



move

## A Call to Arms

A holistic upper-body workout doesn't just give you great guns; it may even help you create the life you want.

BY KATE HANLEY

COME SUMMER, we start paying a considerable amount of attention to our newly naked arms, and likely fretting about them.

Yet the merits of a sculpted arm go far beyond sheer aesthetics. "Yoga teaches that our arms are an energetic extension of the heart, giving and receiving not only physical energy but also love," says Sierra Bender, founder of Bootcamp for Goddesses and author of *Goddess to the Core*.

And while strength breeds confidence (especially when you can shove your own luggage into the overhead compartment), strong arms may also help shape your life in a metaphorical way. "Your biceps pull desirables toward you, and your triceps push undesirables away," says Tammy Wise, founder of BodyLogos, which offers a Taoist approach to fitness.

View a tighter upper bod, then, as a conduit to reaching for more of the things you want (opportunity, friends) and pushing back on what you don't (obligations, negativity). Pair that with a set of strong, open shoulders and you set yourself up not just for tank top season, but for life.

## SLOW BURN, FAST TRACK

This sequence develops tone, posture, and range of motion. The key is a combination of slow and fast movements that strengthen different muscle fibers. Trainer Tammy Wise suggests choosing hand weights that are heavy enough to challenge your muscles without sacrificing form. Beginners can start with 3 to 5 pounds and work up to 10.



### COMBO BICEPS CURL

**SLOW** Stand with feet hip-width apart and knees slightly bent, arms extended (A). Curl arms upward (B), flexing your wrists at the top of the curl, palms toward the ceiling (C). Then return to the start position and unflex wrists. 10 to 15 reps.

**FAST** Do a speed round without the weights or wrist flexion, making fists as you curl your biceps, spreading your fingers on extension. Repeat 30 times.

**WORKS** Biceps, forearms

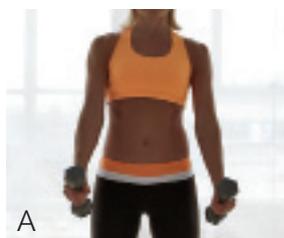


### TRICEPS EXTENSION

**SLOW** Bend forward at the hips with knees slightly bent. With your chest forward, extend your spine into a flat back, keeping your elbows behind your waist (A). Straighten your arms. Elbows are still as you extend your arms behind you, rotating your palms toward the ceiling (B). Return to start, turning palms inward. 10 to 15 reps.

**FAST** Drop the weights, and squeeze your hands into fists as you extend your arms. Spread your fingers as you bend your arms. 30 to 50 reps.

**WORKS** Triceps, rear shoulders

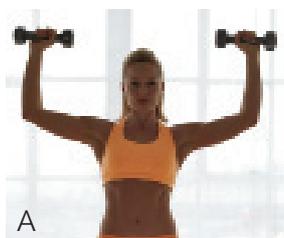


### LATERAL RAISE

**SLOW** Hold a dumbbell in each hand, with palms facing each other, thumbs up (A). Lift arms straight up to eye level (B). Rotate arms from the shoulders, turning palms downward (C). Then rotate palms back to face each other (B). Return to start. 15 reps.

**FAST** Do a speed round without the weights, hands in fists on (A) and (B), fingers spread on (C). 30 reps.

**WORKS** Front and sides of shoulders, forearms



### REVERSE-SHOULDER PRESS AND EXTEND

**SLOW** Raise both arms just above your shoulders, elbows bent (A). Lower right hand to shoulder level (B), then press arm back up. Repeat on the left side. 16 reps.

**FAST** Put the dumbbells down and extend your arms out to the sides at shoulder height (C). Rotate your arms from the shoulder sockets, turning your palms up and down as fast as you can. 30 to 50 reps.

**WORKS** Shoulders, upper back



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