

wave bye-bye to **ARM FAT**

Embarrassed to wave goodbye to relatives during the holidays? Do you refuse to wear that sleeveless dress because you are self-conscious about your arms? This layer of fat on the triceps is due not only to excess fat but also a lack of muscle tone. The following are exercises to add to your resistance training routine that targets your triceps:

1. TRICEP DIP

Start by finding an elevated surface such as a chair or a bench. Place your hands shoulder width apart on the surface while keeping your legs and your arms extended. Bend your arms until your triceps are parallel to the ground. Then extend your arms back to the original position. Beginners can simply bend their knees to decrease the intensity. Experienced athletes can elevate their legs on another chair or bench for an extra challenge. You can also lift one leg off the floor to give your core some work. Note: Do not lock out your elbows while your arms are extended, as this may lead to joint pain. Avoid shrugging your shoulders during movement.



STEP

1



2. SPHINX PUSHUP

Start in pushup position (lying prone with your arms extended and your body in a straight line) with your hands aligned with the chest. Bend your arms until your forearms are completely flat against the floor. Make sure to keep your elbows close to the body. Now extend your arms back to the original starting position.

Remember working out one body part to “tone” never works. A combination of a full body resistance routine, cardiovascular routine, and proper nutrition gives the best results.



STEP

2



model: Caty Badell

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