

Good Moves - A Better Upper Half

To perform these exercises, you'll need a light dumbbell (3 to 5 pounds) and a peanut-shaped Contour Ball or a round stability ball. Perform 2 sets of 12 to 16 reps of each exercise.

Core and Upper Body Workout

1. Pelvic Tilt and Curl with Figure Eights

FOCUS: abs, arms, and shoulders

Position ball just short of a leg's length away from wall. Sit on floor with knees bent and middle back nestled against the ball. Place toes against wall, heels on the floor, and lift buttocks off floor slightly. Hold a dumbbell against your chest with both hands. Extend your arms, reaching forward with the dumbbell as you curl your upper body off the ball and tilt your pelvis up. Hold contracted position as you form a figure eight with the weight, sweeping arms to the right and then across your body to the left. Bring the dumbbell back to your chest as you lower to starting position. Alternate direction of figure eights with each repetition.

TIPS: Use your lower abdominal muscles, rather than your buttocks, to tilt hips.

Focus on contracting your abs as you tilt and curl.

To intensify the exercise, roll farther back on the ball, allowing more of your upper body to extend beyond the ball.



2. Side-Lying Lateral Flexion with Biceps curl

Focus: biceps and obliques

Lie on your left side across the ball, right foot against the wall, close to the floor. Support your bent left leg against the floor. Hold a dumbbell in your left hand, arm bent; place your right hand on upper right hip. Curl the dumbbell to your left shoulder. From this position, keeping the dumbbell at your shoulder, lift your torso. Lower the dumbbell. Curl dumbbell back to shoulder, and lower your torso back to the ball. Repeat on opposite side.

TIPS: Keep your head and neck in line with your spine, looking forward; don't turn your head to the side.

To intensify the exercise, straighten your lower leg.



3. Prone Back and Triceps Extension

Focus: back and triceps

Lie facedown, ball under your pelvis, holding a dumbbell behind your head with both hands. Press feet against lower wall for support, and keep legs slightly bent. Lift torso off the ball, extending your back. Maintaining the extension, straighten your arms overhead, pushing the dumbbell out. Bend your arms, bringing the dumbbell back behind your head as you lower torso back to ball.

TIPS: Keep arms close to ears and elbows pointed forward when performing triceps extensions. Adjust the ball under your hips until you're comfortable; don't lie on your stomach or bladder. Keep your neck relaxed and in line with your spine



The Home Stretch

Arm and Ab Stretches

Sit as tall as possible on ball, feet on floor, straightening and extending the back, with abs contracted and shoulders pulled back. Pull your left arm across chest and press against your triceps with your right hand. Hold for 20 seconds. Release, and perform the stretch for the opposite arm.

Walk forward until lower back is resting on ball. Lie back across the ball, relaxing hips, extending legs on the floor, and dropping arms open to the sides. You should feel a stretch in the front of your abs and in your biceps as your arms open over the ball. Hold for 20 seconds.



Cardio - Inside or Out

Throughout this series, we've been cardio training steadily with 30-second interval dashes. Now, it's time to pick up the pace by increasing your work efforts and rest periods by 15 seconds each on days one and four. Be sure to walk or run as fast as you possibly can during the work effort (at an intensity of 9 or 10 on a 10 point scale) and to keep moving at a brisk pace during the rest. In interval training lingo, rest really means working, just at a lower intensity level. But do allow yourself to recover enough to tackle the next work effort with full intensity.

Day	Cardio(walking, running, cycling, swimming)		Strength Work	Stretch
	beginner/intermediate	intermediate/advanced		
1	Week 1: 6 (45-second) intervals* Week 2: 7 (45-second) intervals Week 3: 8 (45-second) intervals Week 4: 9 (45-second) intervals	Week 1: 8 (45-second) intervals Week 2: 9 (45-second) intervals Week 3: 10 (45-second) intervals Week 4: 11 (45-second) intervals	●	●
2	50 min./steady cardio	60 min./steady cardio		●
3	40 min./steady cardio	50 min./steady cardio	●	●
4	Week 1: 7 (45-second) intervals Week 2: 8 (45-second) intervals Week 3: 9 (45-second) intervals Week 4: 10 (45-second) intervals	Week 1: 9 (45-second) intervals Week 2: 10 (45-second) intervals Week 3: 11 (45-second) intervals Week 4: 12 (45-second) intervals		●
5	50 min./steady cardio	60 min./steady cardio	●	●
6	50-75 min./steady cardio	60-90 min./steady cardio		●
7	Rest	Rest		●

*Interval: 45-second dash followed by 30-second to 1-minute recovery