

15  
MINUTE  
workout

# Sculpt A Beautiful Back

These moves will turn your flip side into the sexy centre of attention, plus they'll banish pain and improve your posture

A toned back isn't just a must-have accessory when you're rocking a backless dress – it can be one of your body's most valuable assets. "Your back is involved in everything you do, from running to lugging groceries, so strengthening it is crucial to improving fitness and preventing injury," says trainer and fitness professional Lacey Stone. "It's also the key to better posture, which gives you a confident look no matter what you're wearing." What's more, working the muscles from your shoulders to hips can help ease (or stave off) back pain: a study found that adults with chronic backache felt significantly less pain after a 16-week strength-training programme.

Stone's workout targets your entire upper and lower back, core, hips and glutes. Do it two or three times a week (three sets of each exercise, working up to 12 reps per set) to improve your posture, prevent aches and pains, and achieve a strong, defined rear view.

– Jen Ator

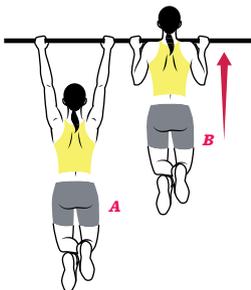


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## FOUR REAR-VIEW MOVES

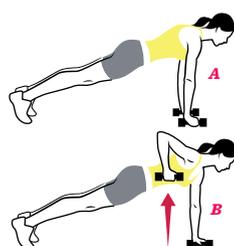
### 1/PULL-UP

Grab the pull-up bar of an assisted pull-up machine, palms facing forward, and hang at arm's length, knees bent and feet crossed behind you (A). Squeeze your shoulder blades together and pull your chest to the bar (B), then slowly lower back to start. That's one rep.



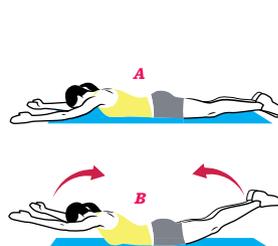
### 2/PUSH-UP POSITION ROW

Get into a push-up position with your hands resting on dumbbells and your feet slightly more than hip-width apart (A). Brace your abs as you pull one dumbbell towards the side of your rib cage (B). Pause, lower the weight, then repeat with the other arm. That's one rep.



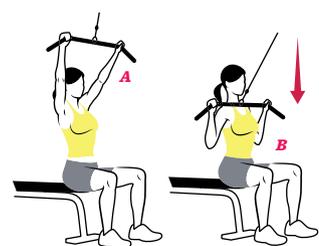
### 3/SUPERWOMAN

Lie face-down with your legs straight and arms overhead; draw your belly button towards your spine to tighten your abs (A). Contract your glutes, then slowly raise your head, chest, arms and legs off the floor (B). Hold this pose for five seconds, then lower to start. That's one rep.



### 4/LAT PULL-DOWN

Sit at a lat pull-down station and grab the bar with a shoulder-width overhand grip, arms straight and torso upright (A). Without moving your torso, pull the bar down to your chest as you squeeze your shoulder blades together (B). Pause, then slowly return to start. That's one rep.



CHRIS SHIPMAN, MCKIBILLO (ILLUSTRATIONS)