

fashion & function

YOGA

These pose-friendly finds move with you and support your get-bendy habit.



1 Everything will stay in place during inversions, thanks to this snug and supportive **Danskin** cotton, polyester, and spandex tank (\$39; danskin.com).

2 This canvas and leather-trim **Plank** tote (\$225; plankdesigns.com) looks stylish at the gym—or office.

3 Repeat this mantra: Boot-cut pants make your butt

look its best. These **Beyond Yoga** Lycra pants (\$77; drishtiyoga.com) prove it.

4 With this **Hyde** wool and cashmere zip hoodie (\$150; yogahyde.com), corpse pose never felt so good.

5 These sleek, lightweight **K-Swiss** Jhana yoga shoes (\$60; kswiss.com) complete your outfit better than a clunky pair of kicks.

WEIGHT TRAINING

You're checking your form in the mirror—make sure you like what you see.



1 Breeze through your circuits in this **Adidas** polyester and spandex tee (\$50; shopadidas.com), which sports mesh panels.

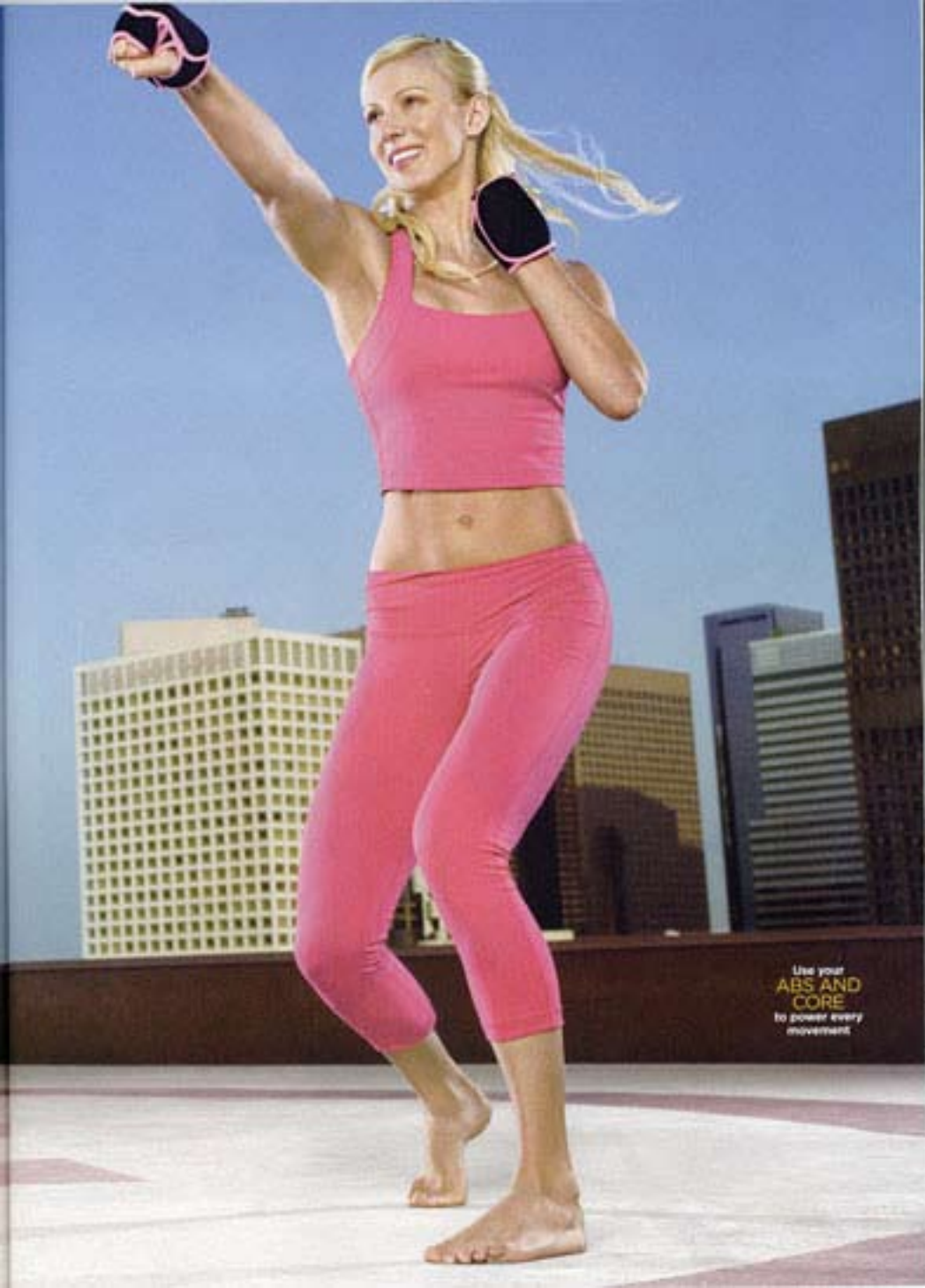
2 Heavier dumbbells? You go! The cushioning in the **Under Armour** Proto Speed Trainer II shoes (\$90; underarmour.com) can take it.

3 Leave odor to the guys and slip on these **Alo** nylon

and spandex shorts (\$38; alosport.com), which have an antimicrobial treatment.

4 You'll be tempted to stash your T-shirt in a locker and show off your abs in this **Tonic** sports bra (\$50; mytonic.ca for stores).

5 Warm up in a cool way with this bright, retro-inspired terry cloth jacket from **Fila** (\$90; fila.com).



Use your
**ABS AND
CORE**
to power every
movement

the plan

HOW IT WORKS Perform the routine barefoot, which increases the challenge for your lower legs and helps you feel more grounded. Three or 4 times a week, warm up by running in place or jumping rope for 2 minutes, followed by shadowboxing for 3 minutes. Then complete each "round" in order without resting. If you have extra time, repeat the warm-up between rounds. For additional moves, pick up Jenner's new *SHINE* DVD (\$20, zotabox.com).

YOUR ONLY NEEDS Jenner recommends using a pair of light (1-pound) weighted gloves (ukc.zotabox.com), but you can do the routine without them. Use a yoga mat or stack towel for the floor moves.



WARM-UP SHADOWBOXING

Stand with feet hip-width apart, knees bent. Curl your hands into fists in "guard" position—near your chin—and bounce back and forth on the balls of your feet like a boxer [shown]. Throw slow punches straight from your shoulders, alternating arms, for 3 minutes.

ROUND 1

JAB-CROSS WITH SHUFFLE

WORKS ARMS, ABS, LEGS, AND BUTT

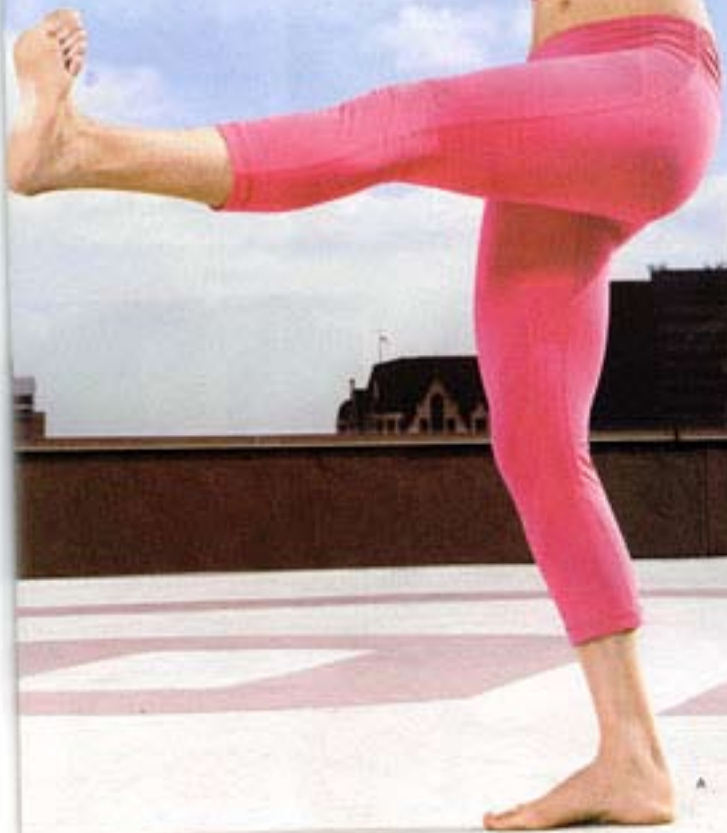
Stand with feet wider than shoulders, toes turned out and knees bent. Bring fists to guard position. Turn slightly to the left and step out with left foot as you jab left arm forward at shoulder level, knuckles down [A], then quickly retract the punch. Immediately pivot on right foot and punch across your body with right arm. Do 4 alternating punches (jab, then cross), then jump feet forward and back (parallel to each other) [B] 4 times, using small, soft jumps. Repeat from the beginning for 90 seconds, then switch sides (jab forward with right arm and cross with the left).



SERVE THE PLATTER

WORKS CORE,
ARMS, AND LEGS

Stand on right leg, knee slightly bent, and pull your belly button in. Draw left knee up to waist level and extend leg out in front, foot flexed. At the same time, extend arms forward at chest height, palms up **(A)**. Draw your elbows toward your sides as you bend left knee and bring heel toward right knee **(B)**. Repeat for 1 minute without touching left foot to ground, then switch sides and repeat.





A



B

POWER HOOK WITH CRISSCROSS FEET

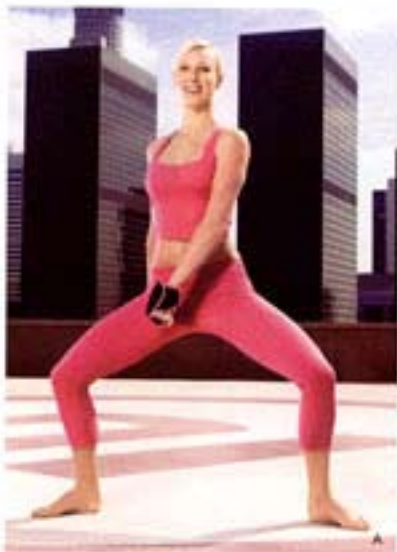
WORKS SHOULDERS, ARMS, CORE, AND LEGS

Stand with feet wider than shoulders, knees bent, and bring fists to guard position. Throw a right hook by keeping right arm bent as you punch out and across your body, in front of your chest, so arm goes under your chin; pivot on your right foot and turn body to the left as you punch **[A]**. Repeat to other side, pivoting on left foot as you punch. Do 4 hooks, using your entire body, especially your core, to power the move. Then bring fists to guard position and scissor legs out and in (ankles cross) **[B]** 4 times. Repeat hooks and jumps for 3 minutes.

STANDING TWIST TO PLIÉ

WORKS LEGS, BUTT, ABS, AND ARMS

Get into plié position, with feet wide and toes turned out, and squat so knees track over toes. Keep hips squared forward as you twist to the right and punch left arm close to right thigh and right arm behind you next to hips **[A]**. Draw hands to guard position, elbows close to your sides **[B]**, then turn to the left and repeat. Maintain the plié position and alternate sides as quickly as you can, keeping your abs tight throughout, for 2 minutes.



A



B



SPEED BAG

WORKS ARMS, SHOULDERS, AND LEGS

• Stand with feet shoulder-width apart, toes turned out. Bend left knee and extend right leg in front of you, toes on the ground, as you raise hands in front of you to eye level.



elbows bent and hands in fists. Circle hands one over the other [A], as if you were punching an imaginary bag. At the same time, touch right toes to inside of left knee [B]. Keep cycling arms as you lower right toes to ground and bring them to your knee again. Repeat for 90 seconds, then switch sides.

ROUND 3



CORE ARABESQUE

WORKS ARMS, CORE, AND ENTIRE LOWER BODY

• Stand on right foot and lean forward from hips as you extend left leg behind you at hip level, toes pointed. Bring right arm forward and left arm out to the left, both at chest height, for balance [A]. Bend right knee as far as you can [B], then straighten it. Continue for 1 minute, then switch legs and repeat.

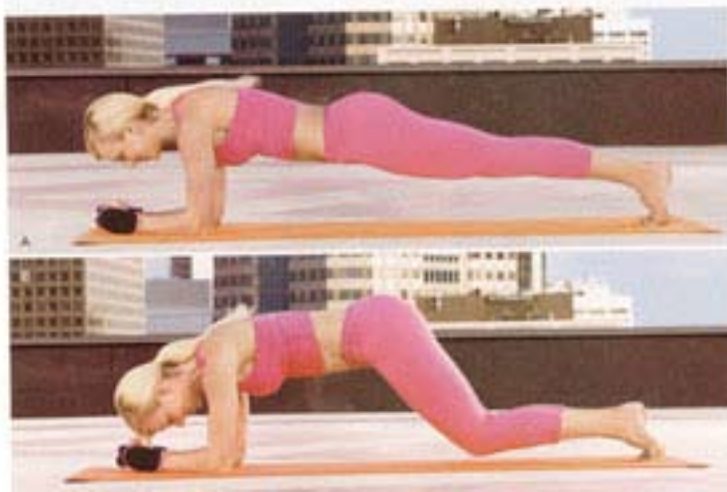




STANDING SIDE PLANK

WORKS LEGS, BUTT, ARMS, AND CORE

Stand on right foot and raise arms out to shoulder level, palms facing ground. Bend over from hips and raise left leg out to the side as high as you can, toe pointed **(A)**. Keeping arms and torso still, lower toes to the ground **(B)**. Rise leg again and repeat for 90 seconds, then switch sides.



PLANK TUCK

WORKS CHEST, ARMS, AND CORE

Get in modified plank position—forearms down, elbows under shoulders—and balance on toes **(A)**. Bend knees to within an inch of the ground **(B)**, then straighten legs; continue for 45 seconds, rest for 75 and repeat. Work up to 2 full minutes.



MODIFIED HUNDRED

WORKS CORE AND SHOULDERS

④ Sit tall with knees bent 90 degrees and toes on the ground (heels lifted). Extend arms forward at chest level, palms facing down, and lean back about 45 degrees to engage the abs [A]. Pulse straight arms up and down (raise and lower an inch or less) for 1 minute or until you reach 100 pulses. Halfway through, lift feet off the ground [B]. Keep your core tight and chest lifted so you don't sink down.



KNEE CROSSOVER TO KICK

WORKS ENTIRE LOWER BODY

④ Kneel with knees aligned under hips, right elbow on ground under right shoulder and left hand on ground under left shoulder. Lift left leg, keeping knee bent and toe pointed, and cross it behind right knee [A]. Shift weight to your right side as you straighten left arm slightly and lift left leg up to shoulder height, then kick out with control, keeping toe pointed [B]. Repeat for 1 minute, then switch sides.

