

20 **workout** series

Tone Zone

If you want a body that works as well as it looks (and vice versa), this total-body routine is the answer. You'll not only hit max muscle, which ups your metabolism, but also strengthen your core and hone your balance to protect injury-prone spots. Tackle the moves two nonconsecutive days a week and you'll be a well-rounded (not round!) fitness specimen.

TEST THE WATER

Grab a pair of three- to four-kilo dumbbells and stand on a 30- to 60cm-high step or bench with your feet together and your arms at your sides with palms facing forward. Lift your right foot off the bench (A) and squat down a few centimetres. Press back up and curl the dumbbells up to your shoulders (B). That's one rep.

3 Sets
12 - 15 reps
30 sec rest **MOVE 1**



TAKE A WALK

Place a Bosu on the floor and sit on the dome's centre. Place your palms on the ball alongside your hips with your fingertips facing forward, and place your heels on the floor about half a metre from the base of the Bosu. Straighten your arms and lift your hips off the ball (A). Lift both your right hand and your left foot a few centimetres (B). Hold for one second, then lower and repeat with the other hand and foot.

3 Sets
10 reps
30 sec rest **MOVE 2**



ROTATIONAL LUNGE AND SHOULDER PRESS

Grab a pair of three- to five-kilo dumbbells and stand with your feet together and your arms at your sides (A). Take a giant step back with your right leg, landing with your toes turned out. Sink into a lunge until your left thigh is parallel to the floor, then lower the dumbbells and your torso until the weights are on either side of your left ankle (B). Straighten your left leg without locking your knee and stand up, bringing your right leg forward so your legs are together. At the same time, press the weights overhead with your palms facing each other (C). That's one rep. Do 12 to 15 reps, then repeat on the other side. That's one set.

2 Sets
12 - 15 reps
30 sec rest **MOVE 3**



UNILATERAL DEAD LIFT WITH ARM ROW

Grab a pair of three- to five-kilo dumbbells and stand with your arms at your sides. Place your right toe on the floor about half a metre behind you (A) and bend forward from the hips. Keeping your right leg straight, raise it off the floor until your body forms a T and your arms hang straight down from your shoulders (B). Row the dumbbells toward your ribs until your elbows pass your torso (C). Lower the dumbbells and return to start. That's one rep. Do 12 to 15 reps, then repeat on the other side. That's one set.

2 Sets
12 - 15 reps
30 sec rest **MOVE 4**



PLANK WITH FRONT RAISE

Grab a pair of two- to three-kilo dumbbells and get in plank position with your hands on the weights directly below your shoulders and your palms facing each other (A). Brace your abs, and keeping your left arm straight, raise it in front of you to shoulder height (B). Return to plank, then repeat with your right arm. That's one rep.

3 Sets
12 - 15 reps
30 sec rest **MOVE 5**



SUMO SQUAT & CRUNCH

Standing with your legs wider than shoulder-width apart, hold a medicine ball in front of your body. Squat until your thighs are almost parallel to the floor (A). Keeping your right knee bent and rotating the hip so your inner thigh faces forward, stand up on your left leg and lift your right leg out until your knee is past your hip. At the same time, circle the ball clockwise until it's above your right shoulder and crunch your upper body to the right (B). Return to start. Do 12 to 15 reps, then repeat on the other side. That's one set.

3 Sets
12 - 15 reps
30 sec rest **MOVE 6**



SWISS THIGH AND FLY

Grab a pair of three- to four-kilo dumbbells and lie on your back with your arms extended directly above your shoulders, palms facing in, and a stability ball between your legs. Keeping your legs straight, raise them so the bottoms of your feet face the ceiling (A). Keeping your elbows slightly bent, slowly lower the dumbbells out to the sides so they're in line with your shoulders. At the same time, slowly lower the ball to within a few centimetres of the floor (B). Slowly raise the dumbbells and the stability ball back to start. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.

3 Sets
12 - 15 reps
30 sec rest **MOVE 7**

