

LEAN AND SEXY WORKOUT

Quick fat-blasting Exercises!

Thanks to these quick fat-blasting exercises, you'll never be too busy to work out again... We hate to break it to you, but if you plan to blow off another workout, you're going to have to find an excuse other than: "I don't have time." With the two-in-one moves, you can torch kilojoules and tone up your entire body in just minutes a day. We asked top trainers for their advice on planning maximum-efficiency workouts so you can get the most out of your sessions at the gym without sacrificing the results you've trained so hard for.

move
1

DEADLIFT AND BENT-OVER ROW COMBO

Stand with your feet hip-width apart, holding dumbbells at your thighs (A). Keeping your knees bent slightly, bend at the waist until your torso is parallel to the floor (B). Pause, then pull the weights up towards your ribcage (C). Lower them, press back on your heels and stand. That's one rep.



move
2

THRUSTER

Hold a pair of dumbbells just above your shoulders (A). Bend your knees into a squat, with your thighs parallel to the floor (B). Push yourself up, pressing the weights straight up as you stand (C). Pause, then lower them to your shoulders. That's one rep.

move
3

SUMO SQUAT AND CURL

Stand with your feet wider than hip-width apart, toes turned out, holding a pair of dumbbells between your knees. This is the start. Bending at your knees, lower your body until your thighs are parallel to the floor (A). Push yourself back up as you curl the weights up to your shoulders (B). Return to start. That's one rep.



move
4

STEP-UP AND SINGLE-ARM PRESS

Hold a dumbbell in your right hand with your upper arm parallel to the floor and place your left foot on a step or bench (A). Lift yourself onto the step as you press the weight over your shoulder (B). Lower both back to the starting position. That's one rep. Finish all the reps with your left leg, then repeat with your right.



move
5

STABILITY-BALL PIKE WITH PUSH-UP

Start in a push-up position with your toes on a stability ball and your hands on the floor (A). Keeping your legs straight, raise your butt toward the ceiling, drawing the ball towards your arms (B). Pause and roll back to start. Pause, then do a push-up. That's one rep.



move
6

PUSH-UP ROW WITH CORE HOLD

Get into push-up position with your arms straight and your hands resting on dumbbells, feet slightly wider than hip-width apart (A). Brace your abs as you pull one dumbbell towards your body until your elbow is above your back (B). Pause, then slowly return the weight to the floor and repeat with the other arm. That's one rep.



move
7

ROW & BACK EXTENSION

Stand with your feet hip-width apart, holding a pair of dumbbells in front of you. Keeping your knees slightly bent, lean forwards at the waist until your torso is parallel to the floor and the weights are at mid-shin level. This is the starting position (A). Pull the weights up towards your ribcage (B). Stand up, holding the dumbbells at your shoulders (C). Reverse the movements by lowering to the bent-over row position and extending your arms back to start. That's one rep.



move
8

DUMBBELL PRESS & CORE ROLL

Holding a dumbbell at your left shoulder, lie on a stability ball, keeping your hips in line with your knees (A). Push the dumbbell straight up to full extension (B). Grab your left wrist and rotate your body to the left, keeping your hips in position (C). Return your shoulders to the ball and lower the weight to your shoulder. That's one rep. Finish the reps on the left, then repeat on the right.

