**Get into Summer-Ready Shape with Lady Foot Locker**

NEW YORK, April 26, 2012 - With the heat and summer sun comes the time that most men look forward to and most women dread - bathing suit season. There is no need to fret! [Lady Foot Locker](http://www.ladyfootlocker.com/) joins forces with [Harley Pasternak](https://www.facebook.com/media/set/?set=a.10150593246953519.373931.95995373518&type=3), New Balance brand ambassador and co-host of ABC’s *The Revolution*, as he shares an exclusive (and accessible) workout session, just in time for summer.

The formula for his “Kick Butt” Express workout is:

1. Cardio Warm-Up (do each for approximately 1 minute)
   1. Jog in place
   2. Jog forward and backwards
   3. Side Shuffle
   4. Grape Vine
   5. Mountain Climbers
2. Resistance Circuit (15-20 repetitions/set)
   1. Bicep Curl
   2. Bicep Curl + Shoulder Press
   3. Dead Lift + Bicep Curl + Shoulder Press
   4. Dead Lift + Row + Bicep Curl + Shoulder Press
3. Cardio Cool Down (repeat all in step 1)

Pasternak believes in working out smart and leaves no room for excuses, emphasizing that access to a gym is not necessary to stay in shape. With the proper workout [apparel](http://www.ladyfootlocker.com/catalog/advancedSearch/brand--Actra/?cm_sp=TopNav-_-Clothing-_-actrabrand) and [footwear](http://www.ladyfootlocker.com/catalog/advancedSearch/?module=topNav&search=k&action=keywordSearch&keyword=new+balance+minimus) as your foundation, you may find everything else you need for an effective workout in the comfort of your own home. Household items such as cans of soup or water bottles can easily replace dumbbells for weight training. If space is a limitation, a hallway is a sufficient area for cardio warm-ups. His methodology works, as Pasternak admits that he is in the best physical shape of his life, though most of his time is spent on set as opposed to the gym.

So leave the excuses behind and move towards your beach body with Lady Foot Locker. Put Harley’s exercises and tips to the test with his exclusive fitness video, available on Facebook at [www.facebook.com/ladyfootlocker](http://www.facebook.com/ladyfootlocker).

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