

1-minute makeovers

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.

"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!"

DIPS

TRAINING TIP: "If you get tired, don't give up. Make it easier by bringing your feet in and bending your legs at 30° to finish strong!"

Tones your arms and shoulders!

Hunter, 16, is a varsity cheerleader!

A 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.

A Lie on back with hands behind head. Lift legs and bend them at 90°.

SWIMMERS

Tones your back, abs, and butt!

TRAINING TIP: "Don't let your back arch up. Keep it flat and your stomach will get tighter!"

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.

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

STANDING

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

TEAR OUT HERE!



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