

6 Days to Slim

Get twice the results in half the time with multitasking moves.

What you'll need A set of 3- to 12-pound dumbbells and any type of sports ball you prefer

CLOCK



Stand with feet hip-width apart, toes out slightly, one dumbbell in both hands in front of you, arms straight down. Keeping arms and back straight, slowly squat while moving dumbbell in a sweeping clockwise motion (as shown), like hands on a clock. Return to start and repeat. Move arms in opposite direction for second set.

Works arms, upper back, butt, and legs

KING COMPLEX



Start in raised push-up position, both hands holding dumbbells, palms facing in. Maintain push-up as you bring right dumbbell toward chest, elbow bent (as shown). Return to start. Do a full push-up. Repeat, this time bringing left dumbbell to chest. Return to start, then do a full push-up for one rep. If you get fatigued, drop to your knees to do modified push-ups.

Works arms, chest, back, abs

REVERSE MULTIPLANK



Lie faceup, weight on heels and forearms (elbows bent 90 degrees) to lift body off ground, so shoulders, hips and ankles form a line. Keeping hips slightly lifted off ground, raise left leg about 2 feet off ground (as shown). Return to start. Switch legs; repeat for one rep.

Works shoulders, back, abs, legs

WINDMILL



Start in raised push-up position. Bend right knee toward chest, then, keeping back straight, raise right knee out to side as high as possible. Straighten right leg behind you (as shown). Return to start. Do 15 reps; switch legs and repeat for one set.

Works shoulders, arms, abs, butt, back, legs

GOOD-MORNING PUNCH



Stand with feet hip-width apart, knees soft, a dumbbell in each hand near shoulders. Keeping back straight, bend forward. Extend left arm at shoulder height (as shown) and retract. Repeat with right arm for one rep. Stand to return to start. Repeat.

Works shoulders, back, butt, legs

TOP/BOTTOM SHELF



Stand with feet wider than hip-width apart, knees soft, holding a dumbbell in front of you with hands on each end. Shift weight to right leg; rotate torso to right as you extend arms overhead. Squat, rotating torso left and bringing weight to outside of left thigh (as shown). Return to start; repeat for 15 reps. Switch sides to complete one set.

Works arms, upper back, abs, butt, legs

TOUCH AND GO



Lie faceup with legs and arms extended toward sky, a lightweight ball in both hands. Crunch up, lifting shoulders off ground, and place ball between ankles (as shown). Squeeze ball as you roll back to start, then crunch again and retrieve ball. Repeat, passing ball back and forth between hands and ankles.

Works abs, legs

HAMMER LUNGE



Stand with feet wider than hip-width apart, knees soft, a dumbbell in each hand, arms down. Keeping back straight, lunge right foot out to side and curl dumbbells to shoulders, palms facing each other (as shown). Push off left foot to drive yourself back to start. Switch sides; repeat for one rep.

Works arms, butt, legs

UPSY DAISY



Stand with feet hip-width apart, a dumbbell in each hand, arms down. Rotating palms up, curl dumbbells to shoulders. Keeping dumbbells at shoulders, point elbows toward sky (as shown), then straighten arms, bringing dumbbells directly overhead. Reverse sequence to return to start. Repeat.

Works shoulders, arms



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