

A SERIOUS LIFT

Grab a set of dumbbells, and get ready to build total-body strength.

BY MALLORY CREVELING

What's the go-to tool for a solid at-home workout that takes up little space, helps you build lean muscle mass, and strengthens your bones? The dumbbell.

That's why it's the star of this multitasking workout from Morit Summers (pictured), NSCA-CPT, owner of Form Fitness Brooklyn, who often works with curvy women. Summers stresses that size shouldn't stop anyone from conquering their strength goals. "I believe that having a strong body leads to a strong mind, and when the world tells you that because you're plus-size you can't or shouldn't do many things, I want to help combat that," she says.

Each exercise targets the arms, legs, and core together, and boosts your heart rate. Plus, Summers designed an interval-style setup, in which you work for 40 seconds and rest for 20 seconds, that you can finish in half an hour.

Move slowly through each exercise, even if you're up against the clock—that will help you nail the form. You can pick up the pace on the next round, says Summers. She also suggests reaching for a set of dumbbells that's a little lighter than your typical pick; if you're feeling strong, increase the weight. Or, if you're not ready to go all-in, try the modification listed for each exercise instead.

PHOTOGRAPHS BY ANTHONY CUNANAN



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