



✕ **Technique trick**
Avoid the urge to stand tall. If you don't hinge forward at the hips during this move, you will target the top of your shoulders rather than your upper back.

NARROW ROW WITH REVERSE FLY COMBINATION

How-to Stand with your feet hip-width apart and your knees slightly bent. Hold a five-pound dumbbell in each hand, letting your arms hang straight down from your shoulders. With a straight back, lean forward from your hips to about a 45-degree angle (A). Keeping your elbows tight to the body, pull the weights up and back in a rowing motion, leading with your elbows (B). Return to start position, then lift your arms out to the sides, stopping just below shoulder height (C). Return to start position and repeat the series for 10 repetitions.

You'll see results in Upper back, biceps, core, glutes, quadriceps and hamstrings
Too difficult? Do one arm at a time and use the opposite hand to support yourself by placing it on a wall.

✕ **Technique trick** Try placing your hand on your abdominals before you add the twist and curl to make you aware of the body part that is doing the work.

ACTIVE HOLIDAY LIVING BY THE NUMBERS

(CALORIES BURNED PER HOUR)

198	WALKING	114	SITTING AND WRITING HOLIDAY CARDS
384	ICE SKATING	246	LIGHT HOUSEWORK
		690	CROSS-COUNTRY SKIING

PILATES OBLIQUE

How-to Lie on your back on a mat with your knees elevated directly over your hips and bent at a 90-degree angle (A). Place your hands behind your head. Contract your abdominals as you lift your left shoulder off the mat, opening your chest toward the right knee. Keep your chin off your chest as you maintain a neutral neck position. At the same time, extend your left leg away from the body, keeping the leg in the air (B). Hold for two seconds, then repeat on the opposite side. Repeat the series for 10 repetitions.

You'll see results in Core (primarily obliques and abs) and hip flexors
Too difficult? If your back starts to arch as you extend your leg, maintain a slight bend at the knee throughout. **M**

