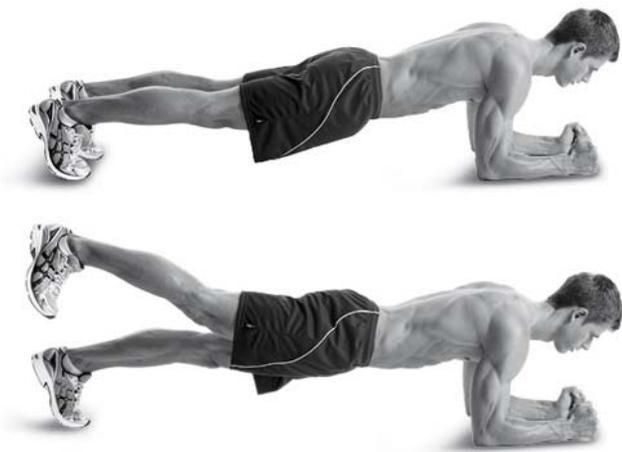


Perform the following workout 3 days a week with a day of rest between each session. For each exercise, you'll do as many reps as you can in 40 seconds, followed by 20 seconds of rest. Start with Triple Set 1, performing 1 set of each exercise in succession. Rest for 60 seconds after you complete all three exercises in the triple set, and do them all a second time. Next, repeat the procedure for Triple Sets 2 and 3.



## TRIPLE SET 1

### 1a: Plank with Leg Lift

Assume a pushup position but with your weight on your forearms instead of your hands. Brace your abs, clench your glutes, and keep your body straight from head to heels. Now raise your right leg and hold that position for 1 second. Lower your right leg and raise your left leg. Continue alternating legs



### 1b: Dumbbell Chop

Hold a dumbbell with a hand-over-hand grip above your right shoulder, as shown. Keeping your arms nearly straight, bend your hips, pivot your feet, and forcefully rotate your torso to the left as you draw your arms down and across your body. (You should move as if you were chopping wood.) When your hands reach the outside of your left knee, stop and reverse the move to return to the starting position.



### 1c: Dumbbell Lunge

Hold a pair of dumbbells next to your sides and stand tall with your feet hip-width apart. Keeping your torso upright, take a large step forward with your left leg and slowly lower your body until your left knee is bent 90 degrees and your right knee nearly touches the floor. Step back to the starting position and repeat with your right leg. Continue alternating legs.



## TRIPLE SET 2

### 2a: Dumbbell Single-Leg, Straight-Leg Deadlift

Using an overhand grip, hold a pair of dumbbells at arm's length in front of your thighs. Stand with your left knee slightly bent and your right foot off the floor. Keeping your right leg in line with your torso, lower your torso until it's almost parallel to the floor. Pause and return to the starting position. After 20 seconds, switch legs and repeat.



### 2b: Dumbbell Push Press

Stand holding a pair of dumbbells just outside your shoulders, your palms facing each other. Dip your knees and push up explosively, using your lower-body power to help press the dumbbells overhead. Lower the weights and repeat.



### 2c: Goblet Squat

Grab a dumbbell and stand with your feet slightly beyond shoulder-width apart. Cup one end of the dumbbell with both hands and hold it vertically in front of your chest, elbows pointing down. This is the starting position. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, and then push yourself back to the starting position.

## TRIPLE SET 3

### 3a: Dumbbell Alternating Row

Grab a pair of dumbbells, bend at your hips, and lower your torso until it's nearly parallel to the floor. Let the dumbbells hang at arm's length, palms facing back. Without moving your torso, row the weight in your right hand upward by raising your upper arm, bending your elbow, and squeezing your shoulder blade toward your spine. Lower the dumbbell and repeat with your left arm. Continue alternating arms.



### 3b: Dumbbell Side Lunge and Touch

Assume a pushup position but with your weight on your forearms instead of your hands. Brace your abs, clench your glutes, and keep your body straight from head to heels. Now raise your right leg and hold that position for 1 second. Lower your right leg and raise your left leg. Continue alternating legs.



### 3c: Dumbbell Deadlift

Hold a dumbbell in each hand at arm's length in front of your thighs with your feet shoulder-width apart. Without rounding your lower back, push your hips back, bend your knees, and lower the dumbbells as far as possible. Pause, and then push yourself back up. If that's uncomfortable, spread your feet to about twice shoulder width and lower the dumbbells between your legs.

