

GLAMOUR

Body by Glamour Bonus Workout: Tone Up Your Arms

Adding these three moves from Body by Glamour celebrity trainer **Ramona Braganza** will give you sexy arms and shoulders—just add them to the end of any workout.



WHAT YOU'LL NEED FOR THIS WORKOUT:

A pair of three- or five-pound dumbbells.

WHAT TO DO:

- Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Log your workout in your **fitness journal**.



Front raise

(works your chest, arms and shoulders)

A. Stand with feet hip-width apart, knees soft, holding a dumbbell in each hand, palms facing thighs, as shown.

B. Slowly raise weights in front of you to shoulder height, as shown; pause, lower and repeat. Do 12 reps.



Hammer curl

(works your biceps)

A. Stand with feet hip-width apart, holding a dumbbell in each hand, arms by sides, elbows slightly bent, palms facing forward, as shown.

B. Slowly raise weights in a half-circle toward shoulders, as shown, squeezing biceps at the top of the move; lower to the starting position and repeat. Do 12 reps.



Triceps kickback

(works the backs of your arms)

A. Stand with feet hip-width apart, knees slightly bent, holding a weight in each hand. Lean torso forward, keeping back flat, and bend elbows 90 degrees, bringing weights to waist level, as shown.

B. Keeping upper arms fixed by sides, slowly extend arms behind you, as shown, lifting weights as high as you can; pause, then return to the starting position and repeat. Do 12 reps.

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