

GNC **STAT!**

**QUICK, DRUG-FREE  
NATURAL REMEDIES**



**BACK BOTHERING YOU?**

Features 240 mg of salicin to support back comfort.



**NEED AN ENERGY BOOST?**

Scientifically designed to boost energy and metabolism.



**NEED IMMUNE DEFENSE?**

Provides antioxidant protection and supports immune defense.

**GNC**  
LIVE WELL.

get fit news

THE SECRET TO SLIM HIPS

at-home  
move of  
the  
month



side plank lift

Works butt, core, and shoulders

Form-fitting dresses are always on trend, but to pull them off, you need a firm middle and svelte silhouette. You can score both with this toner. "The resistance band adds an extra challenge for your abs and butt," says Miami trainer Jessica Smith, who uses the exercise in her DVD, *10 Minute Solution: Belly, Butt & Thigh Blaster* (\$17; [amazon.com](http://amazon.com)). Try it three times a week and you'll be showing off a wrap dress-worthy shape in no time.

- **LOOP A RESISTANCE BAND** around your thighs. Get in side plank position with left forearm on the ground, hand in a fist.
- **EXTEND RIGHT LEG**, foot flexed, keeping left knee bent and on the ground; thighs should be

- even. Raise right arm straight over shoulder, palm facing forward [A].
- **LIFT RIGHT LEG** parallel to the ground; lower right arm to thigh [B].
- **LOWER RIGHT LEG** and raise right arm to starting position; repeat. Switch sides to complete set.

**you'll need**

A circular or regular resistance band (\$5; [spri.com](http://spri.com)).

**workout details**

Do 2 sets of 12 to 16 reps. Beginners, try move without band.

**make it harder**

Straighten both your legs and stack your feet.