

# The Best Workout For Your 20s!

Spending 40 or more hours crouched over your keyboard can lead to slumped posture, and later, irreversible spine damage. These moves will keep your back healthy.

Do three sets of 10 to 12 reps, taking one-to-two-minute rests between sets and exercises, three times a week.

## » MOVE 1

### Foam Roller Snow Angel

Lie back along a 3-foot foam roller so that it runs the length of your spine. Bend your knees and rest your feet flat on the floor. Place your hands next to your hips, palms up, with your arms straight (A). Without raising your shoulders, slowly--take 15 seconds--drag your hands along the floor (as if you're making a snow angel) until they're above your head or they lose contact with the floor (B). Hold for 10 to 15 seconds. Take another 15 seconds to drag them back to the starting position. If you feel tightness in a particular spot, pause there for 10 to 15 seconds, then keep moving. Repeat four times.



## » MOVE 2

### Front Squat

Grasp dumbbells with wrists facing each other (or with an overhand grip if using a barbell), feet shoulder-width apart, and toes pointed slightly outward. Bring the dumbbells up toward your collarbone until your elbows point straight out and your arms are parallel to the floor (A). Inhale and bend your knees and hips to lower into a squat position (B). Keep your head up, heels on the ground, and back arched. Once your thighs are parallel to the floor or lower, quickly rise while exhaling. Repeat.



## » MOVE 3

### Straight Leg Deadlift

Stand with feet shoulder-width apart and a dumbbell in each hand (A). With arms hanging in front of your thighs, lean forward from the hips, keeping your head up, shoulders back, and chest out. Bend your knees slightly as you lean forward, allow the dumbbells to lower in front of you. Push your hips backward and keep leaning forward until your torso is parallel to the floor or lower (B). Stop when your back starts to round. Pull your torso back to the



## » MOVE 4

### Close-Grip Cable Row

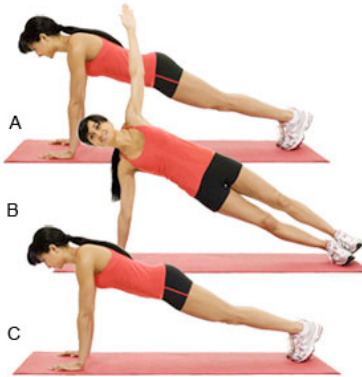
Sit with your abs tight, lower back slightly arched, shoulder blades squeezed back, and torso upright. Lean forward from the hips to grasp close-grip handles and return to the upright position (A). Squeeze your shoulder blades and row toward your chest, pulling the handles back as far as possible while keeping your arms close to your body (B). The rowing motion should come from your upper back, not your arms or lower back. Don't jerk your body backward to complete the movement. Slowly extend your arms to return the handles to the starting upright position.



## » MOVE 5 Planks And Push-ups

Perform these exercises in a superset fashion: front plank, pushup, right side plank, pushup, left side plank.

**1. Front Plank:** This is very similar to the pushup position (A). Press your hands firmly into the floor. Press back through your heels, keep your neck in line with



your spine, and broaden your shoulder blades. Do not let your chest sink. Hold for 5 seconds.

**2. Perform a pushup.**

**3. Side Plank:** From the front plank position (A), bring your right palm to center on the floor. Bring the outside of your right foot in line with your palm. Stack your left foot on top of your right. Press your right hand into the floor and lift your hips, making a straight line with your legs and torso.

When you feel balanced, lift your left hand toward the ceiling so that your arms form a straight line (B). Contract your abs, thighs, and glutes. Look straight ahead with your chin off your chest. Hold for 5 seconds.

**4. Perform a pushup.**

**5. Repeat side plank on the left side.**

## » MOVE 7 Abdominal Rotation



Stand between two pulley stacks with your arms parallel to the stacks. Position a rope attachment at chest height on the right pulley and grasp the rope with extended arms (A). With legs shoulder-width apart and knees slightly bent, rotate your torso 180 degrees from right to left, keeping your arms completely extended (B). Use your abdominal muscles to work against the resistance. Repeat on the opposite side. Rest. Perform 10-12 reps each side.

## » MOVE 6 Superman



Lie on your stomach and draw your belly button toward your spine to tighten your abs. Keep your legs straight, arms stretched out over your head, and palms facing each other (A). Arch your back and raise your arms and legs. Hold for 5 to 10 seconds and slowly lower to the floor.

## » MOVE 8 Stability Ball Curl

Do these exercises in a row with no rest between. That's one set. Rest 30 to 60 seconds between sets.

**1. Bridge:** Lie flat on the floor, with your arms extended in a "T" position, legs straight, and heels on top of a stability ball. The smaller the ball, the tougher the exercise. Squeeze your glutes and lift your butt off the ground so your body forms a straight line from your shoulders to your heels (A). Return to the floor.

**2. Leg Curl:** With your heels on the ball, push back up into the bridge position (A). Keeping your hips off the floor, bend your knees and use your heels to roll the ball toward your body (B). Keep your abs tight and roll the ball out. Return to the floor.

**3. Hip Lift:** With arms still in a "T" position, place your heels on the ball. Walk the ball toward your body (B). Squeeze your glutes and lift your butt until your body forms a straight line from your shoulders to your knees (C). Return to the floor. Rest.

