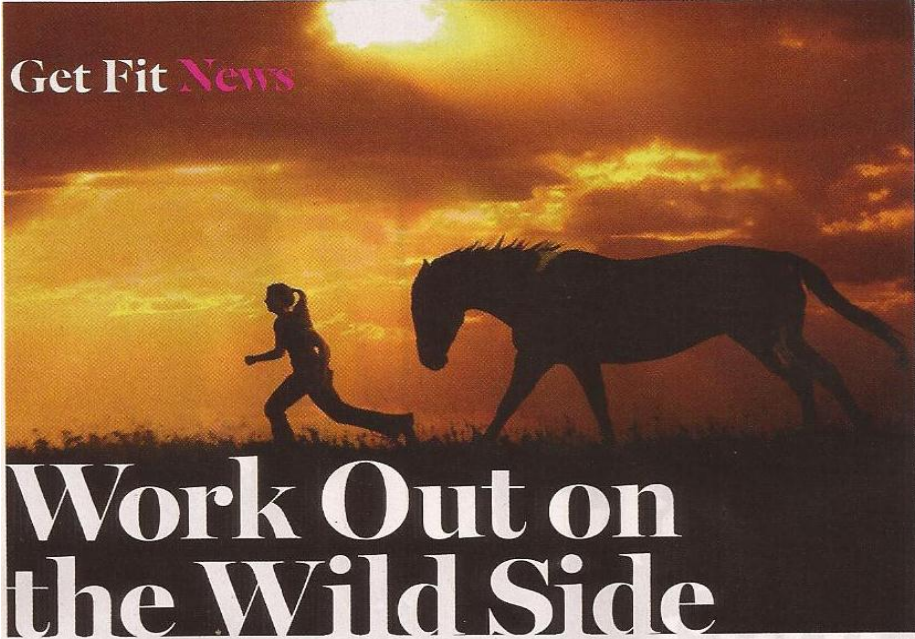



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Get Fit **News**



Work Out on the Wild Side

 Better add “Welcome to the Jungle” to your playlist: Exotic animals are the inspiration for Kira Stokes’ new Reebok Sports Club/NY class, Stoked Primal. The body-weight-only exercises sculpt muscle while burning mega calories. Do 3 sets of these moves in order three times a week to shake up your routine—and look foxy in that leopard-print pencil skirt.

FLAMINGO

Works legs, butt, and core
Stand with right knee bent. Bend forward from hips as you extend right leg at hip height behind you and reach right hand toward floor. Rise up as you lift right knee to hip height in front of you, bend elbows, and rotate torso to the right [shown]; repeat entire sequence. Do 15 reps, then switch sides.



PANTHER

Works legs, shoulders, chest, triceps, and core
Get on all fours, wrists aligned with shoulders and knees under hips. Bend elbows slightly, and raise knees off the floor. Move right hand and left foot forward [shown]; repeat with opposite hand and foot. Continue for 45 to 60 seconds.



GORILLA

Works legs, butt, and shoulders
Stand with feet wide, squat deeply, and place hands on the floor in front of you. Raise butt and look forward. Hop feet forward to the outside of each hand [shown]. Walk hands forward and repeat. Continue for 45 to 60 seconds.

