

# GLAMOUR

## Chrissy Teigen

on getting back to her “happy, silly” self after postpartum depression

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Dance guru Katia Pryce gets into the groove during one of her classes.

# Dance It Out

Get ready to find your rhythm: This workout trend is for the dancer in all of us. By Meg Lappe

There's a new generation of dance cardio popping up—and you don't need a Ph.D. in choreography to make it through a class. Katia Pryce, whose flagship studio DanceBody opens in New York City this month, is one of the pioneers of the method; she mixes planks, burpees, squats, and lunges into her beat-thumping routines. Classes are feel-good, and so is the attitude: "Dance isn't meant to feel like it's punishing you," she says. "It makes women

feel *better* about their bodies. It gives them confidence." There are other payoffs too: A study found that dancing for 21 minutes three times a week can help improve your heart health just as much as 30 minutes of traditional cardio. "You get cardio, toning, and dynamic flexibility," says Anna Kaiser, whose NYC studio AKT also incorporates strength-training moves and has become a hangout for dance enthusiasts like Ashley Graham and Karlie Kloss.






Can't make it to one of the classes? You can stream them: DanceBody posts 10 new routines a month at [dancebody.com](http://dancebody.com) (\$35 per month), and AKT has classes from 10 to 90 minutes at [aktinmotion.com/on-demand/](http://aktinmotion.com/on-demand/). (Don't worry if you don't ace the steps at first. "Start with the feet," says Pryce. "Once you get them going, add the arms when you feel confident.") But you can also do a version of these routines at home for free. Try these exclusive moves from Pryce and Kaiser *anywhere*. Blast some Beyoncé and get moving!

**Toe taps** (works calves) Stand with your back against a wall, and walk legs three feet in front of you, keeping shoulders on wall. Lift toes up, return to floor; lift heels up, return to floor. That's one rep. Do 20.

**Walkouts** (works core) Stand with feet hip-width apart, knees slightly bent. Roll upper body down until hands touch floor; walk them out into a plank. Walk hands back to feet; return to stand. That's one rep. Do 10.

**Lateral lunges** (works glutes and quads) Start with feet hip-width apart. Step right leg out to right side, bending knee, sticking butt back, and keeping left leg straight. Then reach left arm across body and up overhead. Return to start. Do 10 per side.

**Ab twists** (works core) Stand with feet slightly wider than hip width, knees bent, and arms straight out in front. Lean back and twist, using ab muscles, to the right, moving arms across your body (keeping them straight). Return to start and twist to the left. Do 10 per side. 

**STEAL THE STYLE**  
Go for fitted pieces to shake your stuff and stand out.