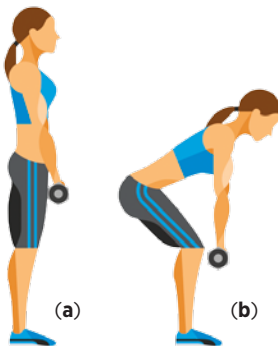


WORKOUT B

1. DUMBBELL ROMANIAN DEADLIFT

Hold a pair of dumbbells in front of you, palms facing your thighs, feet shoulder-width apart (a). Keeping your core tight and back flat, push your bum back and bend over at the hips, bending your knees slightly, as you lower the weights towards your shins (b). When you feel a stretch in your hamstrings, stop and slowly reverse the movement, squeezing your glutes. That's 1 rep. Do 8-10.



QUICK TIP
Keep the dumbbells nearly in contact with the front of your legs throughout the movement.



DUAL ENERGY X-RAY ABSORPTIOMETRY (DEXA) SCAN

(measureup.com.au/body-composition)

"Having slogged it out in the gym for the past year, I was keen to get an accurate picture of just how well my diet and fitness regime has been working. Used by tennis legend Samantha Stosur and Wolverine (aka Hugh Jackman) to ensure they're in peak physical shape, this five-minute scan gives you an in-depth assessment of your body fat, muscle mass and bone health. Post scan - which only has as much radiation as a flight from Sydney to Melbourne - the technician talked me through the report: my fat was highlighted in yellow so there was no missing my problem areas (hello, hips) and my muscle imbalances were pointed out (my right leg is 30g musclier than my left). Having established my resting metabolic rate, the technician then tailored a diet based on kilojoule consumption recommended for me (6700kJ per day). Overall, I was seriously impressed by the level of detail and am now working to improve my results before my three-month follow up."

Ashleigh Austen, 24, Editorial Coordinator

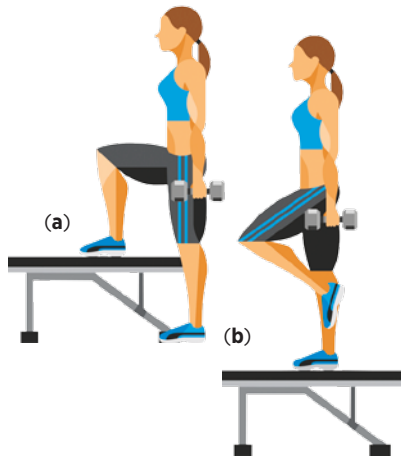
2i. ONE-ARM STANDING SHOULDER PRESS

Grab a dumbbell with your left hand and hold it in front of your left shoulder, elbow bent, thumb touching your shoulder and palm facing forward; stand with your feet slightly wider than shoulder width (a). Keeping your core tight, press the weight overhead until your arm is fully extended (b). Reverse the movement to return to start. That's 1 rep. Do 6-8, then repeat on the other side.



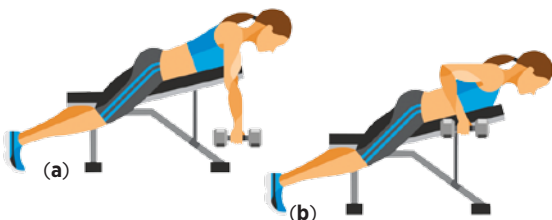
2ii. SIDE STEP-UPS

Holding a dumbbell in each hand, arms at your sides, stand to the left of a sturdy bench and place your right foot on top of it (a). Drive through your right heel and straighten your right leg until you are standing tall on the bench (b). Slowly return to start, keeping your right foot on the bench. That's 1 rep. Do 8-12, then repeat on the other side.



3. CHEST-SUPPORTED ROW

Grab a dumbbell in each hand, palms facing each other, and lie facedown on a bench set at a 45-degree incline (a). Bend your elbows and squeeze your shoulderblades to pull the dumbbells to your sides until your hands reach your rib cage (b). Slowly lower the weights back to start, fully extending your arms. That's 1 rep. Do 6-8.



4. SIDE PLANK WITH CLAMSHELL

Lie on your left side and place your left forearm on the floor, elbow directly under your shoulder; bend your knees and stack your right leg on top of your left. Brace your core and raise your hips to create a straight line from shoulder to knees, right hand on hip (a). From this position, rotate right knee towards the ceiling, keeping your feet together (like a clamshell). Lower your leg, keeping hips raised. That's 1 rep. Do 8-10, then repeat on the other side. *wh*

