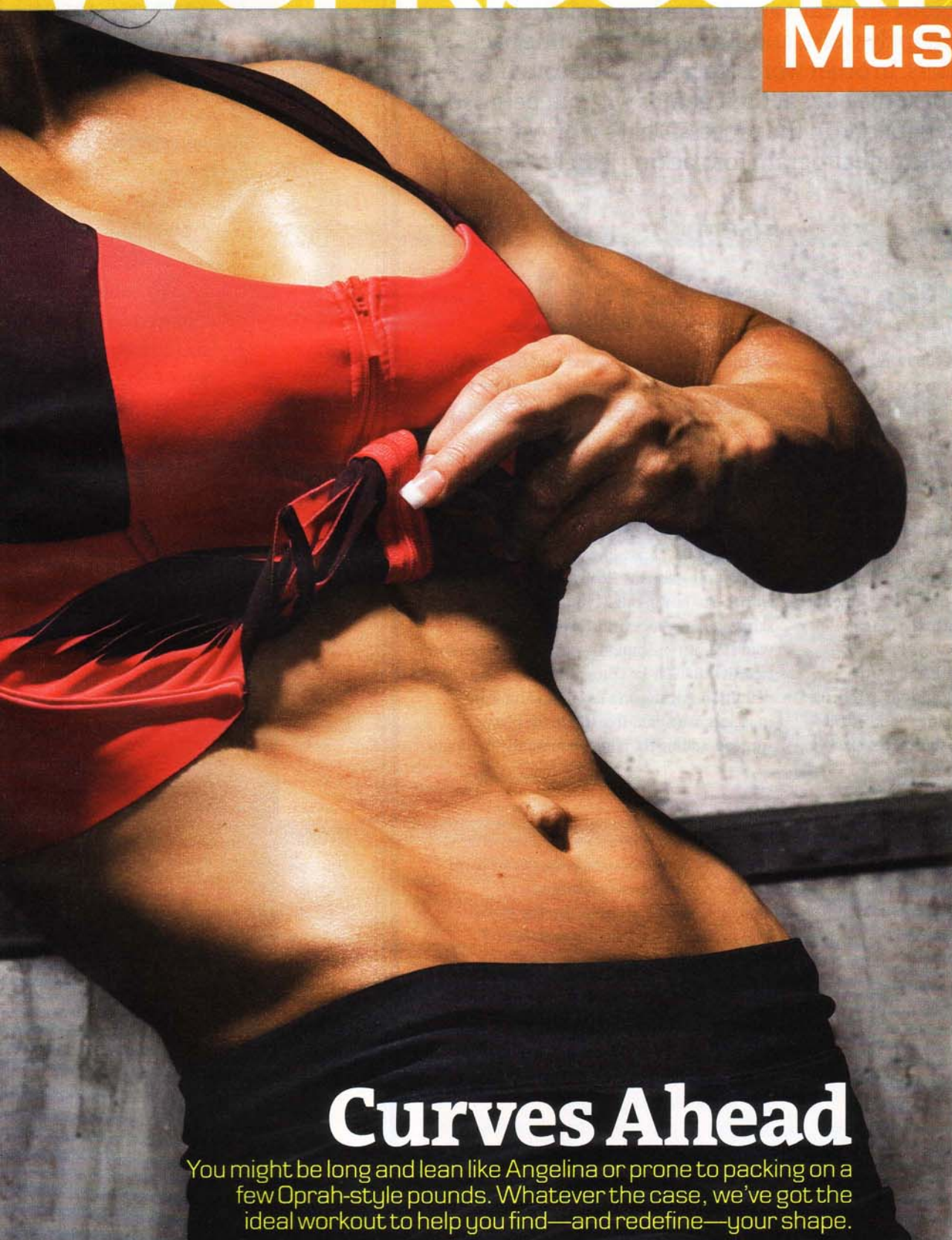


Workbook:

« Edited by Sean Hyson »

Muscle



When a woman decides to start working out, the whole world assumes she wants to lose weight. And that's fine, if that's the case. There is a world of diets and "toning" workouts out there for a girl to pick from. But whether you're a long-time reader or have just picked up *M&F Hers* for the first time, we're assuming you want more. We know what you want:

By Rachel Cosgrove, C.S.C.S.

Model:
Rosa-Marie Romero

Curves Ahead

You might be long and lean like Angelina or prone to packing on a few Oprah-style pounds. Whatever the case, we've got the ideal workout to help you find—and redefine—your shape.

Workout A



Sets: 2-4
Reps: 8
Tempo: 313

From the starting position [1], squat as deeply as possible [2], then come up only a quarter of the way [3]. From there, squat to your lowest position again, and then return to the starting position—but do not lock your knees out (keep tension on your leg muscles). That's one rep. The focus here is on your quads.

1A) ONE-AND-A-QUARTER SQUAT

Sets: 2-4
Reps: 8
Tempo: 411



1B) SWISS-BALL LEG CURL



Sets: 2-4
Reps: 10 (each leg)
Tempo: 401

2A) LUNGE



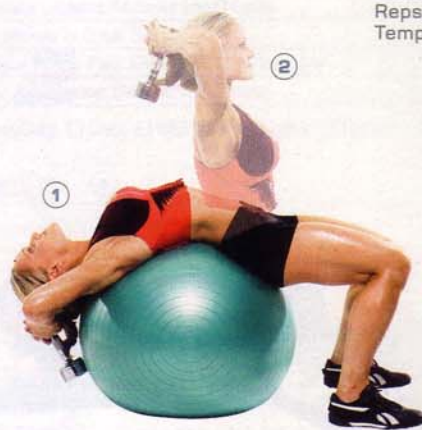
Sets: 2-4
Reps: 10
Tempo: 402

2B) ROMANIAN DEADLIFT



Sets: 1-2
Reps: 20 (each leg)
Tempo: 111

3A) SINGLE-LEG CALF RAISE



Sets: 1-2
Reps: 12
Tempo: 212

3B) WEIGHTED SWISS-BALL CRUNCH

Workout B



Sets: 2-4
Reps: 8
Tempo: 312

1A) INCLINE DUMBBELL PRESS



Sets: 2-4
Reps: 8
Tempo: 312

1B) WIDE-GRIP PULL DOWN



Sets: 2-4
Reps: 8
Tempo: 312

From the starting position [1], perform a regular shoulder press [2] and return to the starting position. Then press the weights only a quarter of the way up [3]. Lower the weights back to the starting position—that's one rep. The focus here is on your deltoids.

2A) ONE-AND-A-QUARTER SHOULDER PRESS



Sets: 2-4
Reps: 8
Tempo: 321

2B) DUMBBELL ROW



Sets: 1-2
Reps: 12
Tempo: 311

3A) DECLINE DUMBBELL TRICEPS EXTENSION



Sets: 1-2
Reps: 12
Tempo: 311

3B) STANDING DUMBBELL CURL