

2014 January Calendar

"Fine-Tuning Small Muscles"

Perform each exercise for 1 minute then repeat for a total of 3-5 sets.

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1. Alternating Curtsy Lunges: Stand with feet together, both hands holding only one dumbbell. Step one foot behind the other as if doing a curtsy bow to the Queen. Lean forward slightly aiming to get the DB close to your shoe. Stand back up with feet together and repeat on the other leg.
 2. Alternating Front/Side Lateral Raises: Stand with feet shoulder-width apart. Dumbbells in hand and by your side. With straight arms, lift the DB's out to your side trying to get them as high as your shoulders. Return the DB's back to your side. Then with straight arms lift the DBs straight out in front of you. Return back down. Continuously repeat.
 3. Jumping Jacks (30-60 sec)
 4. Balanced Triceps: Get on all fours. Extend the right leg out. Lift the left arm off the ground close to waist in a "row" position. Keep elbow still, and extend forearm to work triceps. Do thirty seconds on one side, and then repeat on opposite side. Keep core tight on this one!
 5. Stiff-Legged Deadlifts: Start standing with your feet hip-width apart and your knees slightly bent. Hold your DBs in front of you as if you were holding a bar, then bend over enough that your DBs drop 2-3 inches below your knee cap. Stand back up and squeeze you glutes at the top. Be mindful to have a very flat back as you drop forward!

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