

FOCUS ON

# Power Sculpting

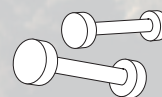
Blast away calories and fat with these double-duty muscle-building moves!

consulting trainer **Kathleen Trotter**

if you have

**10**  
MINUTES

YOU NEED



dumbbells

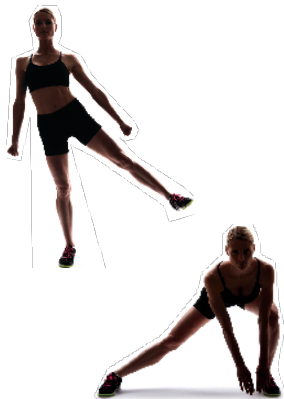
## Lateral Leg Raise with Toe Touch

Stand with hands at hip level and left foot raised to the side in the air. Hold for 2 counts, then step your left leg into a deep side lunge, hinging at hips and touching hands to toes. Repeat with your right leg. Do 10 reps each leg.

**PERFECT YOUR FORM:** Keep back straight and chin up.

**DIAL IT DOWN:** Perform the lateral leg raises only.

**AMP IT UP:** Pulse 5 to 8 times in the lunge position.



## Triceps Dip & Kick

Sit on floor with knees bent, arms under shoulders and a dumbbell in each hand. Lift hips off ground, then bend elbows as you raise left leg. Hold for 2 counts. Return to start, and repeat movement with other leg. Do 12 dips, alternating legs each time.

**PERFECT YOUR FORM:** Avoid shrugging your shoulders.

**DIAL IT DOWN:** Do the dips without the leg raise.

**AMP IT UP:** Do the move with straight legs.



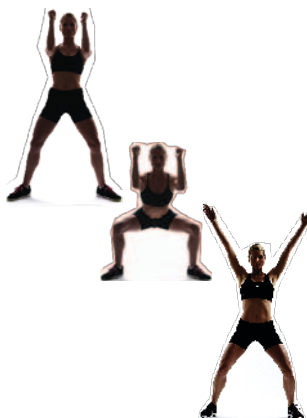
## Sumo-Squat Jumps

Start with feet hip-width apart and arms in boxer stance, toes angled out. Lower body into a deep squat, keeping knees stacked above heels. Jump up out of squat, punching arms overhead. Do 12 to 15 reps.

**PERFECT YOUR FORM:** For good posture, pretend you're trying to sit in a chair just beyond your reach.

**DIAL IT DOWN:** Perform the squat without the jump.

**AMP IT UP:** Do 5 jumping jacks between squats.



## Lunging Overhead Extensions

Start in a forward lunge, holding dumbbells with arms up and bent behind head. Lower into lunge as you straighten arms to the ceiling. Maintain lunge as you lift and lower arms. Do 8 reps, then switch legs and do 8 more.

**PERFECT YOUR FORM:** Keep elbows tight to your ears.

**DIAL IT DOWN:** Do overhead extensions from standing.

**AMP IT UP:** Use heavier weights and deepen lunge.



**Calorie-Burning Bonus** Start workout with 60 seconds of box jumps, leaping on and off a bench or other sturdy elevated surface.