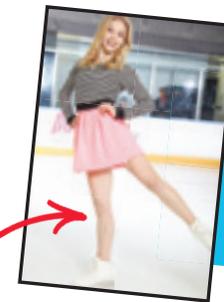




GET GREAT LEGS—FAST!

Those cutoffs you've been missing all winter are about to get their moment, thanks to champion figure skater **Gracie Gold's** fave workout. These little moves make Gracie's legs powerful enough for all those triple axels—they'll *definitely* have you ready to rock your hottest hemlines!



YOUR PERSONAL TRAINER:
Aron Manheimer
The Chicago, Illinois-based trainer and owner of Wattage Personal Training got Gracie in skate-worthy shape off the ice.

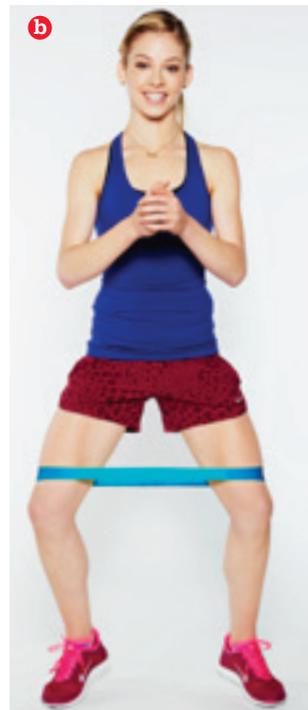
1 DIAGONAL KICKS



17 FYI
Pick up resistance bands like Gracie's at any sports store!

Holy definition!
Move fast for thighs of steel.

- a** Stretch a miniband around both feet and stand with them hip-width apart. Lift your right knee diagonally and touch your left hand at hip level. Repeat this high knee lift 10 times.
- b** Switch legs to complete a set. Repeat each set 3 times.



2 PIVOT PLIÉS

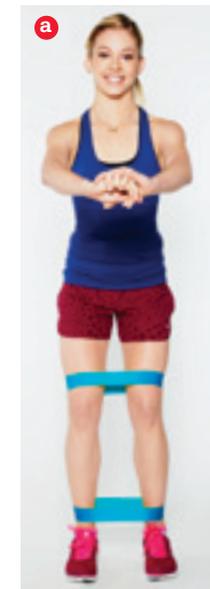
- a** Stretch a band around your legs, just above the knees, and place your feet a little wider than shoulder-width apart. Step up onto your tiptoes, and then point your knees toward each other.
- b** Still on your toes, rotate knees out into a plié—the band should get taut, so your thighs will feel the resistance! Do 10 reps.

3 MONSTER WALK



Max out your quads by going backward, too!

- a** Place one miniband around your legs at thigh level and another at ankle height. Keeping your legs completely straight, step out at a 45-degree angle.
- b** Continue walking with legs locked for 20 steps.



4 SHUFFLE SLIDERS

- a** Keep the minibands stretched around your legs at both ankle and thigh height. Extend your hands out in front of you.
- b** Drop into a shallow squat, then sidestep 10 times to the right, keeping knees over your feet. Without standing up, repeat for 10 steps to the left.



This move works your whole leg, tush to toe!

5 FINGER TAPS

- a** Using only one band around your thighs, stand on your left leg, keeping it straight. Kick your right foot up behind you.
- b** Bending your left leg, lean forward and squat until you can tap the ground with your right fingertips. Stand back up, and repeat the move 10 times. Switch sides and repeat.

(TEAR OUT HERE!)

STEP-BY-STEP PHOTOS AND ICE-RINK PHOTO: CHRIS ECKERT/STUDIO D; FASHION STYLIST: ANNA LAND; HAIR AND MAKEUP: ERIKA PARSONS FOR CELESTINE AGENCY; SHOT ON LOCATION AT THE TOYOTA SPORTS CENTER IN CALIFORNIA; ON GRACIE: (STEP-BY-STEP) PHOTO: STANK SHORTS, AND SNEAKERS: NIKE; NECKLACE, LULU'S; (ICE-RINK PHOTO) SWEATER, HONEY PUNCH; SKIRT, LULU'S; NECKLACE, BOBOHO; STILL LIVES; STYLIST: BARBARA EISEN FORR; J. BENNETT REPRESENTS.

Win!

Go to seventeen.com/freebies for a chance to win a bag of Team USA gear worth more than \$100! See page 145 for details.

SEVENTEEN.COM
Score more of Gracie's medal-worthy moves at seventeen.com/graciegold.