

ROMANIAN DEADLIFT TO ROW



Start standing, then push your butt back and lower your torso until it's at a 45-degree angle with the ground. Tighten your abs, then row both dumbbells to your rib cage.

Lower them and stand, squeezing your glutes. With this single move, you've activated nearly every major muscle group in your back.

Do 10 to 12 reps.

BEAR PLANK ROW



Set up in a bear plank, hands on dumbbells directly below your shoulders, knees below your hips, glutes tight, back flat.

Row each dumbbell to your rib cage. You're blasting critical back muscle, challenging your abs, and pushing your heart rate more than you may think.

Do 8 to 10 reps.

HOLLOW BODY ALTERNATING PRESS

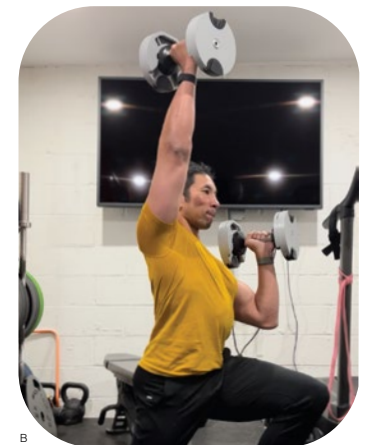


This one smokes your abs and chest. Lie on your back, lower back pressed into the ground, legs and shoulder blades off the ground, dumbbells held above our shoulders.

Without letting your shoulder blades touch the ground, lower each dumbbell to your chest, then press it back up.

Do 8 to 10 reps per side.

REVERSE LUNGE TO ALTERNATING PRESS



Stand holding dumbbells at your chest, then take a reverse lunge step back. Don't let your back knee touch the ground.

Hold this position as you do an overhead press rep on each side. Stand back up.

Do 8 to 10 reps per side.