

Looking at those dumbbells, we'd forgive you for thinking this was just another arms workout. But we want to show you that these two pieces of equipment can work your entire body - from shoulders right down to your calves. Weight training will make you stronger

WEIGHT TRAINING CAN HELP WITH SLEEP QUALITY AND STRESS LEVELS

and can help you slim by burning calories and ramping up your metabolism. 'You'll increase bone density and strength, which reduces the chance of osteoporosis as you get older,' adds Chris, who has trained Lisa Snowdon and Rochelle Humes. 'Plus, it will lower cholesterol and improve heart health.'

And no, you won't end up like the Hulk. 'Women have thirty times less body-building hormones than men, so it makes it hard to create huge muscles,' explains Chris. But that doesn't mean you can't get a slimmer, stronger, healthy body.

YOUR SIX TRIM AND TONE MOVES

'The timing of any lift is important for form,' Chris says. Aim for a 1-2-3 count during the lift, hold for 2 and lower to a count of 3-2-1.

BEGINNER LEGS



» Squat with triceps extension

Stand with feet a little wider than shoulder-width apart with a dumbbell in each hand. Squat down and lower the dumbbells to the floor. Stand up, lift dumbbells up above you, then bend elbows and lower dumbbells back behind your head, so elbows are pointing up. Lower down into squat again and repeat.

ADVANCED LEGS



« Single leg deadlift to upright row

Hold dumbbells by your sides, back straight. Lean forward at hips, and lift your left leg out straight behind you. Let weights hang down. Draw the weights into your sides. Reverse back to start and repeat with right leg.

« Standing plank to single arm row

Start in a plank position with legs wider than hip-width apart. Hold a dumbbell in each hand, keeping wrists locked to protect joints. Engage core and glutes, and bring your left arm into your chest, so your elbow is pointing to the ceiling. Return weight to the ground and repeat on right side.

ADVANCED CORE



» Chest press with single leg extension

Lie on your back with your arms raised, holding a pair of dumbbells. Lift your legs and bend your knees at right angles. Extend your right leg, so your foot is just above the floor. While you're doing this, lower your dumbbells to your chest. Draw your right leg back in towards you, while raising your arms back up. Repeat with your left leg.

BEGINNER CORE



» DB Skull Crushers

Lie on your back, knees bent, holding a pair of dumbbells. Raise your arms up so they're above your chest. Slowly lower arms towards your head, bending elbows to 90 degrees, as dumbbells reach mat. Aim to lower dumbbells so they're either side of your head, elbows pressing in. Lift arms back to start.

BEGINNER ARMS



ADVANCED ARMS



« Bicep curl to overhead shoulder press

Stand feet hip-width apart with a dumbbell in each hand. Arms should be hanging down by your sides, palms forwards. Flex your elbows to curl the weights in towards your chest. Rotate your arms and shoulders and extend up towards the ceiling. Pause before reversing the movement.

TURN OVER FOR THE CHALLENGE »

THE 30 DAY TOTAL TONE UP



Trainer Chris Richardson helps tone your whole body with a pair of dumbbells and six simple moves

30 day challenge

» HERE'S YOUR CHALLENGE CHART: GET TICKING!



TIP
Don't skip those rest days, as they help your muscles mend and get stronger.

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TIP
Don't rush the lifts. Use proper form to boost results and reduce the risk of injury.

Words: Natalia Lubomirski Photos: Anne-Marie Bickerton, Getty