

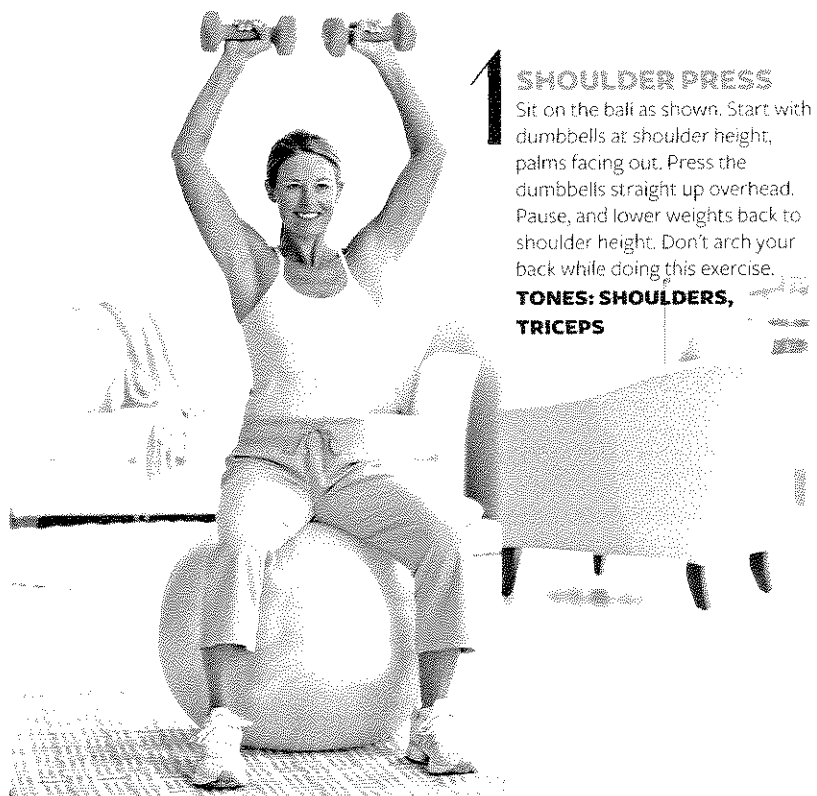
The Strong for Life strength training plan consists of three routines—upper body, lower body, and core—that target and tone all your muscles from head to toe. We've crafted this plan to require a bare minimum time commitment while providing maximum benefits. Each of the three routines takes less than 20 minutes. Within four weeks you'll feel stronger and start seeing shapely muscle tone in your whole body. And the moves are easy to do right in your living room.

To get started you'll need: two sets of dumbbells (most women start with 8 lbs and 12 lbs) and one large 45 cm or 55 cm inflatable exercise ball (sometimes called a stability ball). You can find these items at sporting goods stores or stores such as Target or Wal-Mart for a total cost of about \$40.

Try to work out six days a week, with one day of rest. A good schedule: Monday, upper body; Tuesday, core; Wednesday, lower body; Thursday, upper body; Friday, core; Saturday, lower body; Sunday, rest. If you miss a day, don't sweat it. Jump right back into the cycle where you left off. Always have at least one day of rest between workouts that target the same area—for example, you should never do two lower body routines back-to-back.

Lifting and lowering a weight is considered one repetition or rep. For this program, there are 15 reps for each exercise. Go through the entire routine, with minimal rest in-between exercises, to keep your heart rate up. Then rest for a minute or so and repeat the whole routine again (for a total of two sets). Lift slowly, counting 1-2-3 and lower slowly, again counting 1-2-3.

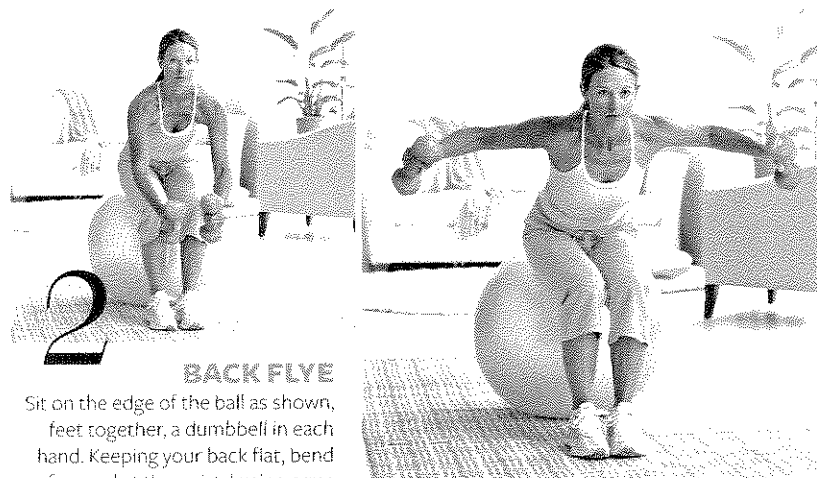
WORK OUT YOUR UPPER BODY The upper body is a notoriously weak area for most women but it's also an area that responds quickly and beautifully to strength training.



1 SHOULDER PRESS

Sit on the ball as shown. Start with dumbbells at shoulder height, palms facing out. Press the dumbbells straight up overhead. Pause, and lower weights back to shoulder height. Don't arch your back while doing this exercise.

TONES: SHOULDERS, TRICEPS

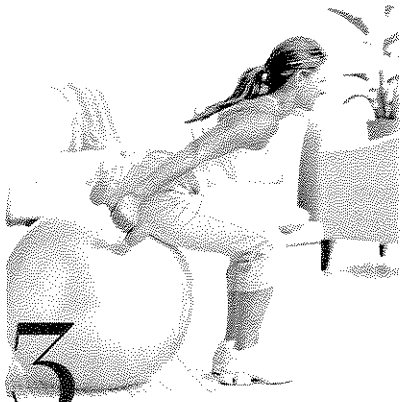


2 BACK FLYE

Sit on the edge of the ball as shown, feet together, a dumbbell in each hand. Keeping your back flat, bend forward at the waist, letting arms hang down on either side of legs. Squeeze shoulder blades and raise the weights out to the sides until parallel to the floor. Pause, then lower weights to the starting position.

TONES: UPPER BACK MUSCLES

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3 **TRICEPS PRESSBACK**
 Sit on your stability ball as shown. Hold the dumbbells in front of you with your arms bent at 90-degree angles, elbows at your sides. Keeping your back straight, bend slightly from the hips. Straighten both arms and extend the weights behind you, turning palms up toward the ceiling once arms are fully extended. Pause, then return to start.
TONES: TRICEPS

WEIGHTY MATTERS

For the best results, lift a weight that is heavy enough to be challenging. Research shows the single biggest mistake new lifters make is lifting weights that are too light. "The weight should be heavy enough that you can't lift it 20 times," says exercise physiologist Stephen Glass of Grand Valley State University in Michigan. The last repetitions in each set should feel tough (but not so tough you can't keep proper form). Remember, you routinely lift 10-pound pets and 20-pound grocery bags, so don't be afraid that you'll be unable to wield 12-pound dumbbells.

4 **BICEPS CURL**
 Sit on the ball. Hold dumbbells down at sides, palms facing out. Keeping elbows at sides, lift the dumbbells up to your shoulders. Pause, and then lower.
TONES: BICEPS

5 **CHEST PRESS**
 Lie back on the exercise ball (start on your back on the floor if this is too difficult). Hold the dumbbells straight up over your chest so their ends face each other and your palms face the ceiling. Lower arms so your elbows point toward the floor and the weights are even with your chest. Press arms back to the start.
TONES: CHEST, TRICEPS



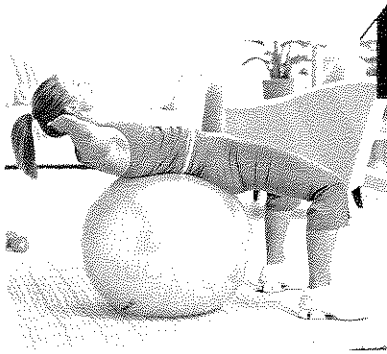
6 **BENT-OVER ROW**
 Stand with your feet shoulder-width apart, back straight, and knees slightly bent. Hold a dumbbell in each hand. Keeping your back straight, bend 90 degrees from the waist and allow arms to hang down toward the floor, palms facing legs. Squeeze shoulder blades together and bend elbows, raising the dumbbells up to either side of your torso. Pause, and lower back to the starting position.
TONES: BACK, BICEPS



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WORK OUT YOUR

CORE MUSCLES Your core consists of the collection of muscles around your midsection that, when strong enough, supports your body in almost everything it does.



1 BASIC CRUNCH

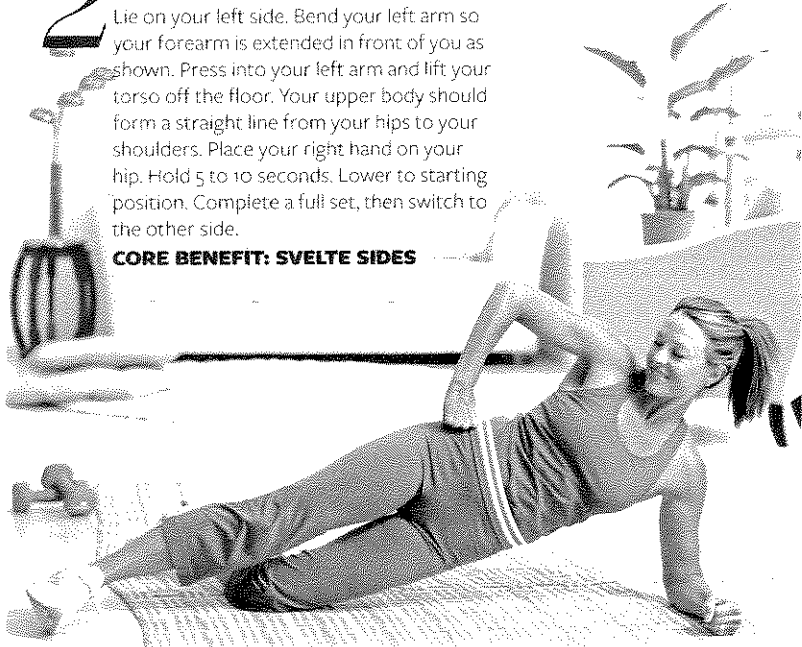
Sit on the ball with your feet flat on the floor, then carefully lean back and roll yourself along the ball until it nests in the small of your back. Touch your hands lightly behind your ears and slowly lift your upper body off the ball, contracting your stomach muscles to their fullest. Hold for a second (longer as it gets easier), then lower back down and repeat.

CORE BENEFIT: FLAT, FIRM ABS

2 SIDE PILLAR BRIDGE

Lie on your left side. Bend your left arm so your forearm is extended in front of you as shown. Press into your left arm and lift your torso off the floor. Your upper body should form a straight line from your hips to your shoulders. Place your right hand on your hip. Hold 5 to 10 seconds. Lower to starting position. Complete a full set, then switch to the other side.

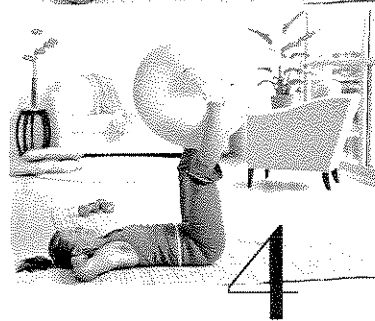
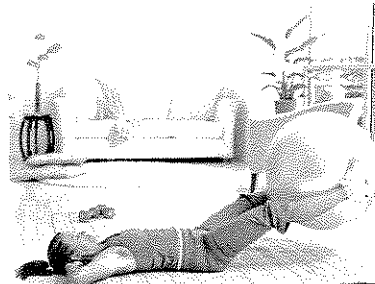
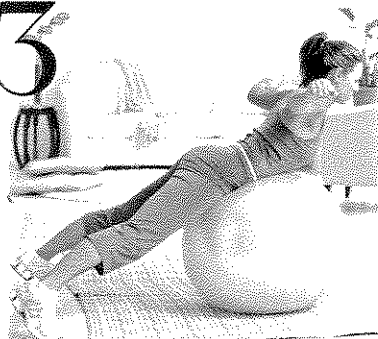
CORE BENEFIT: SVELTE SIDES



PHYSIOBALL 3

Lie facedown on your stability ball so that your back is flat and your chest is off the ball. (If balance is a problem, you can anchor your feet against a wall.) Extend your arms straight in front of you towards the floor, palms facing up. Pull your shoulder blades in toward your spine and lift and extend your arms to the sides to create a T with your torso. Pause, then lower your body back to start.

CORE BENEFIT: PRETTY POSTURE



4 BALL HIP LIFT

Lie on your back with hands behind your head and hook the ball with your legs so it's nestled between heels and hamstrings. Contract your abs and lift the ball off the floor, rolling your pelvis off the floor and tucking your knees toward your chest. Keep your navel pulled toward your spine throughout the move. Pause; then slowly lower your legs back to the starting position.

CORE BENEFIT: NO MORE LOWER-BELLY POOCH

5 T-POSE

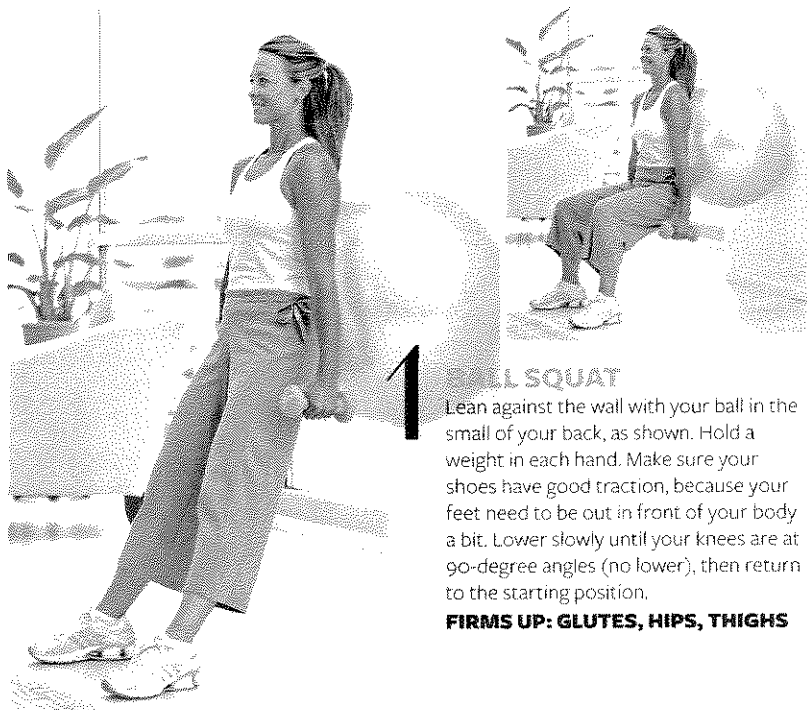
Stand with your arms extended, palms down. Tighten your abs and lift your right foot off the floor and slightly behind you. Bend forward and extend your right leg behind you until your upper body is parallel to the floor. Your body should form a T. Pause, then lower to the starting position. Alternate legs for a complete set to each side.

CORE BENEFIT: IMPROVED BALANCE AND FLEXIBILITY

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healthy you **STRONG FOR LIFE**

WORK OUT YOUR LOWER BODY Working your legs will do more than make them look great peeking out from under a skirt. A strong lower body makes it easier to do everything from hiking to climbing stairs.



1

WALL SQUAT

Lean against the wall with your ball in the small of your back, as shown. Hold a weight in each hand. Make sure your shoes have good traction, because your feet need to be out in front of your body a bit. Lower slowly until your knees are at 90-degree angles (no lower), then return to the starting position.

FIRMS UP: GLUTES, HIPS, THIGHS

ADIOS CELLULITE

Women around the globe currently spend a mind-boggling billion dollars a year on cellulite-reducing products. Guess what? The strength training you're now doing could do the trick without costing you one red cent. "We put 16 women ages 26 to 66 on a strength training program, and at the end of 8 weeks, all of them reported less cellulite," says Wayne Westcott, fitness research director at the South Shore YMCA in Quincy, Massachusetts. "Seventy percent of them said they had a lot less." The bumpy cellulite layer on their thighs shrank an average of 1.3 millimeters and the firm muscle tissue increased by almost 2 millimeters, creating smoother-looking legs.



2

SIDE DROP AND REACH

Stand with feet together, arms at your sides. Take a giant step to your left side. As you plant your left foot, bend your left knee and lower your butt back toward the floor until your left thigh is nearly parallel to the floor. Do not allow your left knee to jut over your toes. Bend forward and touch your left ankle with both hands. Then push back up to the starting position. Repeat on the other side. Alternate for a full set on each leg.

FIRMS UP: INNER, OUTER THIGHS

3

PLIÉ & RELEVÉ

Stand with your legs wider than shoulder-width apart, toes pointed outwards. Hold arms out to the sides and slightly forward (place a hand on a chair for support, if needed). Keeping heels firmly planted, bend knees, dipping your butt until thighs are nearly parallel to the floor. Pause, then slowly straighten legs and rise up on the balls of your feet. Lower heels back to start.

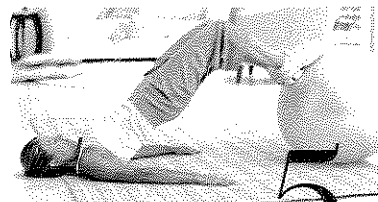
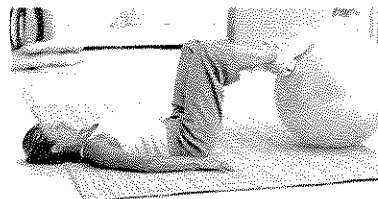
FIRMS UP: GLUTES, CALVES

4

STATIONARY LUNGE

Stand with feet hip-width apart, holding dumbbells by your sides. Take a giant step forward with right leg. Immediately bend right leg and slowly lower left knee toward floor. Keeping both feet in place, straighten the right leg, lifting body upward. Lower again and repeat a full set. Switch legs.

FIRMS UP: GLUTES, THIGHS



5

GLUTE BRIDGE

Place ball against wall. Lie faceup with your feet planted on the ball as shown. Squeeze your butt muscles together and tighten your body so that it forms a flat bridge. Hold for a second (longer as it gets easier), then lower to starting position.

FIRMS UP: GLUTES, HAMSTRINGS