

Super-tone your arms



MATT SCOTT

has 20 years' experience as a trainer and was the fitness expert on Channel 4's *10 Years Younger*. For info, visit www.mattscott.co.uk.

Summer dresses mean you'll soon be flaunting your arms. Try these exercises to help them look their beautiful best

1

Curl and press
Tones the fronts of your arms and shoulders

- Stand with your feet shoulder-width apart and knees slightly unlocked.
- Hold a pair of dumbbells (approx 4-6kg) in front of your shoulders. Simultaneously lower one to the side while pressing the other over your head.
- Keep your palms inward when you lower, and forward when you press over your head.
- Perform 1-3 sets of 15-20 reps on each arm. The last few reps should feel difficult – increase the weight if not.

2

Dumbbell tricep extensions
Tones the backs of your upper arms

- Lie on your back holding a pair of dumbbells out in front of you (approx 2-5kg).
- Slowly lower one arm towards your ear by bending at the elbow, keeping your upper arm still.
- Straighten your arm, then repeat on the other side.
- Perform 1-3 sets of 10-20 reps – again, increase the weight if the last few reps don't feel challenging.

3

Lateral raise
Tones the shoulders

- Stand with your feet shoulder-width apart and knees slightly unlocked. Hold a pair of dumbbells (approx 2-4kg) by your sides.
- Lift them out to the side to around ear height, pointing slightly forward so your upper arms are aligned with the angle of your shoulder blades.
- Slowly lower the dumbbells and repeat.
- Perform 1-3 sets of 10-20 reps, increasing the weight if the last few reps are easy.

4

Tricep kickbacks
Tones the backs of your arms

- Get onto all fours and hold a dumbbell in one hand (approx 1-4kg).
- Keeping your elbow at your side, straighten your arm at the elbow to lift the dumbbell behind you, palm facing inward.
- Lower and repeat. (Don't twist your torso as you lift the weight.)
- Perform 1-3 sets of 10-20 reps on each arm, increasing the weight if you need to.

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