



# East Meets West for Killer Arms

**K**risten McGee, MTV's yoga and Pilates guru, claims that spicing up traditional weight training moves with a dash of yoga makes them 10 times more effective. Of this tree biceps curl, she says: "You're working your biceps, but you're also working your butt, hips, thighs, low back and abs." To see how right she is, try two sets. Hold a weight in each hand. Stand on your left foot, bend your right knee, place your right foot on the inside of your left thigh and turn your right knee out. Straighten your arms down so the weight in your right hand is in front of the inside of your thigh and the weight in your left hand is at your side. Stay in balance as you curl the weights up toward your shoulders, then lower to start. Repeat 12 times and do the next set balanced on your right leg. Too hard? McGee recommends placing your foot on your ankle instead.