



BUFF

BY MEAGHAN BUCHAN

UPPER-BODY BLAST

Tone your top half with this summer shape-up.

If you want amazing jiggle-free arms like Jennifer Garner's, firm up your biceps and triceps with moves 1 and 2 below from personal trainer Ihsan Scott, of Gold's Gym in New York City. Do 4 sets of 10 reps, three times per week. Then boost your bust and sculpt your shoulders with his chest challenge. Work up to four push-up twists.

MOVES TO MASTER



1

KNEE-HIGH BICEPS

Stand tall, holding a 3- to 8-pound dumbbell in each hand, palms facing forward. Contract your abs to maintain your balance as you raise your right knee to a comfortable height. Hold this pose throughout the exercise to engage your core and help recruit the muscles more effectively. Slowly curl the weights up to your chest, keeping your elbows locked at your sides. Lower to the starting position. Switch legs and repeat.



2

PUSH-UP TWISTS

Assume push-up position, on your toes with your hands directly under your shoulders, keeping your back straight. Roll to your right side, putting one foot in front of the other, so that your thighs are touching and you are supporting your weight with your right hand. Raise your left arm straight up and turn your head toward it. Hold for a three-second count and return to the starting position. Repeat on the other side.

GET MORE ENERGY INSTANTLY

HIT THE GYM

We know: You can't drag your butt out of bed, let alone to the gym. But ironically, working out will actually invigorate you. "You don't have to sweat like crazy to benefit," says Jon Gordon, author of *Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life*. "Get moving, even if that means taking a 10-minute walk."

DRINK WATER

Dehydration is a huge fatigue factor. That's why it's crucial to imbibe at least eight cups of H₂O a day. "Sipping chilled water every 30 minutes sends a clear and immediate signal to your brain to increase alertness and energy," says Gordon.

TAKE A BREATH

Anytime you need a quick pickup, take 5 to 10 long, deep breaths, inhaling for two seconds and exhaling for four. "This sends more oxygen coursing through your body, which, in turn, gives you a jolt," says Gordon. Hint: Having strong abdominal muscles will help you maintain better posture, improving your breathing naturally.

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NOEL J. FEDERIZO. Fashion editor: Eise Wilson. Hair and makeup: Travis Culbertson for Nars Cosmetics and Bumble and Bumble Haircare. Top: Keiko. Pants: Athleta. (Illustrations) ANDERS WEINGREN.

HEALTHY CHITCHATTING WHILE YOU WORK OUT MAY PRODUCE YOU TO EXERCISE LONGER BECAUSE IT FEELS EASIER.

SOURCE: A RECENT STUDY CONDUCTED BY THE UNIVERSITY OF SCRANTON IN PENNSYLVANIA