

As featured in...



Fit
STRONG • SMART • SEXY

GETT... are you angry? Frustrated? A tad annoyed? We can be, too, thanks to time-management issues, rude people, fender-problems, clueless drivers and our nearest and dearest who just don't understand. So we went to Ron Schulmann, a fifth-degree black belt in Tiger Schulmann's Karate in New York City and asked him to design a power-packed, kick-butt karate workout that releases anger while toning our buns in all the right places. Stand guard! (Okay, that's forcing it, so sue us.)

The All-Important Warm-Up
Do you feel your blood is running? Welcome to the Fit! We'll start with a few minutes of cardio to get your heart rate up and your muscles warm. Then we'll do a few minutes of stretching to get your muscles ready for the workout ahead.

50 Jumping Jacks
50 Toe Touches

Jump Rope - 100 jumps
Interval - 2 minutes
Interval - 2 minutes

3 Way Stretches

Jumping Jacks
Starting with legs together and arms at your sides, jump your feet up and arms out to the sides. Land with feet together and arms back to starting position.

Toe Touches
If you're standing with feet together at the waist, reach your left hand to touch your right foot. Do this with your right hand to touch your left foot. Repeat with your right hand to touch your left foot and your left hand to touch your right foot.

Jumping Rope
Start with your feet together and arms at your sides. Jump your feet up and arms out to the sides. Land with feet together and arms back to starting position.

Getting Your Kicks

PHOTOGRAPHY BY ANDREW HARRISON

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