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JILLIAN MICHAELS' SUMMER SHAPE UP Part 2

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CLASS ACTION

SPIDERBOX

Kickboxing is already a major calorie torcher, blasting 11 per minute, but this class cranks it up even higher by adding resistance. Offered at Fuel Fitness gyms in Brooklyn and New Jersey (expanding nationwide soon), Spiderbox uses suspended Spiderbands that hang from the ceiling. Pulling them taut during moves like jabs and kicks got my heart rate soaring, and "floating abs"—a series of planks with my feet hanging in the straps—made my arms shake. The toughest (and most fun) part was when founder Franci Cohen had me grip the cords, run up the bag, and hover midair; I felt like Spider-Man scaling a skyscraper.

—Laurel Leicht, Shape fitness editor



SUPERHERO MOVE: Climbing the bag fired up everything from my shoulders to my calves.