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WEEK 3: CARRIE'S STRENGTH WORKOUT

# TIGHTEN UP ALL OVER!

The secret to getting hot in a hurry is doing three sets of these multitasking moves three times this week. (Seriously, they target and tone *everything!*)

## 1 LEG LOOPS

**KAYLA, 16,** plays basketball year-round. These moves help her jump higher and grab more rebounds!



- A** Stand with feet shoulder-width apart, holding a small ball in one hand. Raise your right knee to a 90° angle and balance on your left foot.
- B** With abs tight, pass the ball under and around your right thigh. Keep passing for 30 seconds; switch legs and repeat.

## 2 SUPERMAN PUSH-UPS



- A** Start in an incline push-up position, with arms straight out and hands on a wall or tree. Bend elbows to lower into a push-up.
- B** Push up, then raise your left arm and right leg. Hold for 1 second, then return to start. Repeat the push-up, raising the other arm and leg. That's one rep. Do 10.

## 3 WALKING SQUATS



- A** Lay a resistance band in front of you. Step feet onto the elastic so your feet are shoulder-width apart. Cross the band to create an X.
- B** Step left into a squat (pretend you're ducking under a rope), then step left with trailing leg. Do 10 times, then rest and repeat to the right.

*"I think clearer throughout my day if I get a good workout, and I sleep better at night!"*  
-CARRIE UNDERWOOD



### YOUR TRAINER



**Tony Greco** trains Carrie Underwood and tons of NHL stars in Ottawa, ON, Canada. Check him out at [grecoleanandfit.com!](http://grecoleanandfit.com!)

STEP-BY-STEP PHOTOS: JASON TODD. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC. ON KAYLA: TOP, PANTS, AND SHOES, ALL NIKE. UNDERWOOD: STEVE GRANITZ/WIREIMAGE. GRECO: MICHELLE VALBERG.

Follow @seventeenmag on Twitter for exclusive tips from Tony, and Tweet your progress! Tag it #17BestBody.