

4.0 Rating

Dove's Bodies is located at 4010 Colfax Ave., Studio City, CA 91604. The phone number is 818/980-7866.

Photos by Rick Schaff.

Hair and makeup by Sylvia Vianu/Cloutier.

Dove Rose is a fitness expert and owner of Dove's Bodies in Studio City, California. She has created and developed a unique and effective approach to exercise called "Circuit Sculpting." Drawing from her background in dance, choreography, and fitness, as well as her innate knowledge of the body and movement, she constantly creates new and innovative class formats to keep her students challenged and motivated both in group classes and in private training sessions.

We asked Dove to share some step moves with us - moves which would help us build better butts and tone Body Fat Central. She promises that these moves will help you get great results in less time and with more fun!

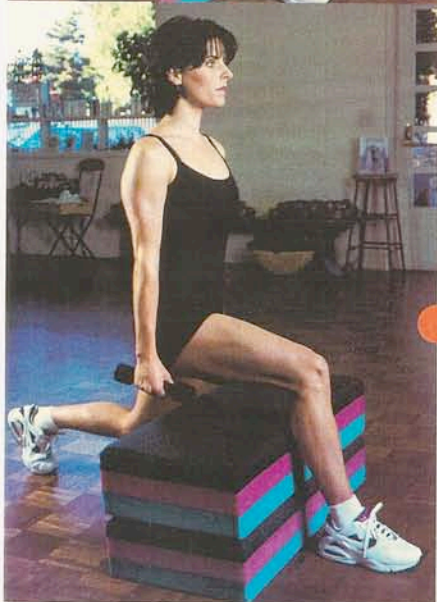
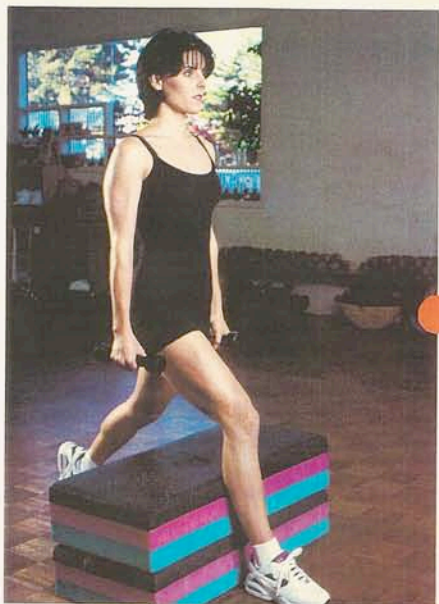
For this workout Dove uses a foam step which helps to absorb the shock to the knees. These steps are approximately eight inches high, but you can use a lower step or no step if you are just starting out. If you're an advanced exerciser, use a higher step and follow Dove's suggestions to the letter to help keep your form strict.



BENCH SQUAT

The feet and knees are parallel. Lean back onto the heels. Make a tabletop with your upper body. Keep your head in line with the tail bone. Hold your stomach in. Hands press on the thighs above the knees. Bend and straighten legs and do not allow your hips to go lower than knee level. When you straighten the legs, do not lock knees. Always keep them soft. Relax your shoulders.



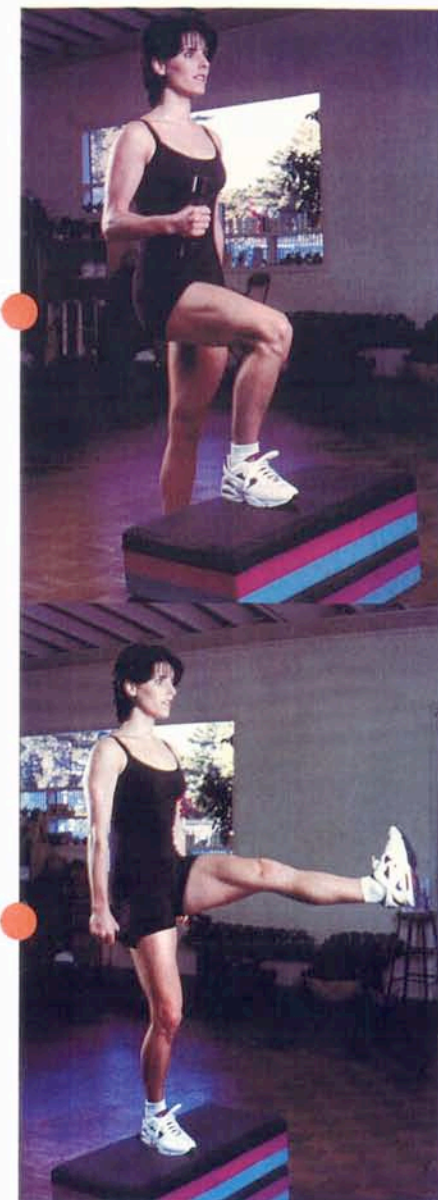


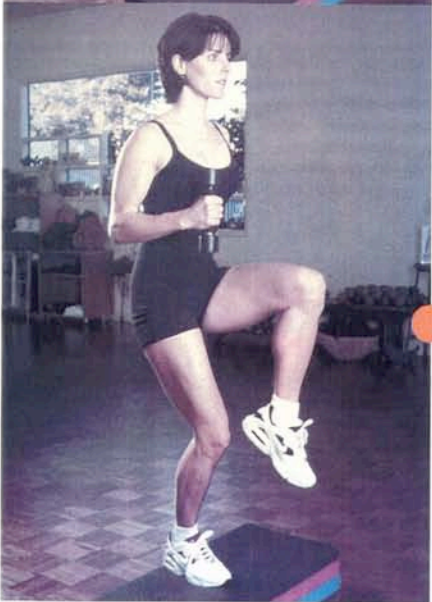
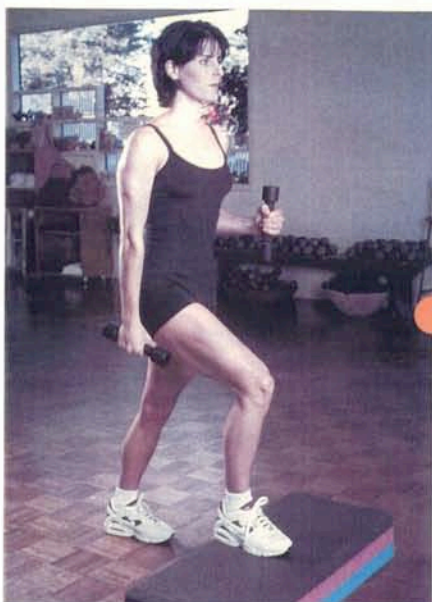
BENCH LUNGES

One foot is in front of the step and the other is behind the step. Line up your feet with your hips. Press onto front heel and lift the back heel off the floor. Keep the upper body straight on top of the hips. Bend and straighten back leg no lower than 90 degrees. Shift upper body weight slightly back to keep emphasis on the quads and butt and keep pressure off the knees. Back thigh should be close to the step when bending. Squeeze the buttocks. Relax the shoulders. Hold the stomach in.

STEP UPS

Stand up tall and keep the upper body stacked on top of the hips. Keep your focus in front of you. Press into the foot on the step and gently extend the opposite leg as high as you comfortably can. NEVER LOCK THE KNEE! Extend gently, land gently and completely through the heel and the foot. Keep your stomach pulled in. Relax arms. Chin up.





BABY STEP UPS

Stand tall. Keep upper body stacked on top of the hips. Keep your focus in front of you. Don't look down. Hold your chin up. Gently move arms in alternating motions. Lift opposite knee toward chest as high as is comfortable. Lower back down, allowing only the balls of the toes to touch the floor. Do this at a quick, but safe pace to increase the heart rate. Hold the stomach in. Keep the shoulders relaxed. **YOU MUST KEEP THE LEG ON THE STEP BENT THE ENTIRE TIME. THE KNEE IS ALWAYS SOFT, NEVER LOCKED!**

Hold the stomach in.

BENCH LEG LIFTS

Stand with one foot on either side of the step. Gently shift your weight onto one foot. You may use a bar or wall to assist you with balance on this exercise. Keep the upper body stacked on top of your hips. Keep the stomach in, the shoulders back and relaxed, and your chin up. Focus in front of you. Soften the knee you are standing on and slightly lift the opposite leg off the step no more than 3 inches. Keep your hips even. The leg that is lifting is slightly shifted behind you and the hips stay square. Keep a long line with your body.

