

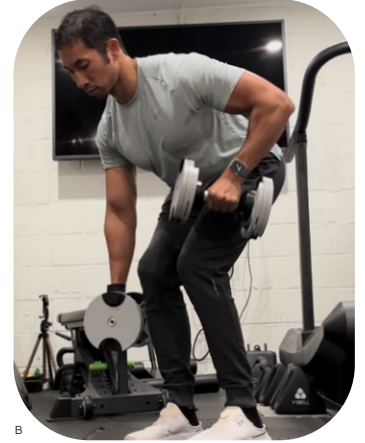
MIXED RACK SQUAT



Start by blasting your legs, the largest muscle group you have and a key driver of calorie burn. Hold one dumbbell at your hip and the other at your shoulder, then lower your torso until thighs are parallel with the ground.

Stand back up.
Do 4 sets of 10-12 reps, switching dumbbell position every set.

RDL TO ALTERNATING ROW



This one hits large back muscles like your lats, while also challenging your glutes and hamstrings. Stand with dumbbells at your hips, then push your butt back and lower into the bottom of a Romanian deadlift.

Row the right dumbbell to your hip, then row the left.

Stand and squeeze your glutes.

Do 3 sets of 8-10 reps.

SINGLE-ARM INCLINE PRESS



Finish by attacking your chest (another large muscle group) with an exercise that will also challenge your abs too. Set up a bench at a 30-degree incline and hold a dumbbell in your left hand, above your shoulder.

Lower it to your chest, then press back up; keep your abs tight as you do this, so your torso doesn't "tip" to either side. Press back up.

Do 10-12 reps, then switch arms and repeat, without resting. Do 3 sets.