

MONTH 1

Your strength routine

Move 1: STAGGERED SQUAT WITH SHOULDER PRESS

(Works your calves, thighs, hips, butt, abs, back and shoulders)



A. Stand with left foot in front of right, feet hip-width apart, holding a dumbbell in each hand. Bend elbows and bring weights up by shoulders, palms facing forward. Slowly bend knees and squat, as shown.

B. Stand back up, twist torso to the right and press weights straight up overhead, as shown. Do 10 times, then switch legs and repeat.

BODY BY GLAMOUR

Move 2: STRAIGHT-LEG TOE TOUCH

(Works your calves and thighs)



A. Stand with feet together, arms raised straight overhead, palms facing forward; lift right leg behind you slightly, toes resting on the floor, as shown.

B. Slowly lift right leg straight back as you reach arms toward the floor, keeping back flat, as shown. (Go as far down as you can while still keeping back flat, touching the floor if possible.) Return to start and repeat. Do 10 times, then switch sides.

BODY BY GLAMOUR

Move 3: SINGLE-LEG SQUAT

(Works your calves, thighs, hips, butt, abs and back)



A. Stand with hands on hips and lift left foot off the floor behind you so you're balancing on right leg as shown.

B. Slowly bend right knee and squat, as shown; pause. Stand back up, keeping left leg lifted, and repeat. Do 10 times, then switch legs and repeat.

BODY BY GLAMOUR

Move 4: MODIFIED PUSH-UP WITH ARM AND LEG LIFT

(Works the backs of your thighs and your butt, abs, back, chest, shoulders and arms)

A



B



A. Get into a modified push-up position, knees resting on floor and hands on floor, directly under shoulders. Slowly bend elbows and lower chest toward floor.

B. Push back up, and at the top of the move, slowly extend right arm and left leg, as shown; pause. Return to start and do another push-up, this time lifting left arm and right leg. That's one rep. Do five reps.

BODY BY GLAMOUR

Move 5: REVERSE LUNGE WITH BICEPS CURL

(Works your calves, thighs, hips, butt, abs, back and biceps)



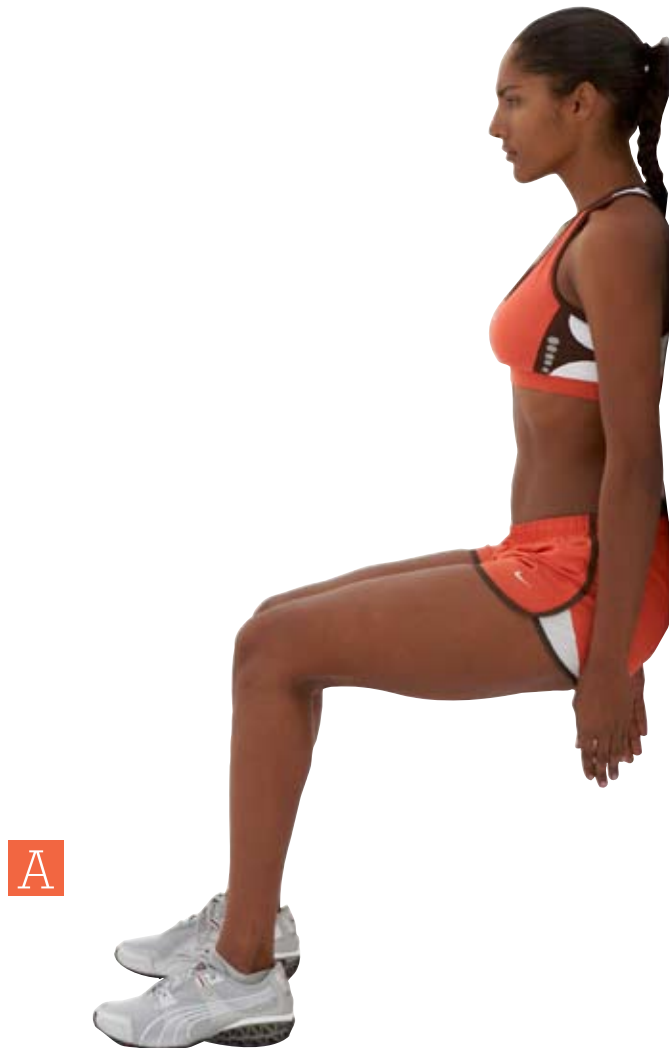
A. Stand with feet hip-width apart, holding a weight in each hand, arms by sides, palms facing forward. Take a giant step back with left foot, bending knees and lowering into a lunge, as shown; pause.

B. Pushing off the toes of left foot, return to starting position. Slowly curl weights toward shoulders, as shown, then lower. Do 10 times, then switch legs and repeat.

BODY BY GLAMOUR

Move 6: WALL SQUAT

(Works your butt and thighs)



A. Stand with back against a wall, arms by sides, palms facing in; walk feet out a few feet. Lower into a squat, bending knees 90 degrees so they are directly over ankles, as shown; hold for one minute.

BODY BY GLAMOUR

Move 7: STRAIGHT-LEG CRISSCROSS

(Works the front and sides of your abs)

A



B



A. Lie on your back with legs straight and lifted off the floor at about a 45-degree angle, hands resting lightly behind head. Pull belly button toward spine and lift shoulder blades off the floor, as shown.

B. Slowly twist torso to the right, lifting right knee and twisting left elbow toward knee, as shown. Pause, then return to start, keeping shoulder blades off the floor. Twist to the left, bringing right elbow toward left knee. That's one rep. Do 10 reps.

BODY BY GLAMOUR

Move 8: WIDE LEG CIRCLE

(Works your inner and outer thighs)



A. Lie on your back with arms by sides, palms down (you can place hands under butt instead if that's more comfortable); raise legs until they're perpendicular to the floor, as shown, keeping knees straight and legs together.

B. Pull belly button toward spine and lower legs to a 45-degree angle, as shown.

C. In a slow, fluid motion, circle legs out to sides, as shown, then up, and back to start, squeezing inner thighs together at the top of the move. That's one rep. Do 15 reps.

BODY BY GLAMOUR

Move 9: MODIFIED SIDE PLANK

(Works your hips, butt, abs, back, chest, shoulders and arms)



A. Lie on your right side with left leg extended and right leg bent (keeping thighs stacked and in line with each other); prop yourself up on right forearm and extend left arm up overhead, as shown.

B. Slowly lift hips off the floor as high as you can, keeping right knee on the floor, as shown; pause, then lower. Do 10 times, then switch sides and repeat.

BODY BY GLAMOUR

Move 10: SIDE KICK

(Works your outer thighs and hips)

A



B



A. Lie on right side with knees bent 90 degrees and legs stacked (your upper body and thighs should form an L); prop yourself up on right forearm and rest left hand on the floor in front of you for support.

B. Lift left leg to hip level, keeping knee bent, and kick left foot forward as shown, foot flexed. Bend knee and return to start. Do 20 kicks, then switch sides and repeat.

BODY BY GLAMOUR

Move 11: OVERHEAD PRESS COMBO

(Works your chest, back, shoulders and the backs of your arms)



A. Lie on back with knees bent and feet flat, a dumbbell in each hand; hold arms straight above chest shoulder-width apart, palms facing each other as shown. Slowly lower weights over your head toward the floor—keeping arms straight.

B. Bring arms above chest again, then bend elbows 90 degrees, bringing weights by sides of head, as shown; press weights back up. That's one rep. Do 12 reps.