

STRENGTH
TRAINING
PLAN
FOR A **LEANER,
FITTER
YOU**



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PART 1

THE PLAN





If you're ready to shed some extra kilos, you've come to the right place. This weight training plan for beginners will get you started. And yes, you read that right: It's a *weight training* plan. When you think "weight loss" you might immediately think "cardio," but here's the thing: Resistance training on its own reduces body fat percentage, according to a [review](#) published in *Sports Medicine* in 2021. And this program is based on the premise that muscle burns calories and helps you stay healthy, which means you won't just be stuck hitting the treadmill.



How it works

YOU WILL NEED

dumbbells (various light, medium, and heavy options), a bench, resistance bands, a pull-up bar

YOU WILL TRAIN

4 or 5 times a week. The strength workouts are 45 minutes apiece, and the HIIT workout is 25 minutes.

WORKOUTS AT A GLANCE

MONDAY
Lower body

TUESDAY
Upper body

WEDNESDAY
HIIT (optional)

THURSDAY
Rest

FRIDAY
Lower body

SATURDAY
Upper body

SUNDAY
Rest

We've built in various ways for you to be able to track your progress that won't show up on the scale. You'll be paying attention to how many reps you're able to complete in a given amount of time, and the weight of the dumbbells you're using. Ideally, you'll see those numbers improve, little by little, week after week. Each day works a different part of the body. Day one is legs and core, then comes biceps and triceps right after that. One area works while another recovers—which is crucial for building muscle.

You'll also see a variety of AMRAP workouts, which stands for as many rounds as possible. This is another way to track your progress, week by week, without the scale. Write down how many rounds you're able to get for each one—then see if you can beat those numbers the next week. EMOMs—every minute, on the minute, is when you set a timer for a minute, then perform the prescribed exercise. When you've finished the indicated number of reps, rest for the remainder of the minute. At the top of the next minute, repeat the move sequence. Do that for all the rounds. The first few times you do EMOMs, you might find that you barely have rest time by the end. As your stamina and strength improves, the EMOMs will get easier, too.



Directions

You'll be working out four or five days a week and increasing the weight you're using every week.

The HIIT day is optional, because the plan itself is pretty intense, especially if you're coming back to working out after a hiatus.

Prioritize the strength workouts over the HIIT day—this is a muscle building plan, after all! And use those rest days to sleep in, foam roll intensely, or grab some fresh air. You can't get strong without enough recovery.



Tips for maximizing your results

- Incorporating cardio:**
 If you want, you can add 30 minutes of steady-state cardio (running, elliptical, biking, walking) onto two workout days—just don't pick the HIIT day, since that's already a cardio workout. Do your cardio after your strength workout.
- Choosing your weights:**
 If you can easily do 10 to 12 reps with a weight, that's "light." If a movement starts getting tough around eight reps, that's a "medium" weight. If you're feeling it around three or four reps and really struggling on the last rep, that's a "heavy" weight.
- Challenging yourself:**
 Throughout the plan, you'll see instructions for making a few of the movements harder. But in most cases, the way to challenge yourself is simply to use more weight.
- Follow sound nutrition advice:**
 Your social media feed is probably filled with lose-weight-quick advice. Ignore it. What we're all looking for is long-term, sustainable change. Read through the fitness portion, then check out our expert-backed nutrition plan that's both healthy and delicious.

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PART 2

TRAINING SCHEDULE



Training Schedule

FS

THE WARMUP

Workout warm-up*:

- high knees
- butt kicks
- zombie kicks

*(each 30 sec, rest 30-60 sec, 2 or 3 rounds)

Mobility warm-up:

- world's greatest stretch (10 reps per side)
- 90/90 transitions (10 reps per side)
- wrist flexing (10 reps)

MON

LOWER BODY

ACTIVATION

- deadbugs
- hydrant hip circles
- side plank hip openers

do each move for 30 seconds, back-to-back, up to 1 minute, and repeat once

STRAIGHT SETS

straight set 1:

- dumbbell goblet squats (12 reps with lightest weight for the first round, then 10 with medium weight, then 8 with heavy)

straight set 2:

- single leg deadlift (12 reps each side with the lightest weight for the first round, then 10 with medium weight, then 8 with heavy weight)

SUPERSET

- dumbbell reverse lunges (12 reps on each side with the lightest weight for the first round, then 10 on each side with medium weight, then 8 on each side with heavy weight)
- squat jumps (12 reps for the first round, then 10, then 8)

AMRAP

- plank hip taps
 - bicycle crunches
- 4 minutes, 10 reps on each side.

TUES

UPPER BODY

ACTIVATION

- deadbugs
- shoulder taps
- elbow plank hold

do each move for 30 seconds, back-to-back, up to 1 minute, and repeat once

STRAIGHT SETS

straight set 1:

- banded chin-ups (8-10 repetitions for 3 rounds)

straight set 2:

- dumbbell chest press (12 reps with lightest weight for the first round, then 10 with medium weight, then 8 with heavy weight, then 8 with heavy weight again)

SUPERSET

- renegade row (6 reps on each side with the lightest weight for the first round, then 5 with medium weight, then 4 with heavy weight, then 4 with heavy weight again)
- dumbbell drags (10 reps on each side using the same descending dumbbell weights as the renegade rows)

EMOM

- (6 minutes)
- bicep curls (10 reps)
 - overhead tricep extensions (10 reps)

WED

HIIT (OPTIONAL)

ACTIVATION

- deadbugs
- hydrant hip circles
- shoulder taps

do each move for 30 seconds, back-to-back, up to 1 minute, and repeat once

HIIT SET 1

- side shuffles
- shoulder taps
- v-ups
- jumping jack to squat

do each move at a high intensity for :45 seconds, rest :15 seconds, then go straight into the next move. Take 1 minute rest between rounds and complete three rounds of each set.

HIIT SET 2

- push-ups
- glute bridge
- fast feet
- burpees

do each move at a high intensity for :45 seconds, rest :15 seconds, then go straight into the next move. Take 1 minute rest between rounds and complete three rounds of each set.

AMRAP

(4 minutes)

- tabletop to leg press
- hollow hold

hold for as many seconds of each as you can, resting between the two moves as needed.

THU

REST

get some extra sleep!

FRI

LOWER BODY

ACTIVATION

- deadbugs
- hydrant hip circles
- side plank hip openers

do each move for 30 seconds, back-to-back, up to 1 minute, and repeat once

STRAIGHT SETS

straight set 1:
● dumbbell deadlifts (10 repetitions, then 12, then 15 with medium dumbbells)

straight set 2:
● dumbbell step-ups (5 repetitions on each side, then 8, then 10 with medium dumbbells)

SUPERSET

- elevated glute bridges (10 repetitions, then 12, then 15)
- glute walkouts (5 repetitions, then 8, then 10)

EMOM

(6 minutes)

- banded side lunge (5 on right side, then 5 on the left side)
- banded side steps (10 steps to the right, then 10 steps to the left)



SAT

UPPER BODY

ACTIVATION

- deadbugs
- shoulder taps
- elbow plank hold

do each move for 30 seconds, back-to-back, up to 1 minute, and repeat once

STRAIGHT SETS

straight set 1:

- dumbbell chest press (4 x 12 reps with the lightest weight for the first round, then 10 with medium weight, then 8 with heavy weight, then 8 with heavy weight again)

straight set 2:

- dumbbell bent-over rows (12 reps with the lightest weight for the first round, then 10 with medium weight, then 8 with heavy weight, then 8 with heavy weight again)

get some extra sleep!

SUPERSET

- push-ups (12 reps for the first round, then 10, then 8, then 8)
- superman (25 reps for the first round, then 20, then 15, then 10)

AMRAP

(4 minutes)

- toe touches (10 reps)
- reverse crunches (10 reps)

SUN

REST

COOL DOWN ROUTINE

- arm crossover stretch
- tricep stretch
- scorpion stretch
- seated pigeon stretch

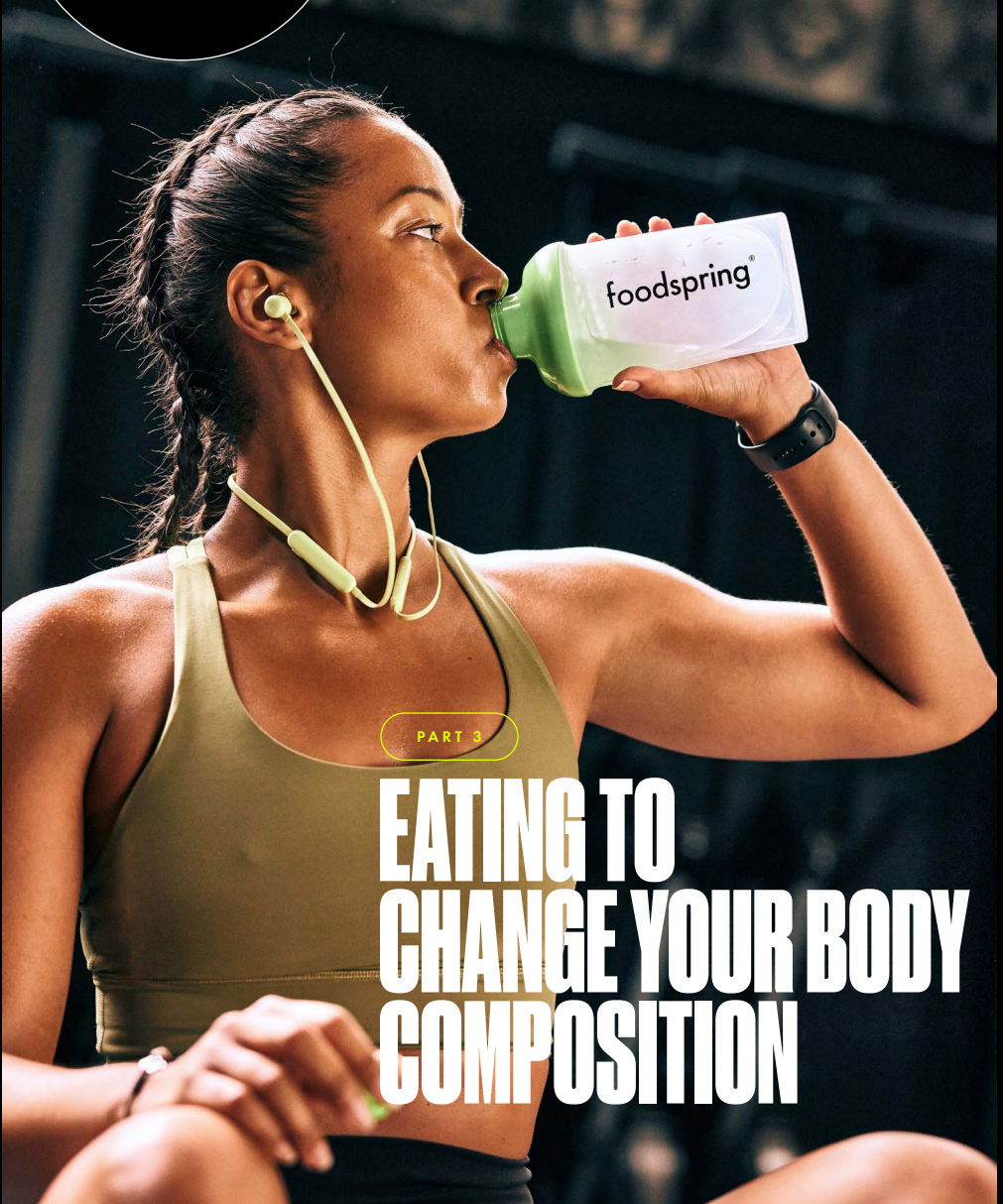
slowly do each move for 30 seconds, back-to-back.

3

foodspring®

PART 3

EATING TO CHANGE YOUR BODY COMPOSITION





There's a special element to this weight loss plan we haven't told you about, that we think you'll like: we want you to eat. Unlike other diets that'll have you subsisting on soup, or that try to convince you that 12 almonds and a small salad is dinner, this plan doesn't work if you're constantly hungry. Restrictive dieting isn't a long-term solution—and it can actually work against your better body goals, both in the near- and long-term. The idea here is to build lean muscle and keep your metabolism humming. By doing that, your body will find a new shape, yes, but also expanded strength and energy levels.

And if you got spooked out by the term “building muscle,” let's dispel some myths. Body recomposition—which here means increasing your percentage of muscle mass and decreasing your body fat percentage—is your key to healthy, long-term weight management. It's possible to lose weight through diet alone, but adding in resistance is the secret sauce to get better and faster results, according to research in the [Strength and Conditioning Journal](#).

The other reason you have to eat enough? This plan is hard. In a good way! It asks you to try new moves, lift heavy, perform loads of reps, and progress week after week. To keep up, you're going to have to eat healthy, nutritionally diverse meals and snacks. Protein, carbohydrates, and fat are equally important to keeping your metabolism fired up and your body in good working order. Consider that, even if you didn't change your eating at all, just adding in strength training could lead to a 1.4 percent drop in body fat percentage, according to [research from the University of New South Wales](#) in Australia.

On the other hand, if you go too low on calories, you won't have enough energy to complete the workouts or build muscle efficiently, and your metabolism will slow to a crawl. When you get started with this plan, especially if you haven't worked out consistently with weights for a while, expect a bump in hunger. Totally normal,



people! There's no reason to be miserable (and to make the people around you miserable—hanger is real). In fact, one of the most important times to eat is in the hour following a workout. Make sure it's heavy on protein and has some good carbs in there for recovery, too. One good option is to make a [protein shake](#).

Focusing on protein will be your secret weapon during this plan. It helps build muscle and preserve muscle mass. And the more muscle you have, the more active your metabolism—which translates to burning more calories, even at rest. Everyone is different, so it's impossible to say definitively the perfect macro breakdown for you. (If you want to dial it in, talk to a nutritionist who can assess your energy and other health needs.)



In general, aim to get between 25% and half of your calories from protein. If you're exercising regularly, that's 1.1 to 1.5 grams of protein per kilogram of bodyweight. As you get stronger and lifting even more weight, you can bump that up to 1.2 to 1.7 grams per kilogram. Of course we're into complete protein sources, meaning they contain all of the essential amino acids. Think seafood, eggs, tofu, and farm-raised meat and poultry. But there are also sneaky ways

to get some extra protein into your meals, like turning pizza night into protein pizza night (topped with tons of veggies, of course!), stirring some protein-packed peanut butter into your oatmeal, or hosting Sunday brunch with some chocolate brownies built for strength.

And for proper function—especially hormone regulation—you need to eat sufficient fat.

Up to a third of your calories should come from the healthy kinds, such as polyunsaturated fats and foods rich in omega-3 essential fatty acids (think avocados and sustainably caught salmon). An easy way to get a good balance of protein and fat is our Shape Shake 2.0.¹ On top of protein and omega-3 fatty acids, it also contains all of your essential micronutrients as well as a dose of fiber.



¹ Weight loss with Shape Shake 2.0: Replacing two daily meals with one Shape Shake 2.0 each contributes to weight loss as part of a low-calorie diet. Replacing a meal helps you maintain weight loss. The product fulfills the intended purpose only in the context of a low-calorie diet. A low-calorie diet must also include other foods. Make sure to drink enough fluids every day. Make sure to eat a varied and balanced diet and maintain a healthy lifestyle.

Mind your calorie intake

We know that this kind of approach is not for everyone.

If you're more into counting calories, that's ok! Some people like to know how much energy they're consuming versus expending—through exercise, yes, but also just doing basic bodily functions (like keeping your heart and brain going). Then they can figure out whether they need to trim down on how much they eat to shed kilos. "For most people, the most straightforward way [to lose weight] is to create a calorie deficit," says U.S.-based sports dietician Molly Kimball, RD, CSSD. In other words, you need to take in fewer calories than you're burning. (Always consult your health care practitioner for personalized advice as everyone is unique.)

One way to do that is to be conscientious about all the bites you're eating. There's no such thing as bad food, but some of us fall into the category of mindless eating.



There's nothing wrong with taking a few candies from the bowl in the break room, but maybe you don't want to do it each time you pass by on your way to fill up your water. As a substitute, Kimball says you could try munching on a delicious high-

protein, low-sugar bar that won't derail your goals.

You can also use meal planning to anticipate what you'll eat each day—especially during the week, when it can be harder to know whether you'll have time to make a

healthy breakfast or pack a lunch. We like pre-making a large batch of porridge or overnight oats for breakfast, and a big pot of protein-rich soup or stir-fry. All of these are balanced meals that can be a great stage for your favorite produce.



Foods that will help your goals

As we said, if you're following the workout according to plan, your body is going to be working in overdrive. Even without a scale that measures body fat percentage, it's fair to say your muscle mass might be going up and your body fat going down. That's a huge win! One healthy way to think about your overall nutrition is to identify the great foods you should be adding to your diet, rather than cutting it out. Here are a few:

- Veggies like spinach, broccoli, and cauliflower are full of fiber, so they'll help you feel full, according to [Cleveland Clinic](#).
- Berries also tend to be high in fiber, according to [Medical News Today](#).
- [Research](#) has shown that a diet rich in whole grains is better for weight loss than one rich in refined grains. Examples of whole grains include brown rice, barley, and oats.
- Research has also shown that diets including pulses (beans, chickpeas, lentils, and peas) resulted in more significant weight loss than those without, according to [Medical News Today](#).
- There's even some [research from Switzerland](#) that suggests dark chocolate can improve metabolism. Sign us up!

4

PART 4

THE MOVES



Warm-up moves

FS

HIGH KNEES

Run in place, bringing your knees up and your heels in front of you.

WATCH THE VIDEO

BUTT KICKS

Run in place, bringing your feet high behind you and kicking your heel toward your butt with each step.

WATCH THE VIDEO

WORLD'S GREATEST STRETCH

Start in a high plank. Bring your right leg to the outside of your right hand and allow your left leg to bend slightly. Reach toward the ceiling with your right hand. Pause, then bring your hand down and return to start. Alternate sides with each rep.

WATCH THE VIDEO

90/90 TRANSITIONS

Sit on the floor with your left leg in front of you, thigh pointed ahead and left foot pointed to the right, right thigh to the right side, right foot pointed behind you. Move your torso around to make the stretch more or less intense. Stay in this position for 15 seconds, then switch sides.

WATCH THE VIDEO

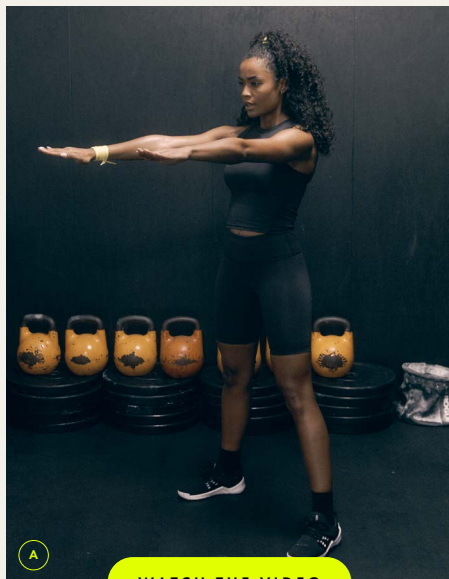


squat jump, page 23

WARM-UP MOVES
(continued)

ZOMBIES

Hold your arms straight out, then lift your left foot and kick it straight-legged toward your left hand, then bring it back to the ground and switch sides. Continue, alternating sides.

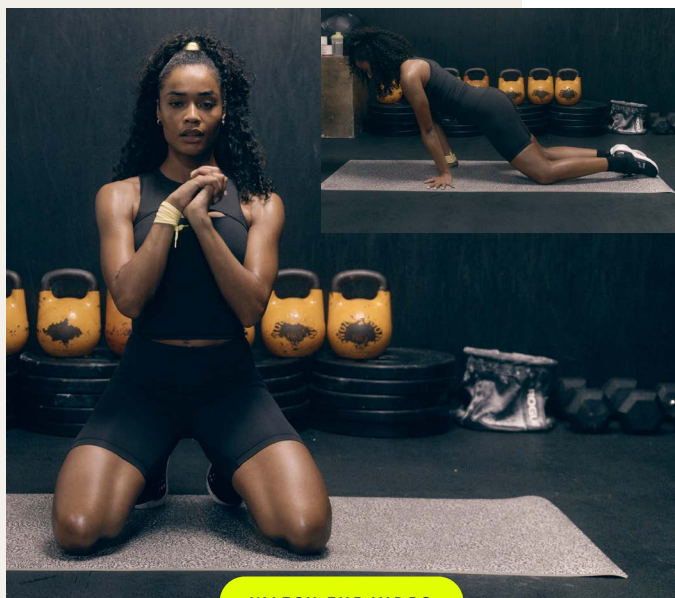


[WATCH THE VIDEO](#)



WRIST EXERCISES

Clasp your hands together in front of you and roll them in a circle to stretch them out. Then, get on your hands and knees with your fingers facing out. Rock back and forth to stretch your wrists.



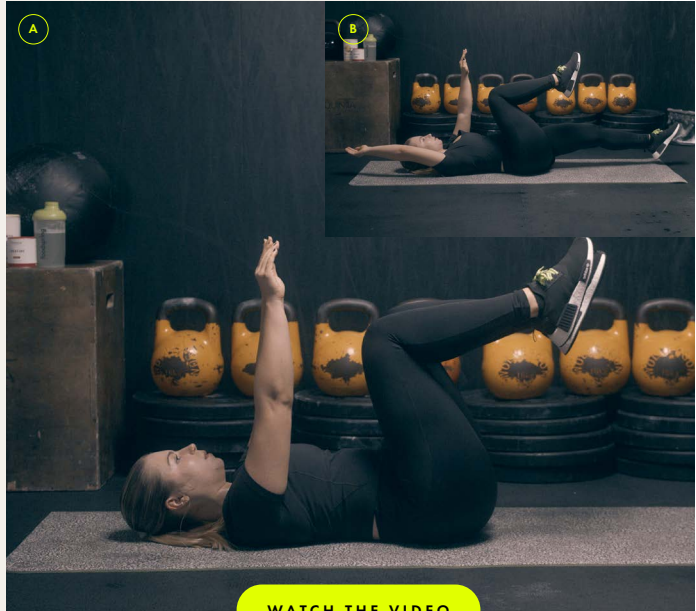
[WATCH THE VIDEO](#)

Activation moves

FS

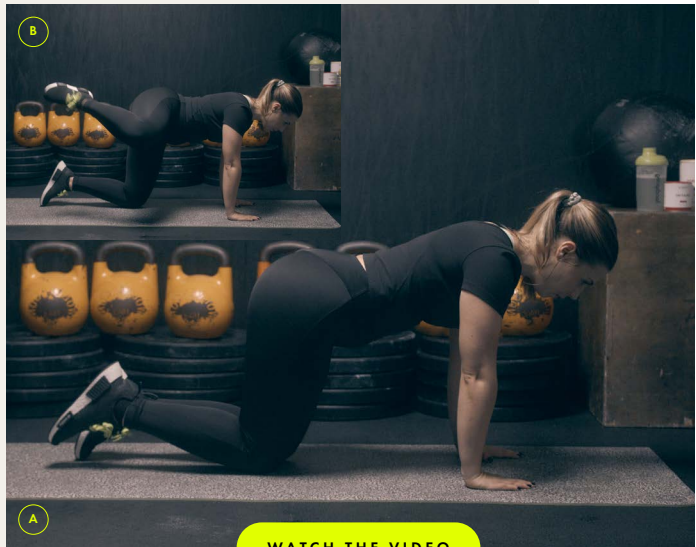
DEADBUGS

Lie on your back with your arms straight up in the air. Lift your legs, keeping your knees bent at a 90-degree angle. At the same time, bring your left arm down by your ear and straighten your right leg, letting it hover just above the ground. Keep your back pressed into the ground. Return to start and repeat, alternating sides.



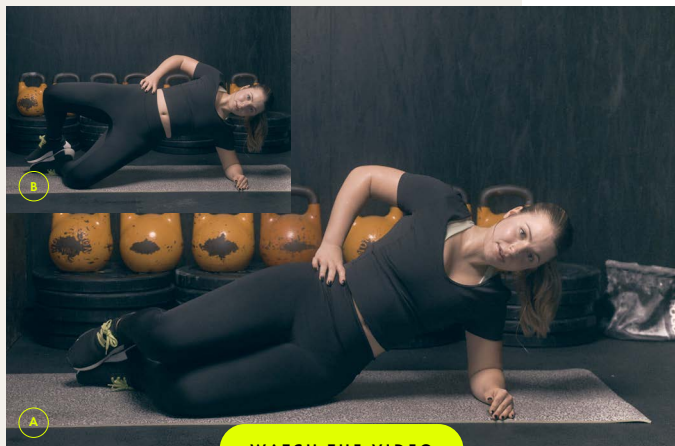
HYDRANT HIP CIRCLES

Get on your hands and knees, and lift your right leg slightly off the ground, keeping it bent. Bring it up, out to the side, forward, then back down. Repeat for 30 seconds, then switch sides.



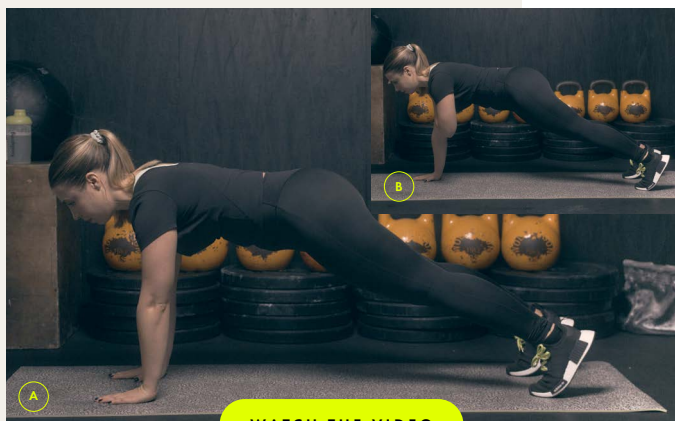
SIDE PLANK HIP OPENERS

Get in a side plank on your elbow, but with your knees resting on the ground and bent so that your ankles are directly behind them. Bring your hips forward, and open your top knee towards the ceiling, keeping your feet together. Come back down and repeat. Switch sides after 30 seconds.



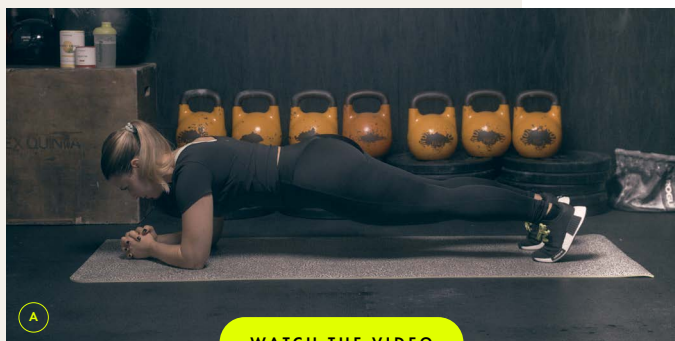
SHOULDER TAPS

Get in a high plank position with your hands under your shoulders. Tap your left shoulder with your right hand, then place it back on the ground. Tap your right shoulder with your left hand, then place it back on the ground. Repeat, alternating sides.



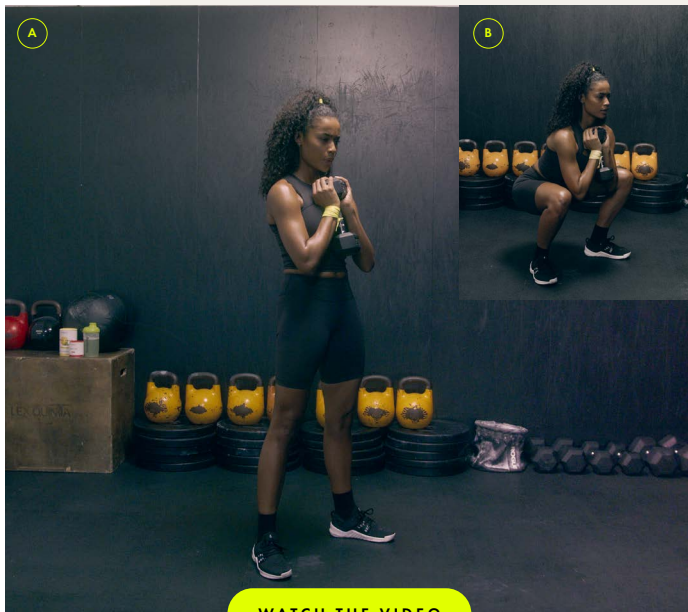
PLANK HOLD

Get in a plank position on your elbows, maintaining a flat back. Hold.



Main moves

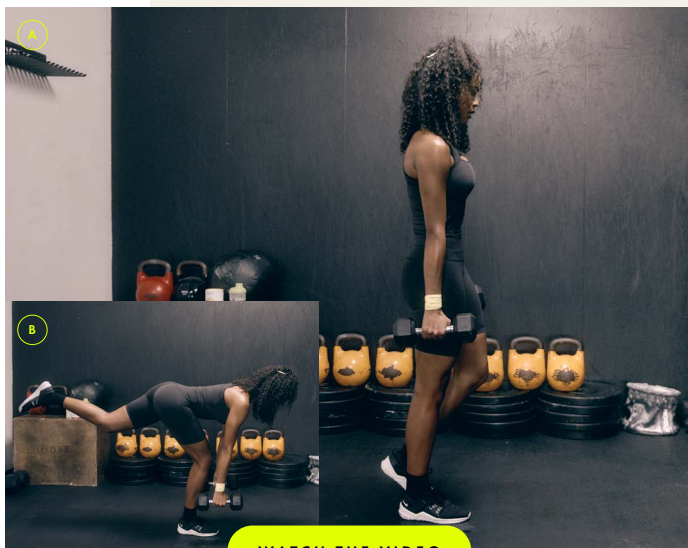
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WATCH THE VIDEO

DUMBBELL GOBLET SQUATS

Stand tall with your feet shoulder-width apart, holding one end of a dumbbell. Keep the dumbbell close to your chest as you squat to approximately parallel and return to stand. Repeat.



WATCH THE VIDEO

SINGLE LEG DEADLIFT

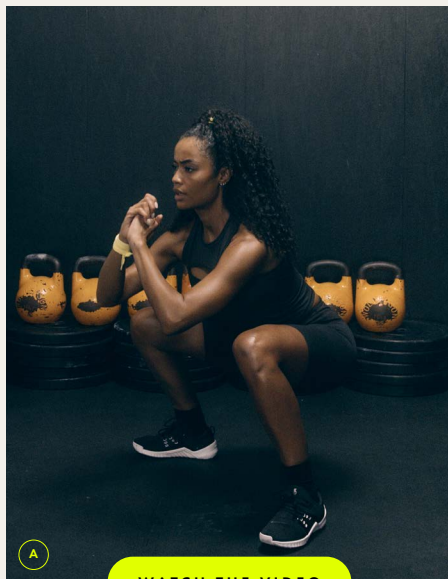
Stand upright and hold a dumbbell in each hand. Maintaining a flat back, hip hinge forward, tipping torso toward floor, while extending the right leg back and keeping it elevated. Reverse to starting position by bringing the right leg forward while extending your hips and straightening your torso. Complete all repetitions on right side before switching sides.

MAIN MOVES
(continued)

FS

SQUAT JUMPS

Stand tall with your feet shoulders-distance apart. Squat to approximately parallel, bringing your arms out in front of you, then swing them behind you as you jump in the air. Land back in a squat position. Repeat.



[WATCH THE VIDEO](#)

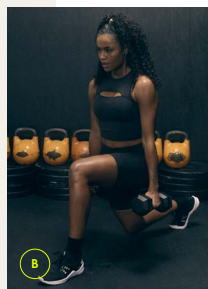


**DUMBBELL
REVERSE LUNGES**

Stand with your feet shoulders-width apart, holding a dumbbell in each hand. Step your left leg back behind you while slowly lowering your knee to the ground. Drive your weight into the heel of your right foot as you return to start. Repeat on the other side, alternating sides.

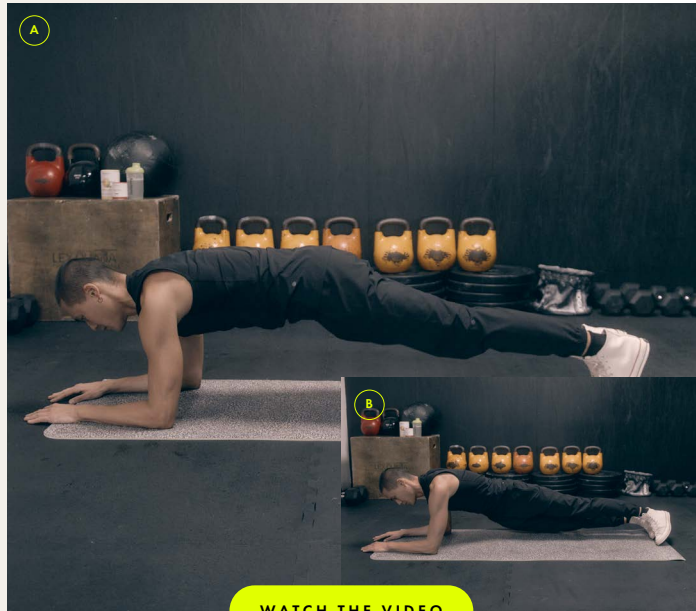


[WATCH THE VIDEO](#)



PLANK HIP TAPS

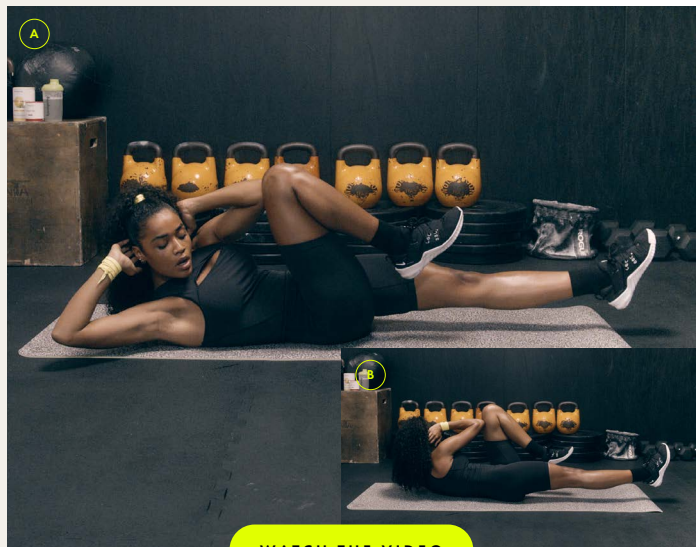
Get in a plank position on your elbows. Lower your hip to one side so that it's just above the ground, then come back to the starting position. Repeat, alternating sides.



WATCH THE VIDEO

BICYCLE CRUNCHES

Start lying on your back with your fingers clasped behind your head. Lift your shoulders and your legs off the ground, then bring your right knee to your left elbow. Repeat, alternating sides.



WATCH THE VIDEO

ASSISTED CHIN-UPS

Wrap a looped heavy resistance band to a pull-up bar. Grasp the pull-up bar shoulder-width apart in an underhand grip, step into the band with one or both feet and let your body hang, arms extended. Pull your shoulder blades back down, tense your entire body and pull yourself up until the bar is level with your sternum. Then lower yourself back down in a controlled manner. Repeat.



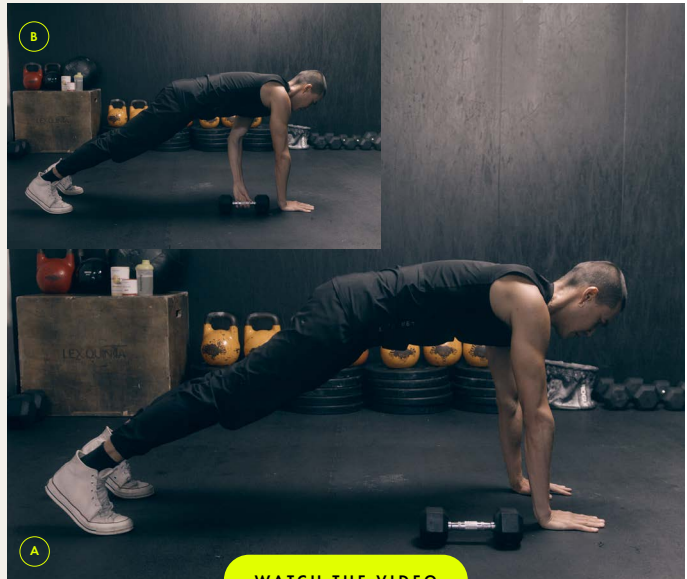
● **CHIN-UPS CAN BE HARD!**

Before you get started, try doing 10 scapular pull-ups to help activate your shoulders and back muscles and prepare you for successful chin-ups.

[WATCH THE VIDEO](#)

DUMBBELL DRAGS

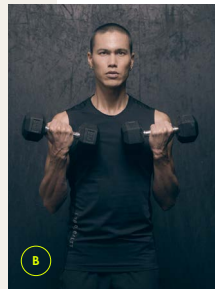
Start in a high plank position. Place a dumbbell just behind your right palm to start. Bring your left arm under your body, grab the dumbbell and pull it to your left side until it is behind your left palm back down and repeat with the right arm for one rep.



[WATCH THE VIDEO](#)

BICEP CURLS

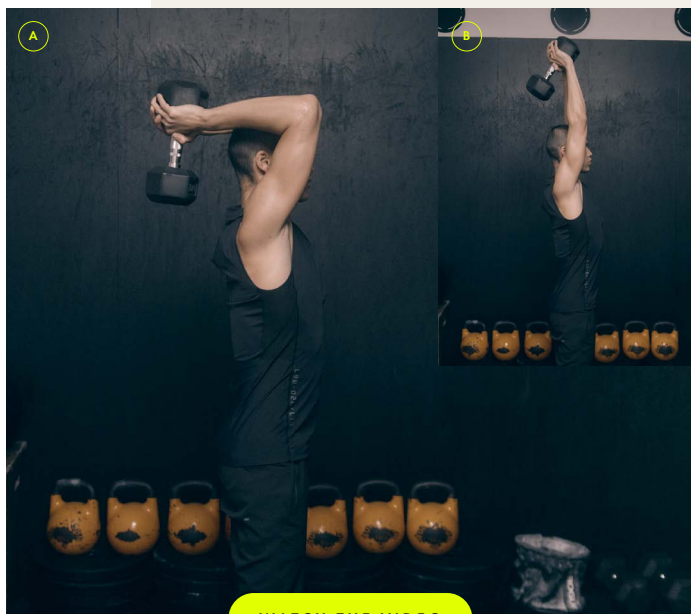
Stand tall holding a dumbbell in each hand, palms facing each other. Bend at the elbows to raise the dumbbells up to your shoulders while rotating your palms upwards, then slowly lower them back down. Repeat.



[WATCH THE VIDEO](#)

MAIN MOVES
(continued)

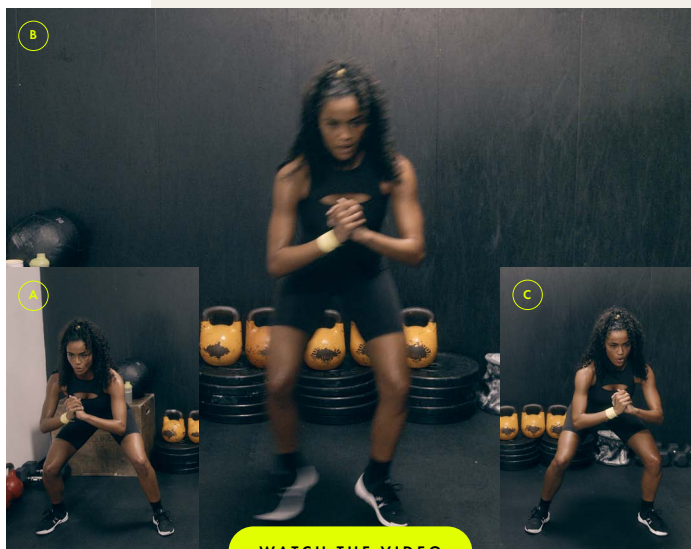
FS



WATCH THE VIDEO

OVERHEAD TRICEP EXTENSION

Stand tall holding a dumbbell. Raise the dumbbell over your head. Then, bend your elbows to bring the dumbbell behind your head, keeping your upper arms still. Raise them back up and repeat.



WATCH THE VIDEO

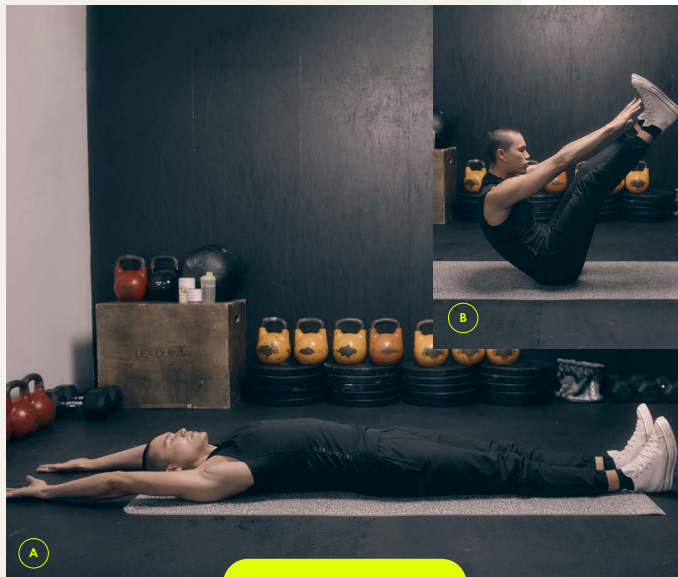
SIDE SHUFFLES

Stand with your feet hip-distance apart. Bend your knees and bring your left foot to your right, then push off your left foot and bring your right foot out. Repeat several times, then switch directions.

V-UPS

Lie on your back with your arms above your head and your legs out straight. Lift your torso and your legs off the ground at the same time, reaching for your toes, then lower back down. Repeat.

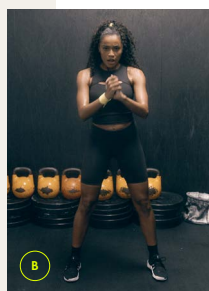
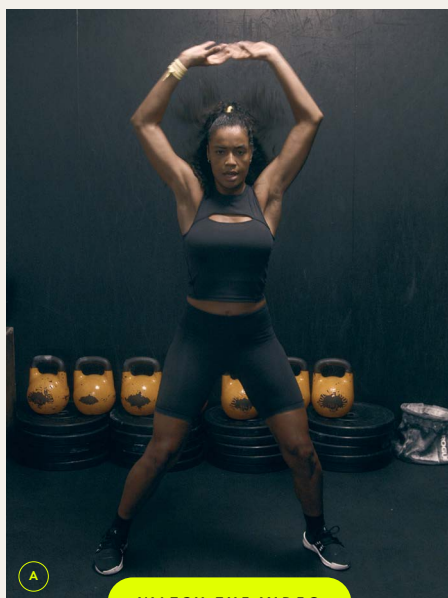
Make it harder: Hold a dumbbell in your hands.



WATCH THE VIDEO

JUMPING JACK TO SQUAT

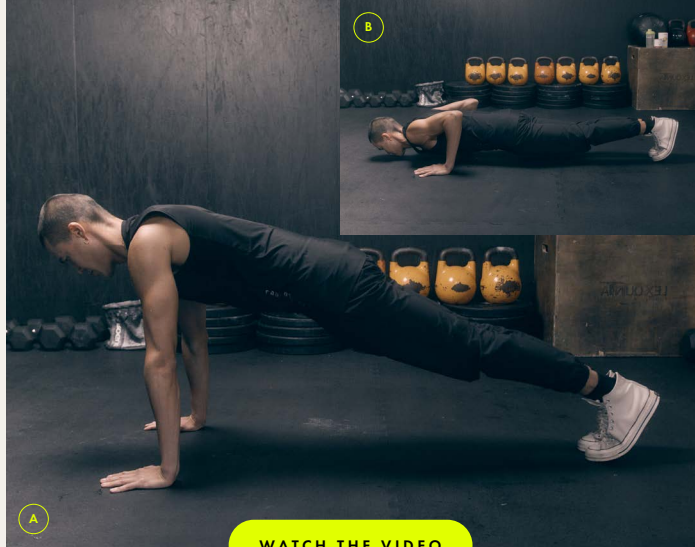
Stand tall with your feet together. Perform a jumping jack, then step your left foot out to the left and squat down. Bring your left foot back to center, do another jumping jack, then step your right foot out to the right and squat. Continue, alternating sides.



WATCH THE VIDEO

PUSH-UPS

Start in a high plank position. Slowly lower your body towards the ground, then quickly push back up to start. Repeat.

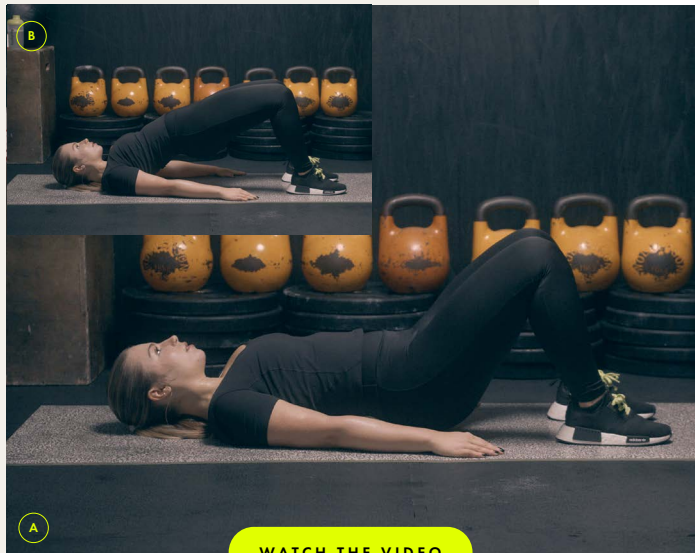


WATCH THE VIDEO

GLUTE BRIDGE

Lie down on your back with your feet flat on the floor and push your hips upward. Remember to tighten your glutes. Keep your back straight and your heels on the ground. Lower back to start and repeat.

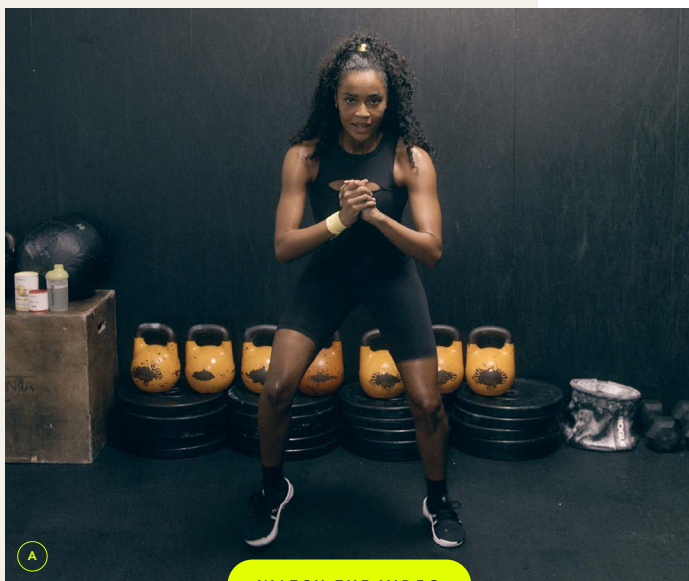
Make it harder: Do the exercise with one leg only. Switch sides halfway through.



WATCH THE VIDEO

FAST FEET

Stand tall, then soften your knees and alternate picking your feet up slightly off the ground as fast as you can.



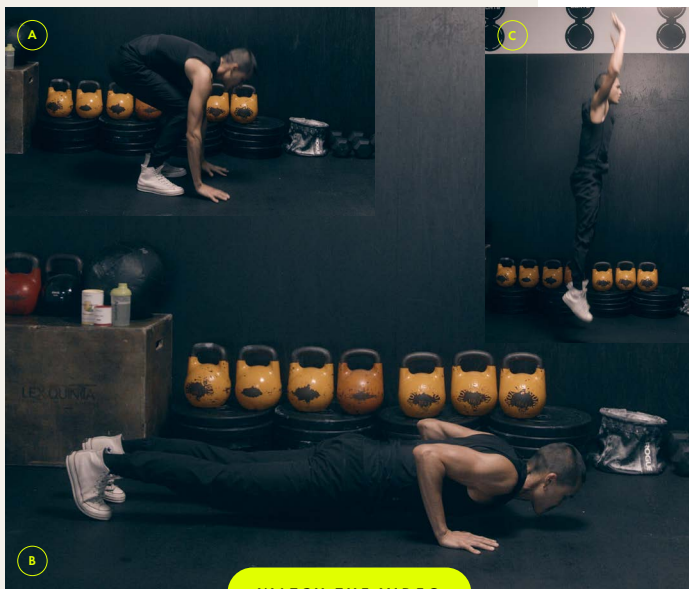
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WATCH THE VIDEO

BURPEE

Start standing with your feet shoulder-width apart. Place your hands on the ground, jump back into a high plank position, and drop your chest to the ground. Then, push yourself back up, while jumping your legs back towards your hands, then jump up in the air. Repeat.

Make it harder: Do a push-up at the bottom instead of dropping your chest to the ground.

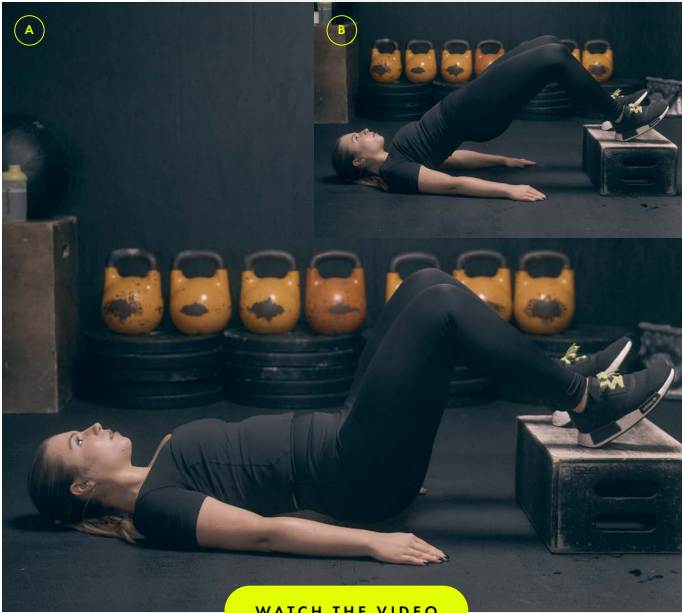


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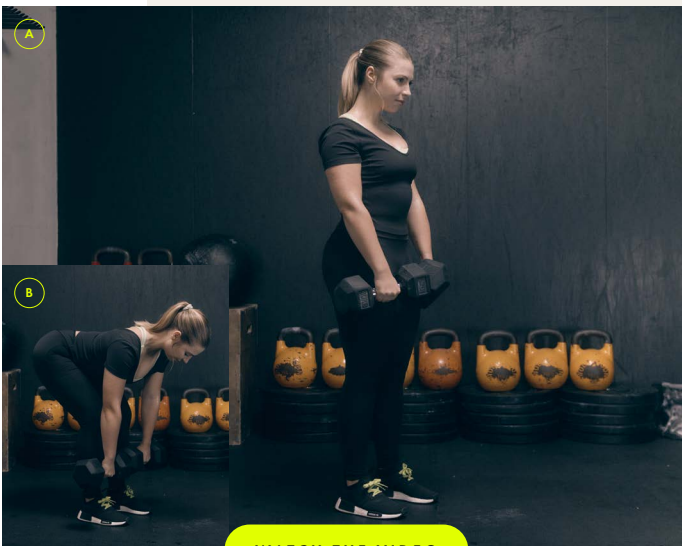
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ELEVATED GLUTE BRIDGES

Lying on your back, put your feet on a box or a bench, then lift your hips up, squeezing your glutes. Lower back down and repeat.



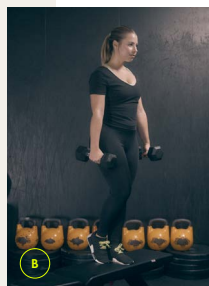
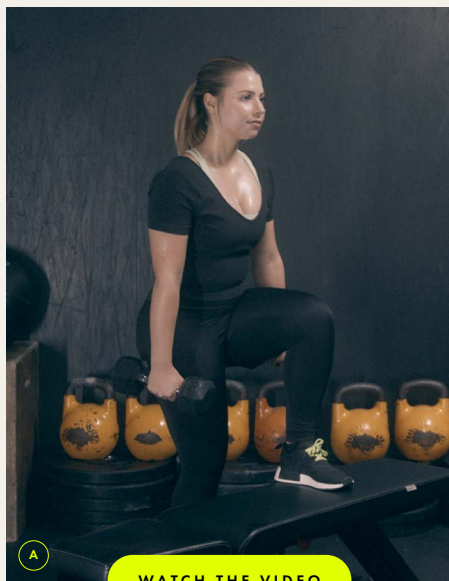
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DUMBBELL DEADLIFTS

Stand tall with two dumbbells at your sides. Hinge at your hips, bending your knees slightly and keeping your back straight. Lower until you feel the stretch in your hamstrings, squeeze your glutes as you return to stand. Repeat.

**DUMBBELL
STEP-UPS**

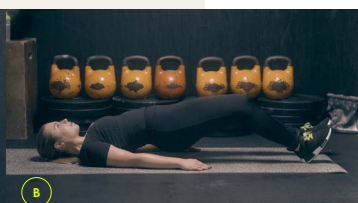
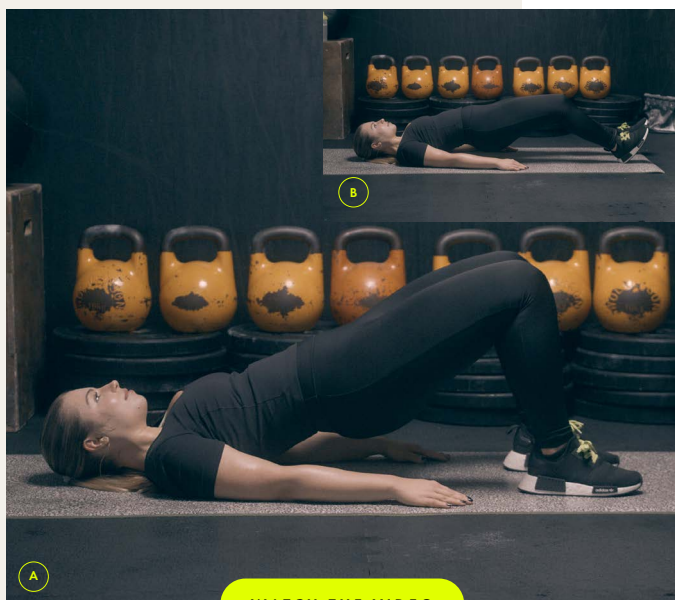
Stand tall with two dumbbells at your sides. Step onto a bench or step, then back down, leading with the same foot. Repeat, alternating sides.



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**GLUTE
WALK-OUTS**

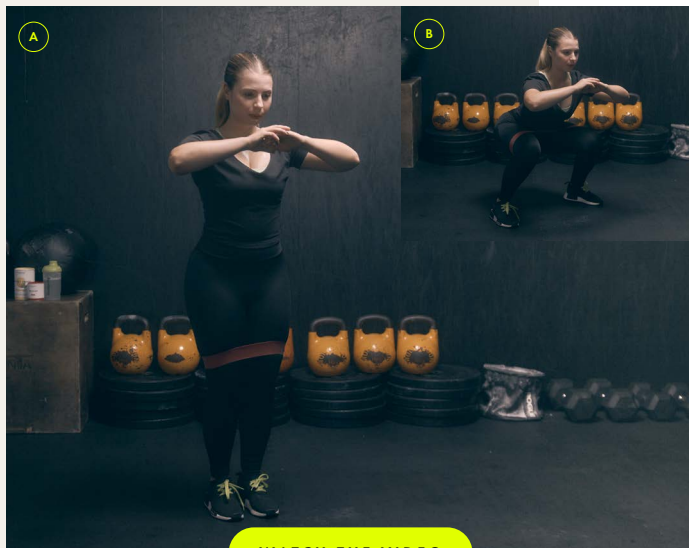
Start in a glute bridge. Walk your feet out as far as you can, then back in. Repeat.



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BANDED SIDE LUNGE

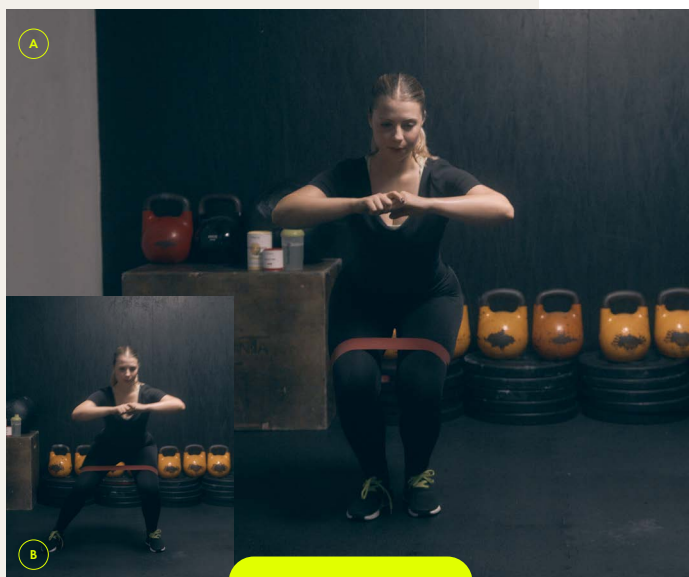
Start standing with legs shoulder-width apart, a small looped resistance band above your knees. Take a step with your right leg to the side and come deep into a squat. Press through your feet to stand, and replace your right foot to shoulder-width apart. Repeat on the left side for one rep. Continue repeating, alternating sides.



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BANDED SIDE WALKS

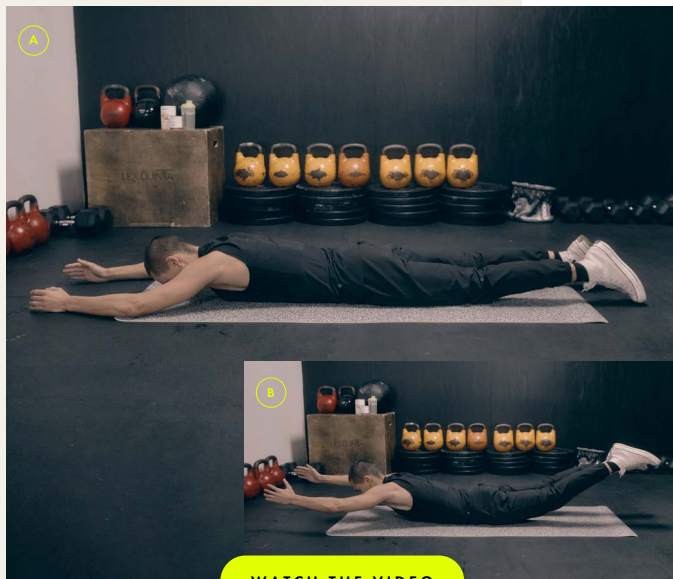
Stand with legs shoulder-width apart, a small looped resistance band above your knees. Come into a shallow squat with hips back, torso tall, to start. Engage glutes and take big steps with your right leg to the right and move laterally 10 steps to the right. Then take 10 big steps with your left leg to the left. Continue walking back and forth, pausing only to switch directions while maintaining the shallow squat throughout.



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SUPERMAN

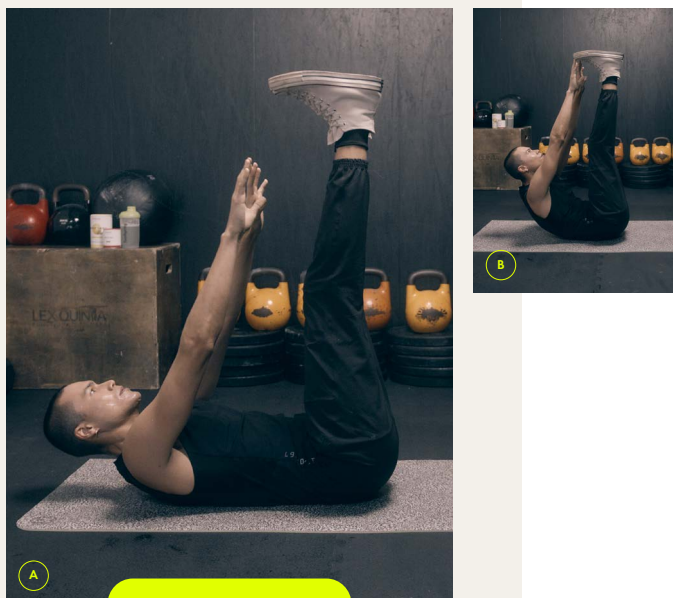
Lie on your stomach, legs outstretched, feet shoulder-width apart, arms outstretched and pointing forward so your body makes a long line, thumbs point to the ceiling. Now lift your legs, upper body, and arms off the floor, stay tight and hold. Slowly reverse in a controlled manner. Repeat.



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TOE TOUCHES

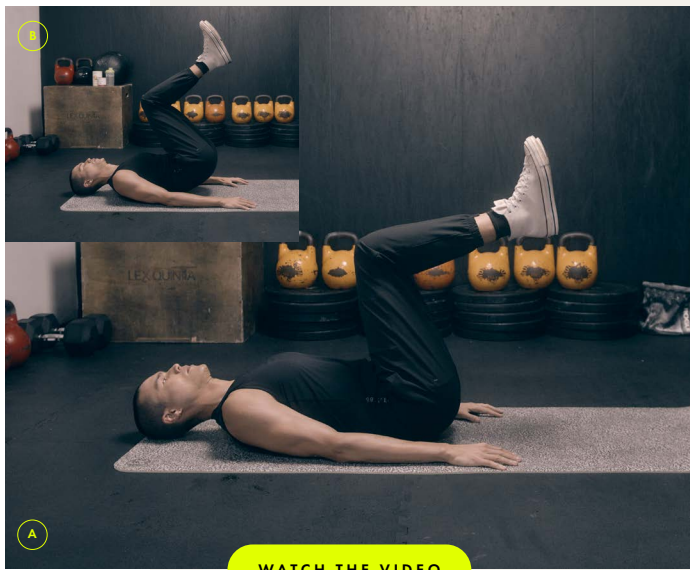
Lie on your back with your legs straight up in the air. Lift your shoulders off the ground, reaching for your toes, then lower your shoulders back down. Repeat.



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MAIN MOVES
(continued)

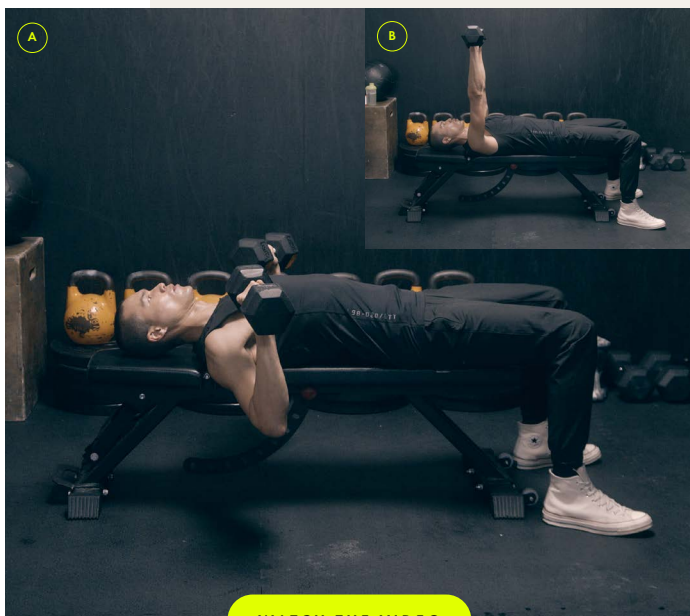
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**REVERSE
CRUNCHES**

Lie on your back with your legs up and bent at a 90-degree angle. Lift your hips up and back, then lower back down. Repeat.



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**DUMBBELL
CHEST PRESSES**

Start lying on a bench with your feet flat on the ground, holding two dumbbells just over your chest. Press straight up, keeping a slight bend in your elbows at the top. Pause, then bring the dumbbells back down with control. Repeat. (Note: You might want the help of a spotter for this movement.)

BENT OVER ROW

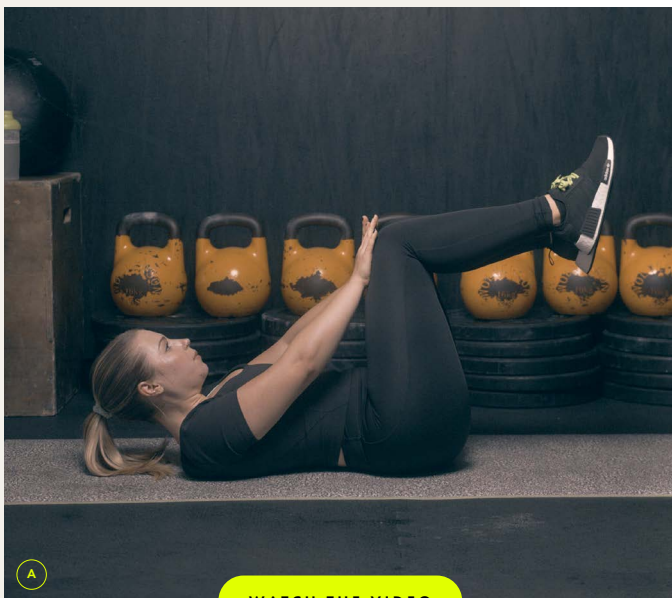
Holding two dumbbells with your palms facing in, bend your knees and hinge forward, keeping a flat back. Hold the dumbbells in front of you, engaging your shoulders, and row both arms at the same time so your elbows point behind you. Return to the starting position, then repeat.



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TABLETOP TO LEG PRESS

Lie on your back, knees making a 90 degree angle and shins elevated and parallel to the floor. While maintaining contact between your lower back and the floor, lift shoulders off floor and press palms of hands into quads just above knees, while pulling legs back toward your chest. Maintain this tension, then release.

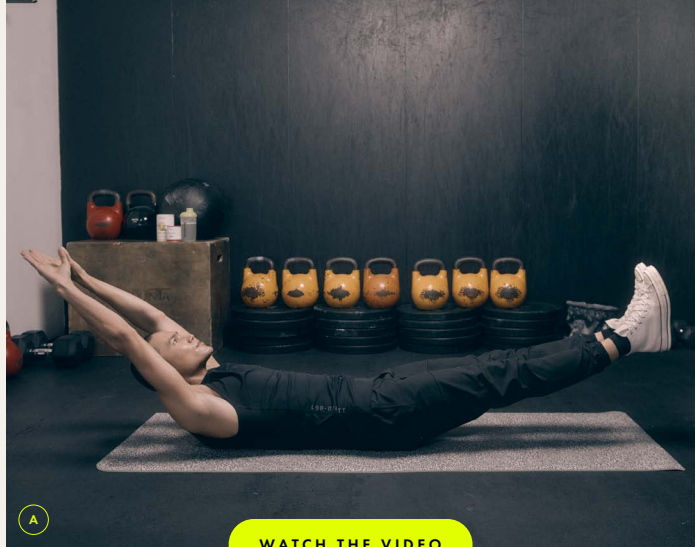


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HOLLOW HOLD

Lie on your back with your arms stretched out over your head. Lift your arms and legs off the floor, engaging your core and keeping your lower back on the ground. Hold.



A

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RENEGADE ROWS

Get in a high plank position with light to medium dumbbells in each hand. Row your arms one at a time so the weight comes up toward your chest, alternating sides. Try to keep your hips in line with your shoulders the whole time. Repeat.



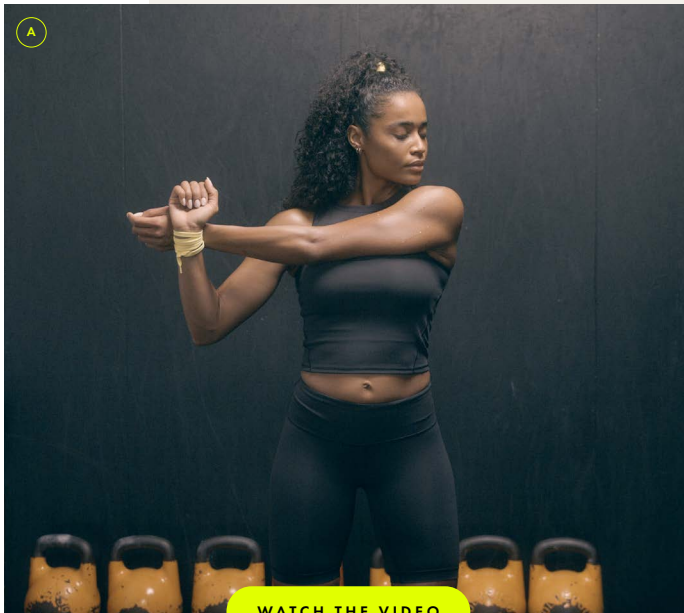
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Cool-down moves

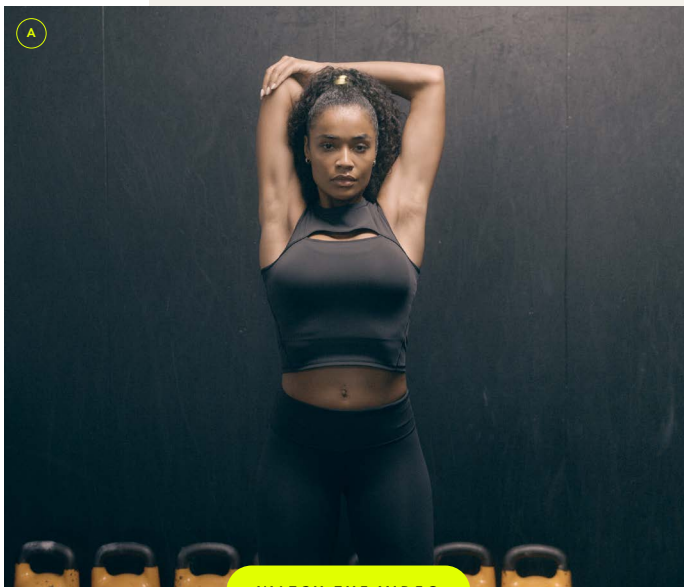
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ARM CROSSOVER STRETCH

Cross your right arm over your body. Use your left arm to pull it closer to your chest and deepen the stretch. Hold. Repeat on the other side.



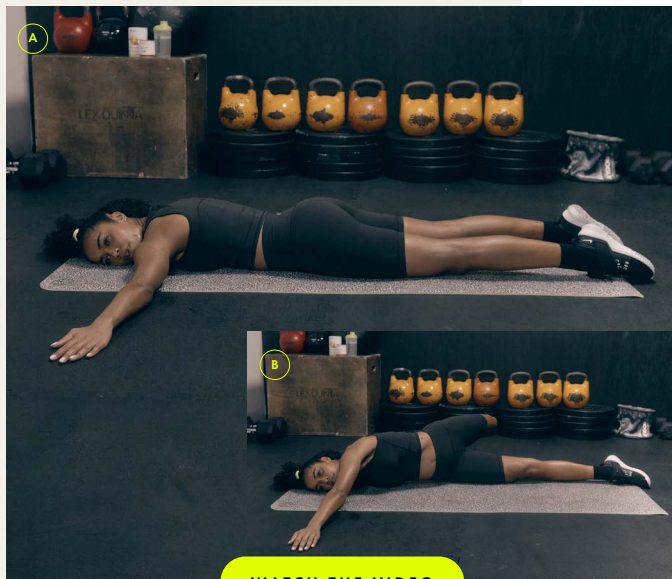
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TRICEP STRETCH

Bring your right hand between your shoulder blades with your elbow pointing straight up. Use your left hand to pull your elbow in, deepening the stretch. Hold. Repeat on the other side.

SCORPION STRETCH

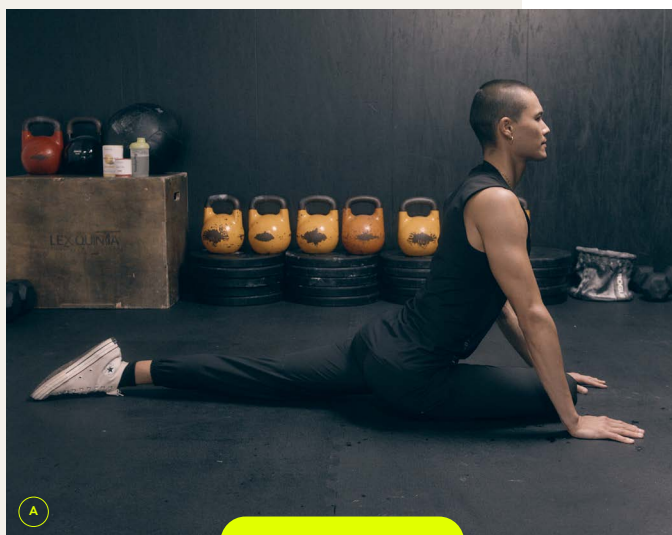
Lie on your stomach with your arms out to the side. Turn your head so you're looking at your right hand and bend your right knee, bringing your right foot over your body and toward your left hand. Hold. Repeat on the other side.



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PIGEON STRETCH

Start on your hands and knees. Bend your right leg in front of you so it's forming a 90-degree angle at your knee, and keep your left leg on the ground. If you can, lower down to your elbows to deepen the stretch. Hold. Repeat on the other side.



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CONFIDENT,
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