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WHAT DO YOU EAT FOR BREAKFAST?
“Eggs. Every day. I’m an over-medium kind of girl, and I usually have broccoli and avocado on the side.”

"People need to understand that not everyone wants to be the next fitness model. I work with general-population people, and their biggest goal is to be healthy and stay strong and live a long life and run after their kids and do everyday things. Life does get in the way—my goal is to never make anyone feel bad if they can't get a workout in or if they can't lift as much as they did the day before."

"I always want to be my best self, and I want to grow and get better at things that I find hard. I don't want this to sound negative, but I am the type of person that when people doubt me, I will work as hard as possible to prove them wrong. So that's always been an inspiration!"

"I used to love a good massage or a pedicure. But recently, I have been going on long bike rides—just nice and slow and enjoying the outdoors. And I've been doodling."

"I am a power lifter at heart and also a cardio junkie. I always do some strength training and then some version of metcon [metabolic conditioning], Tabata, or high-intensity cardio at the end of my workout, because I don't like endurance running or anything like that."

(A) Start lying on back, knees bent, and feet planted. Hold a dumbbell in each hand, arms overhead and behind you, palms facing each other. **(B)** Keeping arms straight overhead, slowly roll up, rounding spine. Sit tall at the top, spine neutral and shoulders directly over hips, biceps by ears. Slowly lower back down, and repeat.



Modify It!
To make the move a bit easier, straighten legs out in front of you.



Start kneeling, knees hip-width apart, holding one dumbbell at your chest with both hands. Keeping hips steady and core engaged, circle dumbbell to the left and around head, keeping elbows as close to body as you can, and bring dumbbell back around to chest. (Pretend you're balancing something on your head, aiming not to move anything other than the shoulders as you go.) Repeat, circling dumbbell to the right and around head. Continue alternating.



Modify It!
Keep your heels on the ground.

(A) Start sitting, knees bent, holding one dumbbell with both hands at chest. Lean back about 45 degrees from hips, and lift feet off floor. Rotate torso to the left; then return to center. **(B)** Press dumbbell up, on a diagonal. Then lower it back to chest. Next, rotate torso to the right; then return to center. Repeat the press. Continue alternating rotations, with a press between each.



Start lying on stomach, arms and legs extended, with one dumbbell held vertically between feet. Keeping gaze toward floor, lift arms, chest, and legs off floor, squeezing glutes. Lower back down, and repeat.

Modify It!
Ditch the dumbbell if it feels too heavy between the feet