

serious sculpting

Tone your arms and your abs with these do-anywhere moves

Workout by Kristin McGee

if you're looking for arm definition without lifting weights, these moves are for you. "When you use your core muscles and gravity, you can create your own resistance, which means you'll tone and tighten your arms as you move them through space," says Kristin McGee, a Pilates instructor in New York City and star of MTV's Pilates and yoga DVDs.

These four moves—some of which have been adapted from Pilates machine work—will challenge your abdominal strength while shaping your arms, back and shoulders. "Working without resistance can sometimes be more challenging than with resistance, because you are forced to use your own body weight

and you can't rely on the machines to hold you up," says McGee. "The core has to work extra hard to maintain the lift in the spine."

For best results, McGee, who created and models this workout, suggests imagining your arms are pushing against something heavy while doing these moves, or pretending that you are in a swimming pool, moving the water with your arms. Do the recommended number of sets two to three times a week. As your strength and endurance increase, you can add a challenge by doing the first three moves while gripping tennis balls or holding one-pound weights.

PHOTOGRAPHY BY STEVE WACCARIELLO, HAIR AND MAKEUP BY VAN SUTWAZER, TOP BY AURELIA, SHORTS BY CASALI, FOR GREENGLASS/RECRUITING.COM SEE PAGE 88



Shaving

Sit tall, legs straight out in front of you. Engage your abdominals and pitch forward from the hips (as if you're diving into a swimming pool). Lift your hands overhead and draw the tips of your thumbs and pointer fingers together, creating a diamond between the hands. Bend at the elbows and draw your palms behind your head (a).

Keeping your elbows lifted, press the arms up and out, using the triceps and keeping the shoulders dropped. Keep the fingers touching (b).

Bend the elbows, bringing the hands back behind the head. Repeat 4 to 6 times.



Rowing

Sit tall with the legs straight out in front of you, feet flexed and quadriceps engaged. Bend your elbows wide to the sides and make fists with your hands in front of your chest. Turn your palms out (see previous page).

Use your lower abdominal muscles to round your back into a C-curve. Roll your lower back onto the mat, knitting your front ribs together and sliding your shoulders down and away from your ears.

Inhale as you straighten your arms and press them out to the sides with resistance, as if you are opening elevator doors (a).

Bow forward over your legs and sweep your arms behind you, turning your palms up toward the ceiling. Scoop the abdomen in even tighter (b). Dive the arms overhead and reach toward your toes (c). Unroll the spine and come back to sitting straight. Repeat 4 to 6 times.



California Rowing

Sit up tall with the legs straight out in front. Deepen the abdominals in toward the spine and round your back into a C-curve. Bend the knees slightly. Interlace your fingers in front of your chest and rotate the palms to face out (a). Bend and straighten the arms 10 times, pressing through the heels of the hands.

After your last repetition, release the hands and make fists, palms up and hands in front of the shoulders. Do 10 biceps curls (b).

Finish by opening your arms to the sides, palms facing forward. Bend your elbows in to your sides 10 times, rotating your palms up (c).

For an extra oblique workout: Place your right foot over your left and drop your knees to the left as you roll back and twist the torso to the right. Repeat the entire California Rowing series to the right. Roll up to sitting, then repeat the series to the left.



C



Incline Plank

Sit up tall with the legs straight out in front of you. Place the palms 10 to 12 inches behind your hips, fingers facing you. Scoop your abdominals deep in toward your spine and lift your hips up so that your body is in line from head to toes and your weight rests on your hands and feet. Use your hamstrings, glutes and abdominals to keep your hips high (a). Hold for 5 to 10 deep breaths. Expand through your chest but keep the front ribs drawn toward each other and the abdominals engaged.

For an extra arm challenge: Perform 8-10 triceps dips from this position (b), allowing the hips to drop slightly if necessary.

