

A BETTER BURN

Perform this total-body offset workout designed by Carter Hays, C.S.C.S., as a circuit, going from one exercise to the next without rest. Do 12 to 15 repetitions of each move using two dumbbells that differ in weight by 10 pounds. Rest 60 to 90 seconds and repeat the circuit twice, alternating the hand that holds the heavier weight for each circuit. When that's easy, use dumbbells that have a greater variance in weight--the bigger the difference, the more your body will benefit.

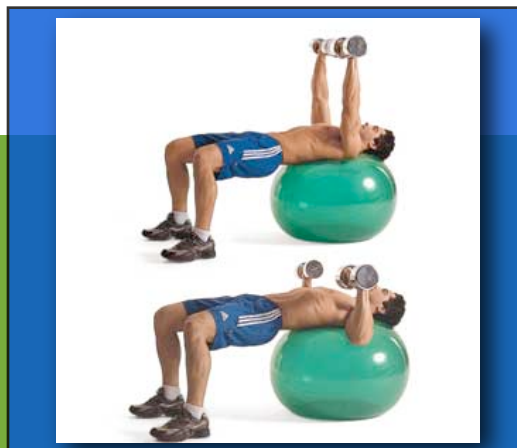
1. SQUAT TO CURL TO PRESS



Stand holding a pair of dumbbells at your sides, palms facing in. Lower your body until your thighs are parallel to the floor.

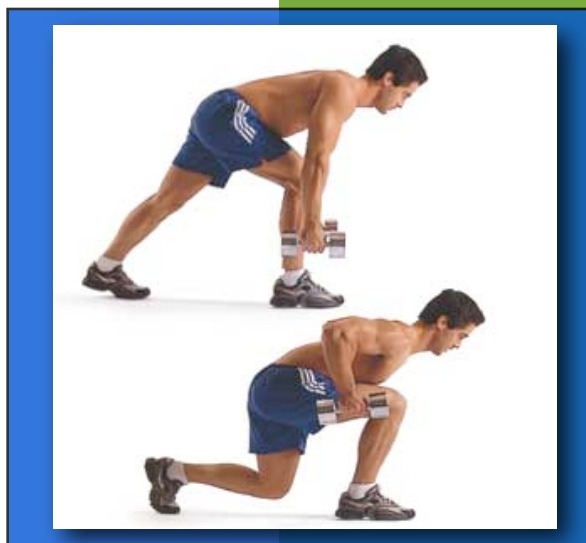
Pause, then push yourself back up as you curl the weights up to your shoulders, rotating your wrists toward you as they rise. Now rotate your wrists away from you as you press the weights above your head, so your palms face forward at the top of the move. Then lower the weights to your shoulders, and finally back to the starting position.

2. SWISS-BALL BENCH PRESS



Grab a pair of dumbbells and lie on a Swiss ball so your head, neck, and upper back are in contact with the ball. Hold the dumbbells over your shoulders with straight arms, palms facing forward. Lower the weights until they're just outside your shoulders, pause, then press them back up. Pull your belly button toward your spine and keep your abs tight throughout the move. Your knees, hips, and shoulders should stay in a straight line.

3. STATIONARY LUNGE AND ROW



Stand holding a pair of dumbbells at your sides, palms facing in. Step straight back with one foot, allowing only the ball of that foot to touch the floor behind you. Bend forward at the hips until your torso is almost parallel to the floor; that's the starting position. As you pull the weights up to your rib cage, lower your body until your back knee is 2 to 3 inches above the floor. Your front knee should be over your toes. Lower the weights as you push yourself back up to the starting position.

