

# Tone up!

Cut your workout time in half with our super efficient, no-gym shape-up.

**The plan** Do one set of 8 to 12 reps of each move two to three times a week on nonconsecutive days. You'll need a resistance band (any tension will; handles are optional) and a pair of 2- to 5-pound dumbbells.

## BENT OVER COBRA

**Works shoulders, arms, back**

Stand on band with feet hip-width apart, knees soft, handle and weight in each hand, arms in front of thighs, palms facing body. Bend slightly from hips. With abs tight and lower body still, reach arms out from sides, rotating palms up (as shown). Lower arms. Do 8 to 12 reps.



## POWER PLUNGE

**Works arms, abs, butt, legs**

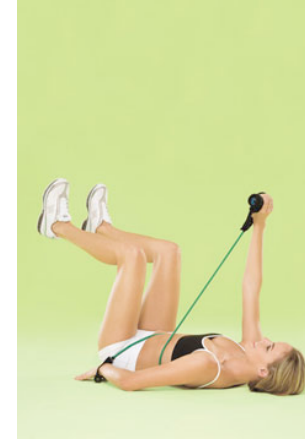
Stand with feet staggered, left foot in front of right. Place band under front foot and grip a handle and weight in each hand, arms in front of thighs, palms forward. Bend knees and sink into a lunge as you curl weights toward shoulders (as shown). Return to start. Do 8 to 12 reps. Switch sides; repeat.



## TRICEPS CROSSOVER

**Works arms, abs**

Lie faceup on band, legs raised, knees bent 90 degrees. Grab right handle with left hand; wrap band across waist; hold at left side. Grip left handle and weight with right hand; extend arm up, palm forward (as shown). Bend right elbow 90 degrees, hand near right ear. Extend arm for one rep. Do 8 to 12 reps. Switch sides; repeat.



## RECLINE ROW

**Works shoulders, arms, back, abs**

Lie faceup, band under feet. Crisscross band by gripping left handle and weight with right hand and right handle and weight with left hand. Extend arms toward feet, palms down. Contract abs and lift shoulders off floor. With shoulders lifted, draw arms toward chest, bending elbows (as shown). Extend arms. Do 8 to 12 reps.



## SUPER SQUAT

**Works shoulders, butt, legs**

Stand on band with feet hip-width apart, handle and weight in each hand, arms down. Raise arms out to sides at shoulder level, bend elbows 90 degrees (like a goalpost), palms forward. Bend knees and squat slightly as you press arms overhead (as shown). Return to goalpost position. Do 8 to 12 reps.



## CURL WHIRL

**Works arms, abs**

Lie faceup, legs raised, knees bent 90 degrees. Place band under feet; grip a handle and weight in each hand; extend arms up, palms facing back. With lower body still, bring weights toward forehead (as shown). Straighten arms for one rep. Do 8 to 12 reps.



### SITTING TIGHT



#### Works shoulders, abs

Sit with feet hip-width apart and flexed, knees bent. Place band under feet; grip a handle and weight in each hand. Raise arms out to sides at shoulder level, elbows bent 90 degrees, palms forward (as shown). Rotate forearms until parallel to floor, then raise for one rep. Do 8 to 12 reps.

### SIDE BEND



#### Works abs, obliques

Stand on band with feet wider than hip-width apart, knees soft; grip a handle and weight in each hand, arms down. Keeping chest lifted, reach left arm toward left foot as you bend to left side and lift right elbow (as shown). Switch position of arms as you bend to opposite side for one rep. Do 8 to 12 reps.

### HOTT 100



#### Works back, abs, legs

Lie faceup, band under upper back, a handle and weight in each hand, arms extended, palms down. Contract abs as you lift shoulders and legs off floor (as shown). Stay lifted as you vigorously pump arms up and down 100 times.

### TORSO TWIST



#### Works back, abs

Sit with right leg extended, foot flexed, and left knee bent, foot resting on inner right thigh. Place band under right foot; grab left handle and weight with right hand and right handle and weight with left hand, arms extended, palms in. With right arm still, move torso and left arm to left, bending elbow (as shown). Return to center and repeat. Do 8 to 12 reps. Switch sides; repeat.

### DELTOID RAISE



#### Works shoulders, arms, abs

Kneel, sitting back on lifted heels; contract abs. Place band under ankles. Grip a handle and weight in each hand, arms extended out to sides, elbows bent, palms up. Raise arms as high as you can (as shown). Lower arms; do 8 to 12 reps.



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