

# Fit

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# Smooth Maneuvers

What is it about sliding around on a slippery surface that's so entertaining? After all, generations of kids have delighted in gliding across everything from patches of ice to newly waxed kitchen floors. You may have grown up, but you're never too old to join in the fun.

Slide workouts are built on the pleasure principle of stockings feet meeting a shiny floor, but with a few pluses: The basic side-to-side movement helps burn calories, improve cardiovascular efficiency and strengthen glutes as well as inner and outer thighs. Better still, a slide board can also be an effective spot-toning, body-sculpting tool. The following moves are taken from the "Turbo Sculpt" class at The Spa of Eden at The Eden Roc in Miami, Florida. Designed by Janis Saffell—instructor on ESPN2's *Crunch Fitness* and star of the Crunch Fitness video *Brand New Butt*—this workout helps build overall strength while toning major muscle groups.

Before you begin, warm up by stretching lightly and jogging in place, then slip a pair of booties over your sneakers and step onto the slide board. Beginning sliders should start out with sets of 8 to 10; 12 to 24 if you're more advanced. Remember to perform these moves slowly and carefully to ensure proper alignment, and consult your physician before starting this or any fitness program.

## 1) Performance Lunge

Facing end ramp of the slide, place left heel on floor against bumper. Placing right foot on the slide with toes facing end ramp, rest hands on left thigh for support (and to protect your back). Keep chest lifted and shoulders back. Lift right heel and slide back into a lunge, keeping left knee at 90° angle, as shown. Slowly return to starting position by sliding right foot forward. Do one set (8 to 10 or 12 to 24 repetitions); switch sides.

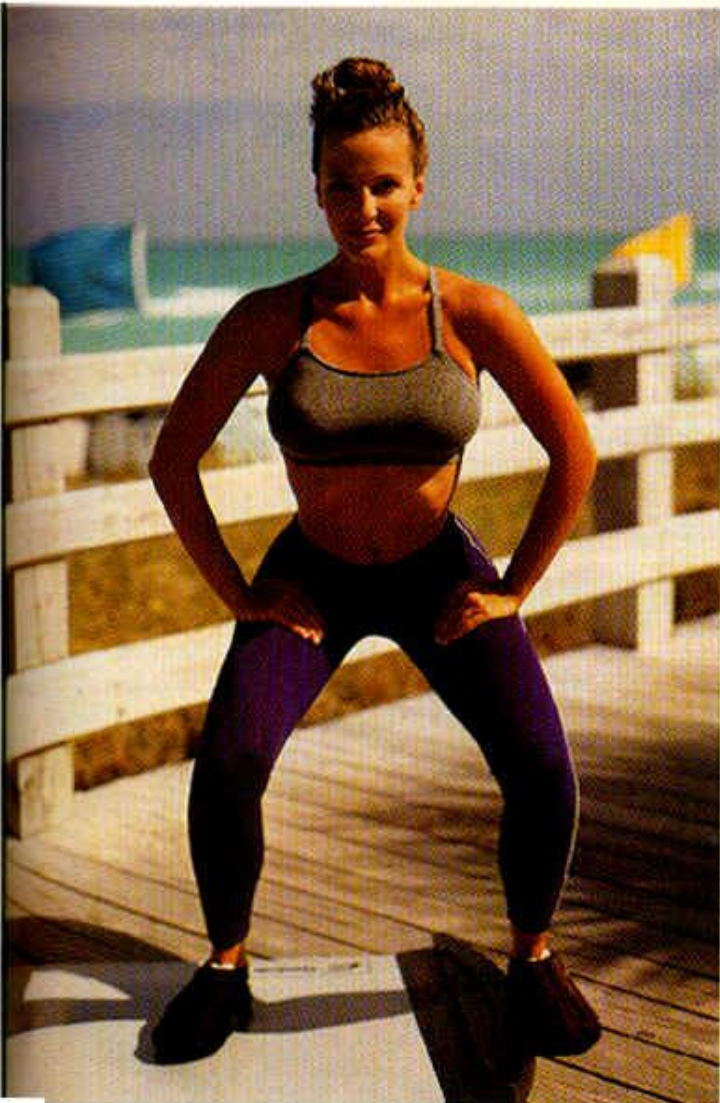


A woman with her hair in a bun, wearing a grey sports bra and purple leggings, is captured in a dynamic pose on a wooden ramp. She is leaning forward with her hands on her hips, demonstrating a slide exercise. The background shows a blurred outdoor setting with a yellow light fixture.

## Basic Slide Safety

*From Slide Reebok*

1. Approach the board from the back, so that the end ramps angle outward and you can read the logo.
2. Center your weight over your feet.
3. Keep knees aligned with toes at all times. Knees should never extend past your toes.
4. Keep hips squared and aligned with torso and shoulders.
5. Keeping a slight bend in knees, push off from the ramp with the muscles of the outer hip and leg. Make sure the press comes from the glutes, not foot or ankle.
6. Control your speed by dragging the trail leg. Use the lead leg only as a stabilizing influence while moving across the board.
7. For most of the moves, bring trail leg to a closed position before beginning to slide back.
8. Until you're comfortable, keep eyes on the board. Gradually get into the habit of keeping head in neutral alignment, with eyes forward.
9. Proceed to the more complex core movements or add arm motions only when you're proficient at the basic slide move.
10. When incorporating variations, lifts or touches, stabilize and balance yourself on the ramp before initiating the additional movement.

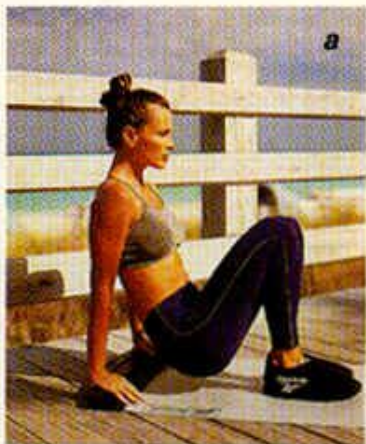


## 2) Super Squat ◀

Stand with left foot on floor, instep against outside of bumper, and right foot on ramp inside the slide, knees slightly bent. Resting hands on thighs, slide right foot to the side until feet are shoulder-width apart, then slowly bend knees, lowering into squat position, as shown. Keep weight evenly distributed over both feet, with buttocks directly over heels. Keeping abdominals tight and chest high, slide right foot back to starting position by squeezing buttocks and thighs until legs are almost fully extended. Do one set; switch sides.

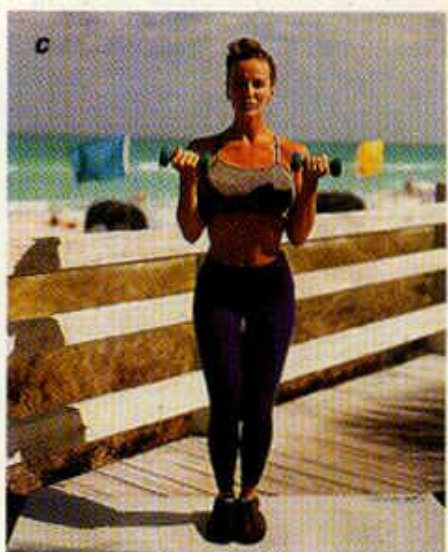
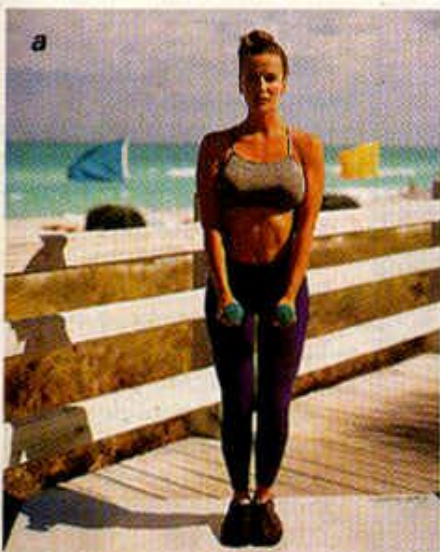
## 4) Dual Action Dip

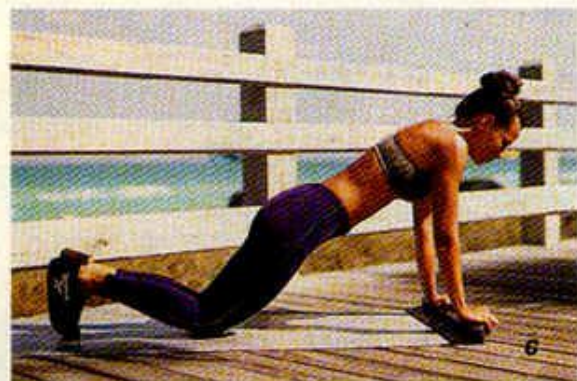
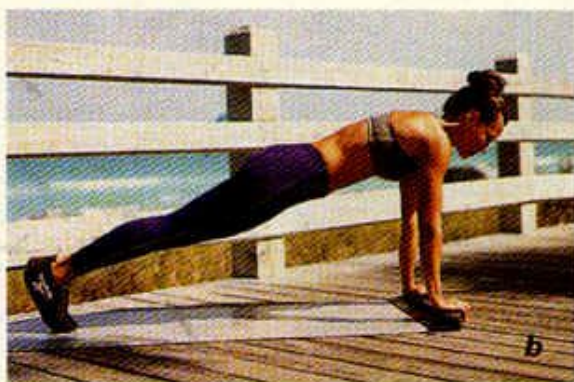
Sit on slide board close to end ramp while facing opposite end. Place hands shoulder-width apart on bumper behind you, fingers facing body (a). With feet flexed, press heels into slide as you slowly extend legs, keeping buttocks lifted; simultaneously bend elbows into dip position (b). Then—keeping knees together and feet flexed—press heels into slide, tighten hamstrings and curl legs back to starting position. Keep chest lifted, shoulders down and back, with elbows pointing behind you during the move. Do one set; rest; repeat.



## 3) Triple Blast ▼

Standing in the middle of the slide, bend knees and turn toes out slightly, holding a 3- to 8-pound dumbbell in each hand (a). Keeping knees bent, slide feet apart—using outer thighs—until they're as wide as shoulders. Simultaneously raise arms to the side, shoulder height, keeping elbows slightly bent (b). Return to starting position by squeezing inner thighs to pull legs together as you lower arms to sides. Then lift both arms in a curling motion, bringing dumbbells to chest, squeezing biceps and keeping hands relaxed (c). Do one set; rest; repeat.



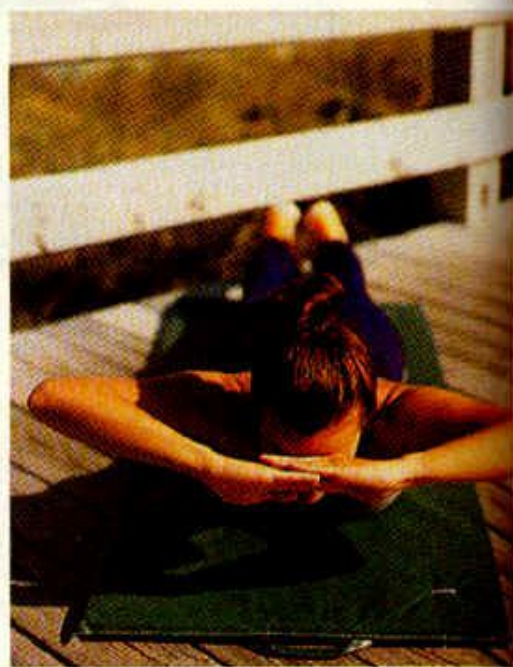
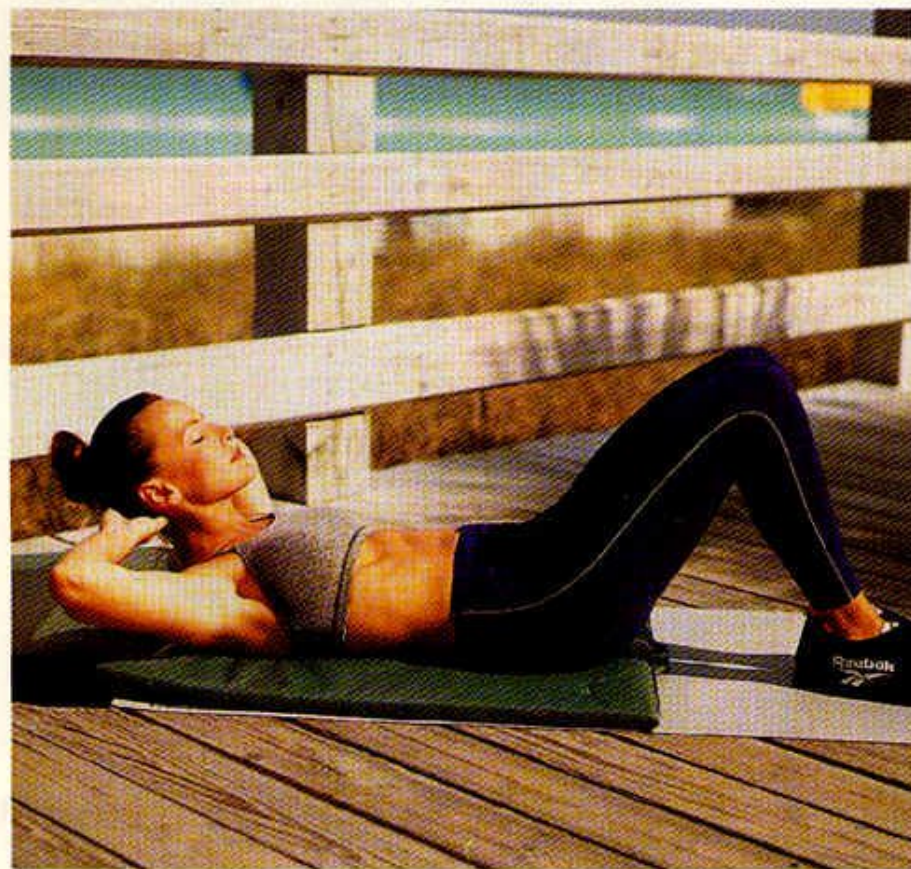


### 5) Iron Man Push-Up

Kneel on slide, facing end ramp. Place hands on bumper in front of you, fingers facing forward; position shoulders over hands (a). Extend legs completely, keeping back flat and abdominals tight (b). Then, lowering knees (c), bend elbows, lowering chest toward slide, performing a modified push-up (d). Straighten elbows, lift knees (returning to position b), contract abdominal muscles and slide feet back to starting position. Do one set; rest; repeat.

### 6) Ultimate Abs ▼

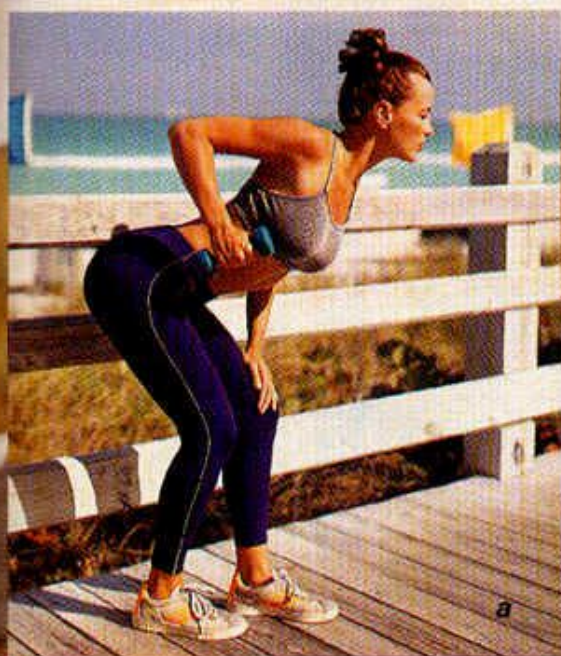
Place towel or exercise mat on half of slide. Lying on back with head close to end ramp, extend legs forward, keeping knees bent, heels on the slide and lower back pressed firmly into the ground. Place hands next to ears, keeping elbows pointing out to the sides; keep chin and eyes directed upward. Lift shoulders a few inches off the ground by contracting abdominals and pressing lower back downward. Lift upper body into a crunch; as you curl shoulders up, dig heels into the slide and curl legs toward buttocks, as shown. Keeping legs together, tighten hamstrings (back of thighs) and hold for a count of two. Return to start. Do one set; rest; repeat.



### 7) Upper-Body Lift ▲

Lying on stomach on a towel or exercise mat, keep head in neutral position, eyes toward floor. With legs extended, feet and hips relaxed and arms extended over head, lift arms and chest off floor (keeping them in alignment), as shown, by contracting lower back muscles. While in this position, bring elbows toward mid-back, pulling shoulder blades together, then slowly release and bring arms in front of you. Lower chest and arms to floor as one unit. Do one set; rest; repeat.

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**b**

### 8) Standing Row & Fly

Stand with left leg slightly in front of right, knees slightly bent. Lean over from hips, pressing tailbone down to flatten your back. Place left hand on left thigh for support. Grasp dumbbell in right hand, keeping wrist in neutral position. Raise elbow behind you while squeezing shoulder blades together to perform a rowing motion **(a)**. Keep elbow bent throughout movement; slowly return to starting position. From there, lift arm to side, keeping elbow slightly bent, and bring elbow toward mid-back in a fly motion **(b)**. Return arm to starting position. Do one set; switch sides.