

## Fitness

June 3, 2010

# EasyTone Workout With Trainer Yumi Lee, Level II



### Single Leg Hinge with Knee Lift

- Stand on one leg and place the toe pod of the other foot (ball of the foot) about one foot behind you.
- Keep your standing knee slightly bent and fold forward at your hips to touch your shin, ankle or toes, as if tying your shoe. Keep your spine neutral, not rounded.
- Push down through the heel pod of the standing leg as you squeeze your hamstrings and glutes to bring your body back to standing.
- As you stand, bring your back leg forward and up to a knee lift in front.
- Repeat and perform 12-15 on each leg.
- Focus on the standing leg's hamstrings and glutes as well as on your abs and posture.

### Side Lunge to Standing

- Stand with your legs together. Then, slowly bring one leg directly to one side.
- As the foot lands, immediately bend that knee to send your hips backward, bring your chest forward toward the bent knee and thigh, and put your weight on the rear pod (heel) of the landing foot. The non-moving leg should stay straight and in place.
- Pause at the bottom of the movement to make sure you have your shoulder, hip, knee and foot of the bent knee in a straight line facing forward.
- Push down through the back pod of the moving leg as you return to standing with your feet together.
- Repeat and perform 12-15 on each leg.
- Focus on the glutes and inner thigh muscles of the moving leg as well as on your core.

### Modified Rotating Woodchopper

- Hold a dumbbell (we used 10 pounds) or a medicine ball just below your chest with your elbows bent and close to your sides.
- Stand with your feet wider than your hips and your knees bent, hips slightly back.
- Turn one foot to the side as your whole body rotates with the movement. The other foot will pivot.
- Turn to the other side, making sure your knees stay bent and your body stays low the entire time. Don't allow your head to move up and down, and keep the torso upright.
- Begin to pick up your pace as your body pivots and rotates from side to side, and you keep the dumbbell held close to your body.
- Make sure you turn from your hips and torso first, not from your foot and knee. You should really feel all four pods challenging your core!
- Perform 15 turns to each side.
- Focus on your abs, obliques, glutes and thighs, and this exercise should get your heart rate up!

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