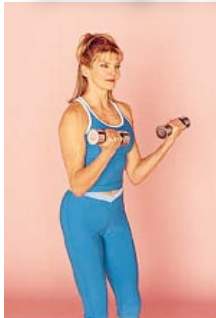


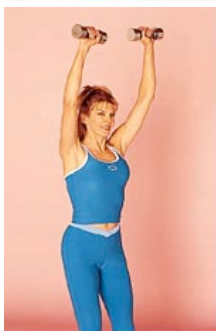
Jiggle-proof your arms

Grab a chair, a pillow and a pair of dumbbells and get started. For the fastest results, do one set of 10 to 15 reps of each move (except #8). In week two, do two sets of 10 to 15 reps of each move. In week three, keep doing two sets of 10 to 15 reps but add more weight (for example, use a 5-pound weight instead of a 3-pound weight). In week four, lift that same amount of weight, but do a third set of each exercise.

Biceps curl/overhead



(works your biceps and deltoids)
Stand with your feet hip-width apart, knees slightly bent, holding a dumbbell in each hand. Extend your arms by your sides with your palms facing up. Slowly curl weights toward shoulders.



Now turn your hands so that your palms face away from your body and press the weights overhead. (Be sure to keep your elbows soft at the top and the weights about shoulder-width apart.) Lower weights to starting position and repeat.

Combo chest/back fly



(works your pectoralis major and latissimus dorsi)
Lie back, holding a dumbbell in each hand, knees bent, feet hip-width apart. Extend arms out at shoulder as shown.

Lift weights so they meet directly over chest. Keeping hands together, lower weights over head until they almost touch the floor. Return to start and repeat.

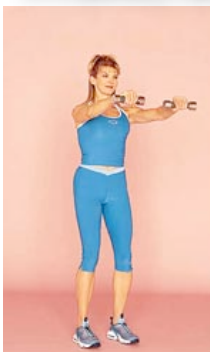
Wide-stance push-up



(works your pectoralis major and latissimus dorsi)
Lie back, holding a dumbbell in each hand, knees bent, feet hip-width apart. Extend arms out at shoulder as shown.

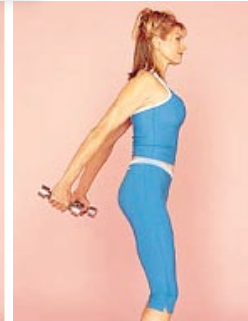
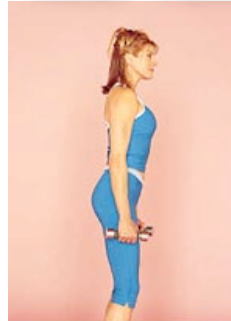
Lift weights so they meet directly over chest. Keeping hands together, lower weights over head until they almost touch the floor. Return to start and repeat.

Front/side shoulder



(works your deltoids)
Stand with feet hip-width apart, knees slightly bent, holding a dumbbell in each hand, arms lowered, palms down. Slowly raise arms to shoulder level (keep shoulders pressed down). Lower arms, then raise them out to the sides to shoulder height. Return to start and repeat.

Rear raise



(works your triceps and deltoids)
Stand with feet hip-width apart, knees slightly bent, holding a dumbbell in each hand, arms extended by sides, palms facing thighs.

Slowly lift arms straight back as far as you can, squeezing shoulder blades together as you lift and keeping shoulders pressed down. Lower the weights back to starting position and repeat.

Preacher curl



(works your biceps) With a dumbbell in each hand, sit on a chair with a pillow on your lap (you may want to fold it in half). Your feet should remain flat on the floor. Keeping your back straight, lean forward and rest your chest on the pillow; extend your arms over the pillow, palms up.

Slowly curl weights up toward your shoulders; lower to starting position and repeat.



French press



(works your triceps) Sit on a chair with back straight, feet flat on floor, holding a dumbbell in right hand. Extend right arm straight up overhead; bend left elbow, lift over head and grasp right arm just below elbow.

Lower weight behind your head until right elbow is bent 90 degrees. Slowly lift weight to starting position. Repeat all reps with right arm. Switch sides and repeat.



Modified handstand



(works your entire upper body) Stand with heels against a wall, feet hip-width apart. Bend over and place hands on the floor shoulder-width apart so body forms an upside-down V (beginners may enlist a friend to spot).

Pull abs in and walk feet up the wall until legs are parallel to floor; hold for 15 seconds, working up to 60. Return to start. Rest and repeat. Do three reps.

