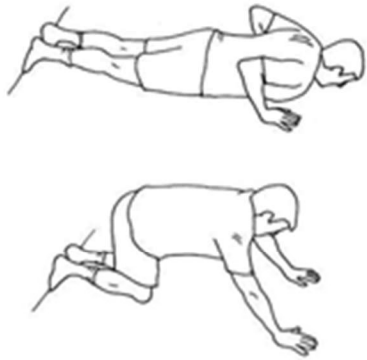


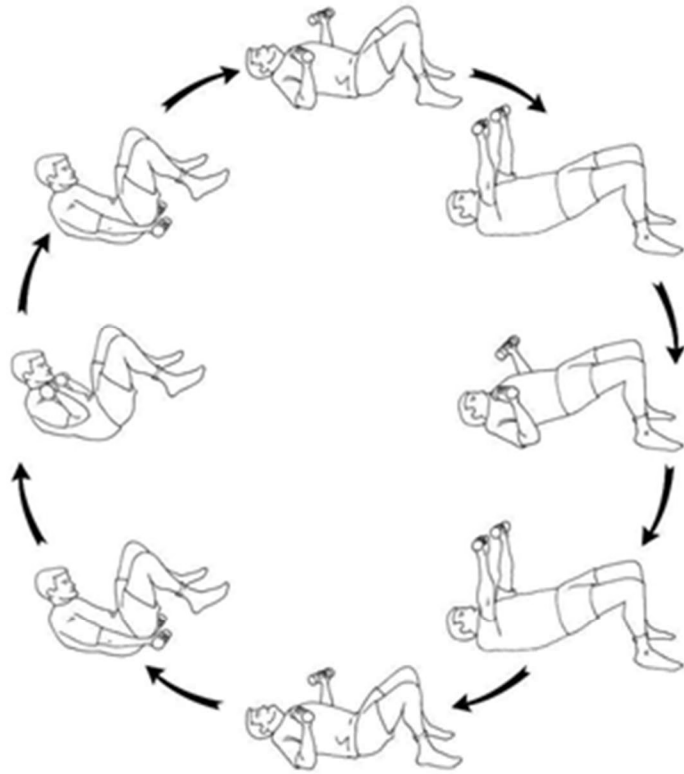
Metabolava

Three specially-formulated toning and strengthening exercises that give you the most benefit, and work out most major muscle groups, in the shortest period of time.

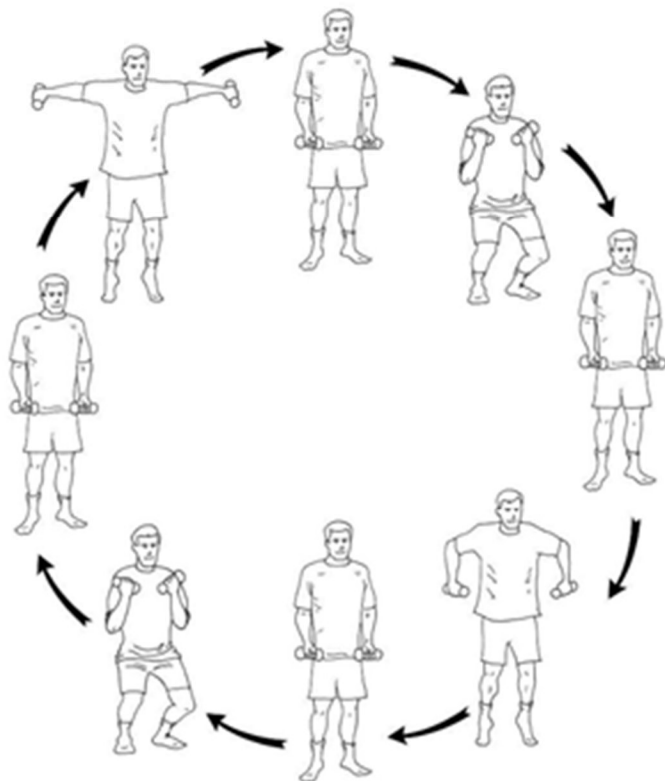
Exercise 1



Exercise 2



Exercise 3



Illustrations by *John Spence*

Descriptions on following page...

	Exercise 1	Exercise 2	Exercise 3
Muscle groups	Hamstrings, pecs, abs, triceps	Lumbar and abs (core), buttocks, quads, pecs, triceps, biceps	Calves, quads, traps, deltoids, biceps, rotator cuff (supraspinatus and internal rotators)
Description	Lie on stomach, with feet tucked under couch. Keeping your knees on the ground, do a pushup while using your hamstrings to help pull you into the hands-and-knees position. Then return to your stomach.	Lie on back, with knees bent and dumbbells in hand. Make a bridge by pushing your pelvis upward, at the same time pushing the dumbbells upward (doing a press). While holding the bridge, do an additional press. Then, drop pelvis to the floor, at the same time bringing the dumbbells down to the side with the palms up, keeping shoulders, elbows, dumbbells, and feet off the floor. While in this position perform two curls with your arms.	Stand up with dumbbells in hand, palms facing forward, elbows in front of body. Bend knees at the same time you curl the dumbbells. Then, straighten knees and lower dumbbells to side. Then, raise to tip-toe position while turning palms facing backwards and bringing elbows back and up, raising them as far back and up as possible. Then, repeat the first part of this exercise; however, this time during the second part raise the dumbbells out to the side of the body, in fly position.
Completion Time	10 reps in ~30 seconds	10 reps in ~60 seconds	10 reps in ~60 seconds
Comments	Beginners may do this exercise without dropping all the way to the floor, but instead “rocking” forward and back, bending the elbows when rocking forward as much as able.	Beginners may need to place the elbows and/or feet on the floor for added stability during the second part of the exercise.	While doing the knee bend, keep your heels on the floor and stick your buttocks out behind you, not bending your knees to less than a 90-degree angle. Beginners may also elect not to rise to the tip-toe position during the second part of this exercise. If you have rotator cuff problems, work slowly into the arm exercises in the second part, and don’t push through pain.