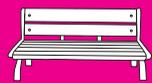


Do It In
10
Minutes

THE PLAN

Do these four moves three times a week, and you'll see more definition in a month or less. For faster results, add 20 minutes of cardio.

YOU NEED



a bench

GET OUTSIDE!

It's summer – the perfect time to skip the gym, enjoy a little sun and sculpt every muscle with our expert-approved, multi-tasking moves

CONSULTING
TRAINER
KATHLEEN
TROTTER

Plank Twists

Start in a push-up position, with shoulders stacked over wrists. Raise one leg and bring knee across your body toward opposite elbow. Return to start and repeat with the other leg. Do 3 sets of 12 reps.

PERFECT YOUR FORM: Keep spine long and chin off chest.

DIAL IT DOWN: Skip the twist. Hold push-up position for 30 to 60 seconds. Do 3 sets.

AMP IT UP: Add 5 push-ups after each set.

TARGETS: Core, back, legs.



Lateral Lifts

Stand with one foot on bench and hands on hips. Straighten leg on the bench as you lift the other out to the side. Hold for 2 counts, then lower and lift leg 10 times. Switch sides. Do 3 sets per leg.

PERFECT YOUR FORM: Roll shoulders away from ears.

DIAL IT DOWN: Use a lower bench, or step up but skip the lateral leg lift.

AMP IT UP: Hold weights in each hand.

TARGETS: Glutes, thighs.



Triceps Dips

Place hands on bench, fingers pointing forward, and walk legs out, keeping arms straight. With feet flexed and core engaged, lower body until arms reach a 90-degree angle. Push up and repeat dip. Do 3 sets of 10.

PERFECT YOUR FORM: Keep head in line with back.

DIAL IT DOWN: Perform move with knees bent.

AMP IT UP: Lift one leg during dip; switch legs for each dip.

TARGETS: Arms, chest, core, shoulders.



High Knee Step-Ups

Stand with one foot on middle of bench and hands on hips. Step up, raising opposite leg. Hold for 2 counts. Return to start and repeat on the other side. Do 3 sets of 8 to 10 slow and steady reps.

PERFECT YOUR FORM: Engage your core through the move.

DIAL IT DOWN: Use a lower bench, or step up without raising other knee.

AMP IT UP: After each knee raise, kick leg forward.

TARGETS: Core, quads, hips.

