

# BREAK A SWEAT

You can do these exercises for a quick workout at home with minimal equipment.

Visit [www.trainwithpayne.com](http://www.trainwithpayne.com) for more exercises and video clips.

By Rachel Payne, CEO and co-owner of House of Payne Personal Training, I.A.F.S. Master Certified Personal Trainer

Photos by Lena Suh Photography

Start at your own pace. Begin with 2-4 sets of 10-20 reps.

## 1. Legs & Shoulders: Squat with shoulder press

- From a standing position, hold a pair of dumb bells by your side.
- Lower your body, like you're sitting in a chair, keeping your head up, shoulders over the knees and hips over the ankles.
- Only go as far down as you feel comfortable with or until you reach 90 degrees.
- As you stand back up, lift the dumb bells to the top of your shoulders and then press the dumb bells overhead.
- To complete one repetition, bring the dumb bells back to the top of the shoulders then lower them back to your starting position.

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## 2. Chest: Flat Bench Press on fitness ball

- Holding the dumb bells in your hands, sit on fitness ball and slowly walk forward and lay back at the same time until your head and shoulders are on the fitness ball.
- Your feet should be approximately hip distance apart.
- Lift your hips up so that your body is flat like a table. This will engage your core.
- Place the dumb bells on either side of your chest.
- Forming the letter "A," press the dumb bells up towards the ceiling exhaling as you press up.
- Lower the weights back to the start position to complete one rep.

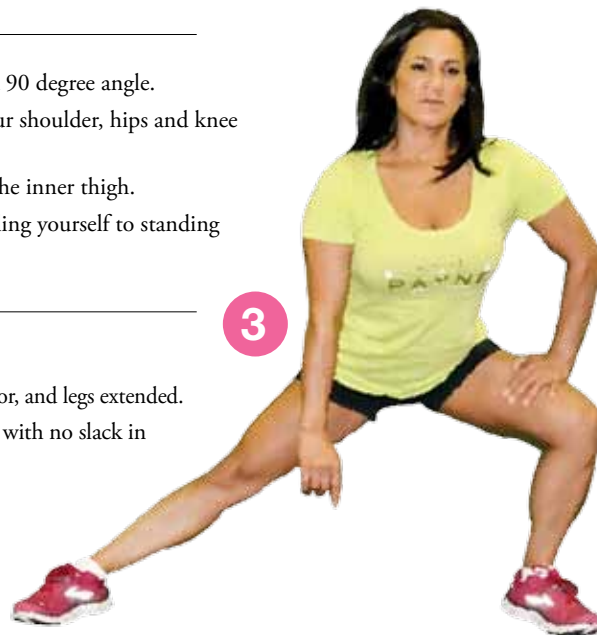
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## 3. Legs: Side lunges

- From a standing position, take a large step to one side, bending the knee to a 90 degree angle.
- Make sure to transfer your body weight as you move to the side and keep your shoulder, hips and knee and ankle all in alignment.
- Your other leg should remain straight and you should feel a stretch through the inner thigh.
- Push off of your bent leg to return to start position while simultaneously pulling yourself to standing position with the leg that is straight.
- Complete all repetitions on one side and then repeat on other side for one set.

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## 4. Back: Lat Pulldowns with exer-tubing

- Wrap an exer-tubing around both sides of a door handle.
- Place your mat in front of the door and lie down, with your head closest to the door, and legs extended.
- Make sure you are far enough away that your arms are extended fully overhead with no slack in the tubing when you hold the handles.
- Pull your arms down towards your shoulders and slightly lower to 90 degrees.
- Slowly return to arms extended position.
- It is important to keep your arms parallel to the floor and not allow the elbows to come forward in order to focus on the area of your back at your bra line.

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## 5. Core & Glutes: Hip Lifts

- Lie on the floor with your knees bent and feet flat on the floor.
- From the ready position, place your hands on the floor by your side for more stability. For a more advanced movement and to incorporate the calves, lift your heels and keep them lifted throughout the set!
- Lifts your hips towards the ceiling so that your back is flat. You should feel your glutes contracting.
- Lower your hips until they are about one inch off the floor. ●

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Editor's Note: If you are just beginning to exercise or are recovering from an injury, please go to [www.bestsselfconnect.com](http://www.bestsselfconnect.com) to see modified versions of these exercises.