

# The Best Workout For Your 30s!

The amount of weight-bearing exercise you do now will directly affect your bone and muscle mass in the future. If you're in your 30s, this workout is designed for you! Perform three sets of eight reps, with a 1-minute rest between sets and exercises. Do this workout three times a week.



## Diagonal Dumbbell Lunge Curl

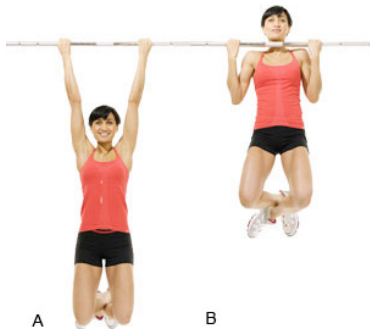


Stand with abs tight, shoulders back, and arms at your sides holding dumbbells (A). Inhale. With your right leg, take a large diagonal step forward to the right, planting foot flat on the floor. Allow your left knee to bend slightly and foot to rotate. Bend your right knee to about 90 degrees, making sure that the knee is directly over the foot (B). Keep your left knee just above the floor and

your torso upright as your left heels comes up. Exhale and push off the floor with your right leg. Return to the starting position and perform a biceps curl (C).

Repeat, leading with your left leg. **SETS 3 REPS 8 REST 1 minute**

## Chin-up



Jump up to grab a chin-up bar with an underhand grip, spreading hands wider than your shoulders. Start from a full hanging position to work the back muscles through their full range of motion (A). Arch your back slightly and pull your body up, trying to touch your chest to the bar (B). Slowly lower yourself back to hanging. Repeat.

**SETS 3 REPS 8 REST 1 minute**

## Push-up

Lying on your stomach, place your palms on the floor next to your shoulders. Bend your elbows so your upper arms are parallel to the floor. With your legs hip-width apart, curl your toes under and press the balls of your feet down. Squeeze your abs and glutes. Inhale and hold. While exhaling, push your entire body up until the elbows are straight. Inhale as you slowly lower your body until your forearms are parallel to the floor. Repeat.

**SETS 3  
REPS 8  
REST 1 minute**



## Push Press

From a standing position, grab a barbell using an overhand grip with hands slightly wider than your shoulders and elbows pointing down. Squeeze your shoulder blades together and hold through the lift. The bar should rest in hyperextended hands (knuckles pointing toward your body) about at your clavicle (A). Inhale. Bend your knees slightly and keep your hips and back straight to go down only 3 to 4 inches into a quarter-squat (B). From this quarter-squat, exhale and explosively extend your knees and hips. Use this momentum to drive the bar overhead until your elbows are fully extended (C). Keep the bar balanced and under control. Slowly lower the bar to the starting position while inhaling and repeat. **SETS 3 REPS 8 REST 1 minute**

