

Do This Move

BY KAITLYN PIRIE

The Double-Heel Plié—from dancer turned fitness instructor Rachel Piskin—strengthens your back, shoulders, abs, butt, thighs and calves.

1

Hold one end of a resistance band in each hand and stand with feet wider than shoulders, toes turned out. Raise arms in front of you at chest level, pull the ends of the band to create tension and lower into a plié squat.

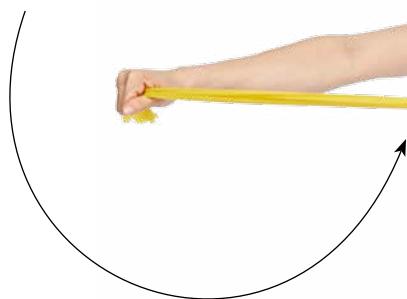
2

Maintaining the plié position, pulse up and down 10 times. Lift both heels off the floor and pulse up and down 10 times. Lower left heel to the floor and pulse up and down 10 times. Repeat with other heel.

3

Place both heels on the floor and repeat the sequence two more times. Relax your arms and legs for a few seconds of rest in between sets.

A resistance band that's at least 5 feet long is more versatile. You'll have to wrap the ends around your hands for moves like this.



Want a bigger challenge? Go deeper into that plié.



YOUR MOTIVATOR

Rachel Piskin is the cofounder of ChaiseFitness, where classes blend ballet, Pilates and strength training.

MAKE IT A WORKOUT

Perform three sets of all three moves and complete the circuit twice.



LUNGE LIFTS

Place feet together and hold the band as you did for the plié. Step left leg backward into a lunge and pulse twice. Lift left knee up to chest as you raise your arms overhead. Step left foot back as you lower arms. Do 20 lunges, then switch legs.



TRICEPS PUNCHES

Stand on the center of the band with your feet shoulder-width apart and hold one end in each hand. Bend knees so they're in line with toes and hinge your upper body forward 45 degrees. Hold elbows by sides and bend forearms forward at right angles. Extend forearms backward 20 times.