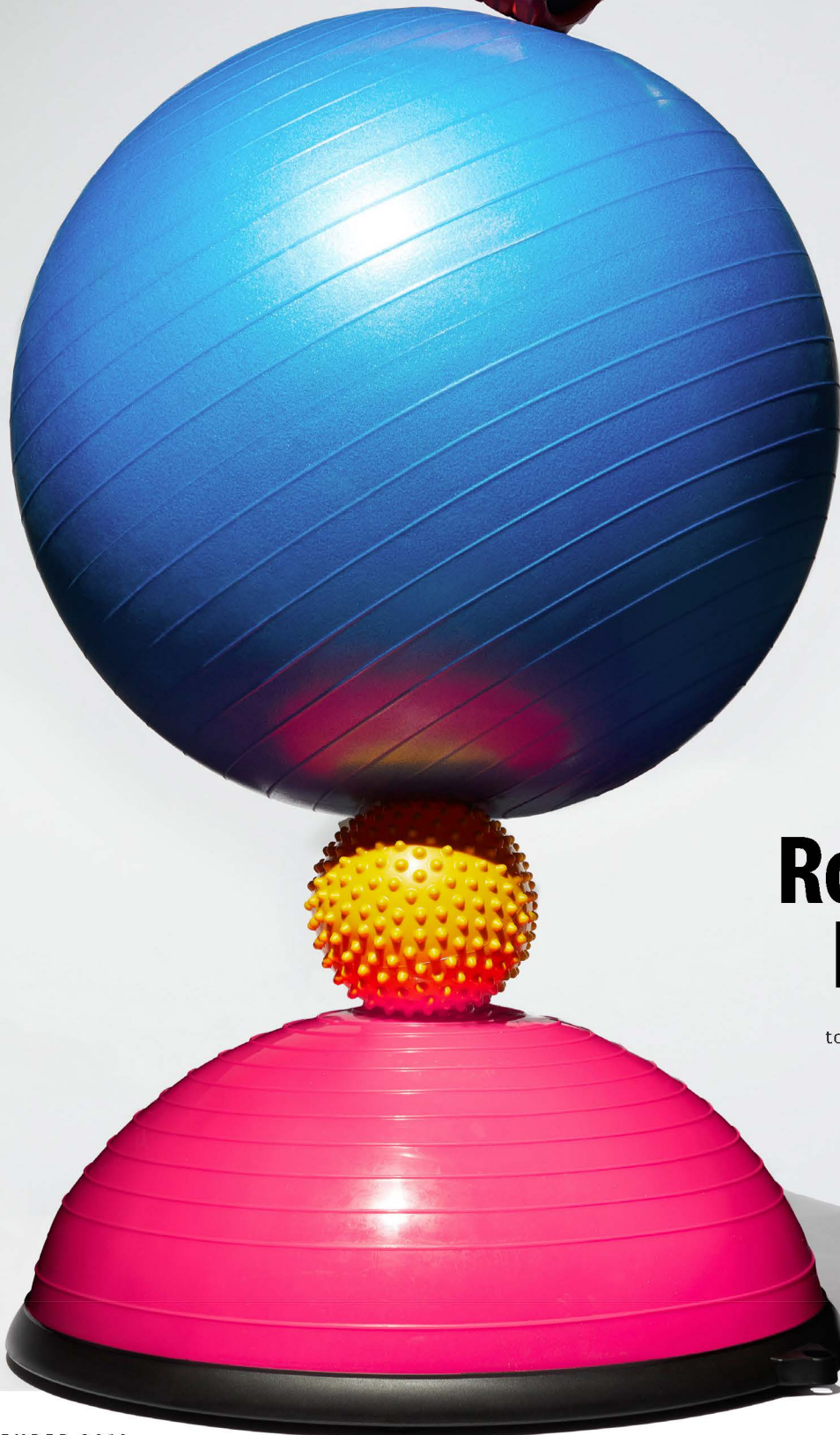


fitness



Rock-Solid Results

The secret to OMG abs, toned limbs, and a better butt is finding your balance.

By Mallory Creveling

4 Ways to Slow Your Roll

Basic exercises can easily become balancing acts with a few standard pieces of gym equipment. Try adding one or more of the drills below to your next workout, or perform three to five rounds of the full circuit for a hardcore stability challenge. You should aim to test your boundaries with moves like these three or four times a week.

It's tough to sculpt obliques if every side plank sends

you crashing to the floor. Not to mention that your squats won't do squat if you're constantly struggling to stay stable. That's why good balance is the foundation of any sound training program.

Technically speaking, "balance is your ability to maintain equilibrium, or your center of gravity, over a base of support," says exercise physiologist Polly de Mille, CSCS, director of the Hospital for Special Surgery's Tisch Sports Performance Center. But here's a less scientific way to think about it: "Everybody trips, but not everybody falls," says Angelica Virga, CSCS, a trainer in New York City. The people who don't eat dirt tend to have better balance. They're likely fitter, stronger, and faster, too, as stability is a prereq for building muscle, power, and speed.

Feeling steady on your feet (or hands, or elbows) also "helps keep joints in alignment as you move," De Mille adds, which prevents injury. The key is to "strengthen the muscles surrounding the hips, trunk, and shoulders," says Virga, which in turn tones your butt, thighs, core—everything. Push past your tipping point with these moves designed to knock you off your game (in a good way).

Stability Ball Stir-the-Pot

Begin in plank position with forearms on stability ball, hands clasped, collarbone spread wide, core braced, elbows under shoulders, and body forming a straight line from head to heels. Feet should be wider than hips. Keeping torso stable, trace quarter-size circles,

moving ball with forearms in a clockwise direction. Keep back flat and lower body activated. Continue for 10 to 45 seconds, then switch directions and repeat.

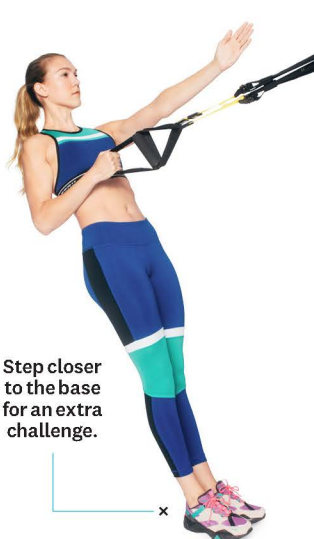
Reebok bra, leggings, and sneakers, reebok.com



Pretend you're arching over a beach ball to elongate both sides of your body.

Single-Leg Med Ball Side Bend

Stand on left leg, hips and shoulders facing forward. Holding a medicine ball overhead, bend laterally at the waist toward the right. Return to center, then repeat on opposite side. Continue alternating for 30 to 45 seconds.



Step closer to the base for an extra challenge.

TRX Single-Arm Row

Facing TRX base, hold both handles in right hand, arms extended, palms facing each other, feet flat. Walk forward and then lean back until TRX strap is taut. Pull yourself up, keeping right elbow near rib cage. Restraighten arm and repeat for 6 to 8 reps. Switch sides.



Check that your feet are far enough apart by starting in a half-kneeling position, then standing.

Offset Split Squat

Stand with right leg forward, left leg back and heel raised. Rest dumbbell on left shoulder (bearing the load should require an effort of 8.5 out of 10). Bend knees 90 degrees, so left knee is just above floor. Push through right foot to stand. Do 5 to 8 reps. Switch sides.

BEN RITTER, STYLING: ANN WANG, HAIR: JOHN RUIDANT USING R+CO AT SEE MANAGEMENT, MAKEUP: JENNIFER NAM AT HONEY ARTISTS, MANICURE: SHIRLEY CHENG USING ORLY AT SEE MANAGEMENT