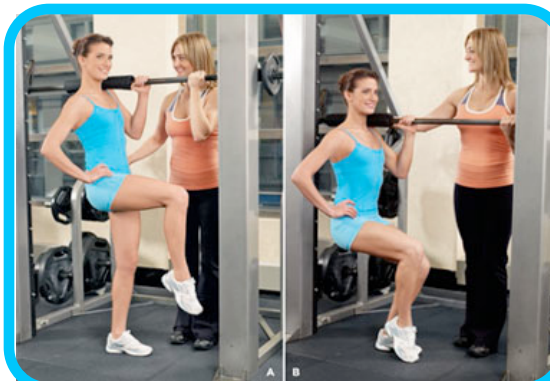


Finally! Love Your

At the gym you'll need a Smith machine, two adjustable cable pulleys with cuff attachments, a bench, and a punching bag. Warm up with 5 minutes of easy cardio, then do 2 sets of 12 to 15 reps of each move in order, resting for 30 seconds between sets. Perform this workout twice a week.

1 Smith Machine Split Squat

Works hip abductors, butt, and legs



1. Load 5 to 10 pounds on the machine and stand with your left shoulder under the center of the pad. Hold the bar with your left hand, palm facing right, and place your right hand on your hip.
2. Unlock the bar and raise right knee to hip height [A].
3. Lower into a squat, keeping your chest high, and touch right toes lightly on the ground [B]. Rise and repeat. Switch legs to complete set

Trainer's tip Shift your weight onto the heel of your standing leg to keep the emphasis on your hips and butt.

2 Cable Scissor

Works hip abductors



1. Attach cuffs to two cable pulleys positioned at shoulder height, load 5 pounds on each side, and center a bench between them. Attach left pulley's cuff to right ankle and right cuff to left ankle and lie faceup on bench. Hold the sides of the pad near your ears for support.
2. Extend legs straight up, left ankle in front of right, toes pointed, abs tight, and knees straight but not locked [A].
3. Slowly draw legs out to each side [B], pause for 1 count, then return to starting position; repeat. Start next set with right ankle crossed in front of left.

Trainer's tip Open your legs only as wide as feels comfortable; separating them too far can cause pain.

3 Side Kick

Works hip abductors, butt, and legs



1. Stand about 2 feet to the left and slightly in front of a punching bag, with right side closest to bag. Bend elbows, bring fists in front of your chest with palms facing each other, and squat [A].
2. Stand up as you raise right knee toward chest, foot flexed, then kick the punching bag. Look back to make sure your foot connects [B]. Immediately return to squat and repeat. Switch sides to complete set.

Trainer's tip Lean your torso away from the punching bag as you kick to help you extend your leg farther.



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