

Sculpt sexy arms

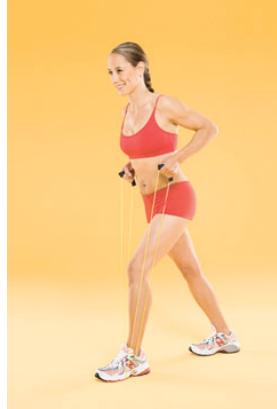
The plan Do two sets of 12 reps of each move three times a week on nonconsecutive days. All you need is a piece of tubing with light or medium resistance.

The thinker



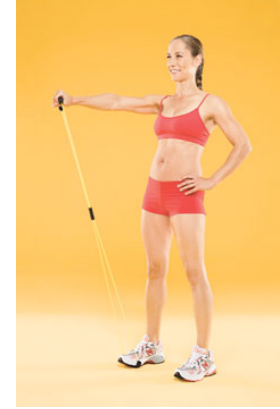
Works biceps, triceps
Sit in a chair with feet wide. Place one end of band under left foot; grip other end with right hand, arm straight, elbow resting on right inner thigh. Curl arm toward shoulder (as shown). Lower arm. Do 12 reps. Switch sides; repeat.

Twofold row



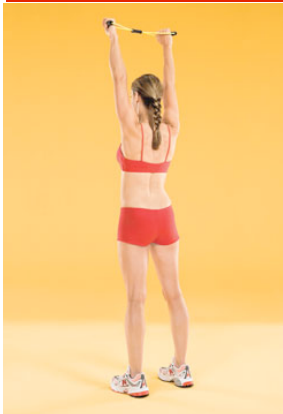
Works triceps, back
Stagger feet hip-width apart with left foot in front of right. Place middle of band under left foot and grip one end in each hand, arms down. Drive elbows up and back, squeezing shoulder blades toward spine (as shown). Lower arms. Do 12 reps.

Front raise



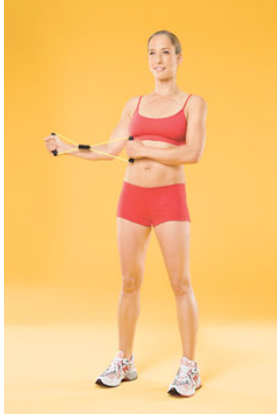
Works shoulders
With feet hip-width apart, place one end of band under right foot. Grip other end with right hand, palm facing thigh. Lift straight arm forward to shoulder height (as shown). Lower arm. Do 12 reps. Switch sides; repeat.

Arch



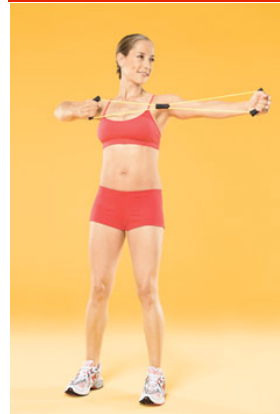
Works triceps, back
Hold band overhead, one end in each hand, palms out, feet hip-width apart (as shown). Keep arms straight and lower out to sides at shoulder height, band stretching behind head. Return to start. Do 12 reps.

Cuff pivot



Works shoulders
Stand with feet hip-width apart, holding one end of band in each hand. Fold left arm across waist and extend right arm to side, elbow bent (as shown). With right arm fixed, open left forearm to side, keeping elbow glued to waist. Return left arm to folded position. Do 12 reps. Switch sides; repeat.

Bow and arrow



Works shoulders, triceps
Hold one end of band in each hand, feet hip-width apart. Extend left arm to side at shoulder height, palm out; bend right arm in front of chest. Keeping left arm firm, pull right elbow back as if drawing a bow (as shown). Return right arm to front of chest. Do 12 reps. Switch sides; repeat.

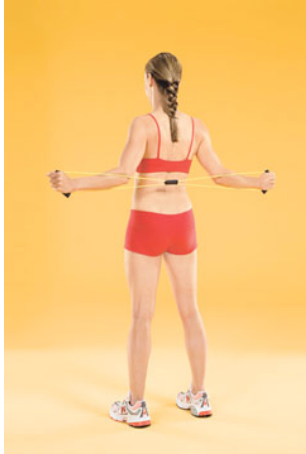
Back attack



Works shoulders, back

Stand with feet hip-width apart, knees bent, one end of band under right foot, other end in right hand. Bend at waist with left hand on left thigh, right arm down with palm back. Drive right elbow up (as shown). Lower arm. Do 12 reps. Switch sides; repeat.

Push-out



Works biceps, back

Grip band behind midback, one end in each hand, palms forward, arms out to sides, elbows bent 90 degrees, feet hip-width apart. Push arms out to sides from hips until band is taut (as shown). Return to start. Do 12 reps, pulsing for five counts on last rep.

Hang tough



Works shoulders, back

Stand with one end of band under right foot, other end in right hand. Lift left leg back and lower torso forward until body forms a T, arms straight toward floor, palms in. Hold pose as you draw right elbow up (as shown). Lower arm. Do 12 reps. Switch sides; repeat.

Go-to press



Works biceps, chest

Stagger feet with right in front of left, band behind back (at shoulder blades), one end in each hand. Raise arms to shoulder height, elbows bent to 90 degrees, palms down. Straighten arms forward (as shown). Bring arms back. Do 12 reps.

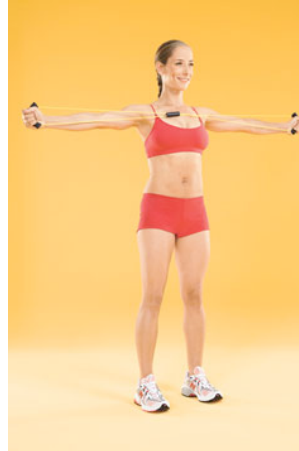
Triceps reach



Works triceps

With feet hip-width apart and one end of band in left hand, lift left arm overhead and bend elbow, forming a 90-degree angle with left arm. Reach right arm behind back and grasp other end of band. Resist with right hand as you straighten left arm (as shown). Lower left arm. Do 12 reps. Switch sides; repeat.

Open season



Works shoulders, chest, back

Stand with feet hip-width apart, one end of band in each hand. Raise arms straight out in front of chest to shoulder height, palms in. Open arms to sides (as shown). Return arms to center. Do 12 reps.



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