

Muscle-Group Therapy

Try this power-boosting 15-Minute workout that works groups of muscles

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BUILD THEM ALL >

Teamwork is effective even when you're all by yourself. This power-boosting workout developed by Scott Rankin, C.S.C.S., works groups of muscles.

Do this workout 3 days a week, resting a day in between. Perform the moves as a triset-- moving between exercises without rest. Do 10 repetitions, rest 90 seconds after each set, and repeat the triset three times.

1. OPEN-FACED LUNGE



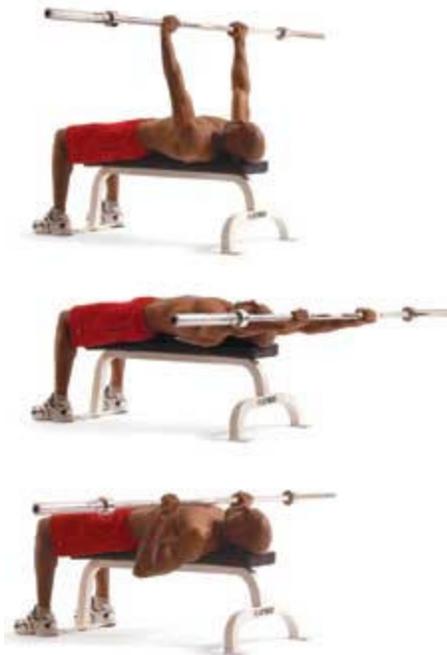
DAY 1 Stand holding a medicine ball above your head. Pivot 180 degrees to your left on the toes of your right foot. Lunge with your left leg until your left thigh is parallel to the floor as you lower the medicine ball to the instep of your left foot. Pause, then return to the starting position and repeat on your right leg. **DAY 2** Stand with your feet hip-width apart and hold a dumbbell at each side. Step forward 45 degrees to your right using your right foot. Push back to the start, then lunge backward 45 degrees to your right, and then back to the start. That's one repetition. **DAY 3** Stand holding a medicine ball in front of your chest. Lunge backward as you lift the ball above your head. Return to the starting position.

2. SPLIT PUSH-PRESS



DAY 1 Stand holding a barbell at shoulder height so that the bar rests on your collarbones and deltoids. Keep your arms close to your body. Bend your knees and lower yourself into a half squat--about 6 inches down. Then push the bar over your head and drive yourself up with enough force so that your feet leave the ground. Land with one foot forward and the other back, attempting to distribute most of the weight on your front foot. Lower the weight to your shoulders and return to the squat position. **DAY 2** Same as Day 1, but use dumbbells. **DAY 3** Same as Day 2, but press the dumbbells up one at a time, alternating with each repetition.

3. PULLOVER-TO-PRESS



DAY 1 Lie on a flat bench, holding a barbell above your chest with straight arms. Slightly bend your elbows and lower the weight behind your head until your arms are parallel to the ground. (Maintain the same bend in your elbows.) Return to the starting position, then lower the weight to your chest. Press the weight back up and repeat. **DAY 2** Same as Day 1, but use a pair of dumbbells and an overhand grip, and alternate arms. **DAY 3** Lie on the floor, holding a medicine ball above your chest. Perform the same move, but release the ball when you press it up. Catch it and repeat.