

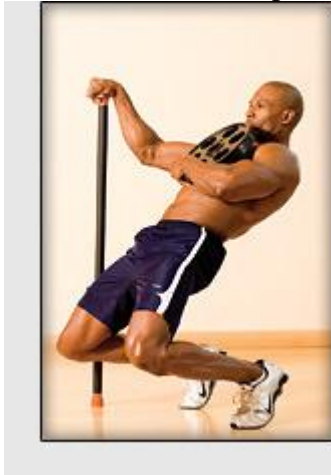
Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

RIPPED OR WIGGLY?

WANT TO BE RIPPED? HAVE SIX PACK ABS? OR JUST FIT INTO YOUR SWIMWEAR?

EXERCISE OF THE MONTH: SISSY SQUAT

TARGET: Quadriceps, as well as balance and stability.



SET UP: In case the name of this one throws you off a bit, be warned that this exercise is definitely not for sissies - and you might be sore for a few days after you've done it. First, hang on to something fixed to keep steady during the exercise. Stand on the balls of your feet with your feet positioned slightly wider than shoulder width apart. Keep your upper legs and torso in a straight line, from your shoulders to your knees. **ACTION:** Start by leaning back slightly - this is the top position of the movement. Next, break up your knees slowly and lower your body as far as you can without falling backward. If you feel like you've gone too far, you can use your supporting hand to pull yourself back up. Once you reach the bottom of the movement, push yourself back up to the top without "locking out" and repeat. Once you've mastered the simple sissy, make it a little harder by holding a 25 - pound plate against your chest. **FIT-TIP:** With the sissy squat, you can start without weights for the first set, then hold a 10 - pound weight plate across your chest for the second set and a 25 - pound for the third set.

ABSOLUTELY RIPPED Men, while big arms are always going to command respect, a 6-pack set of abs completes the picture. Get the picture! It takes hard work in the gym and with your diet.