

Opposites attract

Add this tried-and-tested legs and back workout to your routine and you'll be well on your way to full-body strength.

Ys

MUSCLE GROUPS WORKED

Traps, Posterior Delt, Medial Delt, Lats, Rhomboids and Core

- Set your feet shoulder-width apart and hinge at your hips until your torso is almost parallel with the floor.
- Hang the dumbbells straight down from your shoulders, with your elbows slightly bent (not fully straight) and palms facing each other.
- Keeping your core tight and chest up, pull your shoulder blades down and back, then raise your arms in front of you, thumbs pointed towards the ceiling, until your elbows reach shoulder height (your torso and arms should resemble a Y). Pause, then slowly return to the starting position.

Sets: 3-5 / Reps: 6-12 / Rest: 60 sec



PLYOMETRIC SPLIT SQUAT

MUSCLE GROUPS WORKED

Glutes, Hamstrings, Quads, Adductors, Abductors, Calves and Core

- Begin with your right leg forward and bent at the knee, your left leg behind you and also bent at the knee.
- When you're ready, drive up through both feet as explosively as you can at the same time, so that you take off from the ground (get up as high as you can).
- While in the air, quickly switch the position of both legs, so that you land with your left leg forward and your right leg behind you.
- Land softly through bent knees and immediately repeat the movement. That's one rep.

Note: on every rep, get your back knee as close as you can to the floor without smashing it into the ground. Also, be highly vigilant for ceiling fans and low-flying aircraft.

Sets: 3-5 / Reps: 6-12 / Rest: 45-60 sec



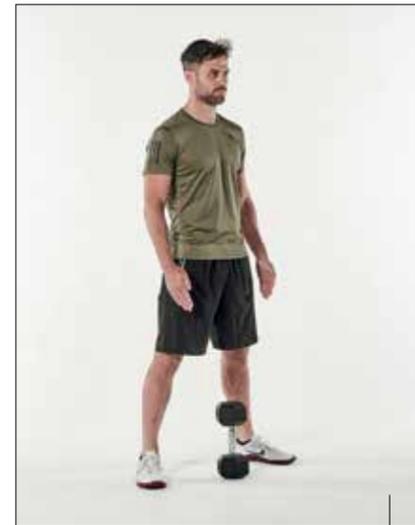
SINGLE-LEG DEADLIFT

MUSCLE GROUPS WORKED

Glutes, Hamstrings, Quads, Calves, Adductors, Abductors, Lats, Rhomboids and Core

- Stand tall with a weight in your right hand and your arms by your side, with palms facing in.
- Bend your right leg so your foot comes slightly off the floor, and bend your left knee a little.
- Keeping your right leg fairly straight, lift it behind you while hinging from the hip and keeping your balance in your left leg.
- Keeping your right arm long and chest up, turn your hand so it's now facing you as you descend - try to keep your hips level.
- Keep hinging through your left leg until you feel a stretch through your left hamstrings and glutes.
- Pause when you feel you're far enough and reverse the movement by squeezing your glutes, keeping your chest up and popping back up to the start position.
- As your right arm comes back to your side, lift your chest, keep squeezing your glutes and pull your shoulders back. That's one rep.
- Try not to put your right foot down and continue on the left leg. Then switch the weight to the left hand and swap to your right foot. Nail all your reps on both sides for one set.

Sets: 3-5 / Reps: 6-12 /



DUMBBELL SUMO DEADLIFT

MUSCLE GROUPS WORKED

Glutes, Quads, Hamstrings, Adductors, Erectors, Lats and Core

- Place a dumbbell on its side, stand above it with your feet wider than shoulder-width apart and your toes turned out to 45 degrees.
- Squat down by pushing your backside back and keeping an upright posture.
- Grab the dumbbell with both hands and push through your heels firmly into the floor. Stand up, keeping your chest up and your arms extended.
- Return the dumbbell slowly to the floor, touch the ground (but don't lose tension) and go again.

Sets: 3-5 / Reps: 6-12 / Rest: 60 sec

SINGLE-ARM ROW

MUSCLE GROUPS WORKED

Lats, Rhomboids, Bicep, Posterior Delt, Forearms and Core

- With your right hand and your right knee resting on a bench, have your left leg stretched to the side with your knee slightly bent and your foot on the floor.
- Grab a dumbbell with your left hand and hang it to the side of the bench (palm facing the bench).
- Now, keeping your shoulders square and your back in good alignment, squeeze your shoulder blades back and row your left elbow up to the ceiling (keeping it close to your side).
- Pause, then return the weight to the start position. That's one rep.

Sets: 3-5 / Reps: 6-12 / Rest: 60 sec



DUMBBELL LAT PULLOVER

MUSCLE GROUPS WORKED

Lats, Triceps, Rhomboids and Core

- Lie on your back with your knees bent and feet flat on the floor, shoulder-width apart.
- Grab a dumbbell with both hands and press it over your chest.
- Have a slight bend in your elbows and while keeping your arms straight and back in good alignment, begin to slowly lower the weight towards the floor behind your head, until you feel a good stretch.
- Pause, squeeze your lats and while maintaining only a slight bend in your elbows, raise the weight until it's back above your chest. That's one rep.

Sets: 3-5 / Reps: 6-12 /



REVERSE FLY

MUSCLE GROUPS WORKED
Glutes, Hams, Quads, Adductors, Abductors, Calves and Core

- Set your feet shoulder-width apart, then hinge at your hips until your torso is almost parallel with the floor.
- Hang the dumbbells straight down from your shoulders, with your elbows slightly bent (not fully straight) and palms facing each other.
- Keeping your core tight, your chest up and your back in alignment, pull your shoulder blades down and back, then raise your arms out to the side until your elbows are at shoulder height.
- Pause, then slowly return to the starting position.

Sets: 3-5 / Reps: 6-12 / Rest: 60 sec



BULGARIAN SPLIT SQUAT

MUSCLE GROUPS WORKED
Glutes, Hams, Quads, Adductors, Abductors, Calves and Core

- Stand tall with one foot stretched out behind you resting on top of a bench and your other foot planted firmly on the floor in front of you.
- Holding a dumbbell in each hand, bend your front leg until your back knee is almost on the floor, while keeping your chest up, shoulders back and arms by your side.
- Pause, then drive your front foot into the floor until you're back to the starting position once again.
- Complete your reps on one leg before switching legs and going again. That's one set.

Sets: 3-5 / Reps: 6-12 /

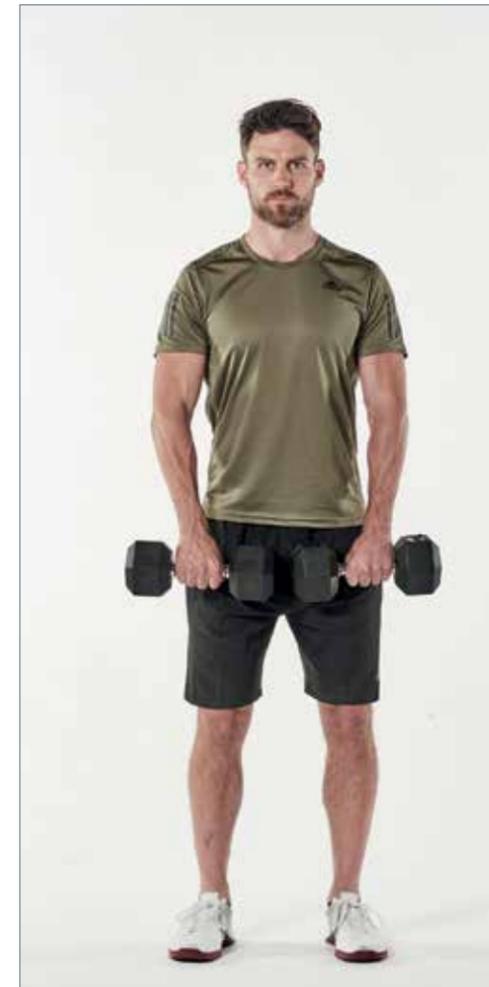


REVERSE LUNGE

MUSCLE GROUPS WORKED
Glutes, Hamstrings, Quads, Adductors, Abductors, Calves and Core

- Grab a pair of dumbbells and stand tall with the weights resting by your side, palms facing in.
- Keeping your shoulders down and your chest high, take a big step backwards with one leg.
- Bend both knees until your back knee almost touches the floor and then return to the starting position.
- Now repeat the process with the other leg. That's one rep.

Sets: 3-5 / Reps: 6-12 / Rest: 60-90 sec



UPRIGHT ROW

MUSCLE GROUPS WORKED
Traps, Delts, Biceps and Core

- Stand with your feet shoulder-width apart, dumbbells hanging in front of you with your elbows slightly bent and palms facing you.
- Pull your shoulders down and back, flex your elbows, and pull the dumbbells up towards your chin until the dumbbells cross your chest and your elbows are at shoulder height.
- Pause, then lower the dumbbells back to the starting position.

Sets: 3-5 / Reps: 6-12 / Rest: 60 sec