

SELF

Win
this
bathing
suit!
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Total body makeover

It really
works!

21 sneaky workout tweaks
to help you firm up faster

The depression
only women get
Why your doc may not spot it

Become a healthy eater

7 fixes for past
health blunders
Give yourself a fresh start

Have more fun this summer!
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No sleeves?
No problem!
Best moves
for show-off
arms and
shoulders

It's easier than ever.
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41 ways to get your
feet into tip-top
flip-flop shape

● No sleeves? No problem!

It's tank top time. And what's sexier than a sleek, defined upper body? Commit to less than an hour a week and you'll be shrugging off your sleeves in a month flat.

BY AMELIA R. FARQUHAR

Hey, you—yeah, the one in the long sleeves. Feeling a little leery about shouldering this season's tank tops, halters and spaghetti straps despite all that upper-body oomph you've been putting into your workouts? The truth is, most of us work our upper bodies in such a haphazard way that we're actually sabotaging our results, says personal trainer Brad Schoenfeld of Scarsdale, New York, author of *Look Great Sleeveless* (Prentice Hall Press). "If you choose your moves incorrectly, you run the risk of overlap, decreased efficiency and, ultimately, no visible results," he explains. So enough with that hodgepodge of old favorites you've been using. Be smarter about getting shapelier arms by adding a little science to your system. This routine incorporates classic exercises in new,



effective combos, so you'll get maximum upper-body buffness using fewer moves.

The exercises in this 20-minute workout target different parts of your upper body so you won't tire too quickly. For each area (shoulders, chest, triceps and biceps) there are two moves. Do 10 to 15 reps of each, and do both one right after the other, which equals one "giant" set. Rest 30 seconds between each giant set. Do three of these sets for each area no more than twice a week. Don't do the same strength moves two days in a row. Combine this program with 20 to 40 minutes of cardio, three

to five days a week (go for longer, more frequent cardio sessions if you're looking to trim body fat). In two weeks you'll feel stronger; in four weeks you'll be fielding enough compliments to make you wish sleeveless would never go out of season!

BEFORE YOU TURN THE PAGE

We absolutely guarantee results if you...

- **Row, row, row your bod** Try substituting upper-body calorie-burning summer sports like kayaking and canoeing for your regular cardio workout, but save these activities for days when you're not doing upper-body resistance moves. Want a dry land alternative? Jumping jacks and shadowboxing, which keep your arms in constant motion, work, too.
- **Squeeze** Contracting a muscle without using weights—technically known as isotension—gives your muscle definition. Suffering through a boring phone call at work? Flex your arm so your biceps

enlarges and hold for 30 seconds. Try this with other muscles such as your triceps and shoulders.

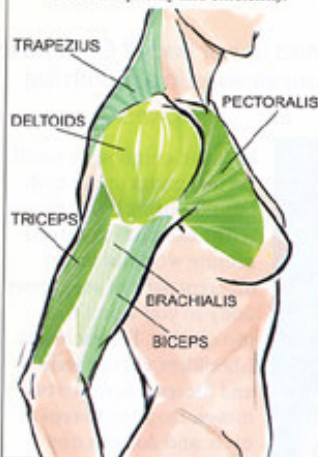
- **Put exercise on your to-do list** Regular workouts are the only way to see results. Schoenfeld's stick-with-it tip: Visualize yourself with jiggle-proof arms a few times a day to reinforce your goals.
- **Synchronize your watch** Exercise during your most energetic times of day. If you're not a morning person, don't force it. Get pumped when you feel strongest. Don't waste your time going through the motions without any real enthusiasm.

A. BEAU: STYLING, KRISTEN MULVHILL; HAIR, DAVIDE FOR GRAHAM WEBB FOR ARTISTS FOR TIMOTHY PRANSKY; MAKEUP, AMANDA PRATT FOR SARAH LARRO; SEE US SHOPPING ONLINE.

8 moves for bare-able arms

UPPER-BODY ATLAS

Our routine works your arms, shoulders and chest quickly and efficiently.



You'll need a set of resistance bands (Xertubes, \$5 to \$10, www.spriproducts.com, have easy-to-grip handles) or a pair of 5- to 12-pound dumbbells and a step or stair. Do three giant sets for each group (one giant set is 10 to 15 reps of both moves in each muscle group); rest 30 seconds between each giant set.

SHOULDERS

1. Upright row (works trapezius) **a.** Stand on resistance band with feet shoulder-width apart, knees soft. Grasp ends of band in front of you with elbows slightly bent and palms facing tops of thighs. **b.** Keep hands close to your body as you slowly raise them until elbows are at shoulder level (elbows stay higher than wrists). Slowly return to start position.



2. Arnold press (works deltoids) **a.** Stand on band, feet shoulder-width apart, knees soft. Hold ends of bands with hands at shoulders, palms facing you. **b.** Raise arms to ear level as you rotate palms until they are facing each other. **c.** Extend arms above head as you turn palms out. Slowly lower hands along the same arc, rotating palms back to start.



CHEST

3. Bench push-up (works pectorals) **a.** Place hands slightly wider than shoulders on the floor and feet on step or stair. Your body should form a straight line (don't let lower back sag). **b.** Bend elbows to lower upper body slowly until chest is a few inches off the floor. Push up to start.



4. Flye (works pectorals) **a.** Stand on band, feet shoulder-width apart, knees soft. Hold ends of bands with hands near sides, elbows bent. **b.** Slowly pull hands up and together so arms create a semicircle (like a hug) until hands touch at shoulder level in front. Slowly reverse direction, returning to start position.

