

Do It In  
**10**  
Minutes

### HOW TO

# rev up your metabolism

These fat-blasting compound moves build muscle – so you'll burn more calories every day!

#### BONUS

Shadowbox for 60 seconds between exercises to burn up to 100 extra calories.



#### THE PLAN

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

#### YOU NEED



dumbbells

CONSULTING TRAINER  
KATHLEEN TROTTER

### T-Shaped Lift

Stand with right thigh parallel to floor. Hinge at hips, kicking right leg back while stretching left arm forward. Hold for 2 counts. Return to start and repeat on opposite side. Do 3 sets of 10 reps.

**PERFECT YOUR FORM:** Engage all muscles in the standing leg.

**DIAL IT DOWN:** Stand near a chair and place two fingers on it for balance.

**AMP IT UP:** Hold position for a few extra seconds on each side before returning to start.



### Shoulder-Press Squat

Start in slight squat with elbows at shoulder level. Keep elbows in line with wrists as you push weights up above head. Do 3 sets of 10 reps.

**PERFECT YOUR FORM:** Avoid letting elbows drop below shoulders and don't arch back.

**DIAL IT DOWN:** Stand up out of the squat each time you press up.

**AMP IT UP:** Lower into a deeper squat and hold position throughout the exercise.



### Cycling Chest Fly

Lie with back on floor and legs lifted into a cycling position. Raise arms above shoulders. Start pumping legs in and away from chest as you lower weights out to sides, keeping elbows in line with shoulders. Return to start. Do 3 sets of 10 reps.

**PERFECT YOUR FORM:** Keep your neck and back neutral.

**DIAL IT DOWN:** Perform flies without the cycling motion.

**AMP IT UP:** Do 10 crunches between sets.



### Oblique Crunch & Punch

Stand with one weight at side and opposite hand on hip. Lower dumbbell toward knee, tilting body to side. Return to start, then pivot and punch weight to side. Do 3 sets of 10 to 12 reps on each side.

**PERFECT YOUR FORM:** Don't lock your elbows.

**DIAL IT DOWN:** Do the move without weights.

**AMP IT UP:** Add a forward kick after you punch. Try bending arm behind head instead of resting it on your hip.



TEXT: ALANNA GLASSMAN; MAIN IMAGE, MASTERFILE; EXERCISE PHOTOS: ROBERTO CARUSO; HAIR & MAKEUP: DAVID GOVEIA; TRESemmé HAIR CARE AND M.A.C COSMETICS/JUDYINC.COM; TOP: SHOPTS AND SHOES; NIKE