

A photograph of two women playing volleyball on a beach. They are both wearing pink tops and orange shorts. One woman is reaching up to hit a blue and yellow beach ball over a net. The background shows palm trees and a clear sky.

workouts

The Right (Ways) To Bare Arms

Exercise your freedom of choice—
while you lose that underarm jiggle!

BY JESSICA CASSITY

One workout doesn't always fit all, so we asked *three* top trainers how to get shapely and sexy from shoulders to fingertips. Choose the routine that works for you or try them all—and get ready to go sleeveless this summer!



Secret Weapon Gliding Discs

These slick circles slide on carpet, wood, and linoleum. Add them to traditional moves like lunges and your muscles will work extra-hard to control your motion. (discs plus instructional DVDs, \$23; glidingdiscs.com)



Disc Fix

→ **The Plan** Because so many women prefer cardio over strength workouts, I suggest a supershort toning routine including unique Gliding Disc moves that you can easily squeeze into even the busiest day. Do this 6-minute routine three or four times a week, starting with 10 reps of each and building up to three sets of each. To burn more fat every day and get extra energy,



MINDY MYLREA
Creator of the
Gliding Disc
program and star
of the DVD *All
About Arms*

you should start each morning with a 5-minute cardio microburst. After a quick warm-up, do jump squats, jumping jacks, marching in place—or anything that raises your heart rate.

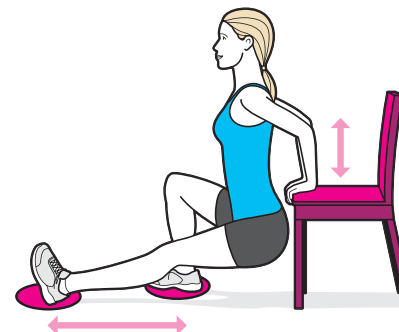
1 WIDE-ARM PUSH-UP

With discs under palms, slide hands out to sides as you bend elbows and lower. Slide them back in as you push up.



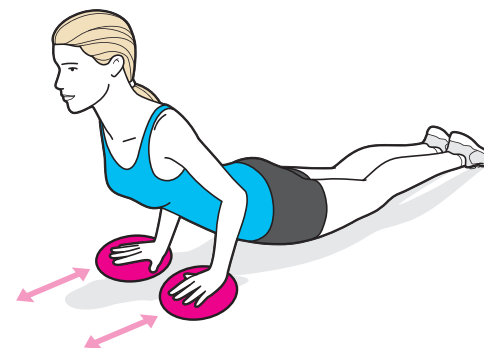
2 SLIDING DIP

With discs under feet, bend elbows back to lower hips while you extend one or both legs. Straighten arms and slide leg(s) back in.



3 ELBOW PULL

Lie facedown with arms overhead, hands on discs. Slide discs to you, lifting chest and bending elbows back. Lower. On the fifth rep, hold the up position; slide discs in and out 10 times.

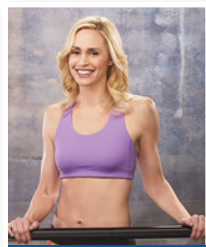


PREVIOUS SPREAD: TERRY DOYLE; OPPOSITE PAGE, FROM LEFT: KANG KIM; COURTESY OF MINDY MYLREA; EXERCISE ILLUSTRATIONS: CHRIS PHILPOT



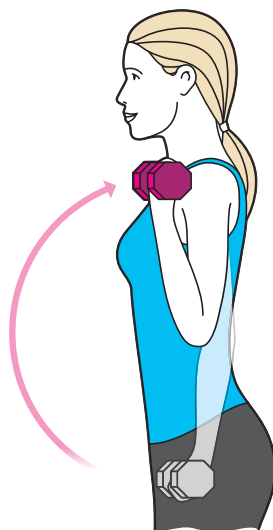
Dumbbell Drills

→ **The Plan** Many women focus on cardio workouts that exercise their lower bodies. That's important for burning fat, so do try to fit in at least three sessions a week. But to



SHELLY KNIGHT
San Francisco-based fitness professional certified in Pilates and Barre

shape your arms, you need to lift weights—a surefire way to build muscle tone. Each of these basic exercises has multiple variations that, put together, target all of the arm and shoulder muscles for speedy results. Do this routine four times a week on nonconsecutive days.

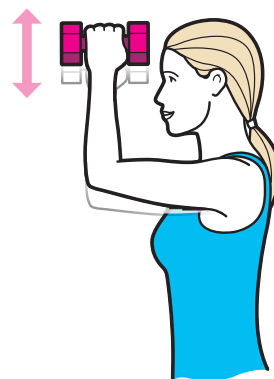


1 ARM CURL

5- to 8-pound dumbbells

Do 10 reps each:

- » With palms facing forward (biceps curl).
- » With palms at sides, facing in (hammer curl).
- » Alternate biceps curls, lifting one arm at a time.
- » Alternate hammer curls.
- » With palms out to sides (side curl).
- » Alternate side curls.



2 SHOULDER SHAPER

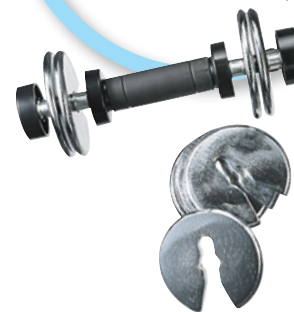
3- to 8-pound dumbbells

- » With arms raised and elbows bent, slowly lift and lower weights 1 inch; do 10 reps.
- » Quickly lift and lower; do 20 reps.
- » Quickly lift, alternating arms; do 10 reps with each arm.



Secret Weapon Adjustable Weights

Get firm faster by adding weight every 4 to 6 weeks. Buy a pair of adjustable dumbbells to save trips to the store. (Weider PowerSwitch, \$80; amazon.com)

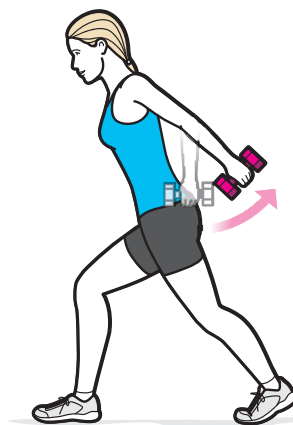


3 TRICEPS TONER

3- to 5-pound dumbbells

Do 10 reps each:

- » In a lunge with left arm bent, straighten and bend elbow.
- » With arm straight, palm in, lift and lower arm 1 inch.
- » Squeeze straight arm in toward body, then out.
- » With palm up, lift and lower arm.
- » Squeeze arm in toward body, palm up. After last rep, hold for 5 seconds.
- » Repeat with right arm.



OPPOSITE PAGE: COURTESY OF SHELLEY KNIGHT; THIS PAGE: KANG KIM



Push-Pull Program

→ **The Plan** No matter how busy you are, you've got to fit in cardio every day to shed fat. To sculpt shapely muscles, you should do push-ups and pull-ups. They're the ultimate arm toners because they target all the major



PETE CERQUA
Author of
*The 90-Second
Fitness Solution*

muscles at once for a fast workout that delivers. Here are variations that make these moves easier while maximizing their toning benefits. Do 10 reps of each every other day.

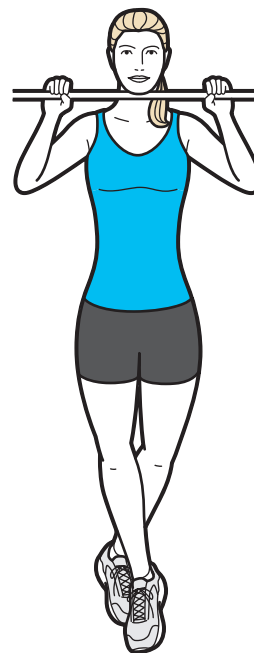
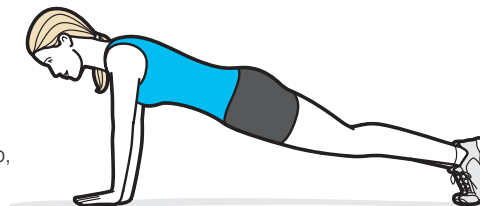


1 CARDIO EVERY DAY

Run up the stairs (then walk down) 20 times; challenge a friend to sprints in the park; or do 20 minutes of cardio at the gym.

2 DOWN-ONLY PUSH-UP

From a plank position, slowly lower (10 seconds) into a push-up, keeping entire body in line. Hold for a second; relax onto floor.



3 DOWN-ONLY PULL-UP

Hold on to an overhead bar (at a playground or gym, or install your own; see below) with palms facing away. Jump up so chin is above bar, elbows bent at sides. Slowly straighten arms until fully extended (10 seconds). Don't let feet touch the floor. Hop down.



Secret Weapon At-Home Pull-Up Bar

This quick-to-install device makes it easy to consistently practice one of the best arm-toning moves around. (The Chin-Up and Sit-Up Bar, \$20; everlast.com)



OPPOSITE PAGE: COURTESY OF PETE CERQUA; THIS PAGE: KANG KIM