

Tone

For a head-to-toe hard body, do these moves twice a week. Where applicable, opt for a weight at which you can barely eke out the last rep of your final set with perfect form.

Squat and Bicep Curl



Grab a pair of 8- to 10-pound dumbbells and stand on a one- to two-foot-high step or bench with your feet together and your arms at your sides with palms facing forward. Lift your right foot off the bench (A) and squat down a few inches. Press back up and curl the dumbbells up to your shoulders (B). That's one rep. Do three sets of 12 to 15, then repeat on the other side. Rest for 30 seconds between sets.

Trainer tip: Keep your elbows tight against your torso as you curl the dumbbells.

SETS 3 REPS 12-15 REST 30 seconds

Take a Walk



Place a Bosu on the floor and sit on the dome's center. Place your palms on the ball alongside your hips with your fingertips facing forward, and place your heels on the floor about two feet from the base of the Bosu. Straighten your arms and lift your hips off the ball (A). Lift both your right hand and your left foot a few inches (B). Hold for one second, then lower and repeat with the other hand and foot. That's one rep. Do three sets of 15 to 20, resting for 30 seconds between sets.

SETS 3 REPS 15-20 REST 30 seconds

Rotational Lunge And Shoulder Press

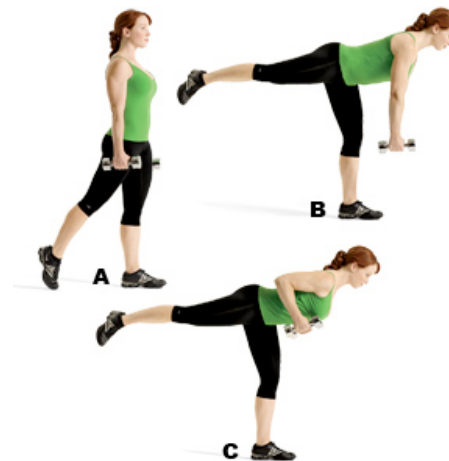


Grab a pair of 8- to 12-pound dumbbells and stand with your feet together and your arms at your sides (A). Take a giant step back with your right leg, landing with your toes turned out. Sink into a lunge until your left thigh is parallel to the floor, then lower the dumbbells and your torso until the weights are on either side of your left ankle (B). Straighten your left leg without locking your knee and stand up, bringing your right leg forward so your legs are together. At the

same time, press the dumbbells overhead with your palms facing each other (C). That's one rep. Do 12 to 15 reps, then repeat on the other side. That's one set. Do two sets, resting for 30 seconds between sets.

SETS 2 REPS 12-15 REST 30 seconds

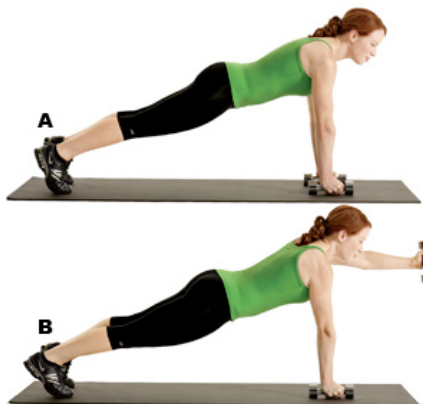
Unilateral Deadlift with Arm Row



Grab a pair of 8- to 10-pound dumbbells and stand with your arms at your sides. Place your right toe on the floor about two feet behind you (A) and bend forward from the hips. Keeping your right leg straight, raise it off the floor until your body forms a T and your arms hang straight down from your shoulders (B). Row the dumbbells toward your ribs until your elbows pass your torso (C). Lower the dumbbells and return to start. That's one rep. Do 12 to 15 reps, then repeat on the other side. That's one set. Do two, resting for 30 seconds between sets.

SETS 2 REPS 12-15 REST 30 seconds

Plank with Front Raise



Grab a pair of 5- to 8-pound dumbbells and get in plank position with your hands on the weights directly below your shoulders and your palms facing each other **(A)**. Brace your abs, and keeping your left arm straight, raise it in front of you to shoulder height **(B)**. Return to plank, then repeat with your right arm. That's one rep; do 12 to 15. Complete three sets, resting for 30 seconds between sets.

SETS 3 REPS 12-15 REST 30 seconds

Sumo Squat And Crunch



Standing with your legs wider than shoulder-width apart, hold a medicine ball in front of your body. Squat until your thighs are almost parallel to the floor **(A)**. Keeping your right knee bent and rotating the hip so your inner thigh faces forward, stand up on your left leg and lift your right leg out until your knee is past your hip. At the same time, circle the ball clockwise until it's above your right

shoulder and crunch your upper body to the right **(B)**. Return to start. Do 12 to 15 reps, then repeat on the other side. That's one set. Do three, resting for 30 seconds between sets.

Trainer tip: Start with an 8-pound ball. Don't up the weight until you've mastered the move with perfect form.

SETS 3 REPS 12-15 REST 30 seconds

Swiss Thigh And Fly



Grab a pair of 8- to 10-pound dumbbells and lie on your back with your arms extended directly above your shoulders, palms facing in, and a stability ball between your legs. Keeping your legs straight, raise them so the bottoms of your feet face the ceiling **(A)**. Keeping your elbows slightly bent, slowly lower the dumbbells out to the sides so they're in line with your shoulders. At the same time, slowly lower the ball to within a few inches of the floor **(B)**. Slowly raise the dumbbells and the stability ball back to start. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.

SETS 3 REPS 12-15 REST 30 seconds



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