

Perform exercises 1 and 2 as a superset, doing one set of each before resting for 30 seconds. Repeat twice more, for a total of three sets. Then move on doing exercises 3 and 4 as a superset, and exercises 5 and 6 as a superset for a workout total of nine supersets.

MONDAY WORKOUT

1 DUMB-BELL OVERHEAD LUNGE
Sets: 3 **Reps:** 6 **Tempo:** 333 **Target:** quads, abs

■ Don't allow your arms to move forwards past your head.

2 T PRESS-UP
Sets: 3 **Reps:** 6 **Tempo:** 333 **Target:** chest, shoulders, triceps

■ Alternate the side you raise for each repetition.

3 TURKISH GET-UP
Sets: 3 **Reps:** 4 (each arm) **Tempo:** XXX **Target:** entire body

■ Stand up while keeping the dumb-bell above your head at all times.

4 SINGLE-LEG DUMB-BELL ROW
Sets: 3 **Reps:** 6 **Tempo:** 333 **Target:** middle back

■ Squeeze your shoulder blades together as you pull the weight up to your shoulders.

5 LATERAL LUNGE AND TOUCH
Sets: 3 **Reps:** 6 **Tempo:** 202 **Target:** quads

■ Touch the dumb-bells to the floor.

6 DUMB-BELL UPPER-BODY RUSSIAN TWIST
Sets: 3 **Reps:** 6-8 (each side) **Tempo:** 333 **Target:** obliques, abs

■ Rotate your torso to the left, then all the way to the right.

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