

YOUR BODY

→ no-gym workout

REV UP RESULTS

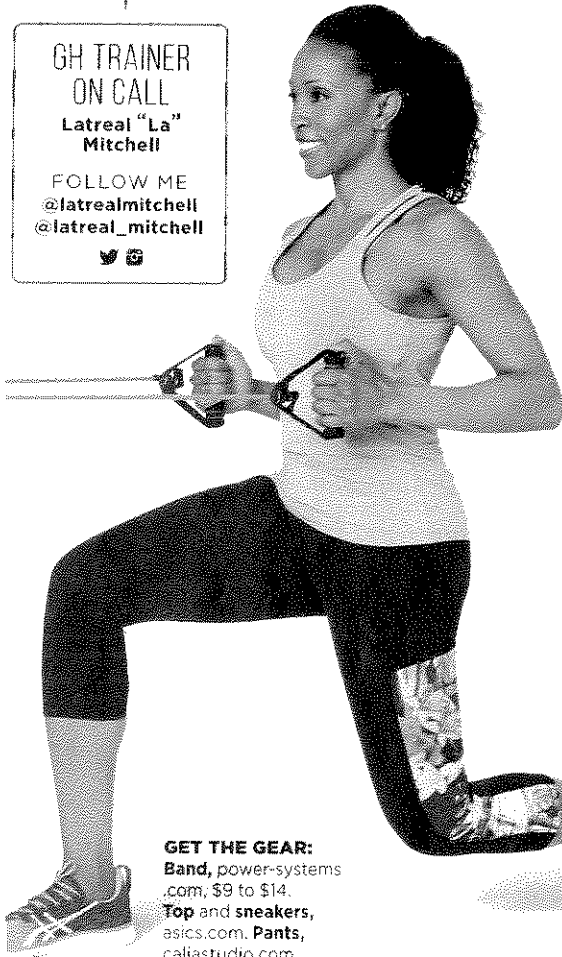
Try the routine twice a week, three times through.

BAND CAMP

Strong legs. Sleek arms. Flat tummy. You don't need a swanky fitness class to get a **total-body tone-up**. All it takes is a resistance band!



GH TRAINER ON CALL
Latreal "La" Mitchell
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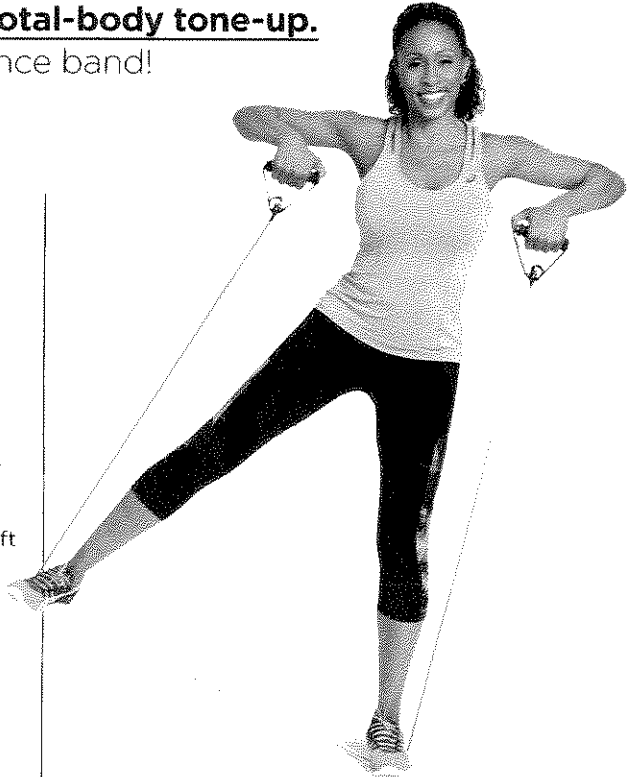
GET THE GEAR:
Band, power-systems.com, \$9 to \$14.
Top and sneakers, asics.com. Pants, caliastudio.com.

1 POWER PULLS

WORKS:
ARMS, BACK, GLUTES, THIGHS

Loop band around a sturdy pole at chest height. Hold a handle in each hand, palms facing inward. Step left foot back and bend knees to lower into lunge. Holding lunge, pull handles toward chest, squeezing shoulder blades together, for one rep. Do 12 reps; repeat with right leg.

BAND AID: Need something to loop your band around? Try a stair railing, a bedpost or even a tree.



2 PUPPET MASTER

WORKS: SHOULDERS, ARMS, GLUTES, LEGS

Stand on center of band with feet hip-width apart, a handle in each hand. Lift right leg to right side (about 45 degrees) and bend arms until elbows reach armpit level, as shown. Lower leg and arms. Do 12 reps, then switch sides.

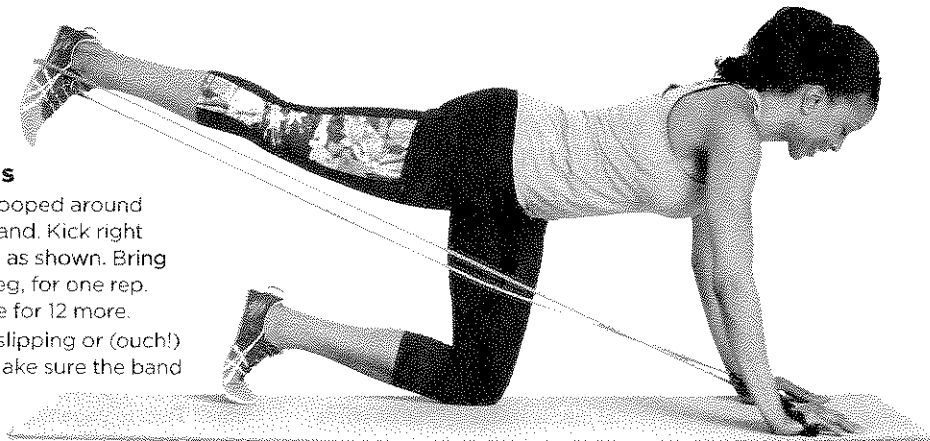
BAND AID: A band's color signifies its resistance level. Typically, yellow or orange is light, green is medium and red is heavy. (La is using gray, or ultra-heavy.) Newbies, try medium.

3 DONKEY KICKS

WORKS: ABS, GLUTES, HAMSTRINGS

Begin on hands and knees with band looped around center of right foot, a handle in each hand. Kick right foot back until leg is parallel with floor, as shown. Bring knee to chest, without lowering right leg, for one rep. Continue for 12 reps; repeat on left side for 12 more.

BAND AID: To prevent the band from slipping or (ouch!) snapping, keep your foot flexed and make sure the band is in the arch of your foot.



MIKE GARTEN Hair by Angie Phipps. Makeup by Devon Cass.

JUST 3 MOVES

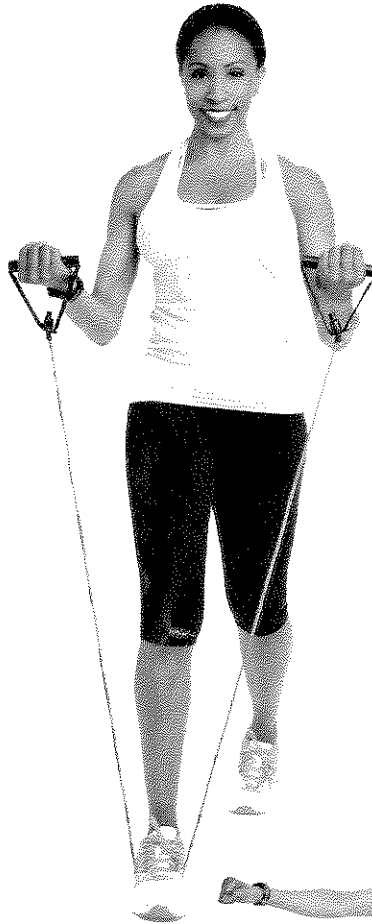
FLAB-FREE ARMS

Grab a light- to medium-resistance band for this speedy sculpting and strengthening routine

→

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Turkey is always top of mind for La's fancy clientele, and not the delicious golden bird on page 152. Nope — women flock to her for help with "turkey wings," a.k.a. pesky arm-jiggle. This smart, effective exercise trio designed by La will help firm triceps and biceps *and* burn any fat that's hiding your hard work. For best results, do this circuit twice, three times a week.



BAND AID
 Choose one with handles for the easiest grip. Typically, yellow means light resistance, green is medium and red is heavy.

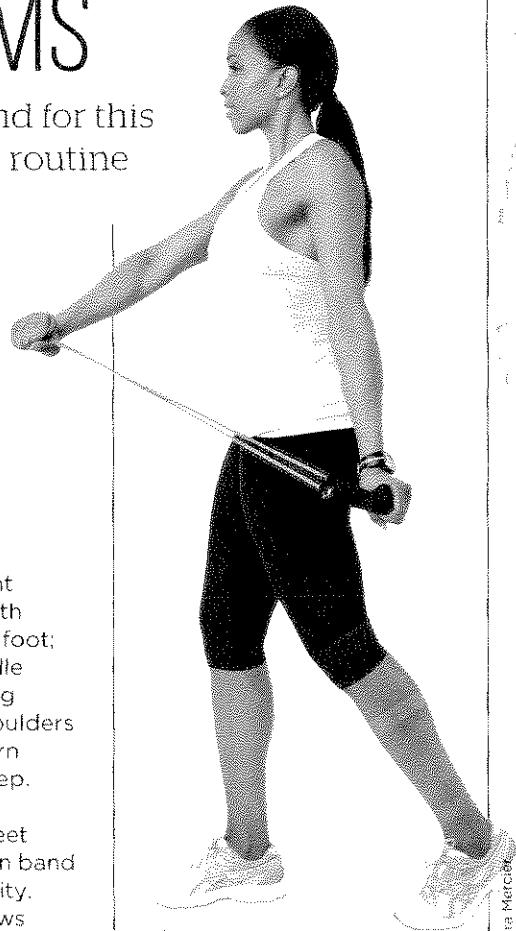
1 CURL

WORKS BICEPS

Stagger feet, right in front of left, with band under front foot; hold a band handle at each side. Bring hands toward shoulders (as shown). Return to start for one rep. Do 15 reps.

AMP IT UP Place feet hip-width apart on band to increase intensity.

FIT TIP Keep elbows locked at your sides.



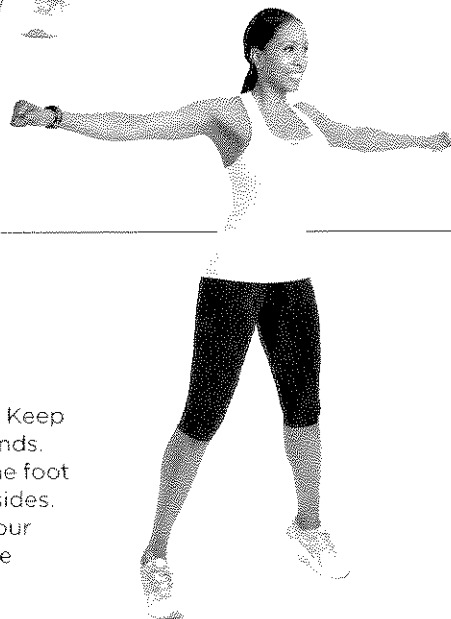
2 EXTENSION

WORKS TRICEPS

Place both band handles in left hand at left hip and hold band's loose end in right hand (wrapping it around hand); pull band until taut. Next, stagger your stance, right foot in front of left (as shown). Keeping right hand steady, bend left arm until forearm is parallel to floor. Return to start; do 15 reps. Switch sides; repeat.

GO EASY Unwrap the band one time to ease tension.

FIT TIP Keep your chest lifted (think proud peacock) and your abs engaged.



3 ARM-CIRCLE JACK

WORKS SHOULDERS; COUNTS AS CARDIO

Stand with feet wider than hip-width apart, arms out to sides at shoulder height. Quickly draw small arm circles in the air as you jump feet in and out jumping jack-

style (as shown). Keep it up for 30 seconds.

GO EASY Step one foot at a time out to sides.

FIT TIP Pick up your pace to boost the calorie burn.

SUSAN HARTARD/STUDIO D. Hair by Casey Geren for René Furterer. Makeup by Sue Pike for Laura Mercier.