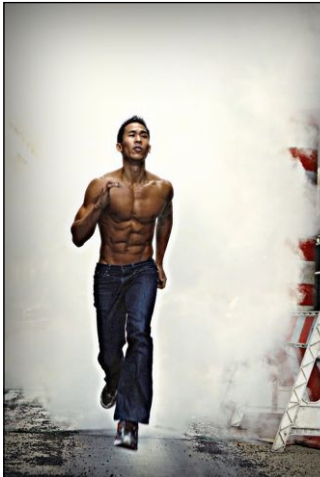




# CHOSEN MODEL MANAGEMENT SKYY WANG

HEIGHT: 6'1" HAIR: BLACK EYES: BROWN SUIT: 40" LENGTH: L SHIRT: 15" SLEEVE: 35" WAIST: 30" INSEAM: 34" SHOE: 11.5



**HOW IT WORKS**

**E**ACH SESSION BEGINS WITH a 15-minute cardio warm-up. That's followed by a 30-minute workout of strength and cardio exercises. Then, there's a 15-minute cool-down. You'll get a 15-minute massage after each session. The cost of all services is \$150. The program is available to members of the gym.

**DIRECTIONS**

Perform each motion (Step 1, 2, and 3) one per week, working in between between each motion.

**STEP 1: THE PLANK**

**HOW TO DO IT** For the first exercise to each session, stand up on your toes and lie flat on your stomach. For the remaining motions, use a stack of books. Each book is approximately 4 inches high. The stack can be as high as 12 inches. Lie on your stomach with your head on the books. Rest your arms on the floor and your feet on the books. Hold for 30 seconds. Repeat for 10 sets.

**STEP 2: THE SQUAT**

**HOW TO DO IT** Stand with your feet shoulder-width apart. Lower your body by bending your knees. Go as low as you can, but don't touch the floor. Stand back up. Repeat for 10 sets.

**STEP 3: THE PULL-UP**

**HOW TO DO IT** Use a pull-up bar. Grasp the bar with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back down. Repeat for 10 sets.

**WEIGHTED PULL-UP**

**HOW TO DO IT** Use a pull-up bar. Grasp the bar with your hands shoulder-width apart. Add a weighted vest. Pull your body up until your chin is over the bar. Lower your body back down. Repeat for 10 sets.





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