

BRANDMODELS

KIM NELSON - SWIMMING - WATER POLO - FITNESS

HAIR: BLONDE
EYES: BLUE
HEIGHT: 5' 10.5"
CHEST: 36B
WAIST: 27
HIPS: 38
DRESS: 6/8
SHOE: 9







GetFit {Workout of the Month}

4 DONKEY KICK
 Works: butt and core
 Get on all fours with left knee on the disc and right knee on the floor beside it. Lift right knee to hip height behind you as you flex knee, drawing it toward the ceiling (leftward). Lower right leg to starting position; repeat. Do 15 reps, then switch sides to complete set.



5 TRI-POINT PLANK
 Works: core, arms, butt, and legs
 Get in plank position with hands shoulder-width apart on the disc. Lift right leg to hip height behind you (showing), hold for 20 to 30 seconds. Rest 30 seconds, then repeat, this time using left leg, to complete set.



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