

# BRANDMODELS

## CHRISSY

HAIR: BLONDE

EYES: GREEN

HEIGHT: 5' 7"

CHEST: 34A

WAIST: 24

HIPS: 35

DRESS: 1/2

SHOE: 9











































## 7 banded dead lift

WORKS BUTT, BACK, HAMSTRINGS, AND BICEPS

◆ Hold a handle of a resistance tube in each hand at sides, palms facing in, and stand on the center of the tube with feet hip-width apart. Lean forward from hips about 45 to 90 degrees, maintaining natural curve of spine. (If tube is loose, choke up on it until it's taut.) Bend elbows and draw hands to your sides [A]. Keeping arms still, squeeze glutes to return to standing position [B]. Lower arms; repeat. Do 8 to 12 reps.



A



B

## 8 hopscotch

WORKS LEGS AND BUTT

◆ Stand with feet hip-width apart and lower into a half-squat. Keeping arms at sides or out slightly to aid your balance, lift left foot off ground. When you feel stable, jump forward and slightly to the left on your right foot [A], then forward and to the right, still on right foot. Do 8 to 12 zigzag hops, then turn around, switch legs, and hop back to starting position [B].