1-minute makeov

YOUR PERSONAL TRAINER

NAME: Sonki Hong

LOCATION: Los Angeles

CLAIM TO FAME: Celebs like Ke\$ha love his fun outdoor "boot camp" workouts!

WEB SITE: sonkifitness.com

TRAINING TIP:

THE 60-SECOND SECRET!

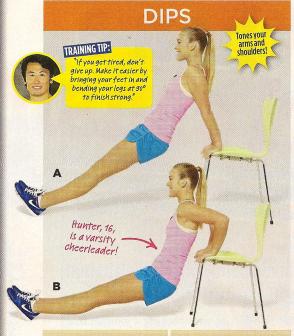
How to do this workout—and why it gets the job done.

- First, warm up! Jog in place for 2 minutes, stretch your whole body for 5 minutes, then do jumping jacks for 1 minute.
- Now do each strength move for 60 seconds, as hard as you can. (Rest for 30 seconds in between.)
- Finally, repeat the strength circuit (that's all 5 moves) two more times.



CHRIS ECKERY/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HARR: MARCOS DIAZ AT ION STUDIOS FOR REDKEN. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. OLD NAVY: WHITE TANK, LINE AND DOT; SPORTS BRA, FIT; SHORTS, SOFFE; SOCKS AND SNEAKERS, NIKE. STILL LIFES: PHILIP FRIEDMAN/STUDIO D.

"Going all out on a move for 60 seconds forces you to work your muscles harder. You'll hit your max every time, which means you tone up faster!"



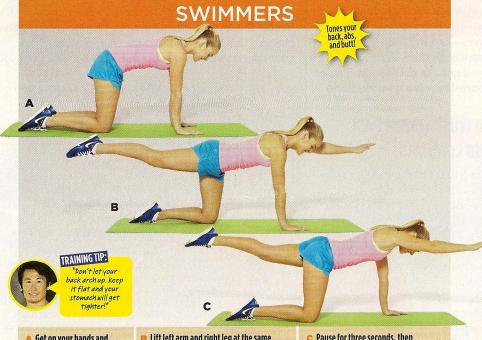
Sit on chair, hands beside hips. Scoot butt off seat and extend legs straight out. B Lower your body by bending arms to 90°, then push back up to A.





C

Lie on back with har behind head. Lift leg bend them at 90°.



A Get on your hands and knees and look down at the floor.

B Lift left arm and right leg at the same time, so that they're parallel to the floor.

Return to A slowly.

Pause for three seconds, then repeat on the other side (right arm up, left leg up).



Stand with legs straight, feet together, palms in prayer position, and a resistance band around calves.

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