



# This baby was sold on the black market for \$180,000

**EXCLUSIVE  
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New York socialite mom Taylor Stein unwittingly bought baby Ren on the black market — then helped the feds smash the ring.

John Chapple

# NEW YORK POST Health

WELLNESS, FITNESS & MEDICINE

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By **RACHEL GRUMMAN  
BENDER**

**W**HETHER you're vacationing on a tropical island or stuck on a business trip out of town, fitting in a workout can be a challenge. If you don't have access

to a gym, doing bicep curls with the phone book in your hotel room isn't exactly a heart-pumping way to stay in shape.

With that in mind, we asked Kelvin Gary ([kelvingary.com](http://kelvingary.com)), a certified personal trainer at Equinox ([equinox.com](http://equinox.com)), to create five exercises you can do anywhere. These moves require the use of mini exercise bands (\$1.50 to \$3.50, [performbetter.com](http://performbetter.com)) that take up mere inches in your suitcase and will tone your body from head to toe.

For each of these exercises, perform two to three sets.

## LATERAL BAND WALKS

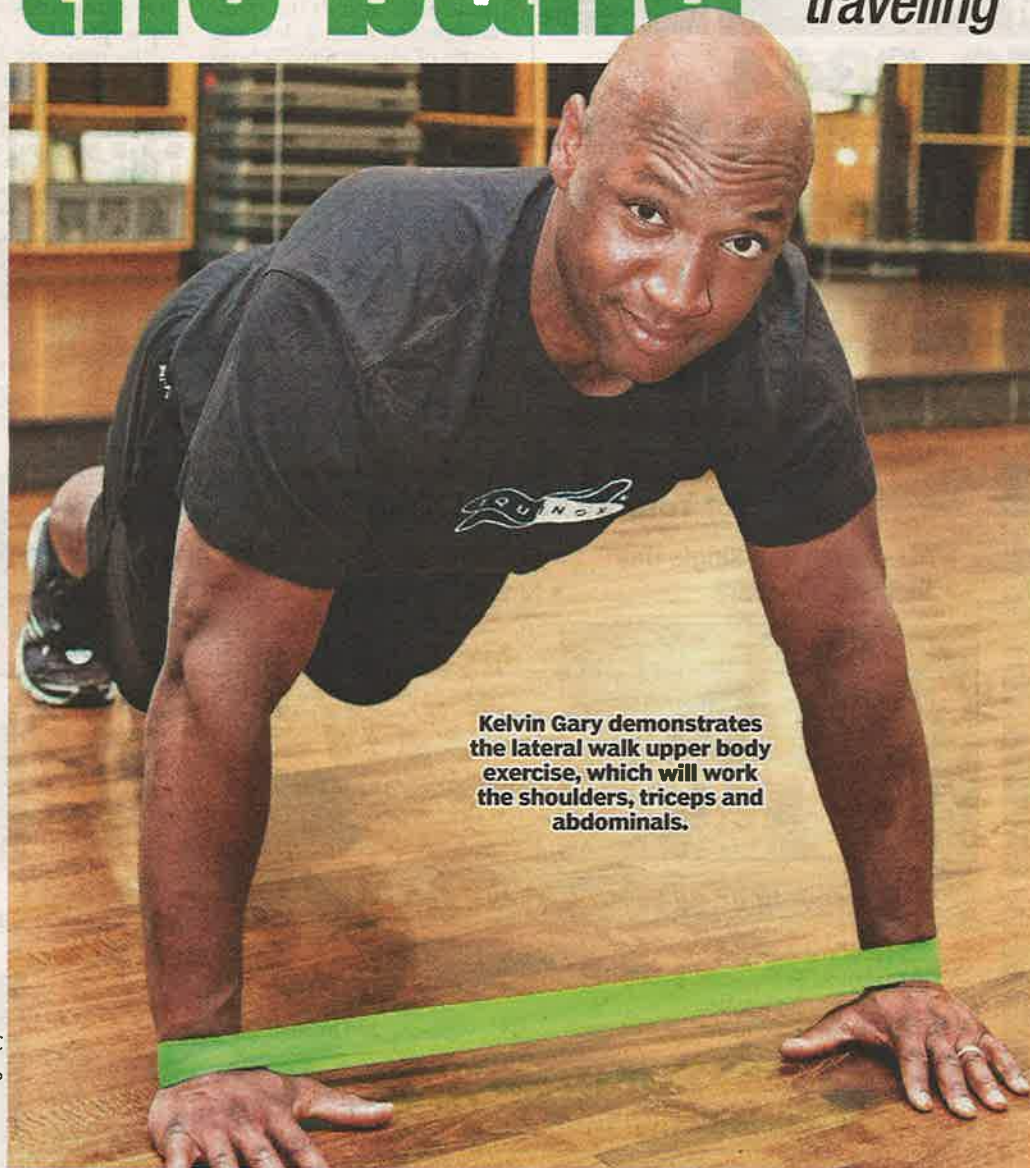


Place a mini band around both ankles. Standing, position your feet a few inches apart, with your knees and hips slightly bent. Take a side step to the right as widely as the band will allow. Step your left foot to the right, keeping feet a few inches apart. Keep your knees and hips slightly bent, and perform 10 to 15 repetitions. Repeat on the left.

*Muscles you'll work: rear and thighs.*

# I'm with the band

*Portable exercise bands stretch your workout when traveling*



**Kelvin Gary demonstrates the lateral walk upper body exercise, which will work the shoulders, triceps and abdominals.**

## 90-DEGREE OPEN UP SQUATS

Start with your feet together and knees slightly bent with a mini-band around both ankles. With the left leg planted in place, step and rotate your right leg 90 degrees to the right, creating tension in the band. Once in this stance, squat as low as you can before rising and returning to the starting position. Repeat for 10 to 15 repetitions on each side.

*Muscles you'll work: rear, thighs and hamstrings.*

## STANDING 3-WAY HIP MOVEMENT

Stand with a mini-band around both ankles. Balance on your left leg, keeping your leg straight. With your right leg, knee lightly bent, push your right leg straight forward and then back to the starting position without letting your foot touch the floor. Move your bent right leg to the side and back. Extend your bent right leg behind you and return to the starting position. Repeat 10 to 15 times for each direction before repeating on the left side.

*Muscles you'll work: rear, thighs, hamstrings and hip flexors*

## LATERAL WALK UPPER BODY

Place the band around both wrists and assume a pushup position. Start with your hands together on the floor. Using your feet (or knees) as a pivot point, move your right hand as far as you can to the right. Return your right hand to the starting position and repeat on the left side. Alternate sides. Perform 10 to 15 repetitions on each side.

*Muscles you'll work: shoulders, triceps and abdominals.*

## PUSHUP

Place the band around both wrists. Assume a pushup position with hands close to each other. Separate your hands by moving your right hand as far as you can to your right and perform a pushup. Return to the starting position. Move your left hand as far as you can to your left and pushup. Perform 10 to 15 repetitions on each side.

*Muscles you'll work: chest, shoulders, triceps and abdominals.*