

BODY AMMUNITION



(1) Point row plank

Set up 2 equal- height boxes so you can place your feet on a box and your forearms on another. Get into forearm-plank position on the boxes with only your left forearm on the front box. Hold a medium -weight dumbbell in your right hand, arm hanging naturally. This is the beginning, keeping your hips level, row the dumbbell toward your right hip. Pause, then lower. That's one rep; do 4 sets of 6 per side.

(2) Windmill Plank

Get in to a pushup position, your feet on a bench, get a light dumbbell in your right hand. This is the beginning, rotate your torso until the dumbbell points toward the ceiling and your right arm is in line with your left. Pause, then return to the start, keeping your hips level, row the dumbbell toward your right hip. Pause, then lower. That's 1 rep; do 4 sets of 6 per side.

This is great ammunition for your body.

May your workout be all that you want it to be.

Humbly yours Paul Earl.