

GET FIT THE WRIGHT WAY

Three Steps to Tight Abs



A native of Brooklyn, Leo Wright is a Healthfirst Fitness Ambassador, personal trainer, and group fitness expert whose popular Kick-Hopping class combines kickboxing, boot camp, and hip hop moves.



INA13_156(a)

Plank

1



1. Kneel on the ground with back straight and arms at your sides. A mat or towel under your knees gives extra cushioning.
2. Lean forward onto your forearms so that your elbows are directly below your shoulders and your arms form a 90° angle ("L" shape). Hold your chin about 6 inches from your neck to keep a neutral spine.
3. Lift your knees off the ground and straighten your legs. Keep your abs tight and pull the belly button in towards your spine. Breathe normally and hold for 10 seconds to start, working your way up to 30.

2



Variations: As a beginner, keep your knees on the ground. For an advanced plank, with arms fully extended, place your hands on the floor, with shoulders, elbows, and wrists stacked one over the other.

3



Tip: Start off with your feet about hip distance apart and bring them closer together as you improve. The closer together your feet are, the harder your core muscles must work to keep you balanced.

Always consult your physician before trying a new exercise program.

GET FIT THE WRIGHT WAY

Four Steps to Firm Arms



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INA13_156(b)

Tricep Dips



1. Sit at the edge of a sturdy chair, with feet about hip distance apart. Grip the edge and keep elbows close to your body.
2. While supporting your weight with your hands, slide off the seat until your butt is 2–3 inches from the edge.
3. Bend the elbows slowly to lower your body until your arms are at about a 90° angle (“L” shape). Keep the hips steady; the movement is in the arms.
4. Press back up to straighten arms, but keep a slight bend in the elbows to protect them from strain. This equals 1 rep. Continue to press down and up to complete 3 sets of 8–12 reps, resting for a few seconds between sets.

Variations: As a beginner, you may sit on the ground with your knees bent and heels on the floor. A mat or a towel gives extra cushioning. Lift the hips slightly and bring weight back into your arms before lowering. For an advanced move, add an element of core work by starting with your feet closer together. The closer together your feet are, the harder your core muscles must work to keep you balanced.

Tip: Keep your shoulders down—don’t hunch them up—as you lower and raise your body.

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GET FIT THE WRIGHT WAY

Three Steps to a Tight Lower Half



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INA13_156(c)

Chair Squats

1



2



3



1. Stand a couple of inches in front of a sturdy chair with your feet hip distance apart, toes pointing forward, and arms fully extended in front of you.
2. Slowly lower your butt towards the chair while keeping your abs tight and back straight. Keep your weight in your heels, and make sure your knees do not come forward beyond the toes.
3. Tap the seat of the chair with your butt before coming back up with control. Keep a slight bend in the knees as you return to the starting position to protect them from strain.

Variations: As a beginner, you may rest in the chair 1–2 seconds between reps. Challenge your balance by doing this move with your hands behind your head.

Tip: Think of the chair as a guide to maintaining proper form. Choose a chair with a seat that is parallel to the ground to get the proper 90° angle (“L” shape).

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