

Done in
10
Minutes

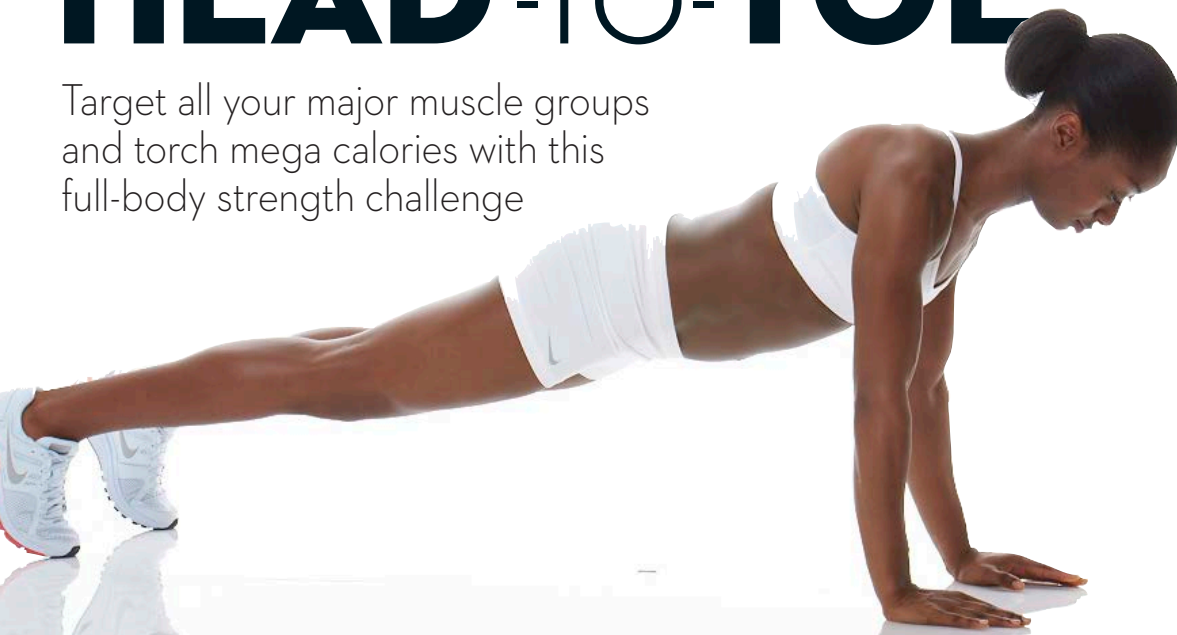
THE PLAN

Do our four moves three times a week to see more definition in a month or less. For fast results, add 20 minutes of cardio.

CONSULTING TRAINER
STEFAN OVERGAARD

4 easy moves to **tone up from**
HEAD-TO-TOE

Target all your major muscle groups and torch mega calories with this full-body strength challenge



Forward Lunge into Single-Leg Dead Lift

Step into a lunge with right leg and left knee almost touching floor. Push into front leg to return to standing. Keeping left leg straight, push hips back and let torso come forward. Do 8 reps. Repeat on opposite side.

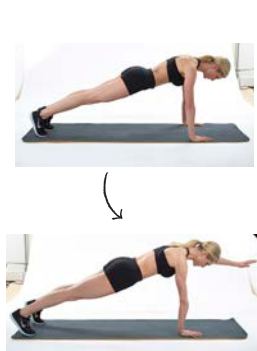
PERFECT YOUR FORM: Engage glutes to keep from wobbling.
DIAL IT DOWN: Just do lunges.
AMP IT UP: Hold a light pair of hand weights at sides and increase reps.



Push-Up and Reach

Start in push-up with hands and feet just wider than shoulder-width apart. Lower body as close to ground as possible. As you push back up, extend left arm straight in front of body. Lower back down and repeat with opposite arm. Do 8 to 10 reps.

PERFECT YOUR FORM: Keep hips level when raising arms by by activating core muscles.
DIAL IT DOWN: Perform the move from your knees.
AMP IT UP: Increase reps.



Squat with Leg Raise

Start with feet hip-width apart. Squat down deep, pushing hips back. As you return to standing, shift weight into left leg and lift right leg out to side as high as you can. Repeat squat and raise on opposite leg.

PERFECT YOUR FORM: When squatting, keep shoulders back and weight in heels.
DIAL IT DOWN: Skip the leg raise and focus on the squats.
AMP IT UP: Hold a light pair of hand weights at sides.



Mini Turkish Get-Ups

Lie flat with right arm raised above you, left arm out to side, right leg bent and left leg straight. Lift torso up, turning toward left elbow. Begin to lift hips by driving weight into right heel. Slowly release to start. Do 8 reps. Repeat on other side.

PERFECT YOUR FORM: Look at raised arm to keep it straight.
DIAL IT DOWN: Crunch up without lifting hips.
AMP IT UP: Hold a light hand weight in raised arm.

