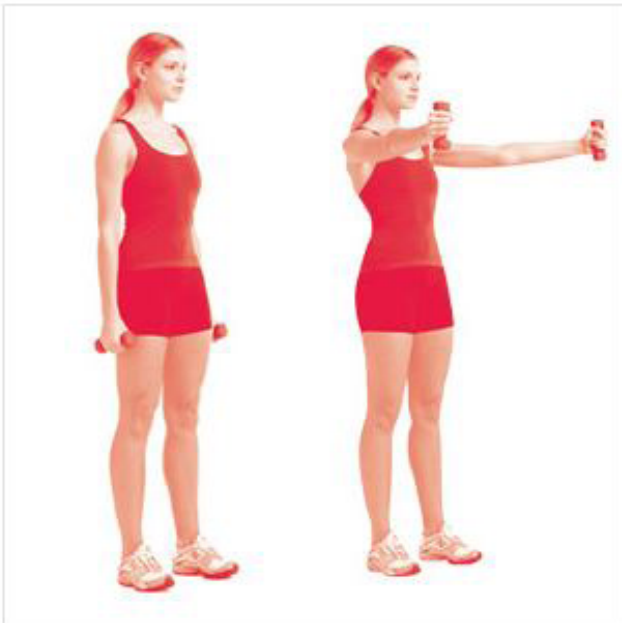


# The (15 minute) Bye-Bye Arm Jiggle Workout

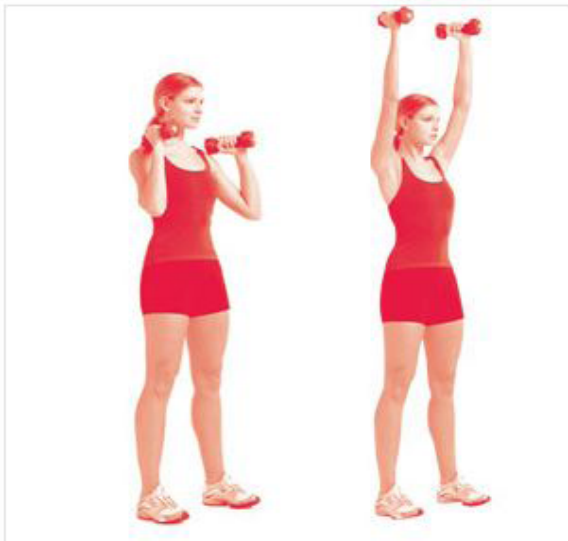
Strapless dresses expose your upper back, shoulders, upper chest, and arms. This workout will shape all those places. Do these arm exercises one after another with no rest in between. Repeat the circuit, resting a minute between circuits.

## MOVE 1 Standing V Raise



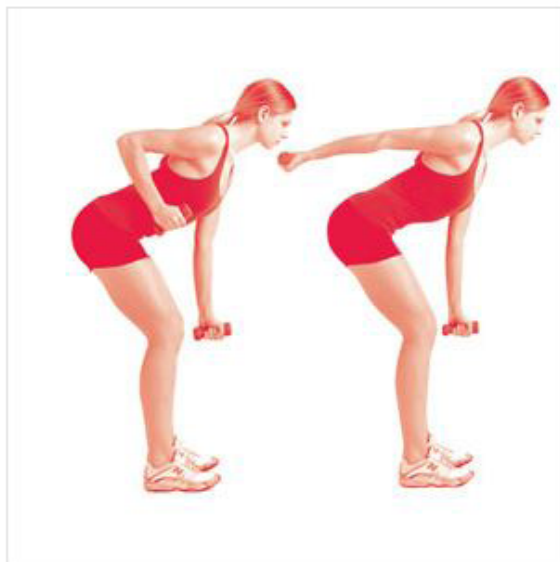
Hold a dumbbell in each hand and stand with your feet shoulder-width apart, arms at your sides, palms in. With arms straight but not locked, raise the weights diagonally in front of you, so that your arms form a V shape, until your arms are parallel to the floor. Hold for one second, then return to the starting position. Do 12 to 15 reps.

## MOVE 2 Shoulder Press



Holding a pair of dumbbells just above your shoulders, palms facing each other, stand with your feet shoulder-width apart, knees slightly bent. Press the weights until your arms are straight overhead. Hold for one second, then take three seconds to lower the dumbbells back to your shoulders. Do six to eight reps.

## MOVE 3 Rotating Triceps Kickback



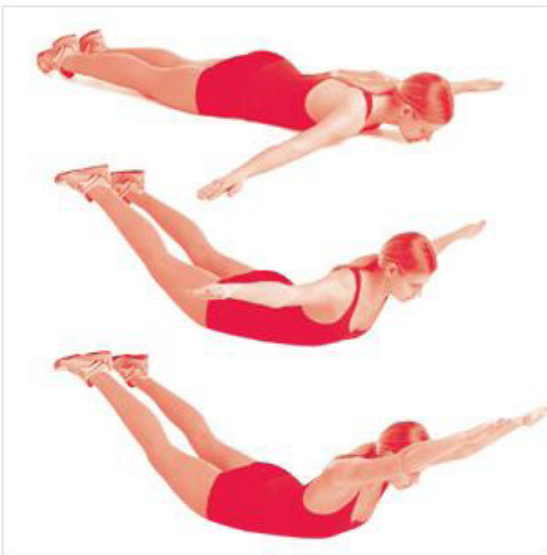
Stand with your knees bent and lean forward slightly, with a dumbbell in each hand. Bend your right elbow to bring the dumbbell to your side, making your upper arm parallel with the floor. Press the dumbbell back, and as you straighten your arm, rotate it so that your palm faces the ceiling. Rotate it back so that your palm faces in, and return your arm to the bent position. Do 12 to 15 reps with each arm.

## MOVE 4 Pike Walk Pushup Combo



Stand with your feet together, arms at your sides. Bend over (it's OK for your knees to be slightly bent) and place your hands or fingertips on the floor in front of you. Walk your hands forward until you are in a pushup position and do one pushup. Keeping your hands in place, walk your feet forward until they're as close to your hands as possible. That's one rep. Continue moving forward until you've done five or six pushups.

## MOVE 5 Airplane Extension



Lie facedown and extend your arms out at shoulder level with your palms facing the floor. Pull your shoulder blades together and lift your arms, legs, and chest off the floor. Holding that position, bring your arms forward, reaching past your head. Hold for one count, then move them back. Lower yourself to the floor. That's one rep. Do 10 to 15.

## MOVE 6 Crescent Lunge and Row



Grab a dumbbell in your right hand and stand with your feet together, arms at your sides. Lunge forward with your left leg until your left knee is bent 90 degrees. Lower your torso as close as possible to your left knee as you raise your left arm out to the side to shoulder height, palm down. Allow the dumbbell in your right hand to hang naturally. Row the dumbbell straight up until your right elbow passes your torso. That's one rep. Do 12 to 15, then repeat on the opposite side.

## MOVE 7 T Pushup



Get into a pushup position with your hands on the floor directly below your shoulders. Lower yourself to the floor. As you push yourself up, rotate the right side of your body upward, lift your right arm, and roll onto the outside of your left foot. Straighten your right arm so your fingertips point toward the ceiling. Hold for one second before returning to the pushup position. Repeat, this time rotating left and reaching up with your left arm. That's one rep. Do five.