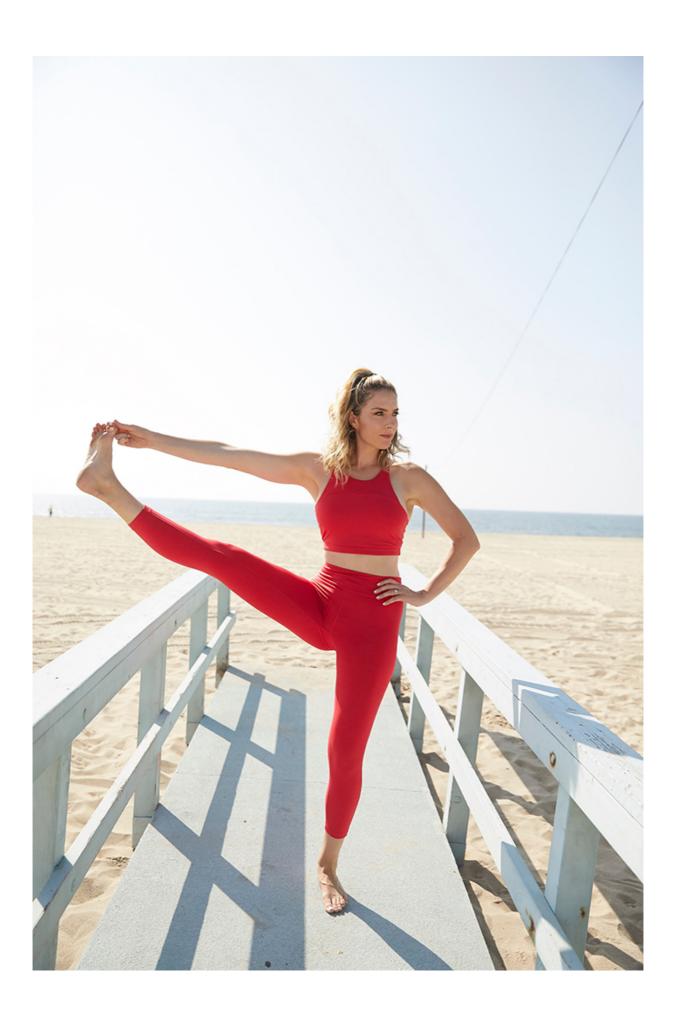
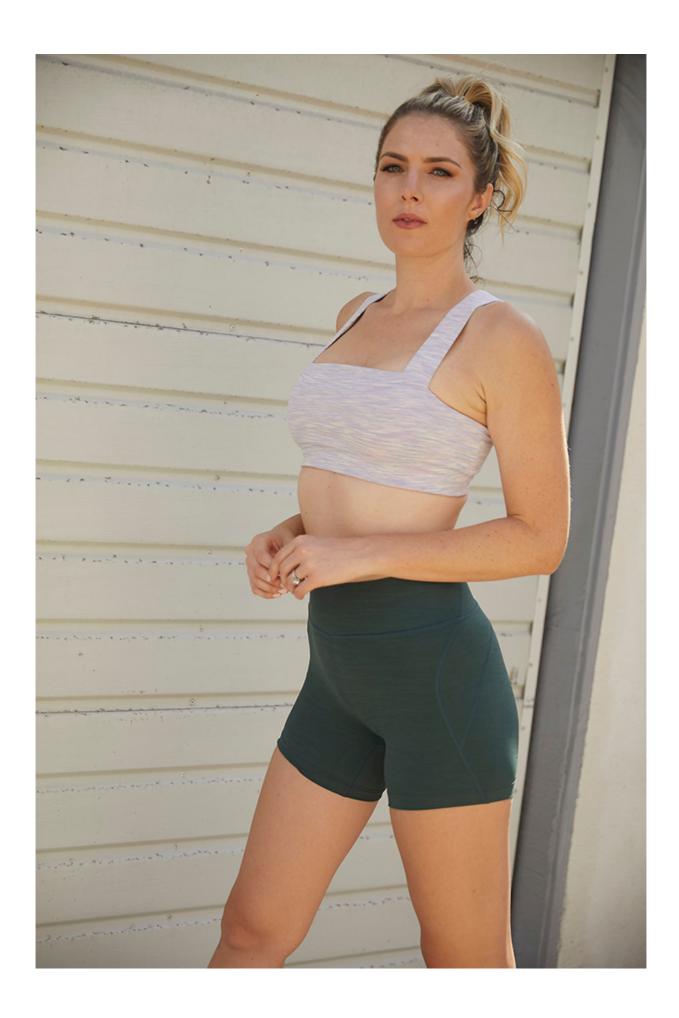
BRANDMODELS

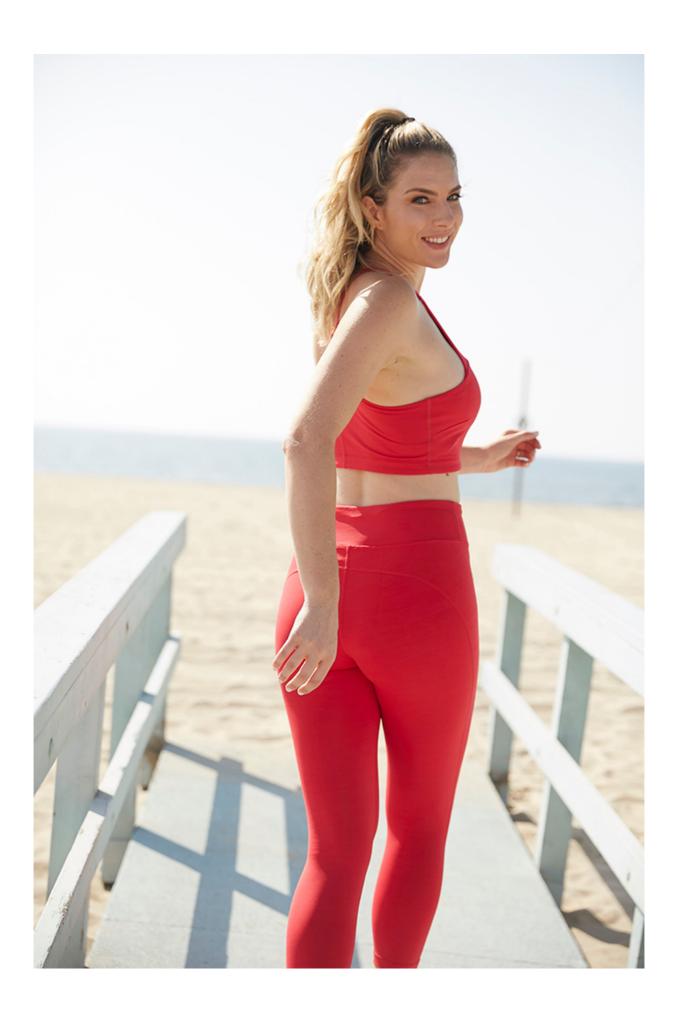
KIM NELSON - SWIMMING - WATER POLO - FITNESS

HAIR: BLONDE EYES: BLUE HEIGHT: 5' 10.5" CHEST: 36B WAIST: 27 HIPS: 38 DRESS: 6/8 SHOE: 9

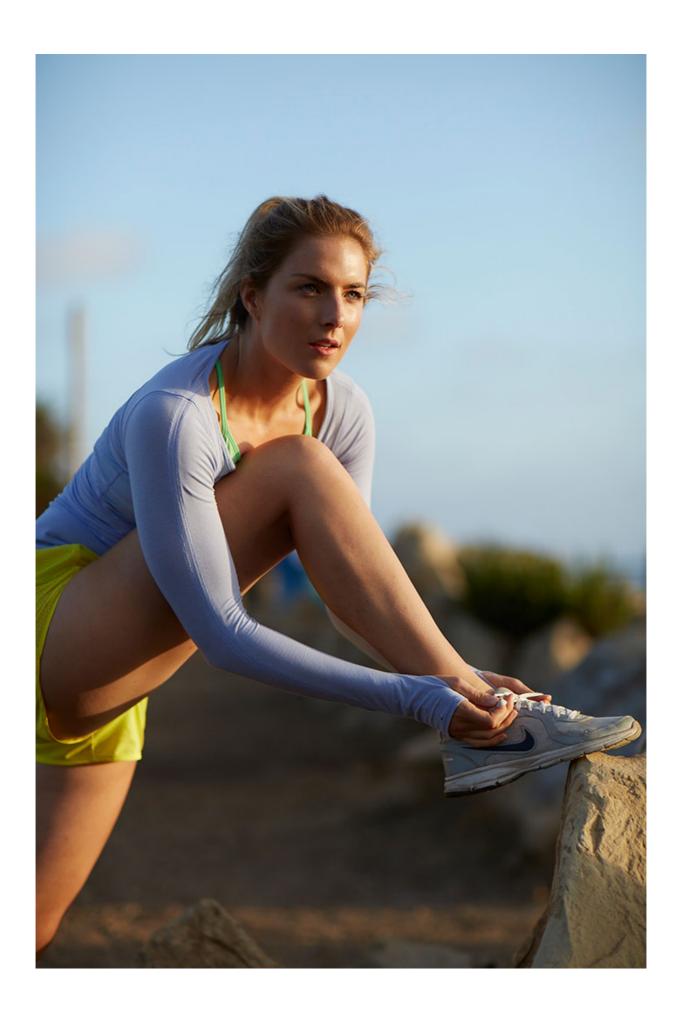


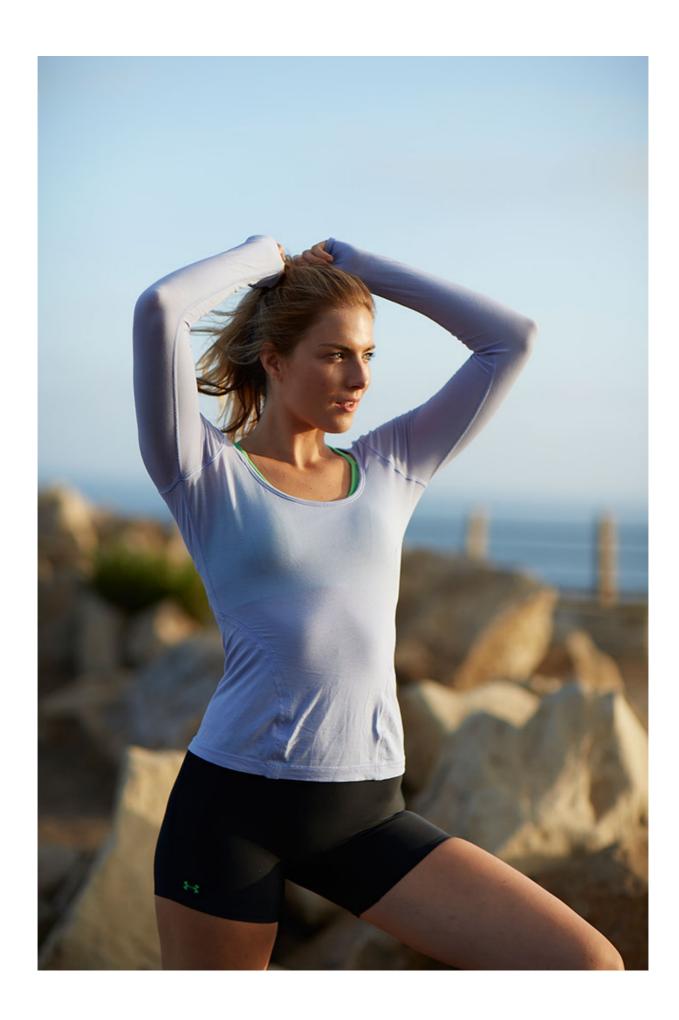


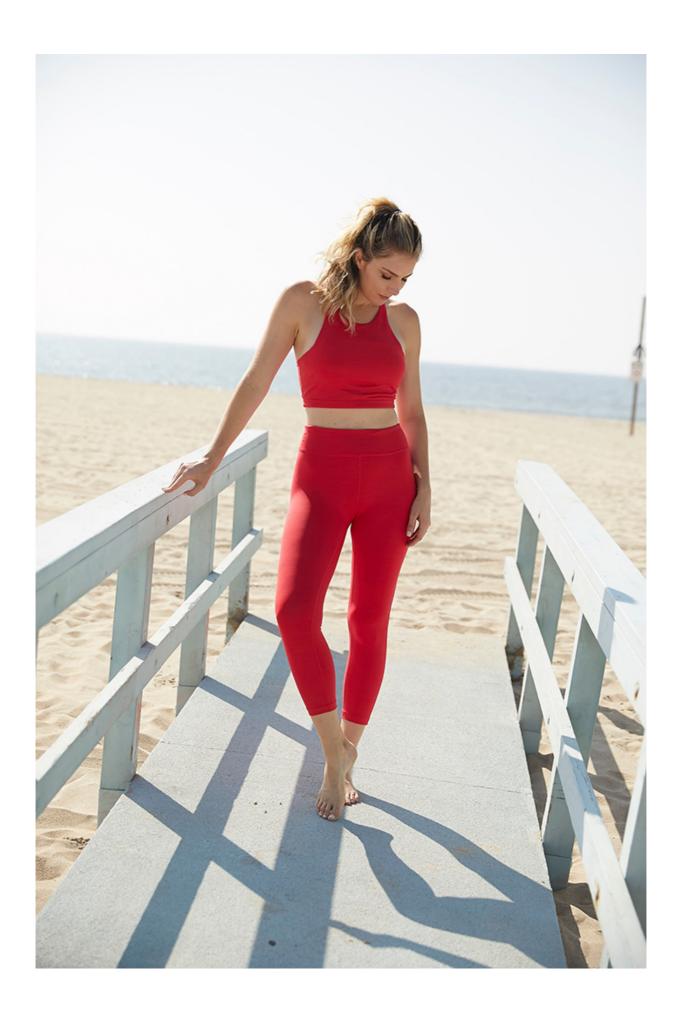


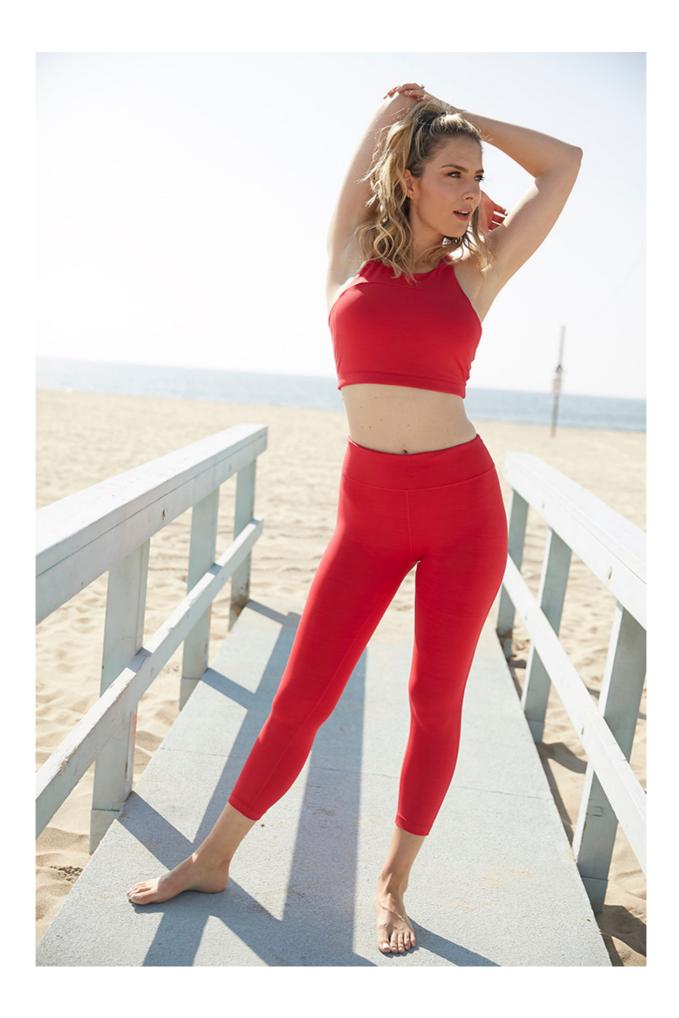


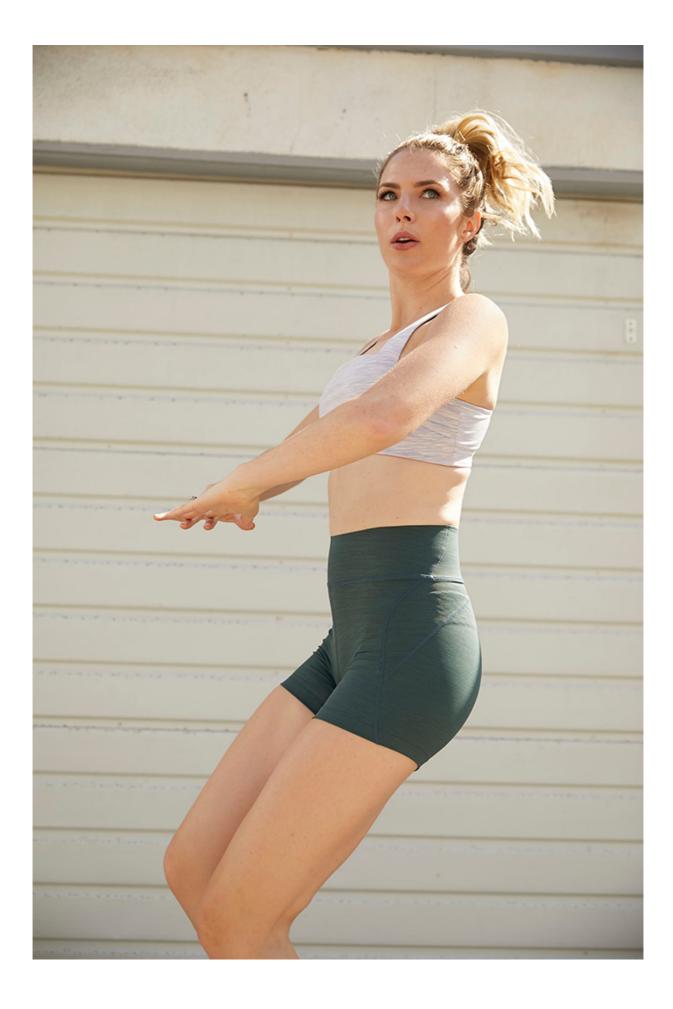


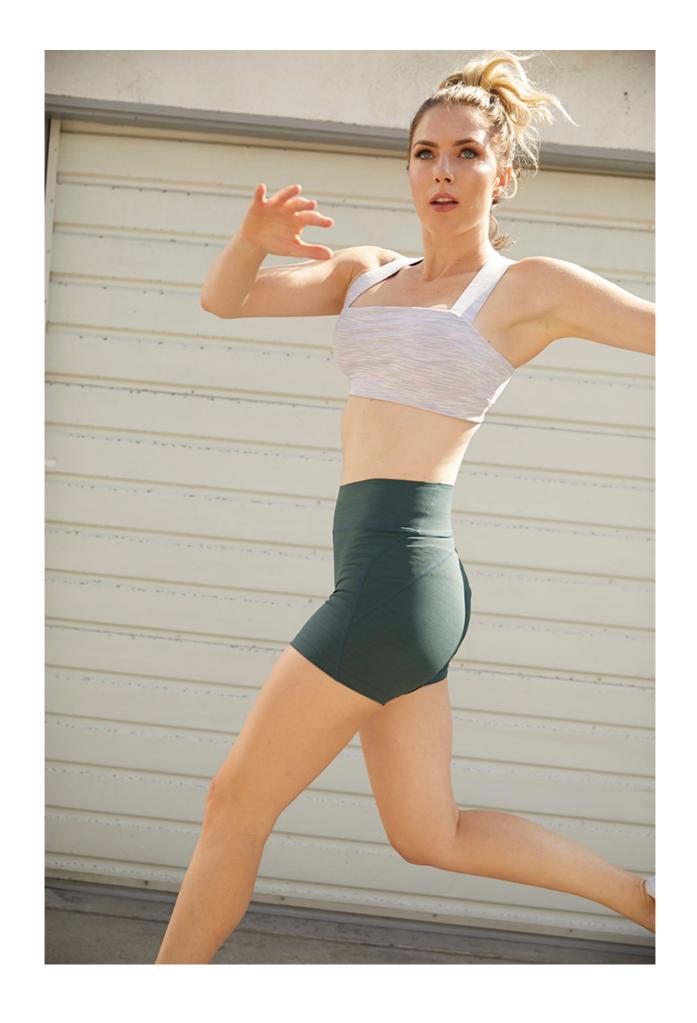






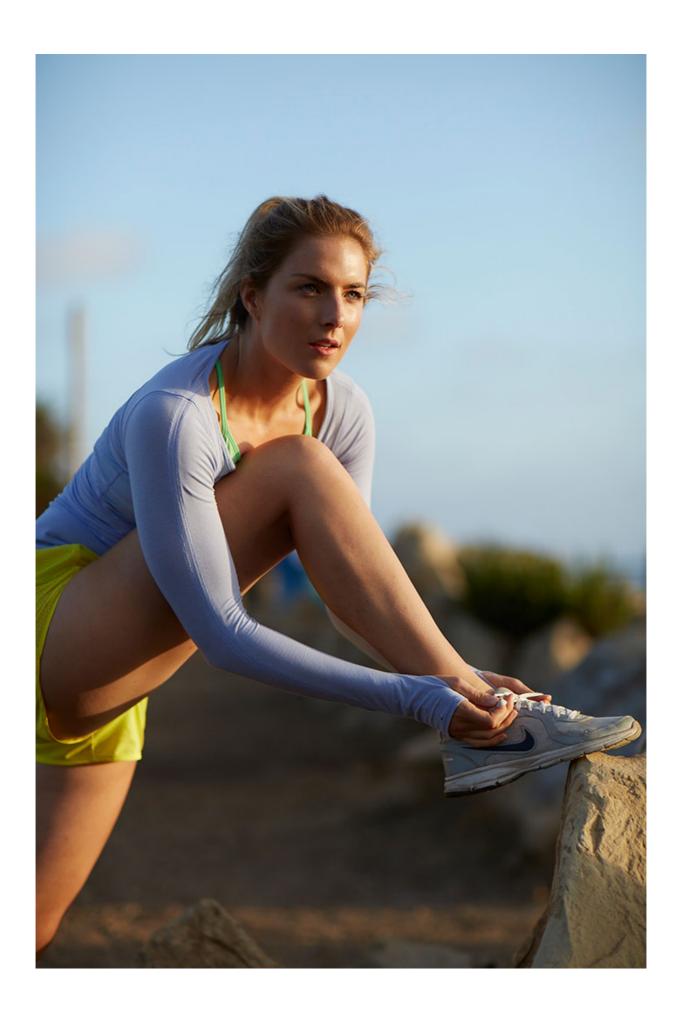


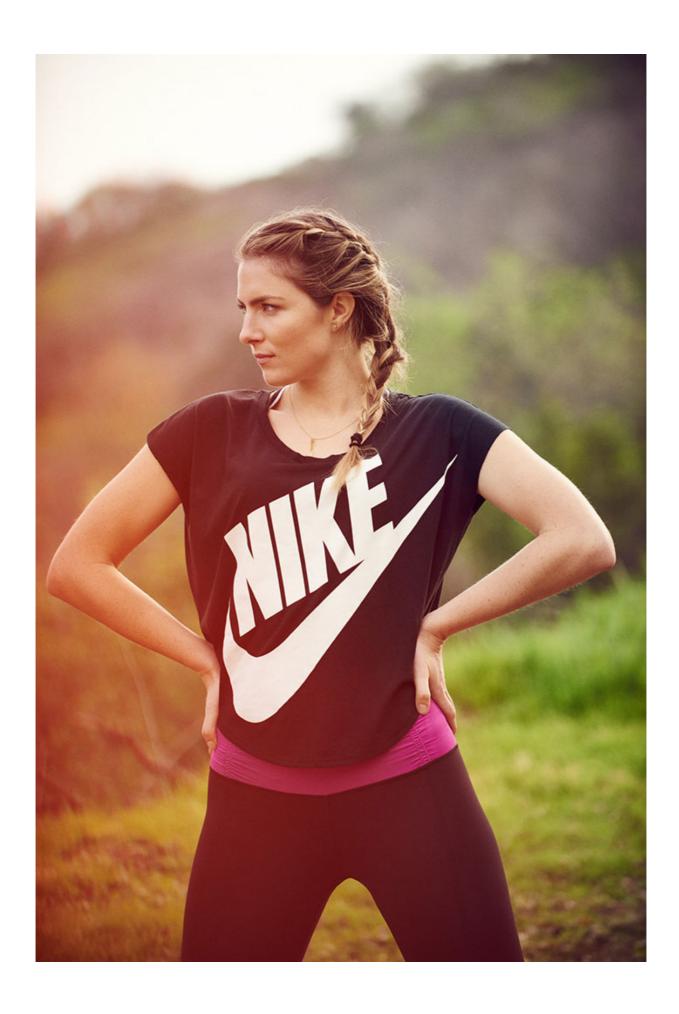


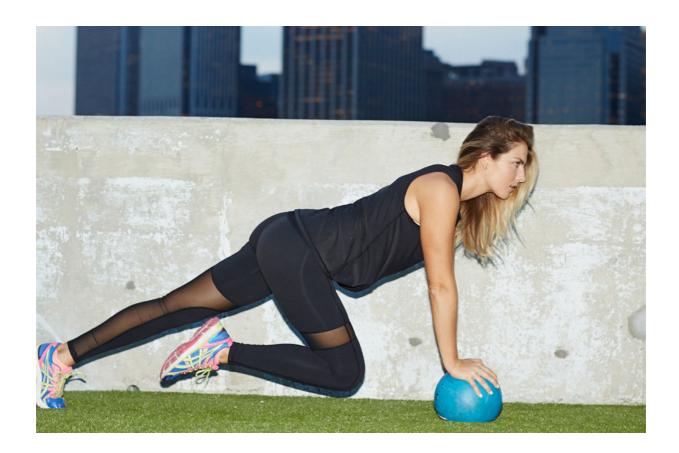


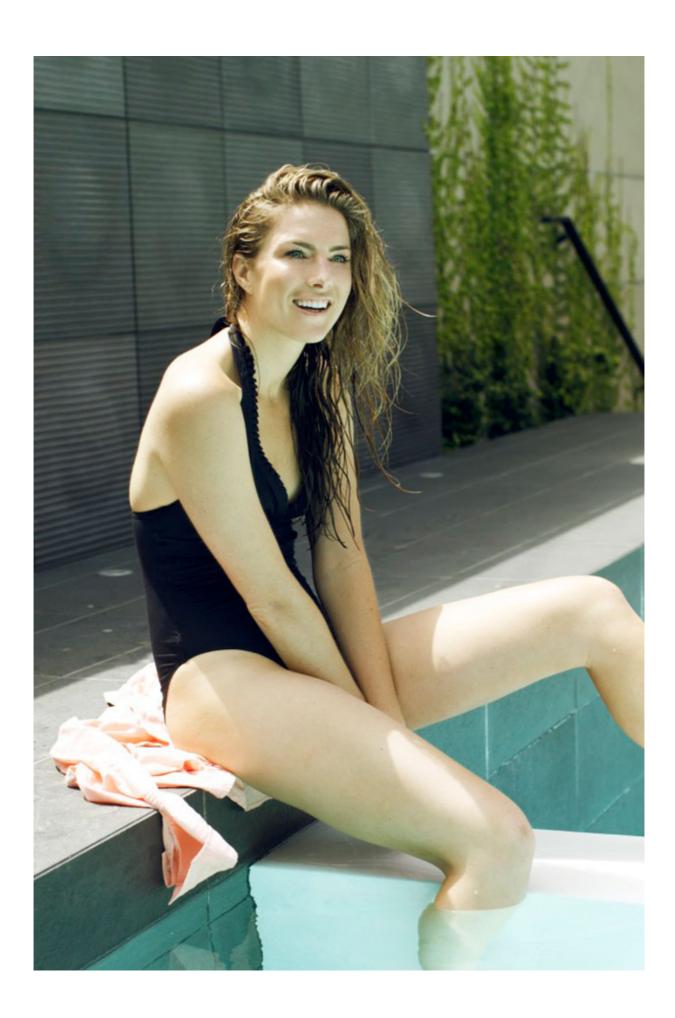


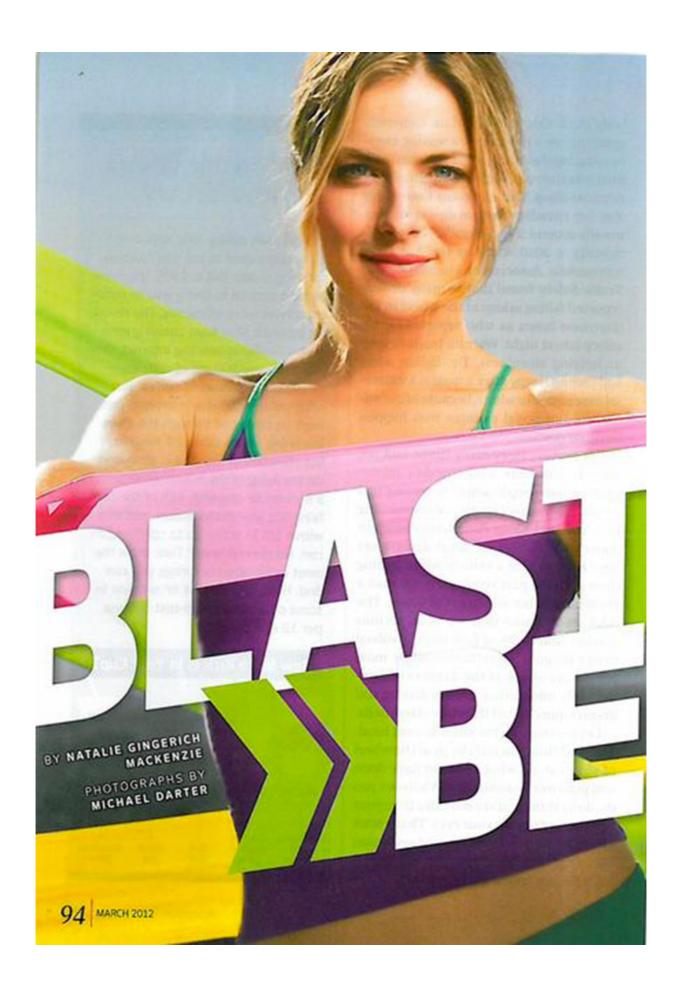












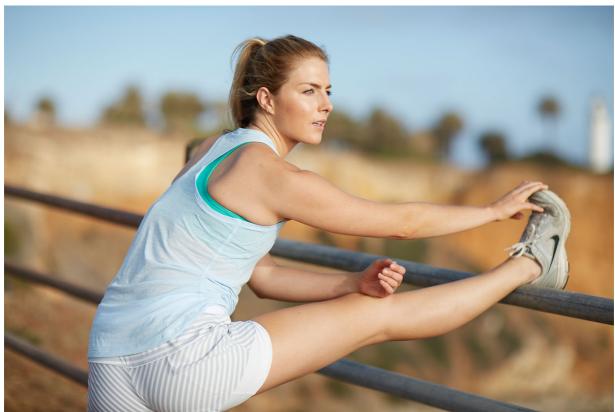












GetFit {Workout of the Month}



5TRI-POINT PLANK

Works core, arms, butt, and legs

Get in plank position with hands shoulder-width apart on the disc. Lift right leg to hip height behind you [shown]; hold for 20 to 60 seconds. Rest 30 seconds, then repeat, this time raising left leg, to complete set.



