

## EXPRESS FITNESS

## THE WAKE-UP WORKOUT

Revive your whole body with this energizing five-minute strength and stretch routine from Tanja Djelvic, founder of Loud Fitness in Los Angeles. BY LINDSEY EMERY

**WHAT YOU'LL NEED** A mat and a set of light dumbbells (three to five pounds)

**MIN 0-1**



**A MIN 0-1**



**B**

### MINUTE 0-1

#### SIDE LUNGE WITH BICEPS CURL

Targets biceps, core, glutes, inner and outer thighs

**A.** Stand with legs a little more than shoulder-width apart, holding a dumbbell in each hand. Lunge right, pushing your butt back and keeping your abs engaged and your knee directly over your ankle. Point both feet forward.

**B.** Return to center and lift right knee. Bring right hand toward shoulder while balancing on left leg (abs engaged, left arm at side). Return to start and repeat for 30 seconds; switch sides.

**MIN 1-2**



**MIN 2-3**



### MINUTE 1-2

#### LYING HAMSTRING CURL, BACK EXTENSION

Targets shoulders, back, hamstrings

Lie facedown in Superman pose (navel pulled toward spine, legs and arms extended), a dumbbell in each hand (not shown). Lift arms and head a few inches, keeping neck and spine aligned. At the same time, bring ankles toward butt and bend elbows to sides, pulling shoulder blades together. Return to start; repeat.

### MINUTE 2-3

#### MODIFIED PUSH-UP WITH KNEE PULL-IN

Targets shoulders, chest, arms, abs, obliques

Assume full push-up position: abs engaged, wrists in line with shoulders, back and legs straight, toes curled under (not shown). Pull right knee toward left shoulder while gently twisting your upper body to left. Keep elbows close to your body and perform a shallow push-up. Return to starting position. Switch sides.

**MIN 3-4**



**MIN 4-5**



### MINUTE 3-4

#### PLYO FROGJUMP

Targets glutes, hamstrings

Stand with feet shoulder-width apart and squat down, keeping abs engaged, toes pointed forward and knees in line with heels. Jump forward like a frog as far as you can (or in place). Land softly. Repeat for 1 minute or as many times as you can.

### MINUTE 4-5

#### WINDMILL WITH HAMSTRING STRETCH

Stretches upper body, abs, obliques, hamstrings  
Lie faceup with arms out at sides and legs extended. Grasp left calf with right hand, keeping limbs as straight as possible. Hold for 30 seconds, stretching leg up and out and engaging your abs. Switch sides and repeat.

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mind, body + spirit

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