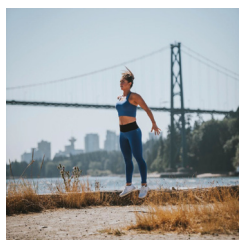
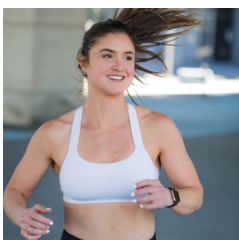
PUMA \$50



UNDER ARMOUR \$100

Feel confident in your body 365 days a year with these 10-minute workouts. **By D'Loraine Miranda**

If you're looking for one less thing to worry about this season, cross "Obtain bikini bod" off your to-do list. "Lots of people stress about temporary body goals instead of maintaining balanced training and nutrition year-round," says Toronto-based trainer Emma Brown. Her advice? Find a way to incorporate fitness into your daily routine. This will help you avoid burnout via crash dieting and binge-training, and, most importantly, it's "key to feeling good in your skin," she says. To help get you motivated, we asked Brown to create a series of 10-minute workouts featuring HIIT-style (high-intensity interval training) movements—where you alternate between short bursts of intense motions and brief moments of recovery, which ups the heart rate and burns more fat and calories—and weight-bearing exercises, like squats and lunges. "People often think they need 45 minutes at the gym to make any progress, but that's simply not true," says Brown, explaining that all the little steps add up. "The most important thing is to be consistent." Luckily, these workouts can be done at home with minimal equipment. No excuses. □



ACTIVE RECOVERY HEAD TO @FASHIONCANADA'S IGTV, WHERE WE'LL BE ROLLING OUT TRAINER EMMA BROWN'S (@EMMAJANEFIT) QUICK AND EASY AT-HOME WORKOUTS THROUGHOUT THE SUMMER.