

PUSHUP TO T SUPERMAN



A



B

Think of this one as anytime-anywhere, one-stop shopping for your upper body. Do a pushup, but instead of stopping with your chest an inch from the ground, lower down all the way.

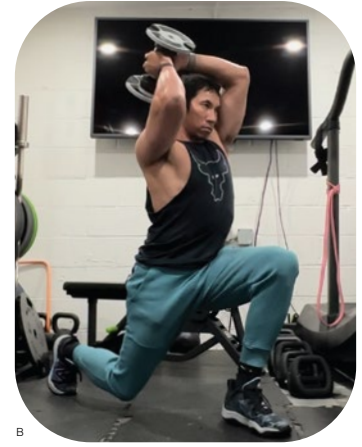
Then shift your arms out to the sides (forming a "T" with your body), squeeze your shoulder blades, and lift your hands off the ground. Pause, then push up.

Do reps for 40 seconds, then rest 20.

REVERSE LUNGE TO HALO



A



B

Here's a total-body blast that'll elevate your heart rate, too. Stand with your NÜOBELL (or a light backpack) at your chest, then step back into a reverse lunge, knee an inch off the ground.

Circle the dumbbell around your head, then return to standing. Repeat on the other side.

Do reps for 50 seconds, then rest for 10 seconds.

BEAR PLANK REAR DELT RAISE



A



B

This one is your ultimate posture-correcter, challenging your abs and mid-back muscles to help you instantly stand taller. You'll get in bear plank position with a light NÜOBELL (or even a bottle of water) in your hand.

Keep your back flat as you raise the bell out, then lower.

Do reps for 30 seconds on each side, then rest for 30 seconds.