

“What’s a good workout for super-hectic days?”

Become a master multitasker with this 12-minute full-body routine—part 2 in our 3-month series from Contributing Editor Petra Kolber.

Lunge With Biceps Curl and Triceps Extension

for legs, hips, arms, and core

A. Hold a 5- to 8-pound dumbbell in each hand, palms forward, and extend arms down by your sides. Step forward about 2 feet with your right foot. Then bend both legs and curl arms.

B. Shift your weight forward and stand up until you are balancing on your right leg and your left leg is extended behind you. At the same time, extend your arms behind you (you should feel your triceps flex). Step back to the starting position to finish. Do 6 reps with your right leg, then switch legs and repeat to complete the set. Build to 3 sets.



Squat Into Diagonal Raise With Calf Raise

for legs, shoulders, and core

A. Stand with your feet a little wider than hip-width apart. Hold a 5- to 8-pound dumbbell in each hand and extend your arms down by your sides. Keeping your head up and back straight, squat slightly; your knees should be directly above (or just behind) your toes.

B. Slowly stand, keeping your knees slightly bent. Pause. Then straighten legs, stand on tiptoes, and raise both arms to shoulder height. Lower your heels and arms to finish the rep. Do 12 reps, and build to 3 sets.



Bridge With Chest Press

for legs, core, and chest

A. Holding a 5- to 8-pound dumbbell in each hand, lie on the floor, both knees bent and feet flat. With your upper arms on the floor and elbows in line with your shoulders, bend your arms to 90-degree angles.

B. Without arching your back, lift your hips until your body forms a diagonal line from knees to shoulders. At the same time, press your arms toward the ceiling. Pause briefly, then lower your hips and arms to complete the rep. Do 12 reps, and build to 3 sets.

