

The Rush-Hour

How it works: Choose a weight that allows you to execute the hardest exercise in your complex. In the example below, your limiting exercise would

1. Lunge



Stand holding a dumbbell in each hand, arms hanging straight at your sides, palms facing in. Lunge forward with your right foot, then return to the starting position. Step backward with your left foot and lower your body until your right thigh is almost parallel to the floor. After returning to the starting position, perform a forward lunge with your left foot, then a backward lunge with your right foot.

2. Bent-over row

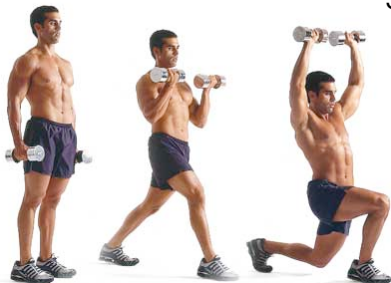


Stand holding a pair of dumbbells, with your feet shoulder-width apart. Keeping your back flat, bend forward at the hips until your back is almost parallel to the floor. Your legs should be slightly bent, your arms straight under your shoulders, and your palms facing each other. Draw the weights up toward the sides of your chest, squeezing your shoulder blades together. Pause, then slowly lower the weights, and repeat.

3. Squat and Shrug

Stand with a dumbbell in each hand, arms at your sides, feet shoulder-width apart. Bend at the hips and knees to lower your body until your thighs are parallel to the floor, then press back up. Take 2 seconds to lower yourself and 2 seconds to press up. At the top of your squat, shrug your shoulders straight up toward your ears, keeping your arms straight and your head still. Pause when your shoulders are as high as they can go, then slowly return to the starting position.

4. Curl & Press



Stand holding a pair of dumbbells with an underhand grip (palms facing forward) at arm's length next to your thighs. Without moving your shoulders forward, move your arms slightly back behind you. Curl the weights up to your shoulders,

then rotate your arms as you press the weights overhead so that your palms face forward at the top of the move. Pause for 2 seconds, then return to the starting position.

5. Romanian Deadlift



With your feet shoulder-width apart and knees slightly bent, hold a pair of dumbbells in front of your thighs. Keeping your knees at the same angle, slowly push your hips back as you lower the dumbbells just below your knees. Keep your head and chest up and your lower back flat. Lift your torso back to the starting position, keeping the dumbbells as close to your body as possible.

6. Pushup



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