



# IT'S YOUR TONE THAT COUNTS

**PERSONAL TRAINER**



PRADEEP PAUL

Don't just get fit, get toned. Do these exercises and maybe, just maybe, you'll look as lithe as this week's trainer

**H**ow often have you read the word "toned" in fitness articles and wondered what exactly it means? Is it defined by very visible muscles, like those on a bodybuilder? Or is it smooth but unobtrusive muscles, as seen on a yoga teacher?

Well, wonder no more. Just take a look at Yvette Tee (doing the camel pose here) and you'll see what

toned really means.

The yoga teacher, who specialises in Kryoga which is especially good for those who suffer from sports injuries and back and neck pains, has the lean build typical of people in her profession.

But, in addition to the flexibility that most of them have, she has lean, strong muscles which ripple under her skin with almost every move she makes.

Tee, 37, credits her toned look to the type of yoga she practises – it involves the use of more strength than most conventional types of yoga.

She's happy to share some of her favourite toning exercises.

Just keep in mind that she's been working out for over 10 years. You and I would be advised to exercise some patience if we want this toned look.

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Yvette Tee conducts classes at Spaboutique and True Yoga. Log on to [www.spaboutique.com.sg](http://www.spaboutique.com.sg) for more details. Clothes by Activewear Company.

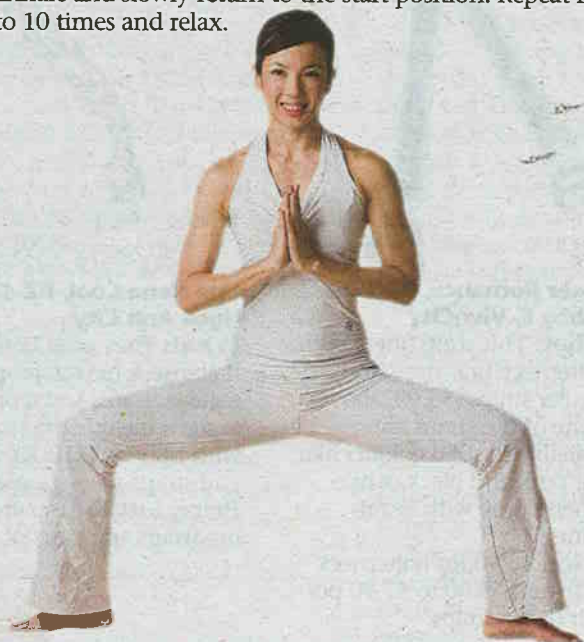
PHOTOS: TAN NGIAP HENG

**WIDE LEG SQUATS**

**What it works:** Legs, hips and pelvic joint. Also stretches the hamstrings and hip flexor muscles.

**How to do it:** Stand with legs apart, toes pointing diagonally outwards.

Exhale, bend both knees till your thighs are almost parallel to the floor and tuck your tailbone in slightly as you contract your buttocks. Using your thigh muscles rather than placing any weight on your knees, hold the pose for 10 slow counts, breathing deeply and evenly. Exhale and slowly return to the start position. Repeat five to 10 times and relax.



**PUSH-UP HOLD**

**What it works:** Arms and wrists (develops mobility and power). Also tones the abdominal muscles.

**How to do it:** Lie face down on the floor, legs slightly apart, and place your palms on both sides of your chest.

Inhale, press down with your palms and raise your body a few inches off the floor with the whole body taut from head to toe. Contract the navel and buttocks. Hold the pose for about 10 slow counts, breathing deeply and evenly. Exhale and slowly return to the start position. Repeat five to 10 times and relax.



**COBRA**

**What it works:** Arms and spine. Increases blood circulation to the pelvic region and keeps it healthy. Great for people with stiff backs.

**How to do it:** Lie face down on the floor, legs slightly apart, and place your palms on the floor just beneath the shoulders.

Inhale, press down with your palms and, sliding your chest forward, push your trunk upward as you lower your pelvis to the floor. If you suffer from back pain, keep your navel close to the floor. Hold the pose for about 10 slow counts, breathing deeply and evenly. Exhale and slowly return to the start position. Repeat five to 10 times and relax.

