School’s out, and it looks like the sun is too. Time to fix that broken posture from studying all year long and get back that functionality we’ve all been missing. If you’re consistent, you may tone up a bit for your days on the summer beach or for that cutie in your friend group once Fall rolls around.

Superset 1: Dumbbell goblet squat & braced dumbbell shoulder press

Goblet squat:

- Start: chest out and suck in stomach to maintain the curve in the back
- Begin by sticking butt out/ bending over as much as possible until almost rocking on heels
- When balanced on heels, bend knees as much as possible – this will also stretch hamstring
  - you must keep balance on the heels/ keep the butt back
  - keep chest out
  - keep stomach sucked in
  - if you lose the curve in your back, you’ve gone down too far
- From bottom of squat, return to the top by
  - straighten knees while keeping butt back/ maintaining posture – until on heels
  - then bring butt forward, again, to return to starting/ standing position

Shoulder presses:

- Start: flatten back as much as possible against the wall while your hands (+ weights) are straight up and down – ideally, your entire back and your forearms are in complete contact with the wall
  - walk feet out from the wall for better balance
  - for flattening the lower back, think
    - push belly button into wall
    - roll hips up/ back as though rolling your hips up into your torso
    - “flip” belly button up toward your torso
- Move weights up, slightly towards each other; keep wrists straight
- Then back to starting position – ideally so your elbows are relatively close to your rib cage
Superset 2: Self-assisted pull-up & Dbell crunch

Pull-up:

- Start: chest out & stomach sucked in & chin tucked firmly (not too tightly) into neck
- Begin by focusing on bring elbows down to your sides
  - pull shoulder blades “down” (i.e: into lower back) to keep shoulders/ traps from rising
  - this is a mind-trick to trick your body into doing the right technique
- When your passes the bar/ your elbows are almost touching your rib cage
  - focus on holding the position for second while squeezing shoulder blades together
    - as though crushing a peanut between your shoulder blades
    - or wrapping your shoulder blades around something
- Lower yourself while preserving all of the above-described posture

Crunch:

- Start: feet flat & back flattened against the ground (see “Shoulder press” for mind-tricks)
- Come up by thinking
  - the upper back and the head as on the same elevator rising up
  - a string is attached to the middle of your chest, pulling you up
- If holding weight above you, push the weights “up” towards your head so it moves straight up
  - if arms feel more worked than abs, you may tuck weights right under the chin – hold firmly so that moves as one with the torso
- Maintain the flat-ness of the back throughout entire movements
Superset 3: Suspended hip thrust & Dumbbell push-up

Hip-thrust:
- Start: shoulder blades pushing against an anchored seat (knee-height), chest out, stomach sucked in, feet flat on ground (opt: a weight held firm to hips) – butt as close to ground as possible
- Simply raise hips as high as possible while keeping heels on the ground
  - squeeze butt together
  - it would help to push knees out, slightly
  - a band around the knees, pulling knees inward, that forces you to push knees out would engage the glutes/ butt
- Maintain posture throughout; pull toes off ground to better engage hamstrings

Push-ups:
- Start:
  - knees (or on your toes – knees off the ground) side-by-side on the ground
  - hands right below the shoulders (lower than you feel like they should be)
    - gripping dumbbells on same level as your feet/ knees (i.e: no incline/ decline)
    - dumbbells are turned slightly outward from being horizontal
    - wrists straight
  - back flattened (see “Shoulder presses” for tips)
  - chest out
- Execute push up while maintaining the above-described posture
  - keep elbows pulled down (below shoulder level) slightly
  - go as low as possible and focus on the stretch in the chest
Superset 4: Braced Dumbbell bent-over row & Deadbug

Bent-Over Row:
- Start:
  - chest out/ stomach sucked in
  - butt stuck out, knees just slightly bent, so you’re leaning against something
  - look down at the ground (not at your feet – somewhere in front of them)
  - arms relaxed so dumbbells hang around the knees
- Execute by wrapping elbows around your back while maintaining the described posture
  - pull shoulders down, i.e: to the lower back, to keep shoulder from rising up
    - don’t think about the hands/ dumbbells
  - at the top, hold for a second to squeeze shoulder blades together
    - like you’re crushing a peanut between your shoulder blades
    - or wrapping your shoulder blades around something

Deadbug:
- Start:
  - Lay on the ground with hands up (i.e: Frankenstein) and hips/ knees bent to 90° (thigh is straight up and shins are parallel to ground)
  - Flatten the back on the ground (see “Shoulder presses” for tips)
- Execute by moving one leg at a time
  - straighten knee and lower foot almost so straighten leg touches the ground
  - return leg to starting position
  - then switch; alternate moving each leg

Goblet squat: 10-12 reps, 3-5 sets, w/ weight allowing 1st set to be 18-20 reps
Shoulder press: 8-12 reps, 3-4 sets, w/ weight allowing 1st set to be 13-15 reps
Pull-up: 10-12 reps, 3-4 sets; modulate “weight” may modulating assistance from legs
Crunch: 10-12 reps, 3-4 sets, w/ weight allowing 1st set to be 16-20 reps
Hip-thrust: 8-12 reps, 3-4 sets, w/ weight allowing 1st set to be 13-15 reps
Push-up: 6-12 reps, 3-4 sets; increased rep range to accommodate differing physical capabilities
Bent-over rows: 8-10 reps, 3-4 sets, w/ weight allowing 1st set to be 12-14 reps
Deadbug: 4-8 reps each leg, 3-4 sets; increased rep range to accommodate differing physical capabilities