

The Best Workout For Your 40s!

POWER UP! Each move has two parts and counts as one rep. Beginners start with one to two reps (working up to four) of each compound exercise without rest. Try to do two sets of the entire circuit, pausing 2 minutes between sets. Advance to five sets later.

Start with 35 percent of the heaviest weight you're able to lift for your weakest exercise (which is generally the dumbbell pullover.)

» MOVE 1 Dumbbell Back Squat to Overhead Press



Stand with feet shoulder-width apart and toes pointed slightly outward. Grab dumbbells with an overhand grip and bring them up to shoulder height with your palms facing out. Inhale, bend your knees, and lower your hips into a squat (A). Keep your head up, heels on the ground, and back arched. Squat until your thighs are parallel to the floor. Then quickly return to standing and exhale. Drive both dumbbells overhead until your elbows are fully extended (B). Slowly lower the dumbbells to the starting position.

SETS 2

REPS 1-2, work up to 4

REST 2 minutes

» MOVE 3 Romanian Deadlift to Row



Stand with your feet shoulder-width apart, holding a barbell (or dumbbells) in both hands with an overhand grip. Bend forward from the hips to about 90 degrees. Keep your shoulders back and chest out. As you lean forward, lower the bar (A). Bend your knees slightly. Then pull the bar up toward your ribs, with elbows pointing up (B). Slowly release the bar back down and lift your torso back to standing.

SETS 2

REPS 1-2, work up to 4

REST 2 minutes

» MOVE 2 Lunge with Rotation



Stand with abs tight, shoulders back, and arms at your sides holding dumbbells. Inhale. Take a large step forward with your right leg, planting your foot flat on the floor. Allow your left knee to bend slightly. Drop your hips until your knee is at about 90 degrees, making sure that it's directly over your foot. Bend your left knee will bend to 90 degrees as your roll your heel up. Keep your left knee just above the floor and your torso upright (A). Extend your arms straight out in front of you with palms facing in, keeping your lower body firmly planted on the ground. Rotate your upper body to the right, center, left (B), and back to center. Exhale and push off the floor with your right leg. Return to the starting position and switch legs. This time rotate to the left first.

SETS 2

REPS 1-2, work up to 4

REST 2 minutes

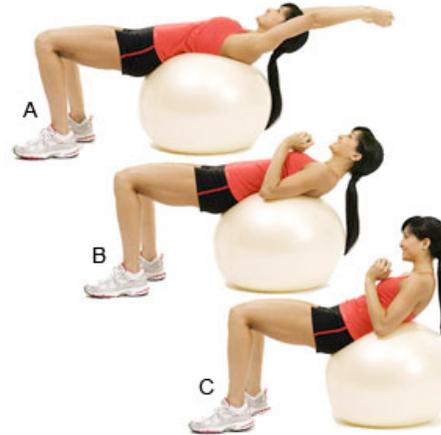
» MOVE 4 One-leg Good Morning to Reverse Lunge



Stand on your left leg with the knee slightly bent, holding dumbbells (A). Keeping your abs tight, back flat, and knees slightly bent, slowly bend forward from your hips (B) until your torso is parallel to the floor. Return to the starting position and lunge backward with your right leg (C). Forcefully push off right leg to return to the starting position. Switch legs.

SETS 2
REPS 1-2, work up to 4
REST 2 minutes

» MOVE 5 Dumbbell Pullover to Crunch



Lie back on a stability ball so that it supports your lower and mid-back. Bend your knees and keep your feet flat on the floor. Raise your arms straight overhead holding a dumbbell or weight plate (A). Pull your arms to your chest (B). Crunch all the way up (C) and slowly lower back to the starting position.

SETS 2
REPS 1-2, work up to 4
REST 2 minutes