

Sexy Arms in 7 Minutes

by Linda Knittel

You don't need a lot of time to develop strong, sexy arms. "The biceps and triceps react relatively quickly to external stimulation, so they're often the first muscle groups to show definition when you begin resistance training," says Jeff Rochford, a personal trainer and owner of Jeff's Gym in New York City. What's more, you don't even have to use dumbbells—Rochford's seven-minute arm-toner plan uses a resistance band that allows you to adjust the tension according to your fitness level. It's a great, quick supplemental workout on the days when you can't do a longer one. Do the series twice, resting for 30 seconds between cycles.

Minute 0:00–0:30 Shoulder Flye

Stand with tailbone tucked under slightly. Grasp an end of the resistance band in each hand, and adjust the length until you find a challenging tension. Raise arms to shoulder level in front of you, palms facing down, and slowly open them out to the sides, pulling evenly on the band and keeping elbows slightly bent. Maintaining control, bring arms straight in front of you again. Repeat for 30 seconds.

0:30–1:00 Curl/Extension

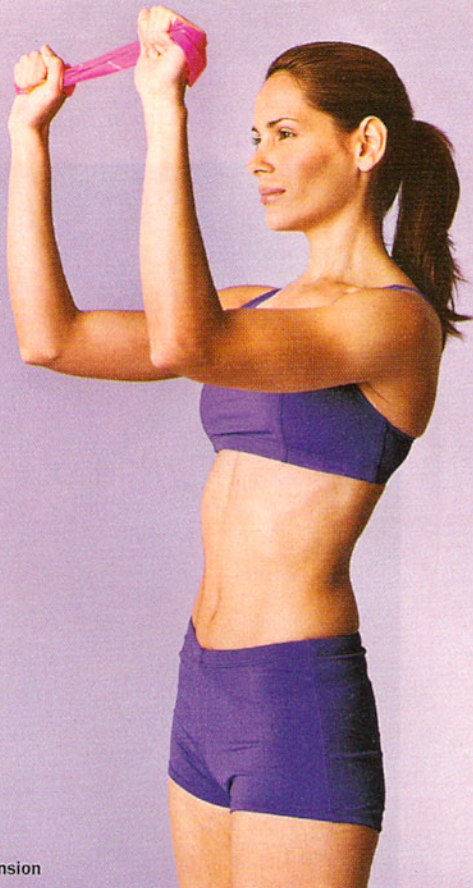
Tighten tension on the band, still holding an end in each hand. Keeping arms extended, bend elbows 90 degrees, palms facing forward. Slowly straighten arms until they are parallel to the floor, pulling on band as you do so to create an isometric contraction. Pause for 1 count; return to starting position. Repeat for 30 seconds.

1:00–2:00 Curl/Kickback Combo

Step on the middle of the band with one foot, holding an end in each hand, arms at sides, palms facing each other. Keeping back flat, bend forward from hips about 45 degrees. Slowly curl hands toward chest, leading with your thumbs; lower and extend arms behind you, flexing your triceps and keeping elbows close to sides. Pause for 2 seconds at the end of the movement. Return to biceps curl. Repeat for 1 minute at a slow and controlled pace.

2:00–2:30 Lateral Biceps Curl

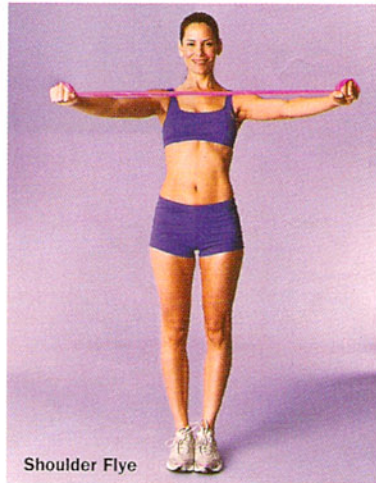
Stand up straight, placing both feet on the center of the band. Keep your elbows tight against your body and rotate your fore-



Curl/Extension



Overhead
Triceps Raise



Shoulder Flye

arms so they're at a diagonal to your body. Curl hands up until your elbows are bent 90 degrees; pause for 2 counts. Lower slowly; repeat for 30 seconds.

2:30–3:30 Overhead Triceps Raise

Raise left arm straight overhead with right arm by side, grasping band in each hand. Keeping your left arm against your ear, bend left elbow until fist is at the base of your head. Slowly raise fist until arm is fully extended; pause for 1 count. Keep upper arm still throughout. Repeat for 30 seconds; switch arms.

3:30–4:00 Rest

Stretch upper body, especially shoulders and triceps

4–7:30 Repeat moves from beginning ■