


Get a cabana body

Water workouts offer the perfect alternative to lifting weights. Fitness expert and mom of two **Tracey Mallett** shares these core-strengthening exercises, which can be done on land or in the water*

 "By working out in the water, you can make the same exercises you do on land more challenging using the water as resistance."

PHOTOGRAPHY BY PAUL HORN

DIP THE BABY

Works quads, glutes, hamstrings, arms, and abs

- 1 Start with your legs shoulder-width apart, holding onto the little one around your waist.
- 2 Bend your knees and dip your body forward toward the floor. Next, bring your child back to an erect position and extend the knees.

TIP Focus on pulling in the abs as you lift your child to work the deep core muscles.



SWING BABY

Works shoulders, biceps, chest, and abs

- 1 Start with your legs a little farther than shoulder-width apart. Hold your child with one hand on the chest or hand and the other hand on his butt, with his legs around your waist.
- 2 Swing your child toward the right as you transfer your weight on to the right leg. Next repeat to the left side.

TIP In the water, try to keep your arms at shoulder height and make the movement bigger for more of a challenge.





PIGGY-BACK SQUATS

Works quads, glutes, hamstrings, and core

- 1 Start with your feet hip-width apart, toes pointing forward. Place your child on your back, holding onto his butt or legs for support.
- 2 Bend both knees as you slightly pitch your body forward from your hips. Next, extend the knees back to start position.

TIP Focus on drawing in your abs in order to balance in the water.



"The buoyancy of the water means there will be less stress and impact on your joints."



HORSEY

Works quads, hamstrings, and glutes

- 1 Standing tall with your right knee bent and your little one straddled over your thigh, hold onto your child under his arms. Slightly bend the supporting knee.
- 2 Lift your knee toward your chest then lower the knee as you slightly bend the supporting knee. ●



For more info about Tracey Mallett's mom-friendly workouts, check out her DVD *Get Your Body Back* and visit traceymallett.com.