

Week 11 - TNT

The 5 Best Strength Moves for Weight Loss

Do this tone-up-all-over strength workout 2–3 times per week, leaving at least a day's rest in between.

Your "Tone Up All Over" strength routine

Do this all-over strength workout 2–3 times per week, leaving at least a day's rest in between.

Each move is a "compound" exercise, meaning it targets multiple muscle groups, so you get a really big bang for your strength-training buck! Rest for 30–60 seconds after each set.

This strength routine is part of the [CarbLovers workout](#).



Squat to Overhead Press

Works quadriceps, hamstrings, butt, abs, shoulders

A. Stand with feet shoulder-width apart, elbows bent, a 5-pound weight in each hand at shoulder height, palms forward. Lower into a squat (don't let knees go past toes); hold for a moment.

B. Push through heels to stand up, pressing weights overhead. Return to starting position. Do 3 sets of 15 reps.



Single-Leg Dumbbell Row

Works back, shoulders, biceps, abs, quadriceps, hamstrings, butt

A. Stand holding a 5- to 10-pound weight in left hand. Hinge forward so back is flat and almost parallel to floor; rest right hand on a chair or low shelf for support. Extend left arm toward floor, palm facing in; lift straight left leg behind you, so body forms a T.

B. Slowly bend left elbow and draw weight up until elbow is even with torso; hold for a moment, then lower weight. Do 15 reps, then switch sides and repeat. Do 3 sets.



Step-Up With Bicep Curl

Works quadriceps, hamstrings, butt, abs, biceps

A. Stand with left foot on a sturdy bench or step, a 5-pound weight in each hand.

B. With weight on left foot, lift to standing on the step, right thigh raised so it's parallel to floor; at the same time, curl weights up toward shoulders. Return to starting position. Do 15 reps, then switch sides and repeat. Do 3 sets.



Dolphin Plank

Works back, abs, shoulders

A. Lie facedown with toes tucked. Keeping forearms on floor, pull bellybutton in toward spine, and raise hips to come into low plank position.

B. Inhale while lifting hips further so body forms an inverted V; pause, then slowly return to starting position. Do 3 sets of 15 reps.



Curtsy Lunge

Works hips, butt, quadriceps, hamstrings, abs

A. Stand with feet hip-width apart, hands on hips. Take a giant step diagonally back with left foot and cross it behind your right; bend knees (as if curtsying) as you reach your left hand toward floor on the outside of your right foot.

B. Return to starting position. Do 15 reps, then switch sides and repeat. Do 3 sets.



Superman

Works the back, butt

Lie facedown with arms and legs extended, toes pointed, palms down. Inhale while raising arms and legs as high as you can; pause, then exhale while slowly returning to starting position. Do 3 sets of 15 reps.