

Get energized in 5 moves

Enjoy a day without the four o'clock slump

Try 12 to 18 repetitions; 2 sets of each

Power Press

Stand with feet shoulder-width apart, arms by sides, holding 5-pound dumbbell in each hand. Perform a biceps curl, and then raise arms straight overhead, rotating palms to face forward. Reverse to start.

Gravity Squat

Stand with feet shoulder width apart, holding a 5-pound dumbbell overhead. Squat keeping knees behind toes; lower weight between legs. Return to start.

Rise and Shine

Start on all fours, knees under hips, hands under shoulders. Engage abs and lift knees a few inches off floor, stabilizing on toes. Bring left knee to chest, and then straighten leg behind you. Switch sides and repeat after 12-18 reps.

Triceps Push-up

Start in a modified push-up position (knees on floor, back straight), with hands about 6 inches apart. Perform a pushup, keeping elbows close to sides.

Chair Crunch

Lie face up with heels resting on a chair seat, legs straight. Hold one 5-pound dumbbell with both hands, arms extended above chest. Engage abs and lift head and back off floor, arms reaching up. Lower.