

CW Exclusive!

CW's Got The Moves To The Hottest  
New Workout—From Bally Fitness  
and rock star Pink!

THE

PINK  
WORKOUT



Looking for a rockin' new workout? So were we, which is why we headed to the closest Bally gym in Chicago. This high-energy exercise routine, developed exclusively for Bally Fitness, is based on Pink's hot dance moves and music. Now turn the page and get your exercise party started!

EXERCISE PHOTOS BY AUDIA

Shot on location at  
Bally Total Fitness,  
located at  
25 E. Washington  
Chicago, Illinois  
(312-372-7755).



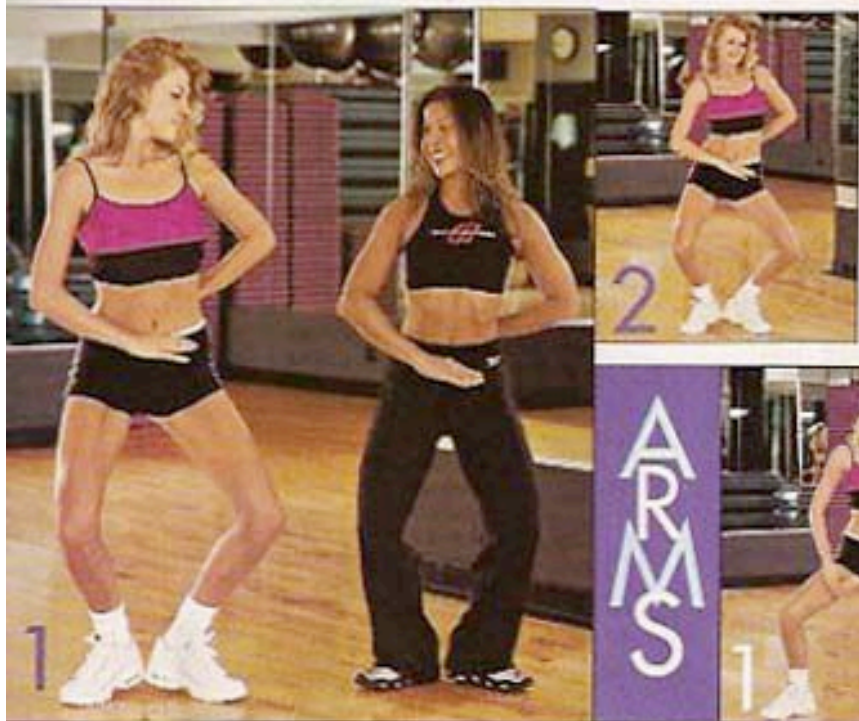
THE

PINK  
WORKOUT**THE "TICK-TOCK" MOVE**

This move (below left) shapes your shoulders and your inner and outer thighs! Bally's instructor Angela So shows how to get Pink perfect arms.

**Step 1:** Start with your legs together, bent slightly at the knee. Arms should be bent, one behind you and one in front, held at your waist.

**Step 2:** As you make an up-and-down shrugging motion with your shoulders, open and close your knees, sinking lower every time. Repeat three times.

**THE "I WAS WEAK BEFORE..." MOVE**

Looking for *buff biceps*? We thought so...try this mega-move! Can't keep you down, can we?

**Step 1:** Get in a squatting position, with your knees slightly bent and your hands resting on your inner thighs.

**Step 2:** Begin doing squat-knee lifts, lifting alternate bent knees while curling your arms up to your chest four times.

ARMS

**THE "LUNGE-JUMP" MOVE**

Rock calves, hamstrings, shins and quads.

**Step 1:** Start with four lunges, stretching forward on alternating legs. Left arm should be behind you at waist-level; right arm should be held in front of you.

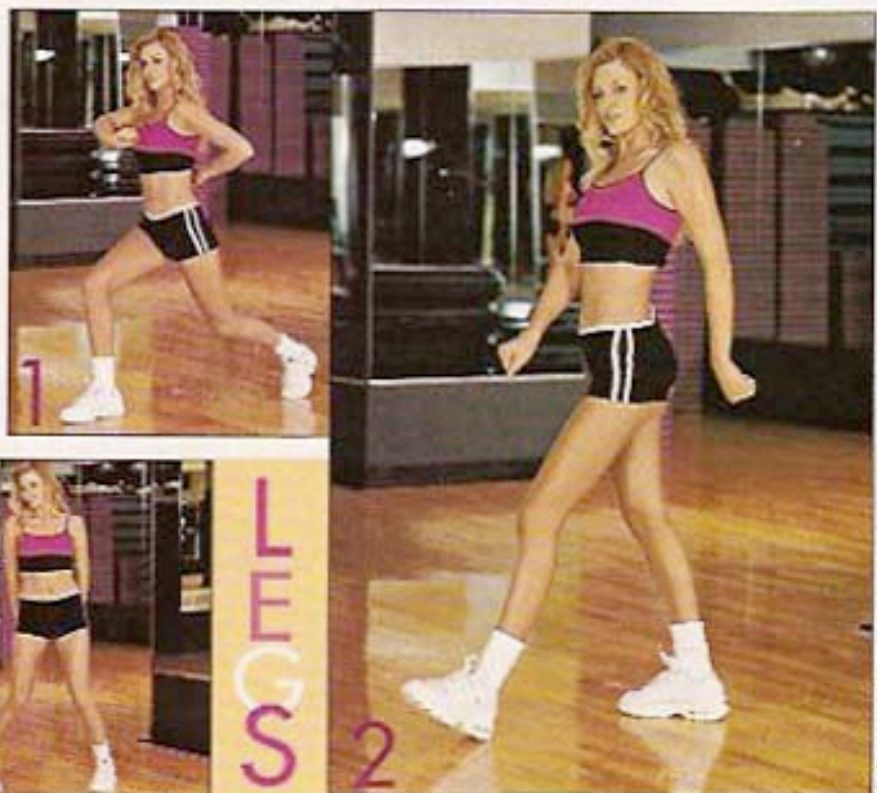
**Step 2:** Do five alternating heel digs (lifting foot up while pressing heel into the ground, alternating with right and left leg) with your arms down at your sides, then jump to finish.

**THE "YOU MAKE ME FIT" MOVE**

Moves for quads, glutes and shins!

**Step 1:** Stand with legs far apart, bending slightly at knees. Arms should be behind you.

**Step 2:** Jump forward, turning knees inward toward each other and then back out into the starting position four times.



LEGS

### ▶ THE "BUCKLE" MOVE

As the songstress says, nothing good comes for free... these ab moves aren't easy, but your abs and upper back will thank you!

**Step 1:** Put your hands behind your head and move your shoulders down toward your center as if you're buckling under two times.

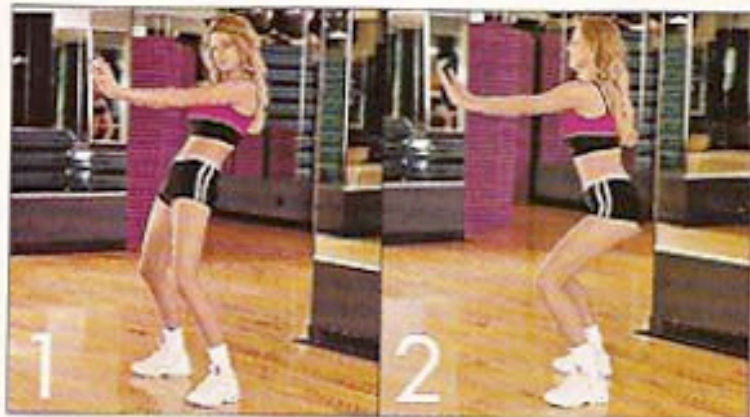
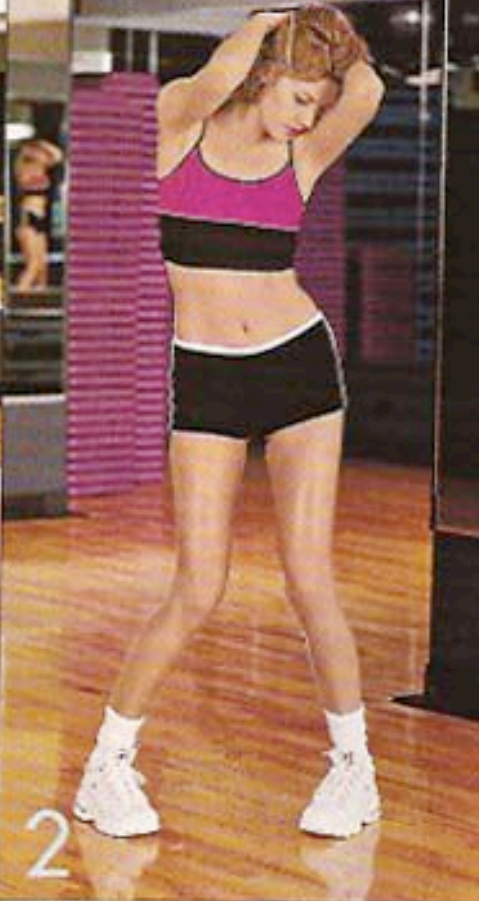
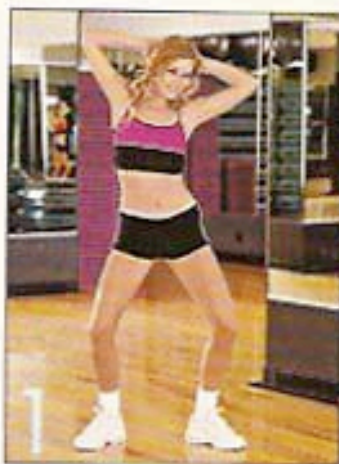
**Step 2:** With arms up, move your bent knees in and out, alternating your right and left leg, two times.

### ▼ THE "PUMPING" MOVE

Work your abs, glutes and lower back with just a few light tummy flexions!

**Step 1:** Stand with your feet apart and your arms outstretched in front of you.

**Step 2:** Thrust your behind back and back forward again—that's the "pumping" motion—three times.



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### ▶ THE "PARTY-UP" MOVE

Master Pinky's signature move and you'll be giving your hips and calves a serious workout!

**Step 1:** Stand with your feet apart and your right foot turned outward. Stretch your left arm out and curl your right arm up toward your head. Roll your hips forward and step to the left as you groove. Repeat four times.

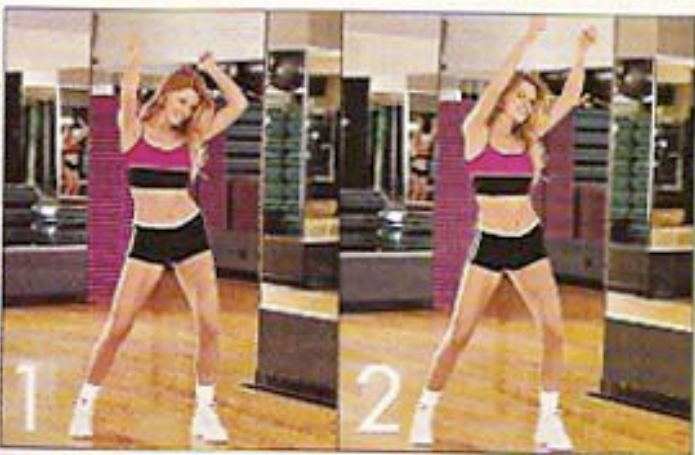
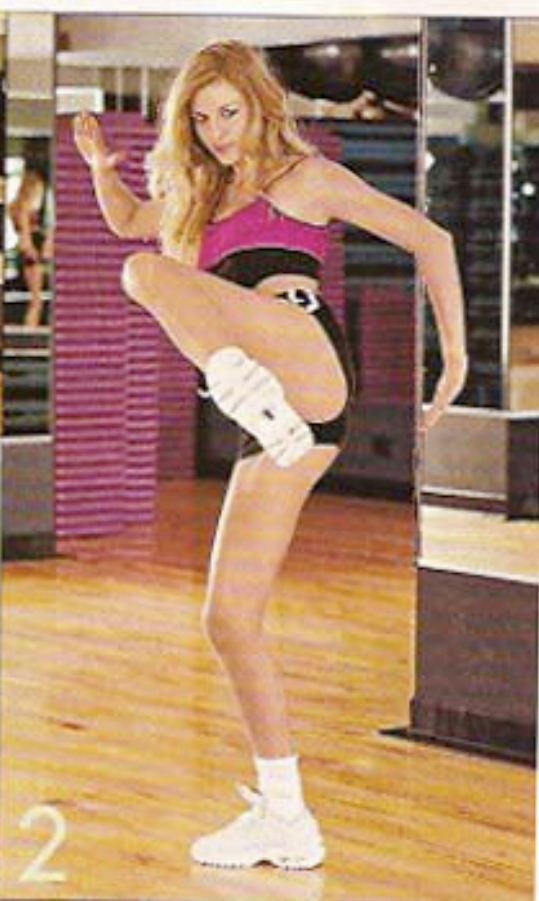
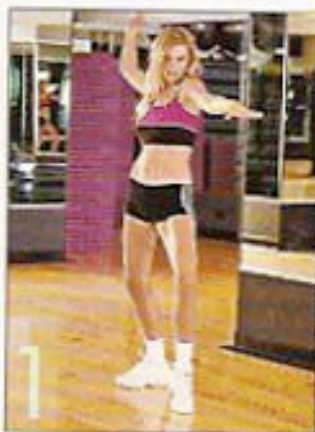
**Step 2:** End the move by lifting your left knee out to the side, and hold. Alternate sides and repeat.

### ▼ THE "HIP FLEX" MOVE

There you go... get a butt misbehavior in no time!

**Step 1:** Stand with your feet apart and your arms up. Push your hips to the right four times.

**Step 2:** Push your hips to the left four times, then close legs when finished.



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