

if you have
10
MINUTES

FOCUS ON

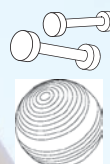
sexy
shoulders

Stand taller with these targeted moves that strengthen your upper body and challenge your core too!

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YOU NEED



Light dumbbells and an exercise ball

Lunge with Pec Deck

Holding weights, stand with arms out to the side with elbows bent. Step forward into a lunge, bringing your elbows together in front of your chest. Push off front leg and return to starting position. Repeat, switching legs. Do 12 reps.

PERFECT YOUR FORM: Keep shoulders back and core tight, and don't let elbows fall below shoulder height.

DIAL IT DOWN: Skip the lunge.

AMP IT UP: Before pushing out of lunge, press hands up over head and down again.



Leg-Out Front Raise

Get on your knees and extend one leg to the side, toes facing forward. Hold weights in each hand, palms toward you. Lift arms to shoulder height, making sure your elbows stay slightly bent. Return arms to starting position. Repeat for eight reps, then switch legs.

PERFECT YOUR FORM: Keep shoulders down, and try not to lock your elbows.

DIAL IT DOWN: Decrease the number of reps.

AMP IT UP: Hold for two counts at the top of the motion.



Single Reverse Fly

Start on all fours, with arms directly under shoulders, holding a dumbbell in each hand. Shift weight to one side while you twist and raise opposite arm to the ceiling. Do 12 reps per side.

PERFECT YOUR FORM: Keep arms in line with shoulders and rotate from the ribs.

DIAL IT DOWN: Drop the weights, or use lighter ones.

AMP IT UP: Between arm raises, lift into plank and do a push-up, keeping dumbbells under shoulders.



Chest Press on Ball

Lie with knees bent and upper back and neck supported on an exercise ball. Open your arms to the side until they're at shoulder height, with elbows bent at a 90-degree angle. Press arms toward ceiling, then lower. Do 12 reps.

PERFECT YOUR FORM: Engage your glutes and core to keep your hips lifted.

DIAL IT DOWN: Perform move on the ground without the ball.

AMP IT UP: Lift one heel up throughout the exercise, while keeping hips level.



Calorie-Burning Bonus Do 30 seconds of squat jumps after each exercise. Squat down, then lightly jump into the air.

