

Model Lindsay Carroll

FIVE EXERCISES TO HELP SCULPT YOUR
BODY SHAPE

By Shane Doll, CPT

This month, the spotlight is on five of my all time favorite total body exercises. Any movement that works multiple muscle groups, while engaging your core, and abdominals at the same time, will produce great results. You'll also get the benefits of working your cardiovascular system as these movements will get you out of breath in a hurry. As an added bonus you can cut down on your workout time and avoid waiting for machines in the gym.

1. DB Push Press: Standing in the ready position with knees slightly bent and hips pushed back grab a pair of dumbbells. Position your hands in a shoulder press position with palms facing in towards your ears. Lower into a squat and then press the dumbbells overhead as you return to your starting position.

2. Mountain Climber: Get into a push up position but bring one leg up towards your chest while still maintaining a four point contact with the floor. Keep your core muscles tight as you drive the forward leg back while simultaneously bringing the other leg up. Keep your head looking down towards to the floor as you complete the running motion.

3. Hindu Push-Up: Spread your feet wide and position your hands shoulder width as you get into a four point prone position on the floor. Your back should be flat, head looking down, and your hips pushed high. Slowly lower your hips towards the floor ascending into a push-up at the same time. Push through with a circular motion not allowing your hips to touch the floor while arching your back and looking up. Return to starting position and repeat.

4. Squat to Upright Row: Stand in the ready position with your knees slightly bent and your hips pushed back. Turn your feet slightly outward. Grab a pair of dumbbells and hold in each hand with palms facing in between your legs. Lower yourself into a squat position making sure to keep your back flat while looking straight ahead. As you return to the top of the squat bring the dumbbells up to your shoulders with an upright row. Return to starting position and repeat.

5. DB Lunge-Curl-Press: With dumbbells in each hand step out into a lunge making sure to keep your back flat and not allowing your knee to go over your toe. As you push off the floor with your lead foot, bring the dumbbells up to your shoulders with a biceps curl. At the top position push the dumbbells overhead with a shoulder press then return to starting position and repeat with other leg. Alternate legs with each lunge.

Shane Doll, CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see informative videos and articles on fitness training, fat loss and nutrition, go to www.shapingconcepts.com

