

**It's All About U!**

# ROCKURBODY

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**There is one activity which is entirely egocentric—exercise. You don't do it on a team. You don't even need an instructor to start. The goal you reach is your own; the only record you try to break is your own. No one drives you but your own ambition. And no one but you owns that body when you're done.**

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Have you ever felt like slamming the door on the rest of the world? Making your own choices, running your own race and always winning—because you set the stakes and make the rules? That's what happens when you pick up exercise as a hobby, routine or passion. You are in control.

Having abs is cool. Having a hot body is even more cool. You don't have to hang with the jocks to do it.

### Workout Routines

Your workout is as varied as your workout style. Aerobics are surely the fastest way to weight loss, but resistance training is what adds the muscle and tone. Resistance training refers to any exercise done using weight. This may be the weight of your body, as in a push-up or pull-up, or it may be resistance from a machine, cable, stretch band, dumbbell or barbell. All are considered weight training, and while they play a function in losing weight, their primary aim is to build muscle.

Muscle burns more calories and fat than other tissues. Muscle keeps burning calories even while your body's at rest.

Muscle building takes time. It takes months of dedication. To keep it interesting you set very tiny goals. You can go from doing 3 push-ups to doing 25 with your kid sister sitting between your shoulder blades. You might go from using 2 pound weights to 4 pound weights, and so on, until you see the results you want. Then you cut back on weight, and increase repetitions. It gets a little more complicated, but that's enough for starters.

There are many good home workout systems with instructions and great books. Most YMCA's,

YWCA's, and many high schools have decent weight rooms. For more information on health clubs, check [TeenFitnessConnection.org](http://TeenFitnessConnection.org), and for other resources, check [TeenFitnessOnline.com](http://TeenFitnessOnline.com).

The only prerequisite is that you want to change your body and build toned muscle. There's nothing stopping you. Write down some goals and start a simple routine that you can get from a book or magazine. Keep track of your workouts: the frequency, weights lifted and your reps and sets. Keep increasing those numbers and your muscle tone will increase as well.

### Our Trainers

Master Aerobic Trainer Shpresa Perlleshi is well known to readers of *Fit Body* and *Women's Fitness* magazines. She's a company spokesperson, star and creator of several best-selling DVD workout programs, owner of a Lady of America franchise and former dance choreographer. She still donates time to local schools helping them put on their dance recitals. You can read more at [VIPFitness.com](http://VIPFitness.com).

Donovan Green is a respected personal trainer, and operates 6 Elements of Fitness in New York, a full-service health club based on Donovan's whole body approach. You are just as likely to spend an hour doing martial arts moves without weights, as hitting the heavy iron in his club. He has a high profile list of celebrity clients but his greatest love is helping teens and young adults understand not only the components of fitness, but its importance for a healthy mind and body. You can read more at [6ElementsofFitness.com](http://6ElementsofFitness.com).



## BALLET SQUAT WITH DB

## DUMBBELL (DB) SQUAT

Point your toes wide and feet out beyond your shoulders. Hold a single dumbbell and bend at the knees to lower your torso as you bring the dumbbell overhead. Keep a straight back throughout. ▶ **3 sets of 10-15**

Begin with a dumbbell in each hand, feet shoulder-width apart. Imagine sitting down in a chair and squat down as if about to sit, bringing the dumbbells out in front of you for balance. ▶ **3 sets of 10-15**

Ballet Squat with Dumbbell



Dumbbell Squat



# SQUAT THRUST

This classic move is also called a “Burpee” and it begins by squatting down as shown in the photo at top left. From this position thrust your legs behind you. (Really tough cookies add a push-up at this point)

Now, hop back to your starting position. The last portion involves exploding upwards in an actual jump, as high as possible. Rehearse this move until you can do it in one fluid motion. **▶ As many as possible**



Squat Thrust

## AB BALL RAISE

Exercise balls are good for a lot, and leg lifts top the list. You can scissor the ball as shown. Lift the ball from the floor, keeping your palms flat and your torso tight, squeezing the ball. Raise it at least 45 degrees, or rock your pelvis to bring it higher. Slowly and under control, lower and repeat. ▶ **As many as possible**

## LATERAL BAND LUNGE

Place the center of the band under one foot. Bend at the forward knee and step backwards with the opposite leg. Hold the band's handles at your shoulders for resistance. Lower your hips and bend the rear leg until your knee is 6-8 inches from the floor, then push with your forward leg to return. ▶ **2 sets of 10-15**

Ab Ball Raise



Lateral Band Lunge



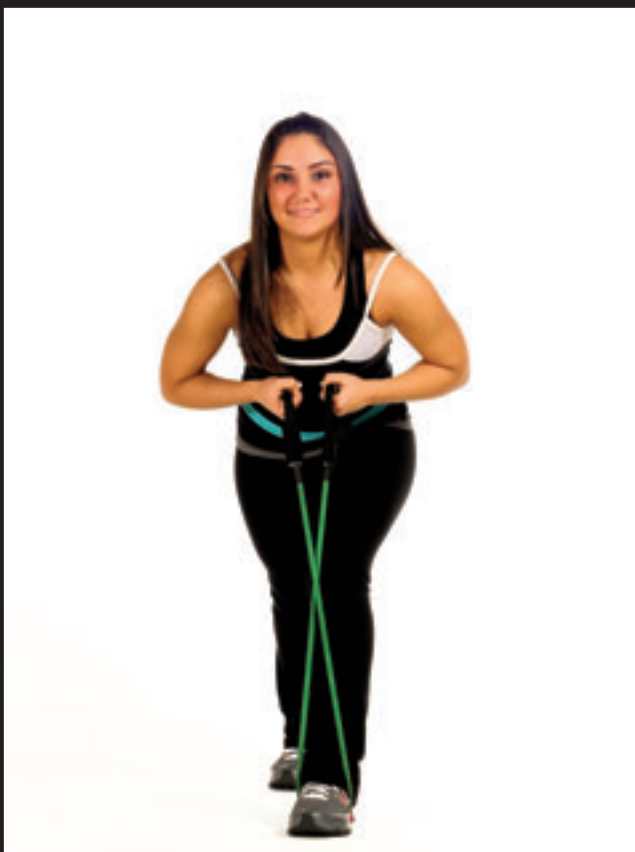
## BALL CRUNCH

Sit in the center of an exercise ball. For the right size ball, your thighs should be parallel with the floor. Once you're balanced, slowly walk your feet out as you lie back so your torso is supported. With abs tight and balanced, roll your shoulders and head forward, squeezing at the top of the movement. ▶ **As many as possible**



## REAR AND SIDE LATERAL RAISE

Take a step forward, bending at the knee, back flat. Center a band under your forward foot, and hold the handles in a criss-cross position, elbows bent, and fists facing each other. Raise your arms out to your sides without standing up. Keep elbows bent, palms down. Hold at the peak of the movement for one second, then return and repeat. ▶ **As many as possible**



Ball Crunch

Rear and Side Lateral Raise

## CRUNCH

The most common Crunch is with bent knees—do not lock or anchor your feet. You also want to keep your neck in a neutral position—do not fold your hands in back and pull—and perform as shown. ▶ **As many as possible**

## PUSH-UP

If you don't have the upper body strength, you may begin this exercise from the knees. Donovan demonstrates excellent form in his client: eyes forward, abs tight, back straight and butt tucked in. ▶ **As many as possible**

Crunch



Push-Up



## STRETCHING OUT

Shpresa doesn't rely on fancy machines, but basic core moves that you can perform during commercial breaks, at home and on vacations. Basically, you have no excuses not to get a few of these moves in every day.

Never hyper-extend or suddenly twist; always keep your back flat and neck in a neutral position. Pull your knee toward your chest and then stretch the hamstrings as you pull into a crunch. Keep your abs tight.



Stretching Out

## LEG LIFT

Begin lying flat, arms at your sides. Bring your palms under your hips to lift them slightly. Exhale and bear down on your abs. Imagine your bellybutton is resting on the inside of your back. Lift both legs a few inches from the floor, bring your knees toward your chest; extend to start position as you raise your shoulders slightly off the mat.

You can hold this leg lift position for as many seconds as possible. You may want to relax and skip the crunch portion of the exercise. Also try scissoring your legs from this position. Keep your abs tight, exhale deeply between reps, and keep your lower back in contact with the floor.

▶ As many as possible



Leg Lift

## BICYCLING LEG LIFT

Begin lying flat on a mat, your palms under your hips for some elevation. You want to keep your low back on the floor throughout this movement. Bring your shoulders off the mat to add tension to your abs. If your neck becomes fatigued, place your head back on the mat, but keep the tension on your abs.

From this position raise both legs off the floor 4-8 inches. Begin with one leg and bring your knee in towards your chest. As you return your leg, bring the opposite knee in toward your chest until you are switching in a fluid fashion. This is a great warm-up for the next advanced move.

▶ **As many as comfortable**

Bicycling Leg Lift



## SHPRESA'S SPIDER CRUNCH

Using all the rules you've learned—continuous tension on the abs, low back stable, no wrenching or pulling of the neck, and breathe from the belly—bring your legs up, knees out and feet together. Placing your hands lightly on the sides of your head, roll your shoulders off the mat. Now crunch toward your

knee, back to center, then left knee. As you crunch, bear down on the muscles that run along the sides of your torso—your obliques. Do not perform this if your motions are out of control, if your body is not stable, or if you experience any pain or fatigue to the neck.

▶ **As many as possible**

Shpresa's Spider Crunch

