

Amazing arms

The plan Using light dumbbells (3 pounds max), do two sets of 10 reps of each move. Complete the workout three times a week on nonconsecutive days, and you'll be armed and dangerously sleek in only three or four weeks.

1. Fighter pilot



Works shoulders, obliques, back Stand with feet hip-width apart, knees bent, a weight in each hand, arms down. Bend forward slightly at waist; extend arms to sides at shoulder level, palms forward. Rotate torso left. Let arms follow; look at left hand (as shown). Return to center; rotate right to finish rep. Do two sets of 10 reps.

2. Biceps balance



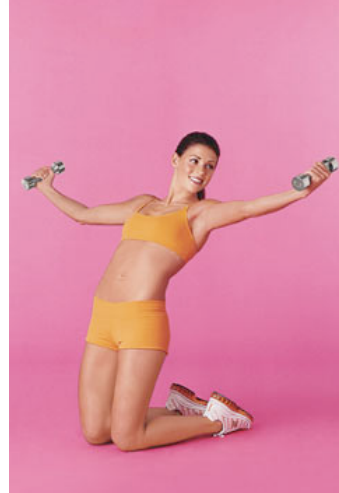
Works shoulders, biceps, abs Sit with legs together, knees bent, a weight in each hand. Tilt torso back 45 degrees and lift feet. Hold tilt as you straighten arms forward at chest level, palms up. With elbows in place, curl arms toward head (as shown). Keep body still as you curl arms out and in. Do two sets of 10 reps.

3. Power fly



Works chest, biceps, abs, butt Lie faceup with feet flat, a weight in each hand, arms out to sides at shoulder level, palms up. Press heels and shoulders into floor as you lift hips as high as you can. Maintain lift as you bring left knee toward chest, and palms together in front (as shown). Lower foot and arms. Repeat with right leg for one rep. Do two sets of 10 reps, lowering hips to rest between sets.

Torso twist



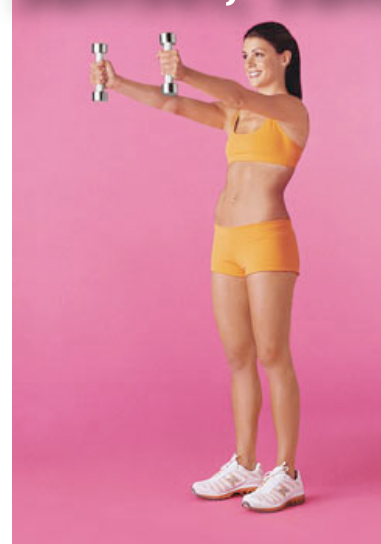
Works shoulders, biceps, back, abs Kneel with arms down, a weight in each hand. Lift arms out to shoulder height, palms up, elbows soft. Lean back, rotate torso left and look left (as shown). Return to center, upright; lean back; rotate right to finish rep. Return to center. Do two sets of 10 reps.

Hammer lunge



Works shoulders, triceps, back, butt, legs Start in a lunge, with right thigh parallel to floor, knee over ankle, a weight in left hand. Lean forward and place right hand on right thigh. Draw left elbow up to bring weight to ribs. Hold elbow in place, extend arm behind you. Raise chest to vertical as you bring left arm forward and overhead (as shown). Return to start. Do 10 reps; switch sides and do 10 more. Do two sets.

Sunset, sunrise



Works shoulders, back, abs Stand with feet hip-width apart, a weight in each hand, arms down. Slowly roll down from waist, one vertebra at a time, allowing head and arms to dangle above floor. Hold for one count, then slowly roll up and bring arms to shoulder height, palms in (as shown). Arch back slightly and reach arms back alongside head and slightly out to sides, palms up. Return to start. Do two sets of 10 reps.



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