

# #1

## YOUR STYLE: YOU LIVE IN SKINNY JEANS

**YOUR WORKOUT:** Squats, glute bridges and reverse lunges (recommended by TripleFit Coach Zack and Coach Gerlyn)  
**TARGETS:** Your glutes



### 2 GLUTE BRIDGE

(Do three sets of 15 reps each)

- Lie facing up with your knees bent and feet flat on the floor, shoulder width apart.
- Engaging your glutes and core, raise your hips straight up and off the ground. Hold the position for a couple of seconds, and lower back down to starting position slowly.



### 1 SQUATS

(Do three sets of 20 reps each)

- Keep your feet slightly wider than shoulder width apart. With your chest up, tighten your core and sit your butt back into a squat, while keeping your back straight.
- Lower your hips to knee level, making sure that your knees do not extend past your toes.
- Go back up to standing position.

**diet tip:**  
TO HELP YOUR BODY RECOVER FASTER, MAKE THE MOST OF YOUR WORKOUT WITH POST-WORKOUT SNACKS LIKE AVOCADO, YOGHURT, NUTS, CHICKPEAS, EGGS.



### 3 REVERSE LUNGE

(Do three sets, 10 reps on each leg)

- Keep your feet shoulder width apart. Step backwards with one foot, and lower yourself to the ground by bending both knees until they each form a 90-degree angle. Make sure your back knee is off the ground.
- Return to starting position and step back with the other foot.

# #2

## YOUR STYLE: YOU LOVE CROP TOPS

**YOUR WORKOUT:** Planks, flutter kicks and Russian twists (recommended by TripleFit Coach Zack and Coach Gerlyn)  
**TARGETS:** Your core



### 1 FOREARM PLANK

(three sets of 30 to 45 secs, then work your way up to 60 seconds each time)

- With your forearms on the ground, elbows directly underneath your shoulders and feet together, lift your body off the ground.

### 2 FLUTTER KICK

(three sets, 60 secs each)

- Lie on the ground facing the ceiling, extend your legs with toes pointed downwards, hands tucked underneath your pelvic bone for support.
- Lift both legs off the floor and alternately kick your legs up and down without touching the ground. Keep your legs as straight as possible.



### 3 RUSSIAN TWIST

(10 each side, 3 sets)

- Sit on the floor, knees bent, heels on the ground.
- Lean backwards until your back forms a 45-degree angle with the ground.
- Engaging your core, alternate twisting your torso to the left and right. Make sure that you twist your torso not more than 90 degrees in each direction.

**fitness tip:**  
DON'T FORGET TO BREATHE THROUGH YOUR PLANKS!



#3

YOUR STYLE:  
YOU WANT TO FLAUNT  
A BACKLESS OUTFIT

**YOUR WORKOUT:** Diamond push-ups, upright rows and bent-over rows (recommended by True Fitness)

**TARGETS:** Your back



**DIAMOND PUSH-UP**  
(three sets of eight reps each)

- Get into a standard push-up position with your knees on the ground. Bring your thumbs and index fingers to touch so that they form a diamond shape.
- Keep your back flat and core and glutes engaged, and lower your chest towards the floor. Then, press yourself up.

**UPRIGHT ROWS WITH RESISTANCE BAND**

(three sets of eight reps each)

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- Grab a resistance band at both ends and step on the band with your feet hip-width apart.
- Ensure that the length of the band between each hand and foot is equal on both sides. Your palms should be facing your thighs, and you should feel some tension in the band when you stand upright.
- With your arms down, palms/handles on top of thighs and a slight bend in your elbows, pull the handles straight up towards your chest while keeping them close to your body, until your arms are parallel with the floor (pictured). Pause, and slowly lower the handle back down to the ground. Repeat.



3

**BENT-OVER ROWS WITH RESISTANCE BANDS**

(three sets of eight reps each)

- Grab a resistance band at both ends and step on the band with your feet hip-width apart.
- Push your hips back and lean your upper body about 45 degrees forward, and hang your arms towards the floor.
- Keeping your elbows close to your body, pull the band towards your waist.



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