

THE WEIGHT- PLATE WORKOUT

Get a fun, full-body workout in just 20 minutes using a single piece of equipment.



Experience Life

By Andrew Heffernan, CSCS

Photos: Kevin Dixon; Styling: Pam Brand;
Model: Nehemiah Owusu

The workout comprises two circuits:
a warm-up and a main set.

For the warm-up, perform each move for **30 seconds**, alternating between exercises without resting, for **three total rounds**.

The warm-up takes three minutes.

Follow the same pattern in the main set. Perform each move, in order, for **30 seconds**.

Perform **three or four rounds** without resting. The main set takes 12 to 16 minutes, depending on how many rounds you complete.

Transition as quickly as possible to the next move. Don't stop the clock or pause between moves.

Because the weight plate alters your center of gravity differently than a dumbbell or kettlebell, **it can challenge your muscles in a different way.**

Warm-Up



Lying Leg-Raise Pulse



Seal Jack



**To see the
moves in
action,
check out
the online
version of
this article.**

Lying Leg-Raise Pulse



- Begin in a hollow position with core engaged, arms and legs extended, and feet hovering about 6 inches off the floor.



- Raise your feet an additional 6 inches, then lower to the starting position. Pulse your legs up and down for 30 seconds.

Seal Jack



- Begin standing with feet and palms together.



- Jump your feet outward and extend your arms to the sides.

- Jump your feet and hands back together. Repeat for 30 seconds.

Main Set



Floating-Heel Split Squat (right side)



Weight-Plate Renegade Row



Floating-Heel Split Squat (left side)



Alternating Offset Pushup



Kickstand Romanian Deadlift (right side)



Right-to-Left Rotational Plate Lift



Kickstand Romanian Deadlift (left side)

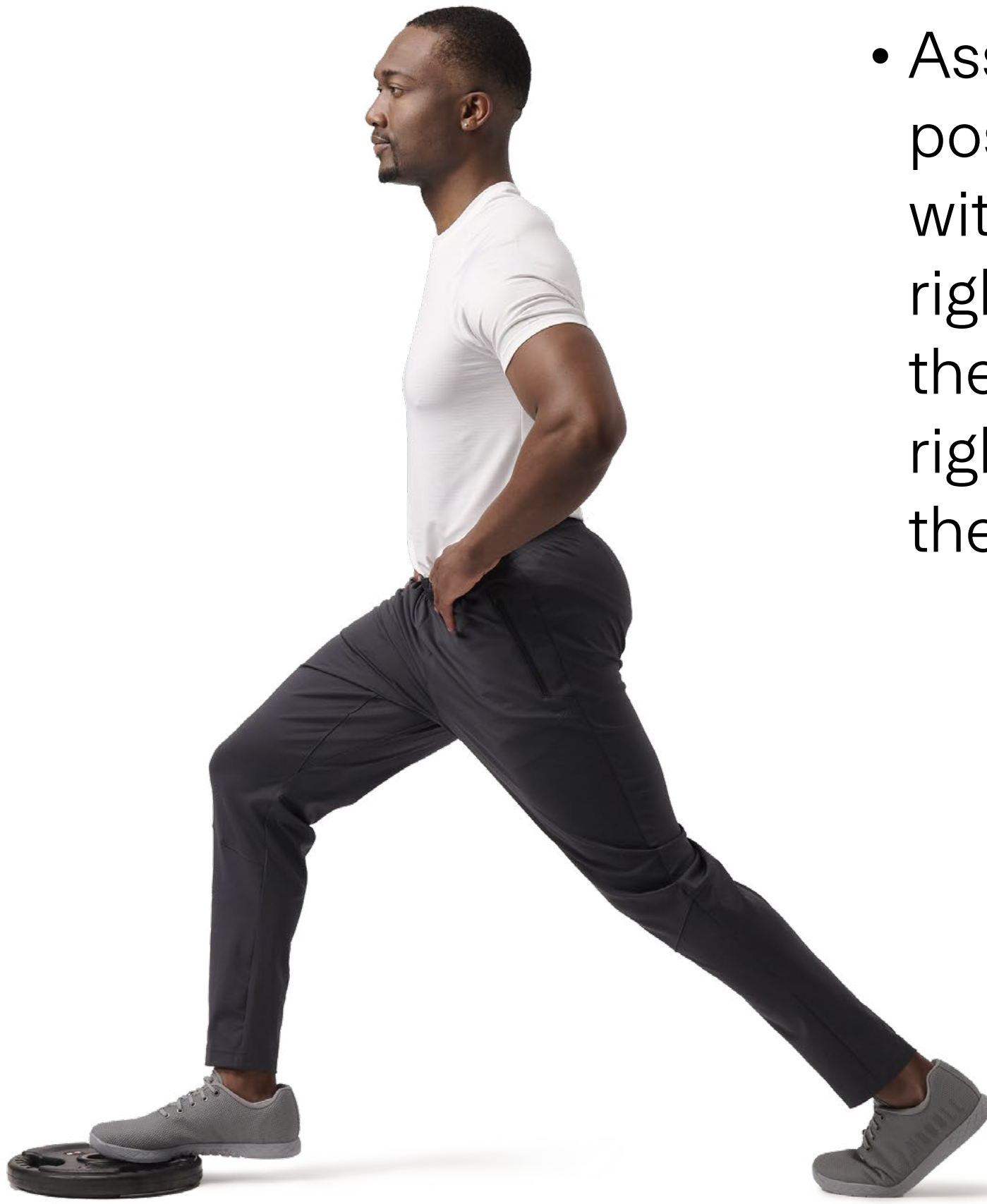


Left-to-Right Rotational Plate Lift



To see the moves in action, check out the online version of this article.

Floating-Heel Split Squat (right side)



- Assume the top position of a lunge, with the ball of your right foot planted on the plate and your right heel hovering off the edge.



- Keeping your torso upright and your front heel level with the weight plate, slowly bend at your knees and hips until your back knee is close to the floor.

- Reverse the move and repeat for 30 seconds.

Weight-Plate Renegade Row



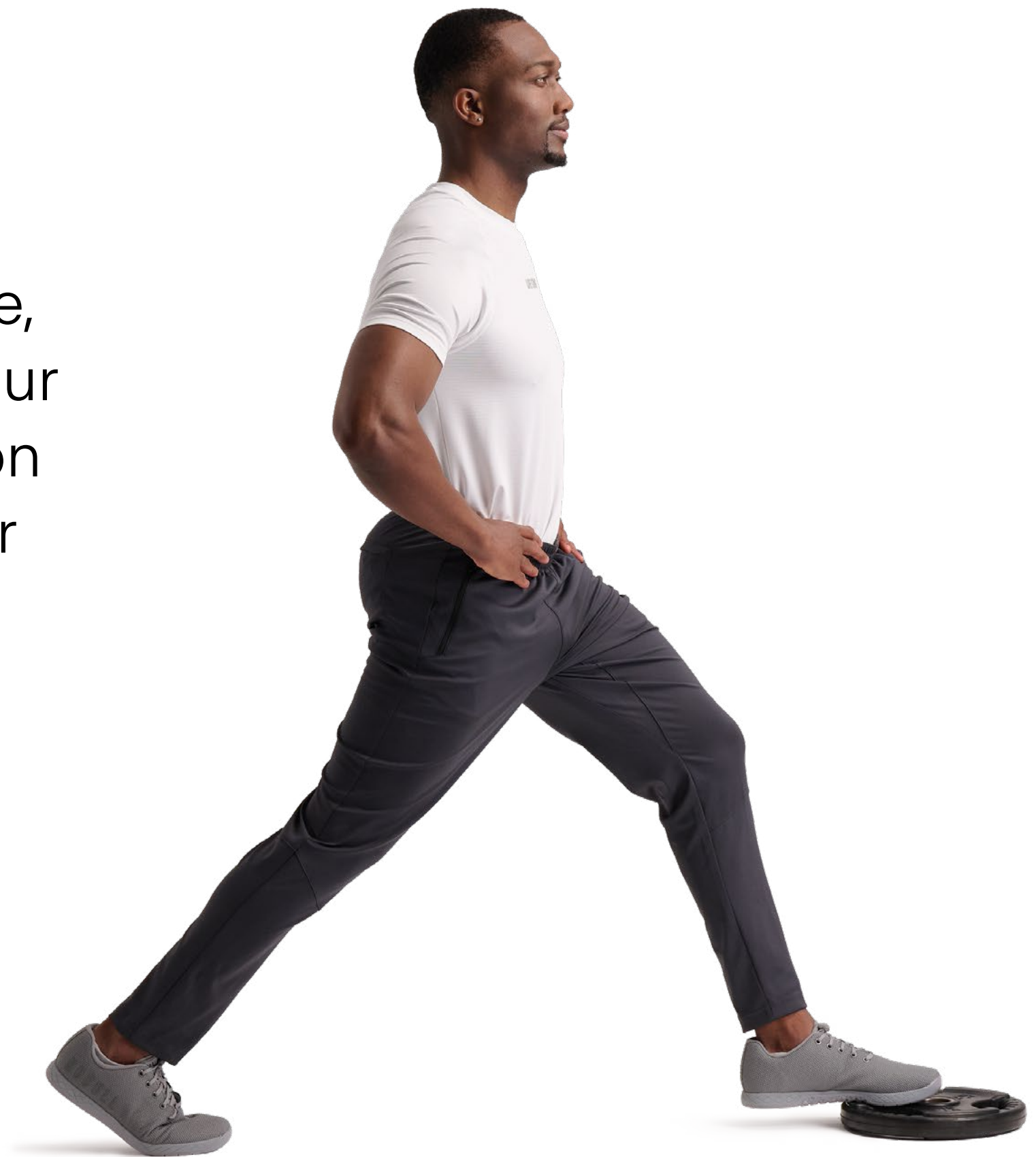
- Assume a pushup position with your hands on the floor on either side of a weight plate. Grasp the plate with your right hand and perform a single-arm row.



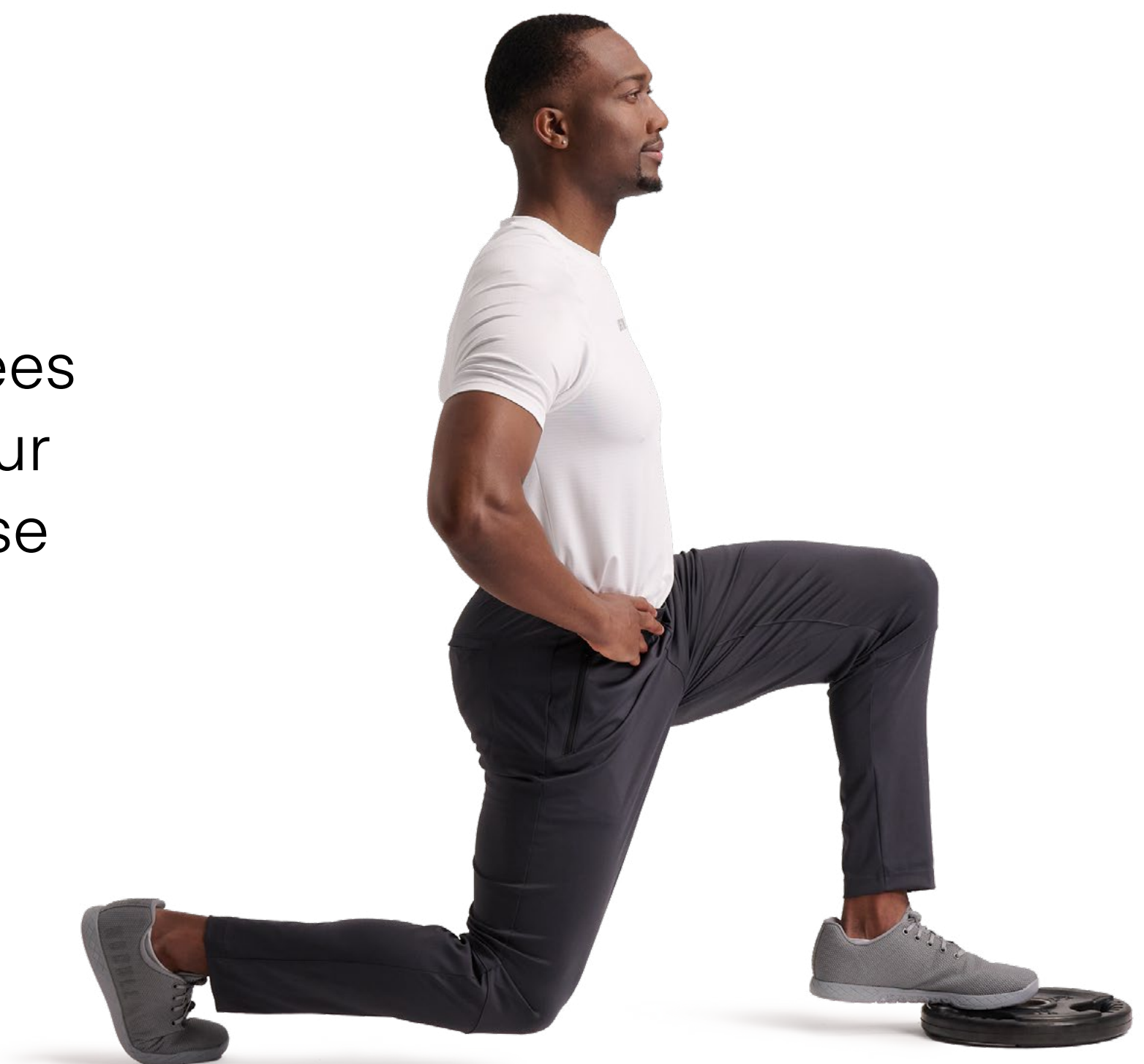
- Lower the weight with control and repeat the row on the left side.
- Repeat, alternating sides for 30 seconds.

Floating-Heel Split Squat (left side)

- Assume the top position of a lunge, with the ball of your left foot planted on the plate and your left heel hovering off the edge.



- Bend at your knees and hips until your back knee is close to the floor.



- Reverse the move and repeat for 30 seconds.

Alternating Offset Pushup



- Assume a pushup position with your right hand on the plate and left hand on the floor. Perform a pushup.



- Shift to the right so your left hand is on the plate and right hand is on the floor. Perform a pushup.



- Repeat, alternating sides for 30 seconds.

Kickstand Romanian Deadlift (right side)



- Stand holding the weight plate with your right hand.
- Shift your weight to your right foot and take a small step back with your left foot.

- Keeping a soft bend in your right knee, and using your left foot for balance only, hinge your hips back.
- Reverse the movement and repeat for 30 seconds.



Right-to-Left Rotational Plate Lift



- Stand holding the plate with both hands.
- Rotate your body so the plate is near your right hip. Then rotate your body to the left, raising the plate up and across your body until the weight is overhead.
- Reverse the move down and back to the right.
- Repeat for 30 seconds.

Kickstand Romanian Deadlift (left side)

- Stand holding the weight plate with your left hand.
- Shift your weight to your left foot and take a small step back with your right foot.



- Keeping a soft bend in your left knee, and using your right foot for balance only, hinge your hips back.
- Reverse the movement and repeat for 30 seconds.

Left-to-Right Rotational Plate Lift



- Stand holding the plate with both hands.
- Rotate your body so the plate is near your left hip. Then rotate your body to the right, raising the plate up and across your body until the weight is overhead.
- Reverse the move down and back to the left.
- Repeat for 30 seconds.

Healthy. Happy. For Real.



Empowering people to become their healthiest, happiest, most authentic selves, and supporting a balanced, deeply satisfying way of life.

[SUBSCRIBE](#)

Experience Life