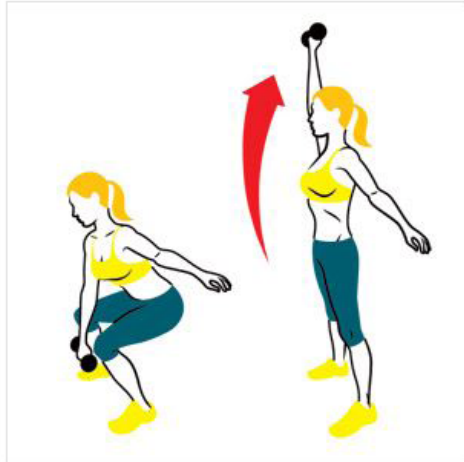


Lunch-Break Workout

For a 20-minute routine, do the moves on the next page in order, using weights heavy enough to challenge you without compromising your form (try five pounds to start). Rest for 15 to 30 seconds between moves if needed, and rest for one minute at the end of the set; do two more sets, using heavier weights in each round (e.g., eight pounds, then 10 pounds).

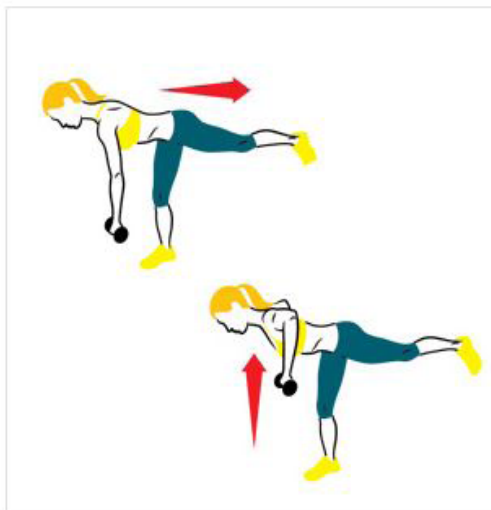
MOVE 1 Deadlift with Press



MCKIBILLO

Stand with your feet hip-width apart and hold a dumbbell in your right hand; push your hips back until the weight is just below your knees **(a)**. Push your hips forward and pull the weight to your chest, then quickly rotate your palm away from you and press the weight directly overhead **(b)**. Slowly reverse the movement to return to start. That's one rep. Do six, then repeat on the other side.

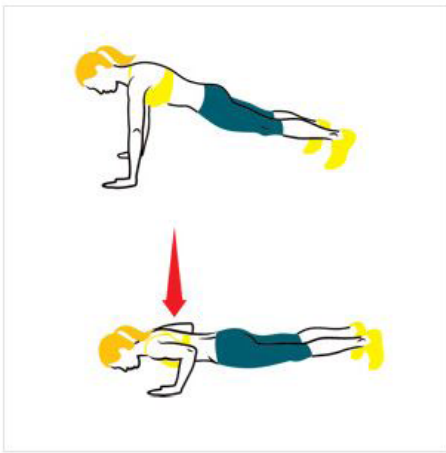
MOVE 2 Single-Leg Dumbbell Row



MCKIBILLO

Holding a dumbbell in each hand, stand on your right leg, bend forward, and raise your left leg behind you, arms straight, palms facing your leg **(a)**. Row the weights to your chest, elbows out **(b)**, then lower. Do six reps, then switch legs and repeat.

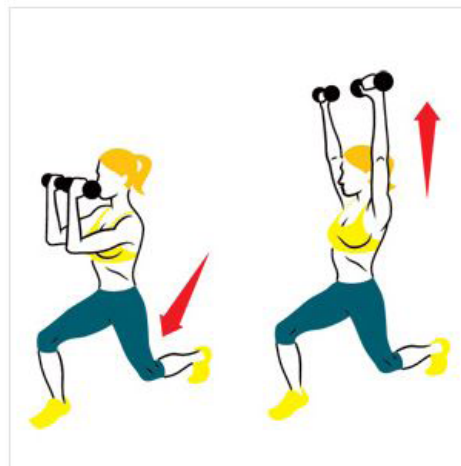
MOVE 3 Negative Push-Down



MCKIBILLO

Start in a pushup position, with your body in a straight line from head to heels **(a)**. Keeping your back flat, bend your elbows and lower your body as slowly as possible **(b)**. Return to start. That's one rep. Do 12.

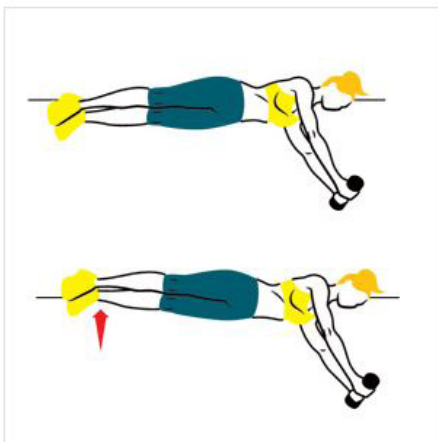
MOVE 4 Split Squat with Arnold Press



MCKIBILLO

Hold a pair of dumbbells above shoulder height, elbows bent and palms facing you; step your right foot forward about two feet and bend both knees. Hold this position **(a)**. Press the weights overhead, rotating your palms away from your body **(b)**. That's one rep. Do six, then switch sides and repeat.

MOVE 5 Anchored Side Leg Raise



MCKIBILLO

Lie on your left side, legs and hips stacked, arms straight out at shoulder level; hold a dumbbell with both hands **(a)**. Keeping your upper body steady, slowly lift both feet four to six inches off the floor **(b)**. Pause, then lower. That's one rep. Do 10, then repeat on the other side.