

# GLAMOUR

## Body by Glamour Strength Plan Month 1

Strength training is a true body changer: It firms anything that jiggles, gives you sexy definition and builds lean muscle, which helps boost metabolism. This workout, created exclusively for Body by Glamour by **celebrity trainer Ramona Braganza**, has been customized with moves that zero in on the area you told us you want to shape up most. You'll get a new workout routine every month.

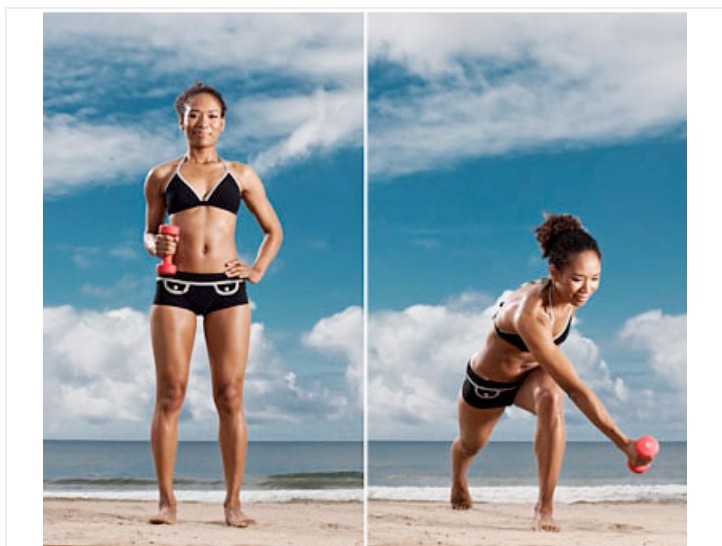


### WHAT YOU'LL NEED FOR THIS WORKOUT:

A pair of three- or five-pound dumbbells, a couple of fluffy pillows and something that will slide on the floor, like two paper plates or washcloths if you're on hardwood or two books or magazines if you're on carpeting.

### WHAT TO DO:

- Do these 11 toning moves **two to three days a week, weaving three five-minute cardio sessions** into the routine.  
**How to:**
- **Warm up with five minutes of cardio**, such as jogging, jumping rope or elliptical training.
- Then **do the first three strength moves**. Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Next, **do five more minutes of cardio**.
- **Do the next three strength exercises**, circuit-style again.
- **Do your last five minutes of cardio**.
- **Complete the last five moves** of your strength routine, circuit-style.
- Log your workouts in your **fitness journal** as 25 minutes of strength and 15 minutes of the cardio activity or activities you did.



### Reverse lunge with dumbbell twist

(works your calves, hips, thighs, abs, back and shoulders)

A. Stand with feet hip-width apart holding a weight in your right hand, elbow bent, palm facing in, as shown.

B. Keeping right leg straight, take a giant step back with your right foot as you bend left knee (don't let it go past toes) and lower the weight across body toward the outside of left leg, as shown. Keep back flat and abs pulled in tight. Return to the starting position and repeat. Do 12 reps, then switch sides.



### Hamstring and biceps curl

(works your calves, thighs, butt and biceps)

A. Stand with feet hip-width apart, holding a dumbbell in each hand, arms by sides, palms facing forward; place left heel on a paper plate or washcloth if you're on a wood floor; if you're on carpeting, use a book or magazine.

B. Slowly sit butt back and lean forward, bending right knee and sliding left foot forward on the floor, leg straight, as you simultaneously curl the weights toward your shoulders. Return to the starting position and repeat. Do 12 reps, then switch sides.



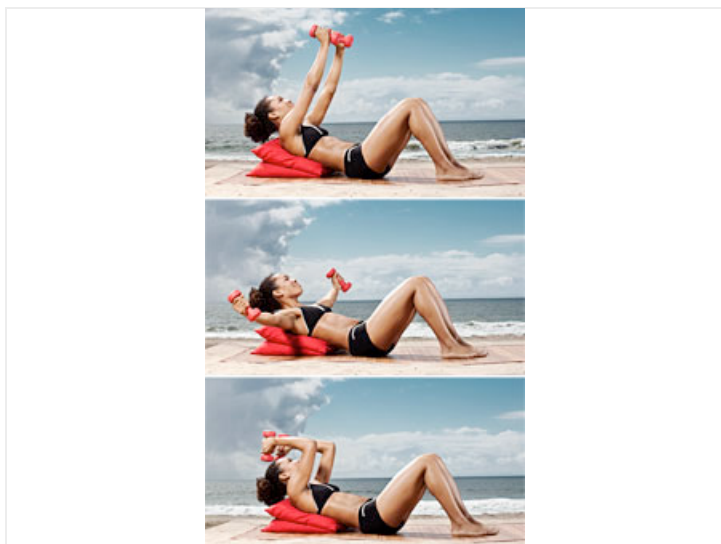
### Sliding squat thrust

(works your shoulders, chest, arms, abs, back, thighs and calves)

A. Stand with your feet hip-width apart and on top of two paper plates or washcloths (or books or magazines if you're on carpeting), arms by sides, as shown.

B. Pull your abs in tight and squat down, placing hands on floor shoulder-width apart about a foot or so in front of feet, as shown.

C. Quickly slide feet back so you're in a raised push-up position. Keeping abs pulled in, slide feet back in and return to standing. Do 12 reps.



### Elevated chest fly and triceps extension combo

(works your chest and the backs of your arms)

A. Place a few pillows on the floor and lean back on them so upper back is slightly elevated off floor. Hold a weight in each hand with arms straight up above chest, palms facing each other; bend knees and place feet flat on the floor hip-width apart, as shown.

B. Slowly lower weights out to sides until even with shoulders, keeping elbows slightly bent, as shown; return to the starting position.

C. Then bend elbows and, without moving upper arms, lower weights back toward head, elbows bent 90 degrees, as shown. Return to starting position. That's one rep. Do 12 reps.



### Squat with shoulder press

(works your butt, hips, thighs, arms and shoulders)

A. Stand with feet about shoulder-width apart, holding a weight in each hand. Bend elbows and bring weights up near shoulders, palms facing out, as shown. Bend knees and lower your butt back and down, as if you were going to sit in a chair. (Don't let knees go past toes.)

B. Push through your heels to stand back up as you simultaneously press weights straight overhead, keeping abs pulled in tight. Lower weights back to shoulder height and repeat entire move. Do 12 reps.

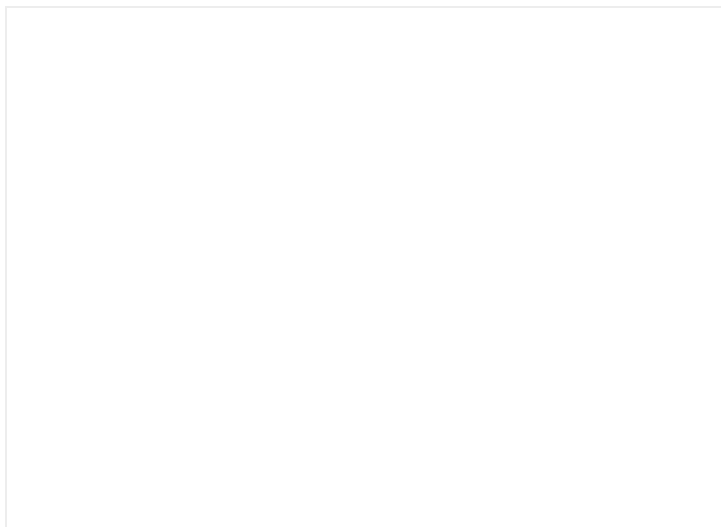


### Reverse flys

(works your back and shoulders)

A. Stand with a weight in each hand and take a giant step forward with left foot, bending knee, keeping right leg straight; lean torso forward slightly, then bring hands together, palms facing each other, as shown.

B. Keeping a slight bend in your elbows, lift arms straight out to sides to shoulder height, as shown. Lower and repeat. Do 12 reps, then switch legs and repeat on other side.



### Weighted crunch

(works your abs)

A. Lie on the floor with your knees bent and feet flat, hold one weight with both hands straight up over chest, as shown.

B. Pull abs in tight and slowly lift shoulder blades off floor; pause, then lower to the starting position. Do 10 reps.





### Bicycle

(works the front and sides of your abs)

Lie on the floor with knees bent and lifted and hands behind head, elbows wide. Slowly twist left elbow and shoulder toward right knee, bringing knee in to meet elbow as you extend left leg straight out, as shown. Immediately switch sides, extending right leg straight, bringing left knee into your chest and twisting right shoulder and elbow toward left knee. That's one rep. Do 10 reps.



### Bridge

(works your back, abs, butt and backs of thighs)

A. Lie on the floor with knees bent and feet flat, arms by sides, as shown.

B. Pull abs in tight, inhale and slowly lift hips off floor as high as you can; exhale and hold for a few breaths, then slowly lower back to the starting position. Do three reps.

### Single arm and leg balance

(works your core and back)



A. Get down on all fours, arms directly under shoulders and knees under hips, as shown; keep back flat and abs pulled in tight.

B. Inhale and slowly extend left arm and right leg, reaching them as long as you can; exhale and hold here for a few breaths, then lower arm and leg to the starting position. Switch sides, extending right arm and left leg. That's one rep; do three reps.



**Spine extension**  
(works your back and shoulders)

A. Lie face down on floor with legs straight and hip-width apart, arms by sides, palms facing thighs, as shown.

B. Inhale and slowly lift chest, arms and legs off floor as high as you comfortably can, as shown; exhale and hold here for a few breaths, then lower to the starting position. Do three reps.

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