

THE TRAVEL ISSUE: Tropical Destinations & Luxury Close To Home

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NEXT ISSUE:

Lauren shows how to get a strong and sexy back.

[TRAIN RIGHT]
UPPER BODY Workout

Arm muscles can be some of the most rewarding to work out because they tend to deliver quick and visible results. Give yours some definition using this move by Lauren Boggi, creator of the Lithe Method.

—Melissa Auman Greiner

TARGET: Abs, arms and upper back

MOVE: Lithe Method Russian Arm Reaches

RX: Do three sets of 10 reps five times a week.

Step 1: Lie on your back with your legs up and knees bent in line with the floor. Place a soccer ball or small exercise ball between your knees. Beginners can start with feet on the floor, knees bent at a 90-degree angle and a small ball between the knees. To really work the abs, ditch the ball and extend legs fully. Hold a three- or five-pound free weight in each hand, pointing palms toward your body as you extend your arms along your sides.

Step 2: Keeping your chin tilted toward your chest and eyes forward, breathe in and then exhale, contracting your abs, depressing your shoulders and gently lifting your upper body off the floor. Breathe in again, this time extending your arms upward so they are parallel with your ears as you exhale. Inhale and lower your arms to their original position. Continue in this motion and challenge yourself with each set.

Wrong Way: Avoid seeking the easy way out and allowing your abs to become loose and unstable, which will throw off your balance and put too much stress on your neck and lower back. Instead, contract your abs and flatten your back on the floor. To ensure correct form (and prevent arms from wobbling away from your ears), keep shoulders pressed downward. Your eyes should look toward your kneecaps, not up.

Step 1



Step 2



Wrong Way

