

# BRING SEXY BACK

Eliminate everyday stiffness, perfect your posture and look slimmer instantly with these targeted moves

Do It In **10** Minutes

**THE PLAN**

Do these four moves three times a week, and you'll see more definition in a month or less. For faster results, add 20 minutes of cardio.

**YOU NEED**



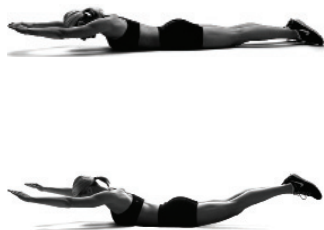
hand weights

CONSULTING TRAINER KATHLEEN TROTTER

## Superwoman

Lie down on stomach with arms and legs extended. Contract upper and lower back muscles as you lift arms and legs off ground. Hold for 3 counts, then return to start, making sure to engage abs. Do 3 sets of 10 reps.

**PERFECT YOUR FORM:** Keep your head in line with spine.  
**DIAL IT DOWN:** Lift one arm and opposite leg into a half superwoman. Alternate sides.  
**AMP IT UP:** Hold each rep for 5 counts.



## Side Plank

Start in tabletop, holding weights, with shoulders stacked above wrists. Place right hand on floor and rise up onto toes. Raise left arm to the side. Hold for 3 counts. Alternate sides. Do 3 sets of 10 reps.

**PERFECT YOUR FORM:** Keep hip in line with the shoulder of your raised arm.  
**DIAL IT DOWN:** Ditch the weights.  
**AMP IT UP:** Do a push-up before lifting weight.



## Airplane Lunge

Lower into a deep runner's lunge, keeping front knee in line with ankle. Hold for 2 counts. With torso glued to thigh, raise hands to sides. Hold for 3 counts. Alternate sides. Do 10 reps.

**PERFECT YOUR FORM:** Keep back flat as you bring your upper body forward.  
**DIAL IT DOWN:** Perform the move from a modified lunge, with back knee on ground.  
**AMP IT UP:** Do 10 mini pulses with arms between reps.



## Lawn Mower

Begin in a squat, holding one weight at hip and the other by your opposite foot. Pull bottom weight up (as if starting a mower) as you stand up. Repeat on opposite side. Do 3 sets of 10 to 12 reps.

**PERFECT YOUR FORM:** Move slowly with control to tone hard-to-reach muscles.  
**DIAL IT DOWN:** Do fewer reps.  
**AMP IT UP:** Lower butt toward ground or widen stance into sumo squat. Hold for 2 counts before standing.

