



OCTOBER 2011

**BONUS:**  
SPECIAL  
**BREAST**  
**HEALTH**  
HANDBOOK

## Get Fit **Workout of the Month**



TARGET: EVERY MAJOR MUSCLE

# Get Cut!

Combat fat—and change things up—with this striking new total-body plan. **BY JEANINE DETZ**

Dumbbells? Check. Balance disc? Check. Sword? ...Not yet? Chances are that's going to change fast, once you see these moves from Jungshin Fitness, a popular class at The Sports Club/LA in San Francisco. We're talking the high energy of kickboxing and the focus of yoga—with a dash of combat training and meditation. "You'll work the large muscles in your butt and legs, which blasts calories," says Jungshin's creator, Annika Kahn. "Plus, handling the sword fires up your arms, shoulders, and core." So find a wide-open space, and get ready to embrace your inner ninja!

### THE PLAN

#### HOW IT WORKS

- Three times a week, do 3 sets of each move in order. (To progress, add another set or 2.) Breathe in through your nose and out your mouth during every exercise.

#### YOU'LL NEED

- A 1- to 3-pound wooden practice sword (from \$40; jungshinfitness.com).

## 1) Power Strike

WORKS LEGS, BUTT, BACK, SHOULDERS, AND ARMS

• **Hold sword in front of hips**, pointing down, with right hand on the sword's ridge and left hand just above it. Lunge forward with right foot and turn left toes out. Inhale as you raise arms overhead, bending elbows so sword is parallel to your back **[A]**. Exhale as you rotate torso to the left and extend arms, striking sword down to the left **[B]**. Raise sword to starting position and repeat, rotating to the right, to complete 1 rep. Do 10 reps; switch legs halfway through set.

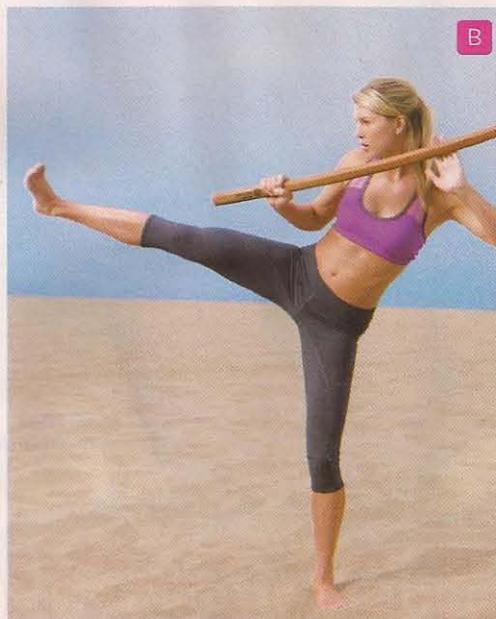
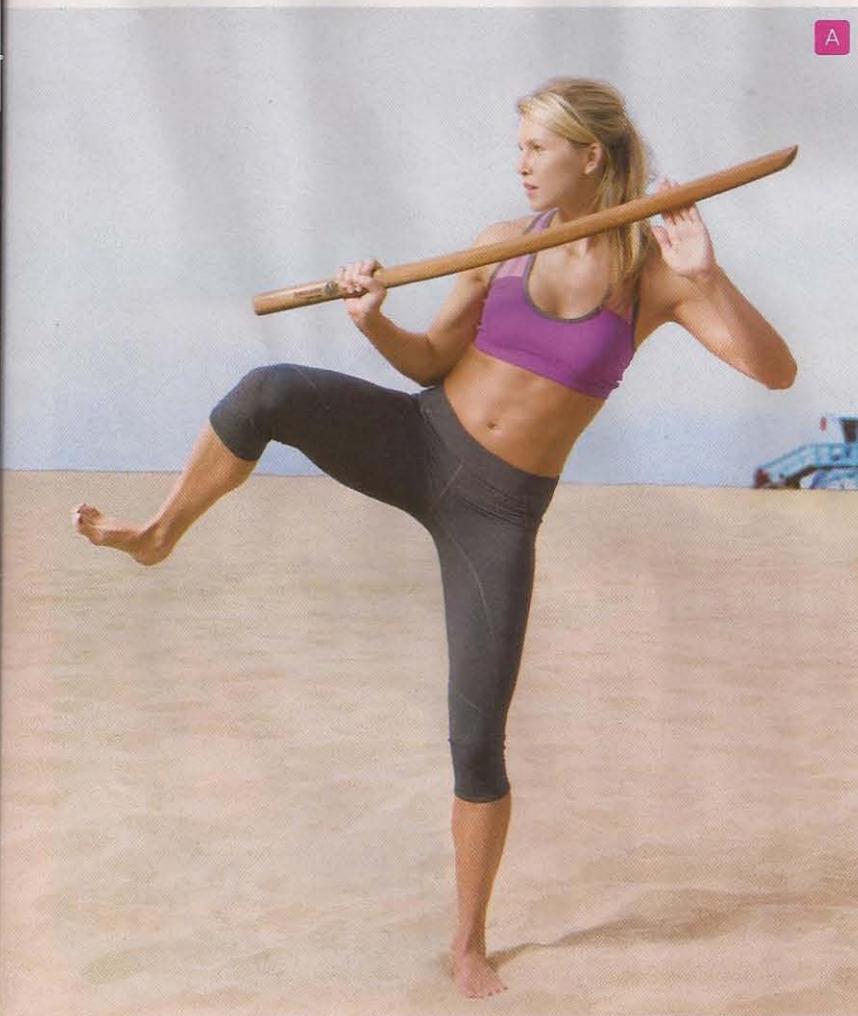




## 2) Fighter Stance

WORKS LEGS, BUTT, AND CORE

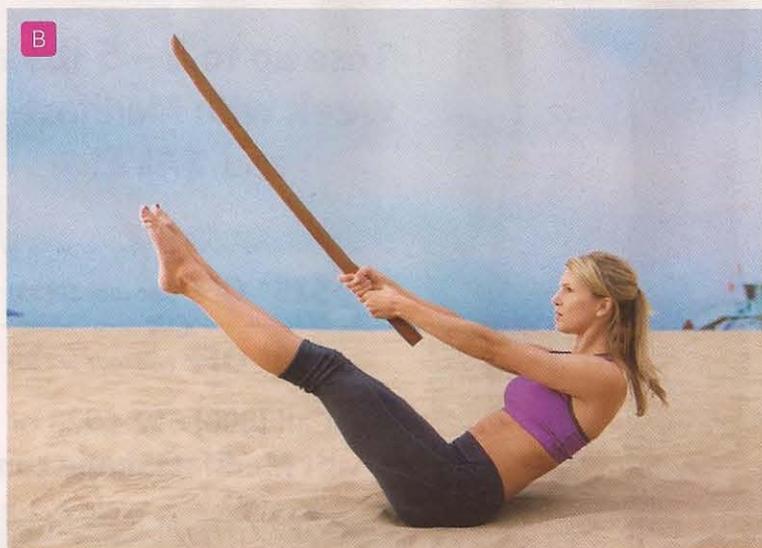
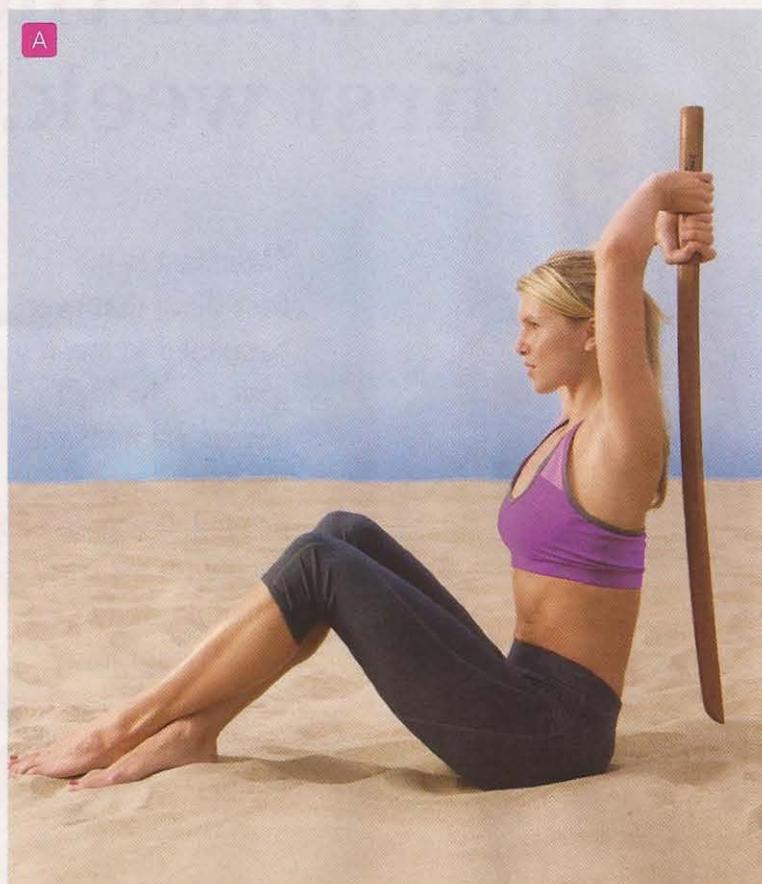
- Hold sword with right hand on the ridge in front of chest, left hand open and above left shoulder. Stand with feet wide, knees slightly bent, and inhale [A]. Exhale as you step right foot back at a diagonal to the left [B] and squat. Step back to starting position; repeat. Do 10 reps, then switch legs to complete set.



## 3) Roundhouse Kick

WORKS LEGS, BUTT, AND CORE

- Hold sword with right hand on the ridge in front of chest, left hand open and above left shoulder, and stand with feet together. Inhale as you raise right knee to hip height out to the side, foot flexed, and lean torso to the left [A], then exhale as you extend right leg [B]. Return to the starting position and immediately repeat. Do 10 reps; switch legs to complete set.



## 4) Jungshin Abs

WORKS CORE, ARMS, AND SHOULDERS

• Sit with knees bent, ankles crossed, and feet on the ground. Hold sword at chest height in front of you, pointing down, right hand on the ridge and left hand above it. Inhale as you bring arms overhead, bending elbows so sword is parallel to your spine [A]. Exhale as you lean back and uncross ankles, extending arms and legs at a 45-degree angle in front of you [B]. Return to starting position and repeat for 30 seconds.

## 5) Kneeling Meditation

WORKS SHOULDERS, ARMS, AND BACK

• Hold sword in front of you, pointing down, with right hand on the ridge and left hand above it, and kneel with tops of feet on the ground [A]. Inhale as you raise arms overhead, bending elbows so sword is behind your back [B]. Exhale as you return to starting position. Repeat for 1 minute.

