

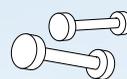
if you have
10
MINUTES

FOCUS ON
energy

Perk up your mood and fitness level with these invigorating moves
consulting trainer **Kathleen Trotter**



YOU NEED



Dumbbells

Reverse Wood Chop with Wide Squat

Holding one dumbbell, stand with your feet slightly wider than your hips. Squat, reaching both hands to the inside of your left foot. Raise your arms diagonally overhead, toward your right shoulder, as you push out of the squat. Do 10 reps on each side.

PERFECT YOUR FORM: Sit back into the squat each time you lower down, keeping your head aligned with your spine.

DIAL IT DOWN: Perform the move without any weights.

AMP IT UP: Hold a heavier dumbbell in your hands.

Walk-Your-Body Push-Up

From standing, bend over and walk your hands down your body and along the floor until you're in plank position. Your hands should be beneath your chest, shoulder-width apart. Then, lower into a push-up. Now, reverse the movement, walking your hands back toward you and up your body to standing. Do 10 reps.

PERFECT YOUR FORM: Keep your abs engaged and pulled in toward your spine.

DIAL IT DOWN: Drop onto your knees for the push-up.

AMP IT UP: Jump up each time you return to standing.

Dumbbell Lunge with Knee Up

Holding dumbbells at shoulder-height in front of you, arms bent, step back into a lunge. Then, thrust your back knee up, pushing one arm forward and pulling the other one back. Return to start and continue, while alternating your arms. Do 5 reps on each side.

PERFECT YOUR FORM: Remember to keep both feet and knees facing forward.

DIAL IT DOWN: Perform the move without any weights.

AMP IT UP: Slow the movement down and hold the lunge position for three seconds.

Curtsy Lunge with Side Tap

Holding dumbbells at ear-height, step your right foot diagonally behind your left one and bend both legs to almost 90 degrees. Return to standing, stretching your right foot and arm to the side. Do 10 reps on each side.

PERFECT YOUR FORM: Stay balanced when lowering down by focusing on an object in front of you that doesn't move.

DIAL IT DOWN: Curtsy in place and skip the side tap.

AMP IT UP: Instead of tapping the floor when stretching your leg to the side, do a kick.



Calorie-Burning Bonus Really want to get that blood flowing? Boost your heart rate with jumping jacks or stride jumps, for 30 to 60 seconds, between exercises. And remember, the more you pump your arms the harder it will be.