

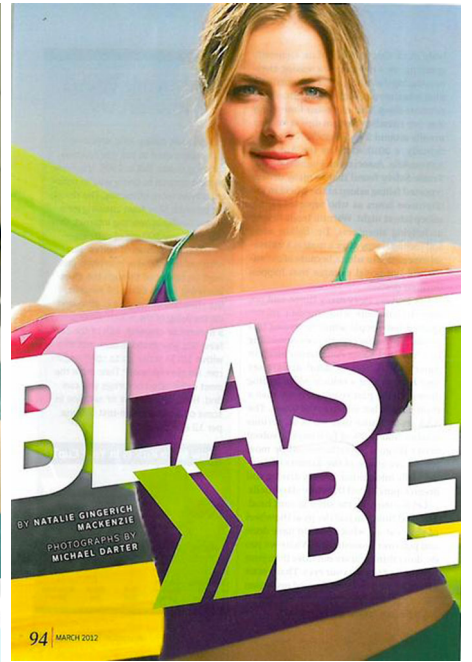
BRANDMODELS

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: buttocks 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 (flexion). 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 60 seconds. Rest 30 seconds, then repeat, this time raising left leg, to complete set.



