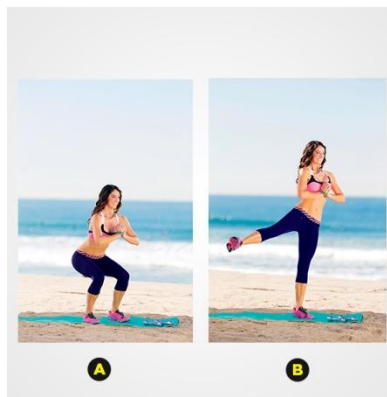


5 Ways to Sculpt from Head to Toe in the Midst of Summer

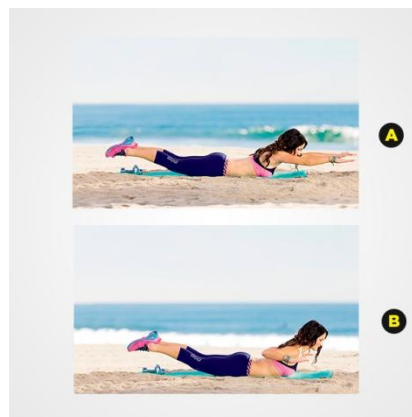
1. Squat to Hip Abduction

Stand with your feet hip-width apart, hands in front of your chest. Keep your chest up, sit back and bend your knees until your thighs are slightly parallel to the ground. Return to stand, shift your weight on your left leg and raise your right foot to the side, keeping your leg straight. Lower yourself back to the starting position slowly. That is one rep. Continue alternating.



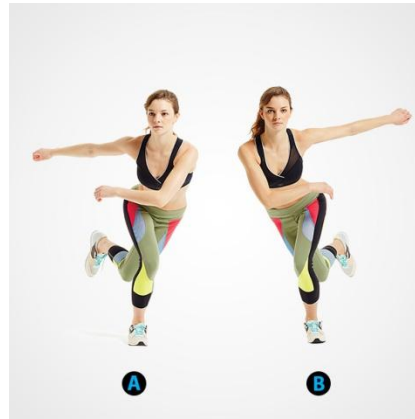
2. Superwoman/man Row

Lie face-down with your arms extended over your head. Squeeze your glutes, core and raise your legs and chest off of the floor or mat. When in this position, slowly row your elbows back until your hands are outside your shoulders. Next, reverse this movement to extend your arms and then lower your body back to the floor. That is one rep.



3. Skater Hop

Stand on one leg with your weight on your right foot and your right knee bent. Lift the left leg off of the floor and then push off of your right leg, laterally. Land on your left foot by lifting your right leg off of the floor. Repeat the same hop and continue hopping back and forth.



4. Pike Push-up

Place your feet together on a bench or a step. Place your hands in front of you and push your hips up so they are aligned over your hands, head and shoulders. Bend your elbows and lower yourself until your head touches the floor. Then, push yourself up until your elbows are straight. That is one rep.



5. Elevated Standing Calf-Raise

Stand on a step or a box with your feet shoulder-width apart. Balance on the balls of your feet with your heels hanging off of the step. Lift your heels as high as you can. Pause, then lower your heels down as far down as you can. If you are feeling a stretch in your calves, then you are doing this correctly. That is one rep.

