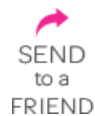


Fitness

Sponsor Tip

April 23, 2010

Pod Power



We did a butt-burning workout with Reebok's cult hit shoes.

If you haven't yet had a chance to try on a pair of **Reebok EasyTones**, it's probably because the white-hot, butt-toning sneakers keep selling out. But good things come to those who wait. New styles were just released, and we snagged a pair, then met trainer **Yumi Lee**--who's trained Brad Pitt and Demi Moore--to learn how to get the most from our EasyTones:

Use the pods. The ball and heel of each EasyTone has a soft "pod" filled with air, so your bum works not to wobble. To super-charge our squats, Yumi taught us to press evenly into the pods as if we could deflate them.

Swing it out. We held a barre (you can use a chair) and swung one leg like a pendulum out to the side, then back across the body. The standing leg worked hard to maintain stability on its EasyTone pods.

Walk the tightrope. Yumi had us lunge with one foot directly in front of the other. Trying to balance on our EasyTones got our glutes going.

To step it up with more exercises, grab the full EasyTone workout [here](#).

Race ya!

Check back in May for part two of the Reebok Toning series with VJ's LA Editor!

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