

+DYING TO TRY IT



Rachel, 27,
New York City

"Can I get cardio from one of those **rubber tubes**?"

Yes. And strength. It's called a ViPR—so multipurpose, it's the Swiss Army knife of toning tools. Burn and firm with this move from NYC trainer Latreal Mitchell. By Jaclyn Emerick

1

STAND with feet hip-width apart, knees soft, holding ViPR at thighs with a neutral grip (palms in).



2

JUMP right leg back and to left, bending left knee as you lower right tip of ViPR to floor. Keep chest lifted, gaze forward.



3

HOP quickly onto right foot, bringing left leg back and to right, lowering left tip of ViPR to floor. Continue back and forth for 1 minute. Repeat 3 times.



How not to look stupid...

ViPR stands for Vitality, Performance and Reconditioning. The creators call these the three fitness fundamentals.

There are eight sizes Purple (what we used) is the lightest at 4 kilograms (about 9 pounds). They go up from there; the biggest weighs in at 26 kg (about 57 lb). You can also buy your own (starting at \$160; ViPRFit.com).

Move beyond this move Ace this one, then take a ViPR class, or come back next month for Mitchell's full ViPR workout on our Trainer to Go tear-out cards.