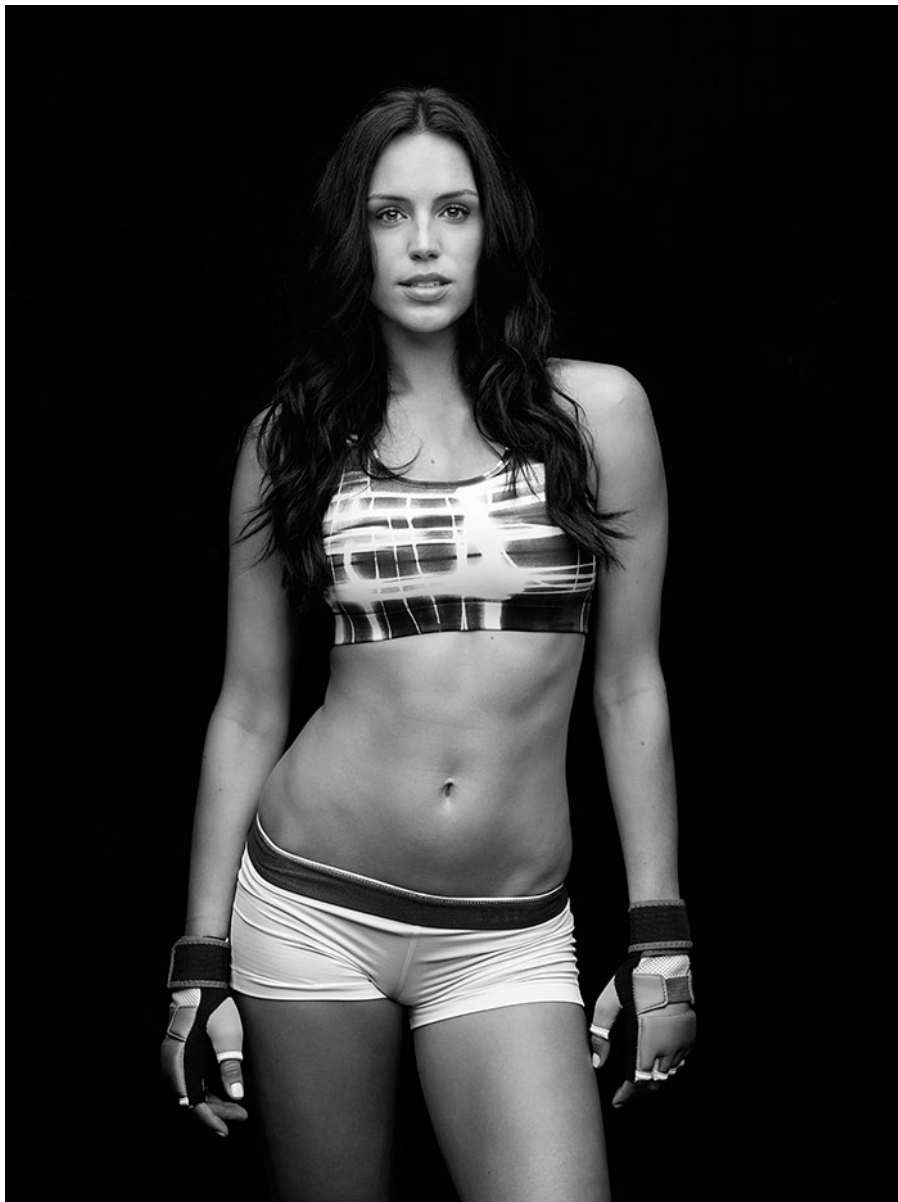


BRANDMODELS

KARI KLINKENBORG - VOLLEYBALL

HAIR: BROWN
EYES: BROWN
HEIGHT: 5'11.5"
CHEST: 34C
WAIST: 25
HIPS: 36
DRESS: -
SHOE: 10

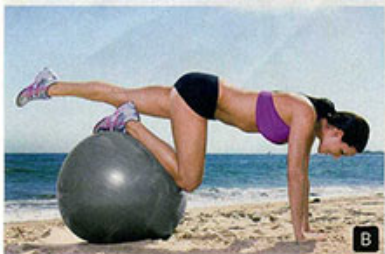






Sexy abs extra!

For loads of ab-solutely effective exercises, check out Self.com/fitness/workouts. Click on Abs and you'll find eight routines such as "Sexy Abs—Now!" exclusively focused on whittling your waist.



IF you shore up your core with crunches...

➤ **TRY LOSING YOUR BALANCE.**

Crunching on a stability ball, balance disc, or Bosu activates more muscle fibers in your midsection than performing the same exercise on the floor. To increase the challenge even further—and engage your deepest belly muscles—raise one arm or leg. And the same holds true for planks: Though holding this position does strengthen your core, research shows that incorporating motion invites additional muscles to the party.

MAKE THE SWITCH

• Do 2 or 3 sets of 8 to 10 reps of the following moves three times a week.

[A] OFFSET CRUNCH

Lie faceup with back on a stability ball, knees bent, feet on the ground. Place left hand behind head and extend right arm out to the side at shoulder level. Sit up [shown], lower, and repeat. Switch sides to complete set.

[B] PLANK RUN

Get in plank position with shins on a stability ball. Lift left leg to hip height behind you, then bend right knee, pulling ball toward chest [shown]. Straighten right leg. Repeat on opposite side to complete 1 rep.



IF dumbbells and weight machines are your strength-training staples...

➤ **TRY THINKING OUTSIDE THE BOX.**

You're missing out on some bonus fat torching and muscle toning! "With cables, kettlebells, and sandbags, the weight shifts as you do, forcing you to stabilize it," says GERALYN COOPERSMITH, an exercise physiologist and director of the Equinox Fitness Training Institute. "That recruits more muscles, which burns more calories—plus, it

prepares your body for the way you move in real life."

MAKE THE SWITCH

• Declare a "new tool" day once a week. Use kettlebells, the cable machine, whatever you can find at the gym. Work out at home? Combine a resistance band with a dumbbell to sculpt more muscle.

