

### CONCH SHELL (GLUTES, QUADS, WAISTLINE, SHOULDERS)



Start with your feet two inches apart, holding a dumbbell in front of your body with both hands. Perform a squat while twisting your torso and lowering dumbbell to the ground on one side. Return to standing position, rotate torso to the opposite side and reach the dumbbell up to the sky. Repeat 10-15 reps on each side.

### WARM HUG (SHOULDERS, OBLIQUES, QUADS)



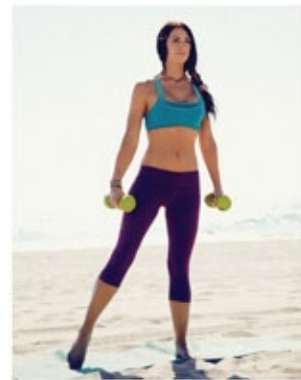
Start in a side plank position with your arm stretched out above you. Rotate your shoulder down and give yourself a warm hug. Return to the start position and repeat 10 times on both sides.

### BONSAI BUNS (GLUTES, HAMSTRINGS, LOWER ABS)



Start on your hands and knees, kick back left leg and squeeze your glutes. Bring the same leg forward and step into a lunge position with torso folded over front leg. With abs engaged, step up to standing position and bring right knee to chest. Do 10-15 reps on each side.

### SIDE SLIMMER WITH SHOULDER RAISE (SIDES OF THIGHS, SHOULDERS)



Standing on one foot, extend other foot out to side. While performing a shoulder raise by bringing dumbbells to shoulder height, lift extended leg off the ground. Keep abs engaged to maintain balance. Return to start position. Perform 10-15 reps on each side.

### CRAB UP (TRICEPS, ABS, GLUTES)



Start lying on your back with bent knees. Using your triceps, push up to a crab position, extend left leg up and reach right hand to touch left toe. Return to start position. Alternate sides for each rep and perform 10-12.

### TRICEP & GLUTE KICKBACK (TRICEPS, GLUTES)



Stand on one foot, kick the other toe back and bend forward at hips while keeping your spine drawn in. Curling your dumbbells up while maintaining your balance, use your tricep and glute muscles to squeeze your arms back while kicking your leg back at the same time. Do 10-15 reps on each side.