

t body!

Need a little extra workout motivation? These moves will feel like fun, and in a few weeks, your bod will feel super-firm!

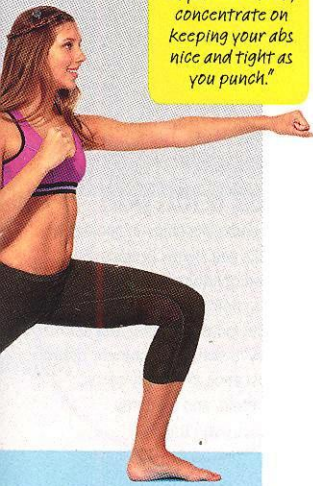


2

LOAD UP & KICK

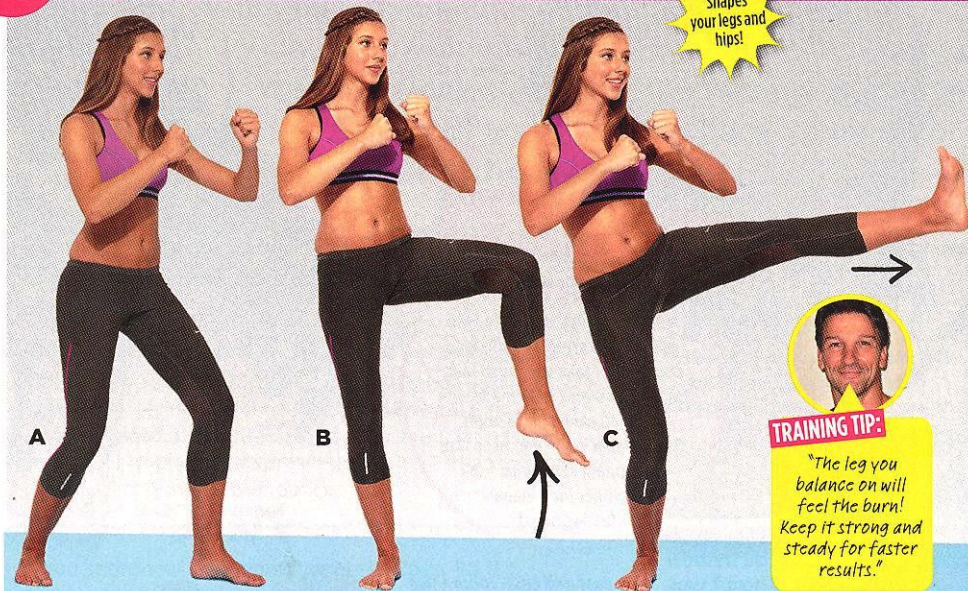
Tones your thighs, butt, and arms!

TRAINING TIP:
"For extra toning in your core area, concentrate on keeping your abs nice and tight as you punch."



left leg and throw a punch
m at the same time. Return
hen repeat on other side.

Shapes your legs and hips!



TRAINING TIP:
"The leg you balance on will feel the burn! Keep it strong and steady for faster results."

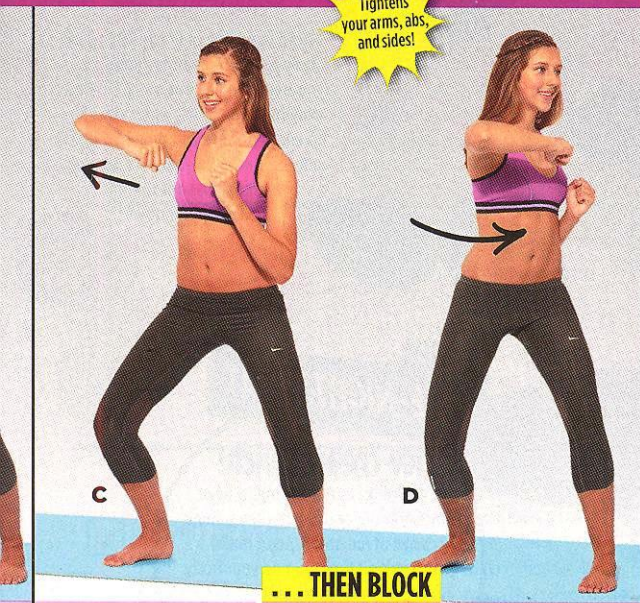
A Start in a fighting stance. Rotate your left foot so that your toes point left.

B Bring your left knee up to waist level at 90° to "load up" for your kick.

C Kick left leg to side with foot flexed so it's parallel to floor. Return to start. Do 10, then repeat with other leg.

PUNCH & BLOCK

Tightens your arms, abs and sides!



C Bend right arm and bring elbow up to shoulder level.

D Twist at hips to throw elbow across body; repeat with left arm. Keep punching and blocking for 1 minute.

... THEN BLOCK

WIN A SWAG BAG!

Bonus: cute, casual sneakers for after your workout!

These clothes from K-Swiss are fitted but stretchy too—so they'll move with your body while you exercise! Go to seventeen.com/freebies for a chance to win.

WORTH \$297 TOTAL!