

SHAPE

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Six simple moves for a firm, flat front

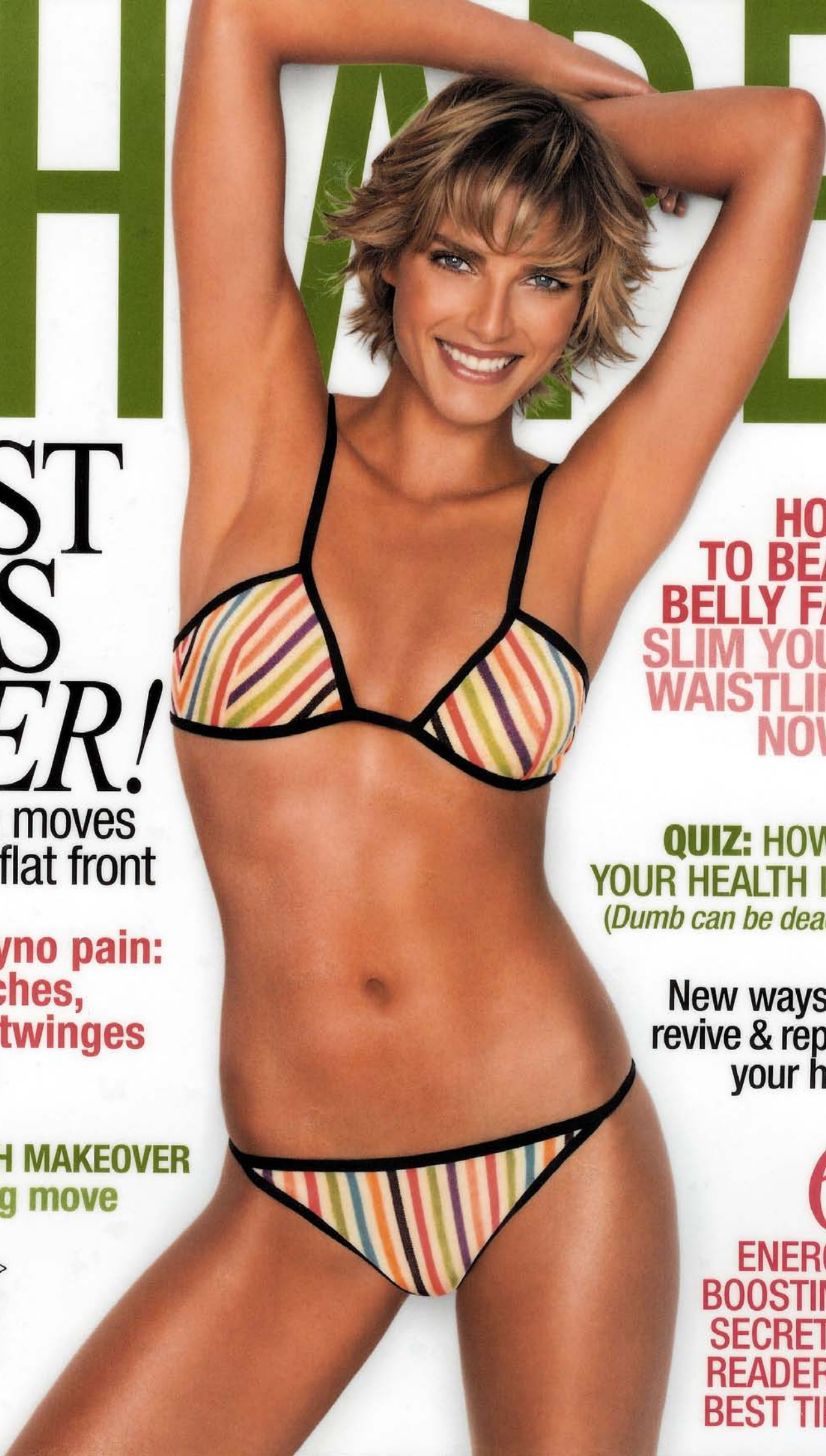
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August 2004



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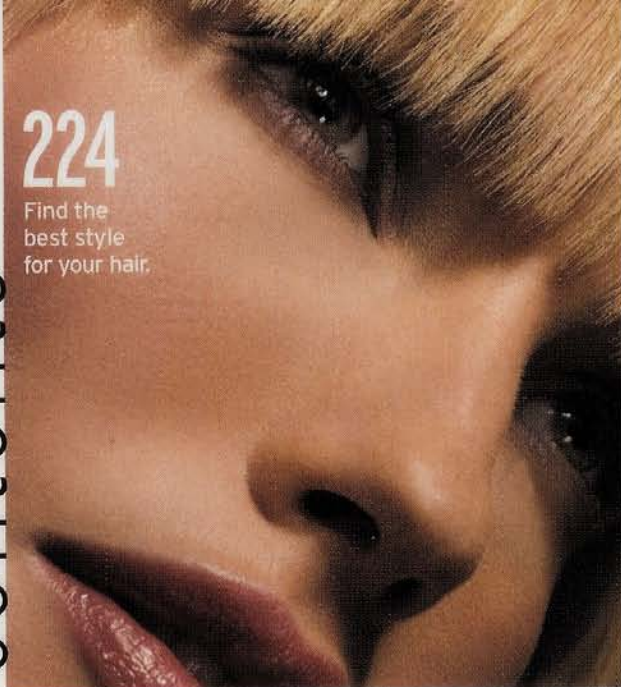
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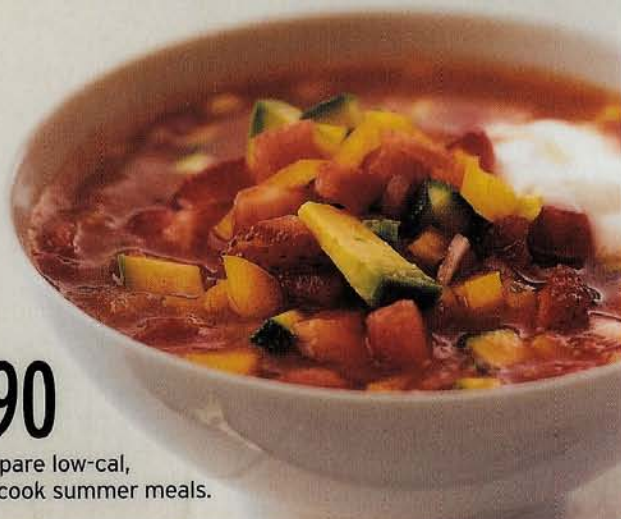


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Grab the hottest trend for fall.

cover look

Danielle Smit wears a Missoni multistripe bikini with black trim. Photography by Christophe Jouany. Hair by Michiel Sanders for Public Salon Williamsburg. Makeup by Roberto Morelli for NARS/Link.nycla.com. Fashion Director: Kristina Ferrante Coleman. To get a look like Danielle's, try makeup from Lancôme. On the cheeks: Blush Subtil Sheer Delicate Oil-Free Powder Blush in Sheer Amourose. On the eyes: Colour Focus 4 Ombres Exceptional Wear EyeColour Quad in 4Style, Le Stylo Waterproof Long Lasting EyeLiner in Cafe and Hypnôse Custom Volume Mascara in Brown (on lashes). On the lips: Juicy Wear Ultra-Lasting Full Colour and Shine Lip Duo in Pink Gourmand. On the body: Flash Bronzer Tinted Self-Tanning Moisturizing Mousse. On the hair: Hair Sensation Beauty Style Ultra-Light Styling Cream. See Buyer's Guide, page 240, for retail information.



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Prepare low-cal, no-cook summer meals.

get fit

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sleek, sexy ARMS

3 killer moves to get you armed and dangerous

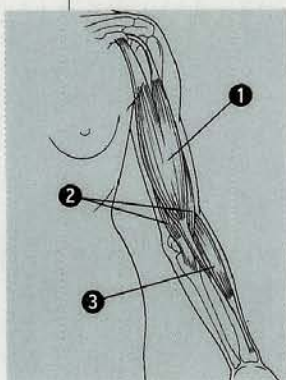
By Stacy Whitman

TRAINER'S STRATEGY

For a sexy, defined look, do three of the best moves for hitting your biceps – training them equally to prevent or correct muscular imbalances.

WHY IT WORKS

These exercises from trainer Scott Berlinger are your ticket to sculpted biceps. Each exercise forces your left and right arms to work equally hard, so you develop balanced strength, essential for optimum performance and injury prevention in sports such as running, volleyball and swimming. You'll start with the straight-bar curl, which requires keeping equal tension in both arms to keep the bar even. Next is the single-arm dumbbell curl, which works one arm at a time in a standing position, using your core muscles to keep your torso from rocking. You'll end with the concentration curl, again working each arm independently, but from a seated position. Because you're more stable, you can really hit the biceps and use more resistance.



MUSCLES WORKED

arms:

1. biceps brachii
2. brachialis
3. brachioradialis

MUSCLE MECHANICS

The biceps brachii and brachialis are the primary muscles on the front of your upper arm. They flex your elbow and rotate your forearm, so your palms can face up or down. The biceps muscle, which gives your arm its shape, has two heads, one long and one short. Both cross your shoulder joint at different places and attach on your shoulder blade, inserting together just below your elbow. The brachialis lies under your biceps and is your strongest elbow flexor.

DETAILS

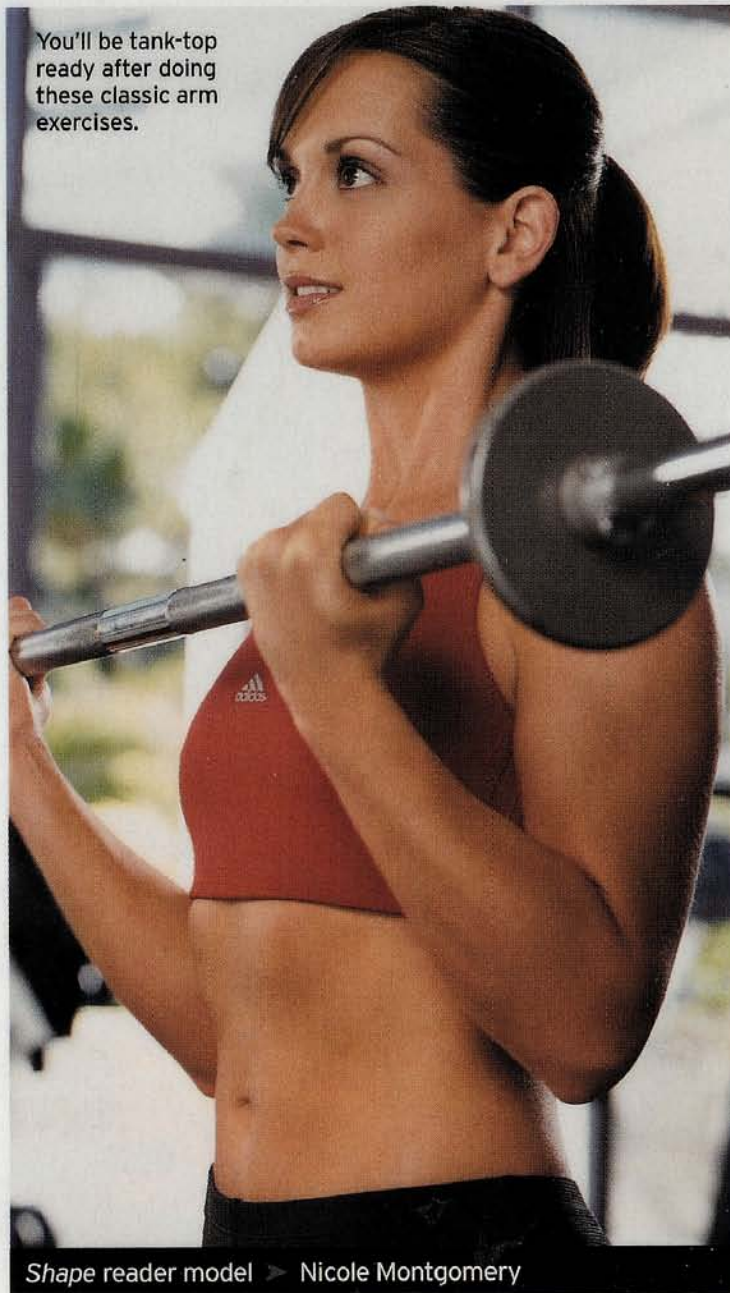
To do these moves, you'll need a 15- to 30-pound straight barbell or Body Bar and a set of 5- to 15-pound dumbbells. Warm up with 5 minutes of low-intensity cardio. End each workout by stretching your biceps, holding each stretch in a controlled manner for 30 seconds.

SHAPE READER MODEL

Nicole Montgomery, 26, does 45 minutes of cardio and 30 minutes of weight training 4-5 times a week. "If you want to keep seeing results, change some part of your workout every 4-6 weeks," she says.

Stacy Whitman is a freelance writer in Ketchum, Idaho.

You'll be tank-top ready after doing these classic arm exercises.



Shape reader model > Nicole Montgomery



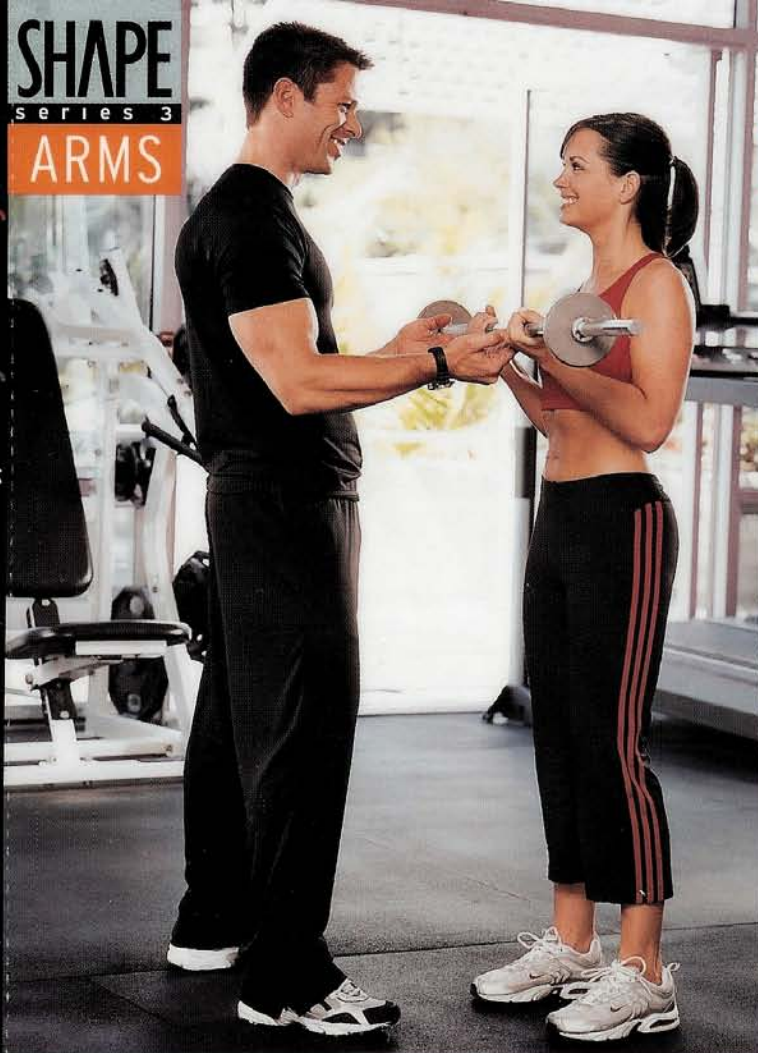
WHAT WORKS If you're a runner, take this tip from endurance coach and trainer Scott Berlinger, creator and founder of Full Throttle Endurance Training and Racing at The Sports Center at Chelsea Piers in New York City: Strong biceps could mean the difference between flying across the finish line and fading early. "When you run, you don't just use your legs," he says. "Your arms are in a constant state of flexion." This pistonlike motion helps you transfer energy and propel your body forward. "Your arm speed dictates your leg speed," Berlinger explains. If you keep your biceps strong, you'll have an easier time pumping your arms, which could pay off in faster and longer runs.

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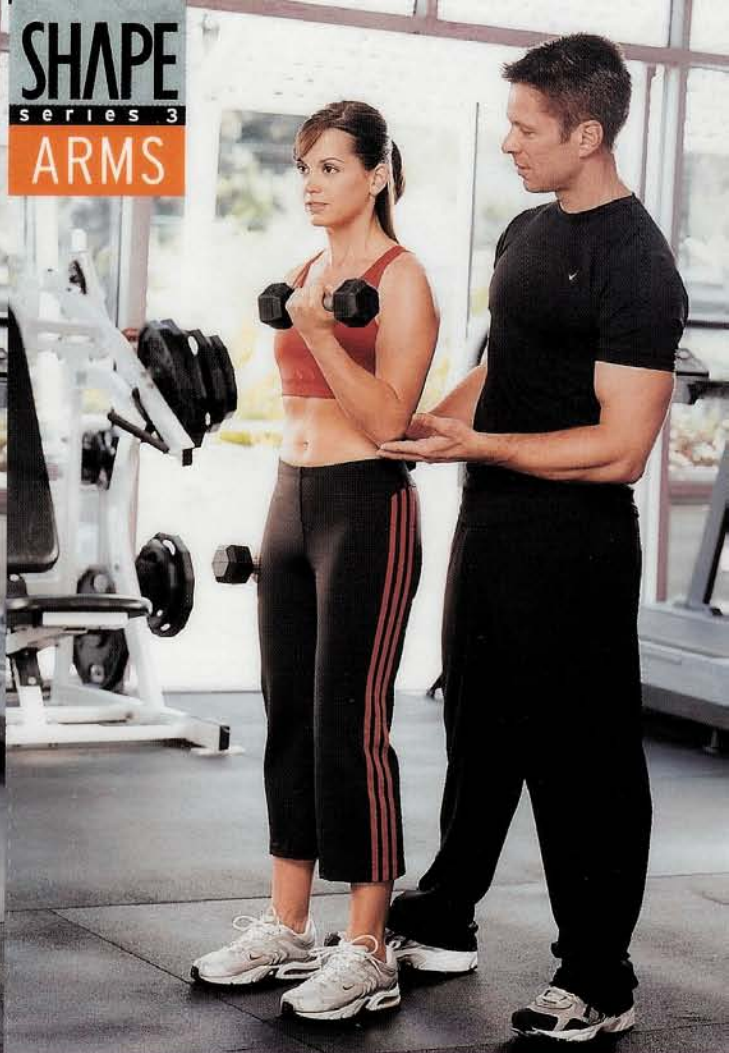
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ARMS

take it to the gym targettraining

**target your arms** straight-bar curl**SHAPE**

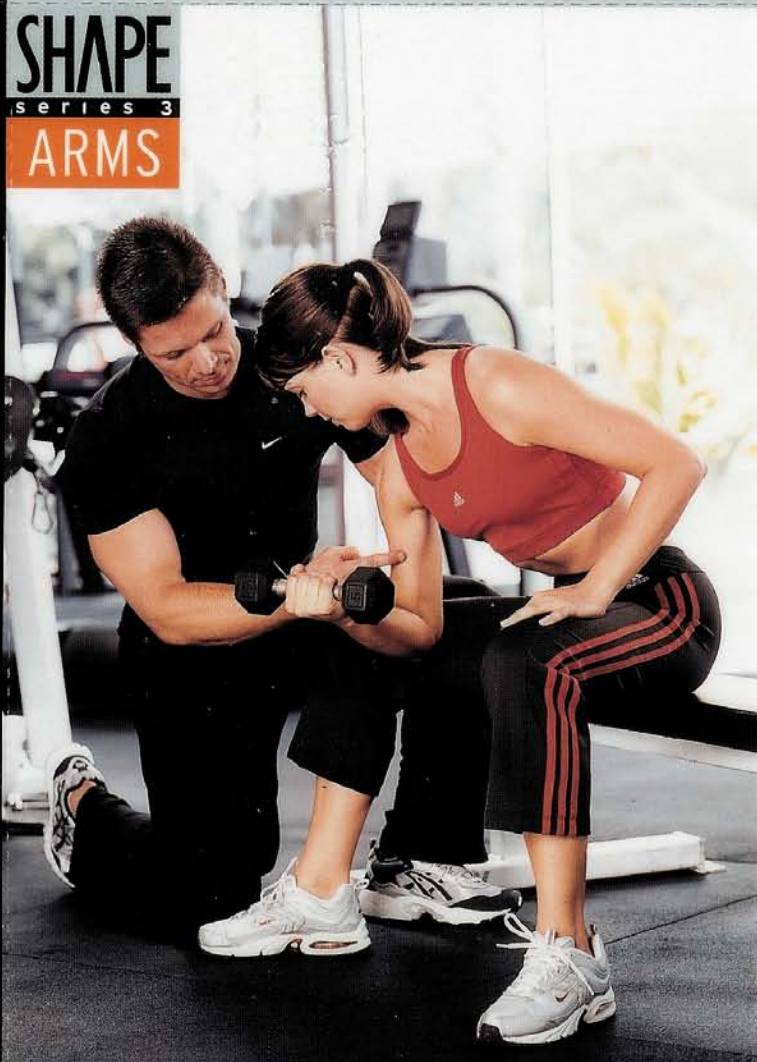
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ARMS**target your arms** single-arm dumbbell curl**SHAPE**

series 3

ARMS

Find these - and other - great arm moves at Shape.com.

**target your arms** concentration curl

take it to the gym > targettraining

sleek, sexy ARMS

beginner/intermediate WORKOUT SCHEDULE

Do these moves twice a week, taking at least one full day off between workouts. Change the order of the exercises at the start of each week. Progress to the advanced program after 4-6 weeks, or when you feel ready.

| exercise | straight-bar curl | single-arm dumbbell curl | concentration curl |
|--------------|-------------------|--------------------------|---------------------|
| sets | 3 | 3 | 2-3 |
| reps | 15-20 | 12-16 with each arm | 10-15 with each arm |
| weight range | 15-30 pounds | 5-15 pounds | 5-10 pounds |

TARGET TIP Keep your elbow immobile when doing these exercises; moving your arm takes the emphasis away from your biceps.

SHAPE August 2004

Trainer: Scott Berlinger
Reader model: Nicole Montgomery

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single-arm dumbbell curl

Strengthens biceps, brachialis and brachioradialis

- Grasp a dumbbell in each hand, then stand with feet hip-width apart, knees slightly bent, arms by your sides, palms facing in.
- Contract abdominals, moving spine into a neutral position, chest lifted, shoulder blades down and together.
- Keeping elbows and shoulders motionless, curl the left dumbbell up toward shoulder, rotating hand so palm is facing up at the top of the lift.
- Retrace this pattern to return to starting position, then repeat with right arm.
- Continue to alternate sides to complete reps.



(MODEL) ADIDAS CLOTHING (ADIDAS.COM), NIKE SHOES (NIKE.COM); (TRAINER) NIKE CLOTHING (NIKE.COM), ASICS SHOES (WWW.ASICS.COM)

TRAINER'S TIP Turn your pinky finger toward your shoulder at the top of the movement to get deeper into your biceps muscle.

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straight-bar curl

Strengthens biceps and brachialis

- Hold a barbell with an underhand grip where the inner grips meet, slightly less than shoulder-width apart, knees slightly bent, arms hanging by sides, elbows aligned under shoulders.
- Contract abdominals, moving spine into a neutral position, chest lifted, shoulder blades down and together.
- Without changing elbow or shoulder position, curl barbell up toward shoulders, keeping wrists straight.
- Slowly and with control, lower barbell and repeat, maintaining an even pace as you lift and lower.



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TRAINER'S TIP Hold the bar with an easy, relaxed grip. If your knuckles turn white, you're gripping too hard, which wastes energy and can strain wrists.

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sleek, sexy ARMS

advanced WORKOUT SCHEDULE

Make your workout more challenging by supersetting the straight-bar curl and the single-arm dumbbell curl. Here's how: Do 1 set of each exercise without resting in between; this equals 1 superset. Rest 30-60 seconds at the end of the superset, then repeat.

| exercise | straight-bar curl | single-arm dumbbell curl | concentration curl |
|----------------------|---|--|---------------------|
| sets | 2-3 | 2-3 | 3 |
| reps | 12-15 | 12-16 with each arm | 10-15 with each arm |
| weight range | 15-30 pounds | 5-8 pounds | 8-12 pounds |
| special instructions | Superset with the single-arm dumbbell curl. | Use less resistance and superset with the straight-bar curl. | none |

TARGET QUOTE "The secret of health for both mind and body is not to mourn for the past, worry about the future or anticipate troubles but to live in the present moment wisely and earnestly." — Buddha

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concentration curl

Strengthens biceps and brachialis

- Grasp a dumbbell in right hand, then sit on the edge of a flat bench or chair with your knees twice hip-width apart and feet flat on the floor. Keeping back straight, lean forward from hips and place the back of upper right arm against the inside of right thigh, so upper arm is perpendicular to the floor.
- Contract abs to keep from slouching forward; place left hand on left thigh for support.
- Keeping wrist straight, bend right arm to lift dumbbell up toward right shoulder.
- Slowly lower to starting position, then repeat to complete reps. Switch arms and repeat to complete 1 set.



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TRAINER'S TIP Be sure your triceps, not just your elbow, is against your thigh. Otherwise, your arm may slip, and you won't be able to isolate the biceps as effectively.

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