


HOW TO FIND YOUR INTENSITY SWEET SPOT

For this routine, you want to work at 85 percent of your max heart rate to ensure that you burn the maximum number of calories, Michaels says. "What it takes to get to 85 percent is completely unique to you," she explains.

For example, an advanced exerciser may power through the split jumps rapid-fire to reach that intensity level, while simply doing forward lunges will get a beginner there. To ballpark that 85 percent range, subtract your age from 220. That's your max heart rate (the maximum beats per minute your heart should pump during exercise). Then multiply that number by 0.85. (For a 30-year-old, for example, max heart rate is 220 minus 30, or 190 bpm; take 85 percent of that and you get 162 bpm.) Once you know your target bpm, wear a heart-rate monitor and try to stay on mark during each move.

A woman with long, wavy brown hair is performing a handstand on the edge of a swimming pool. She is wearing a black sports bra, blue camouflage-patterned leggings, and black sneakers with white soles. Her right leg is extended upwards, and her left leg is bent at the knee. She is looking directly at the camera with a neutral expression. The background is a clear, bright blue sky.

The Track&Field Store bra (\$69, tfstore.com). Human Performance Engineering leggings (\$120, bandier.com). Opposite page: Solow x Daniella Clarke bra (\$68, solowstyle.com). Pheel capri leggings (\$94, pheel.com).