

# Women's FITNESS

Body-By-Choice Challenge Ranks 101...  
Hundreds of Women Joining Every Week!

INTERNATIONAL

## Anna KOURNIKOVA

Will she rule the court?

## BODY-BY-CHOICE Challenge

First ever WOMEN ONLY Fitness Challenge —  
Changing Dreams into Reality! Starts Page 40

## STRESS!

How it puts on WEIGHT—  
and how you can KEEP IT OFF!

## GET READY FOR SUMMER

Let us show you how with this  
season's hottest SWIMSUITS  
and the EXERCISES to get the  
body for them!

- Slender Arms by Summer
- Best Ab Exercises in the World!
- Quick Fix Lower Body Solution

Madal Seaman

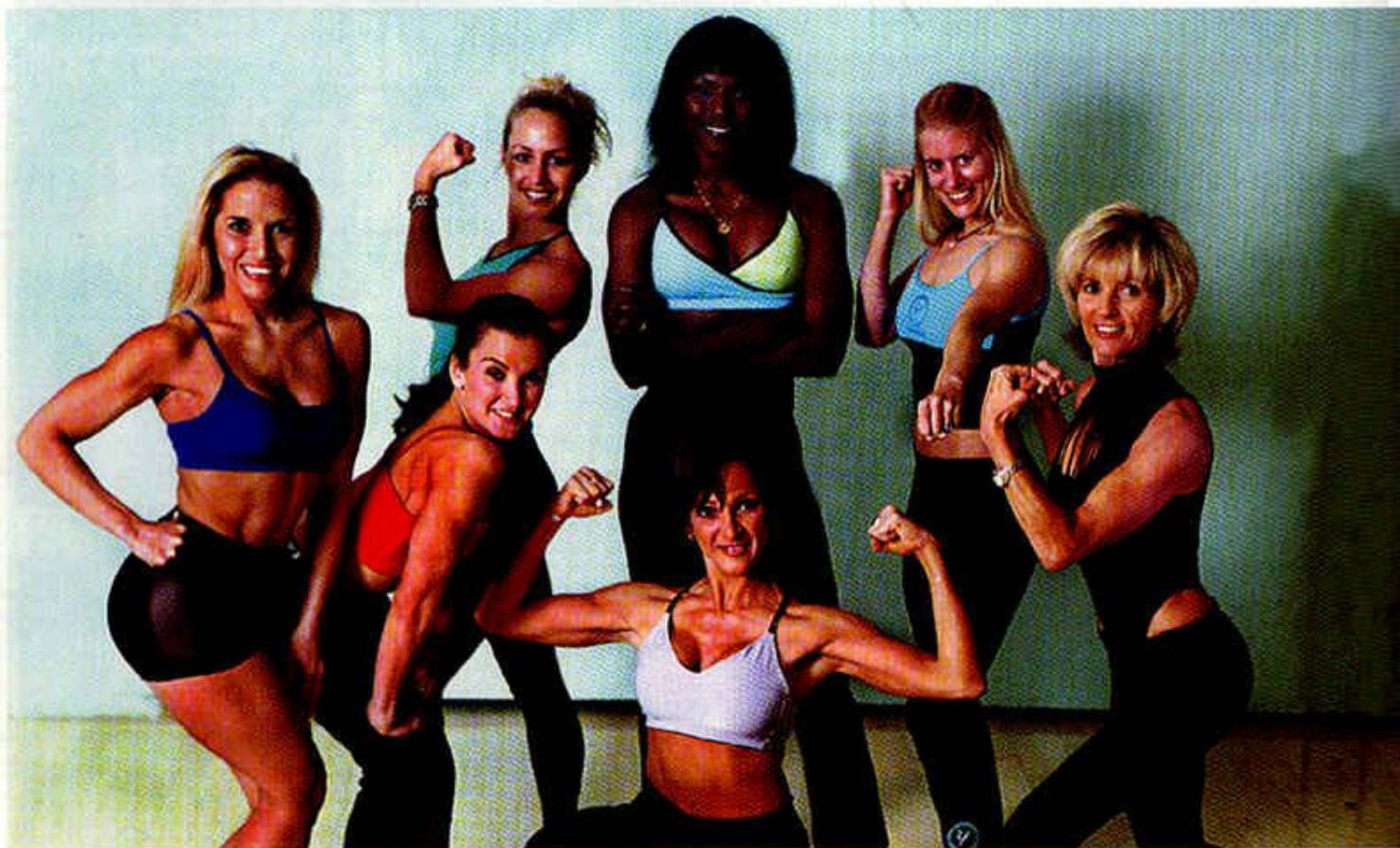
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# EXERCISE YOUR RIGHT TO BARE ARMS!

Toss out those long sleeves and show off your toned, shapely arms and shoulders this summer

by Ellen Latham, MS. Photography by Anthony Pineda



No other area of a woman's body is more troublesome to tone than the triceps, that elusive muscle on the back of the arms. This area is one of the female body's "Big Three" (midsection, hips and back of the arms) where excess fat tends to settle. Even worse, the triceps hides where it's hard for you to see—but everybody else sure can! The last thing you want to show off is extra flesh flapping in the breeze, but that's just what happens when the triceps is out of shape. Toning this muscle is a three-part process, so start the following steps now to get your arms ready to bare.

**1) Control your overall body-weight** — If you do not already have

an aerobic component in your exercise program, find an activity you like and can stick with. You may walk, cycle or even run as long as it gets your heart rate up to 70 to 80 percent of its maximum for at least 20 minutes. Perform aerobic exercise three times a week. You will begin to see improvements rapidly.

**2) Develop a proportionate body composition** — Reduce the percentage of fat in your body in relation to muscle, water, bone, and lean tissue. This is not about simply decreasing bodyweight, because if done indiscriminately, dieting may result in dehydration and loss of muscle and other lean tissue. By combining a regular exercise routine with a

healthy diet, you will lose fat without losing muscle.

**3) Muscle tone** — No matter how many times we hear it, it can be hard to accept that there is no such thing as spot reducing. When dieting, you will lose fat from areas throughout the body, but most obviously from the areas that gained fat most recently. If you follow the first two steps above, you will decrease the fat stored in your arms. The third step is to tone the muscle. I am a firm believer that great arms develop only when the tissues of the arms are firm and the attached tissues (i.e., shoulders, chest and upper back) are equally well defined. This issue, our exercises will include moves that work this entire area.

*For the most effective means to tone your arms, I went to Miami's best trainers and harvested their best tips.*

## Janis Saffell

**Certified by ACE, NASM, AFAA, AAA/I, has starred in more than 10 award-winning fitness videos and has recently released two new videos**

*"Women come to me for defined arms that do not look bulky. I suggest punching."*

### *The Upper Cut*

Stand with your feet shoulder-width apart, keeping your elbows in tight to your ribs. Rotate your hips to the left, and side crunch using your obliques, while imagining your right elbow bouncing (palm is facing in toward your face). Using your shoulder muscles, lift your elbow so it is parallel to the ground and your fist is in front of your face. The arm movement is up and down. Do for 3 sets of 10 punches on right side. Repeat on the other side.

