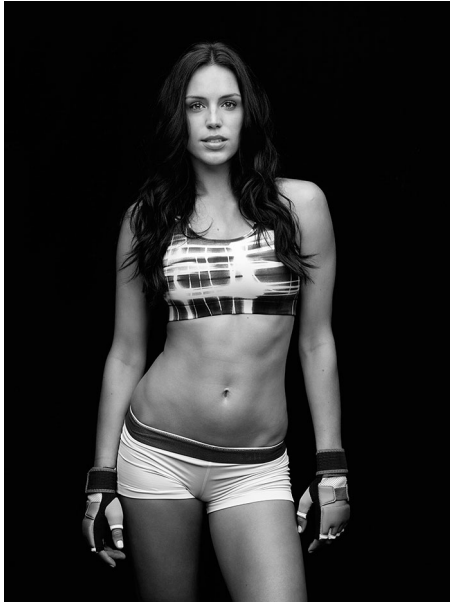


BRANDMODELS

KARI KLINKENBORG - VOLLEYBALL

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



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 body muscles—raise one arm or leg. And the same holds true for planks: Though holding the position does strengthen your core, research shows that incorporating motion invites additional muscles to the party.

TRAINER TIP
 • Do 2 or 3 sets of 8 to 10 reps of the following exercise three times a week. (A) OPTIMAL CRUNCH: Lie flat on your 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 (B) Slowly, lower and repeat. Switch sides to complete set. (C) PLANK WITH ONE LEG: Get in plank position with shins on a stability ball. Sit with top of foot right behind you, then bend right knee, pulling ball toward chest (B) Slowly, 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-burning and muscle-control benefits. "With cables, kettlebells, and sandbags, the weight shifts as you do, forcing you to stabilize it," says Gregorj Cooperstein, 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."

TRAINER TIP
 • Declare a "new tool" day once a week. Use kettlebells, the cable machine, whatever you can find at the gym. Think out of the box! Combine a resistance band with a dumbbell to sculpt more muscle.

