



MATT SCOTT

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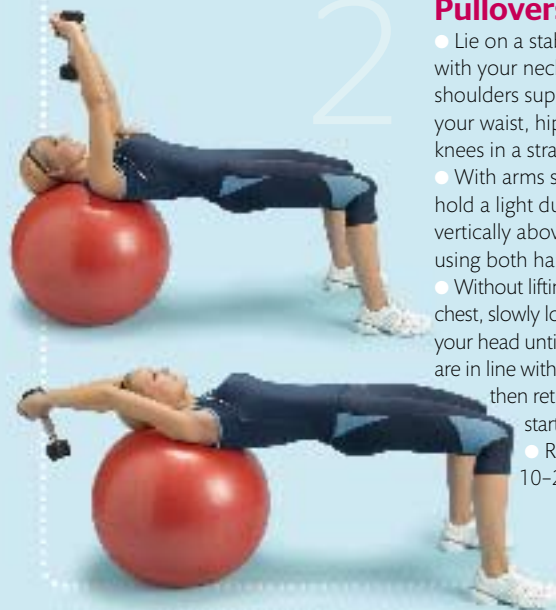
How to have a BEAUTIFUL BACK

If you want to show off a toned back in strappy summer dresses, now's the time to start working on it – here's how



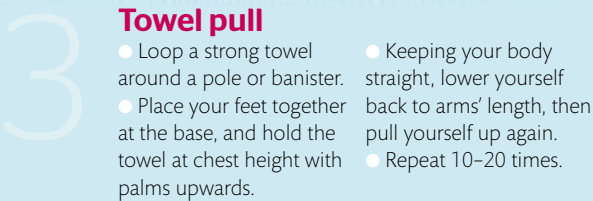
1 Seated reverse flies

- Sit on a stability ball (or chair) and lean forward from your hips.
- With arms straight, hold a pair of light dumbbells under your thighs.
- Maintaining your leaning position (resisting the temptation to poke out your chin and keeping the back of your neck long) lift the dumbbells out to the side.
- Repeat 10–20 times.



2 Pullovers

- Lie on a stability ball with your neck and shoulders supported and your waist, hips and knees in a straight line.
- With arms straight, hold a light dumbbell vertically above you, using both hands.
- Without lifting your chest, slowly lower it over your head until your arms are in line with your body, then return to the starting position.
- Repeat 10–20 times.



3 Towel pull

- Loop a strong towel around a pole or banister.
- Place your feet together at the base, and hold the towel at chest height with palms upwards.
- Keeping your body straight, lower yourself back to arms' length, then pull yourself up again.
- Repeat 10–20 times.



4 Side-lying rear delt

- Lie on your left side with your knees slightly bent and your head on your outstretched left arm.
- Using your right hand to hold a light dumbbell out in front of you, lift it upwards until your arm points straight up in the air, then lower it slowly to the floor.
- Repeat 10–20 times on each arm.

PHOTOGRAPHS: HUNGRY TIGER; MODEL: FRANKY @ MODEL PLAN. CLOTHING: TOP: LA GEAR; BOTTOMS: CASALL; TRAINERS: ADIDAS. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME.