

FASHION
A “MONSTER” Workout

Pick up the beat as you pickup the pace

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Everyday it's important to challenge yourself and put in the time to exercise and stay fit. Spending 30 to 45 minutes can make a big difference on your mind and body. I have put together a few exercises that are easy, fun, and keep you healthy and fit.

One-Arm Dumbbell Row

Step 1: Place your left knee on a flat bench and your left hand on the bench for balance. Your right leg on the ground and your right arm should hang, holding a 10-pound dumbbell straight down with a flat back.

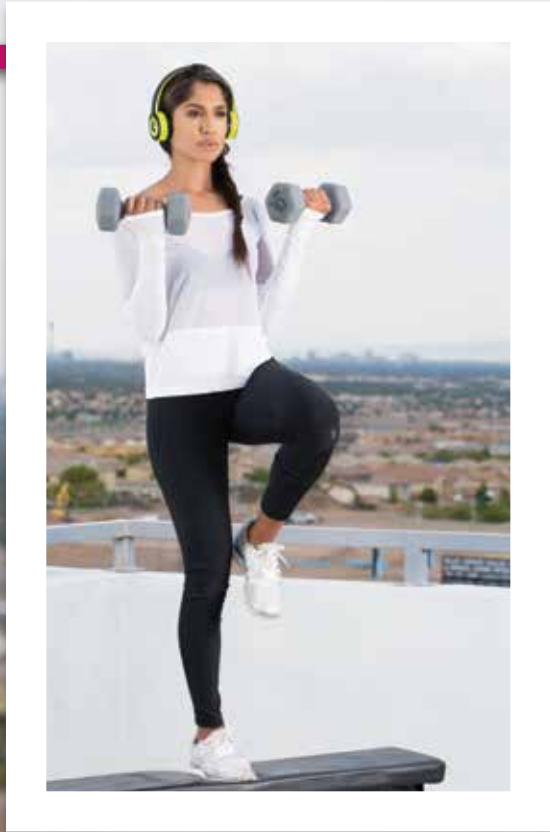
Step 2: Keeping your shoulder square, drive your elbow toward the ceiling, retracting your shoulder blade and squeezing at the top. Make sure to always look straight ahead to help keep your back flat.

Step 3: Slowly lower your arms and hands to the starting position. Do this 8 to 10 times before switching sides.



Pick up the Beat

Seema Style Tip: Listening to music while working out is a great way to stay motivated and focused. As an added bonus while listening to music you naturally match your tempo with the beat of the music and therefore go at a faster pace. Creating an exercise playlist filled with your favorite songs can make your time move quickly, while also having fun. I use my favorite Monster iSport and Monster Freedom headphones while I work out. They are the best for staying in and around my ears while I exercise. Monster continues to push the envelope in fitness “ear wear” to deliver Pure Monster Sound with unprecedented clarity and range from all genres of music.



Bench Step-Ups

Bench Step-Ups are a great way to work and strengthen glute muscles. This workout is the perfect combination of a lunge and a Stairmaster targeting hamstrings and your buttocks. Adding 10-pound weights will help work your upper body strength get a full body workout.

Step 1 Start with your feet shoulder-width apart and your 10-pound dumbbells by your side.

Step 2 Place your right foot on the bench. As you step up, press your right heel through the bench to engage your glute as you push up. Keep your left knee and hip in line with your ankle.

Step 3: On the way up your left knee rises to the sky while using your arms and upper body to curl your 10-pound weight up towards your shoulders. Keep your elbows close to your sides.



Bosu Squat

Bosu exercises are one of the best ways to strengthen your legs and lower body while also working on your core stability and balance.

Step 1: Start by placing the Bosu ball facing down. Carefully step on the Bosu one foot at a time, evenly balancing your body weight and making sure your feet are on the outer edges. If this is your first time, ask a friend or trainer to help you.

Step 2: Once you have found your balance, reach your hands forward, and lock your fingers together. Begin slowly bending your knees and sink your body towards the ground. Your buttocks should stay up and out while keeping your thighs parallel to the ground.

Step 3: Using your lower body muscles, slowly lift your body up to your starting position. Do this 8 to 12 times at your own pace. Make sure to take deep breaths throughout this exercise.

