

15-Minute Workout: Drill To Your Core

From the Editors of Men's Health

Sure, you could prep for a shirtless beach debut by working your upper back and core, but that may not burn the flab in front of those muscles. That's what this workout can do. "Done as a timed circuit, these three exercises have a metabolic component that can help you grow lean," says its creator, Chris Bathke, C.S.C.S., owner of Elemental Fitness Lab in Portland, Oregon.

Do this:

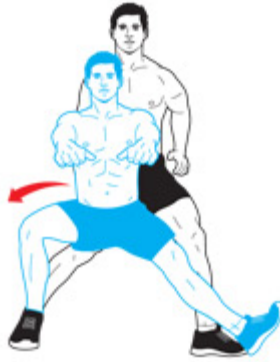
Set a timer to beep every minute. Do a set of the first exercise, and rest until the timer beeps. Do the same with the next two exercises. Repeat the cycle 5 times.

1. Inverted row, 8 reps



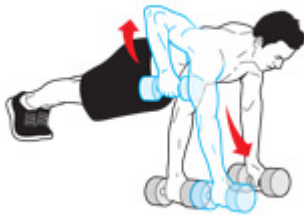
Use a squat rack to secure a barbell about 3 feet above the floor, and position yourself on the floor beneath it. Grab the bar using an overhand grip, with your hands shoulder-width apart. Hang from the bar with straight arms. Your heels should be on the floor and your body should form a straight line from your head to your ankles. Pull your chest up to the bar, lower yourself slowly back down, and repeat. Do 8 repetitions.

2. Rotational squat, 5 reps per leg



Stand with your legs straight and toes pointed forward. Step back diagonally and to the right with your right foot, your toes now pointed out. Keep your torso upright, your elbows bent, and your eyes forward. This is your starting position. Drop into a deep squat, keeping your right foot flat on the floor while letting the toes of your left foot rise; extend your arms in front of you as you squat down. Return to the starting position. Do 5 repetitions, switch legs, and repeat.

3. Renegade crawl, 8 reps



Assume a pushup position but with your hands grasping dumbbells or kettlebells placed on the floor. Pull the weight in your right hand to the right side of your abdomen, and then set it down a few inches forward of where it started. Do a pushup with your hands staggered. Now repeat the row with your left arm, and do another pushup. Do 4 rows with each arm and a total of 8 pushups. Drag your feet forward as you progress so the weight ends up beneath your shoulder.