

YOUR PERSONAL TRAINER

Wave goodbye to flabby arms

amNY
/health

- For fitness advice
- To read up on the latest diet trends
- For up-to-the-minute health news



Lawrence Hosannah wants to pump — you up. (See ahead)

By Dany Carrington
dcarrington@amny.com

Just because your Thanksgiving had a walking lock doesn't mean you need

to do well (let's not take "you are what you eat" too far). And it's not just neck aches you need to worry about come the holidays, but also that web of fat under your

arms that shakes from side to side every time you wave goodbye to the relatives.

Fortunately, personal trainer Lawrence Hosannah has devised a workout that

will "make [them] stand out in a real or short," he says. Ladies can also use the routine to tone their upper body to look fit in their holiday best.

1 Dumbbell side raises

Grasp two dumbbells and stand up straight, holding them at your sides. Keeping your elbows slightly bent and your head straight, raise the dumbbells up to shoulder level without swinging your arms. Make sure you return a slight bend in your elbows at all times. Pause briefly when the dumbbells are at shoulder level, then slowly lower them to your thighs. Complete three to four sets of eight to 15 repetitions.



2 Bench dips

Sit on a sturdy bench with your arms at your sides. Grasp the bench with your hands spaced shoulder width apart. Bring your feet forward until they are almost straight. Make sure your butt is still on the bench. From this position, slowly move your feet forward until your butt is an inch or so away from the bench. Face your head forward, breathe in and lower your body by bending your arms. Stop when your upper arms are parallel to the ground. Keep your torso close to the bench as you lower your body. Once your upper arms are parallel to the ground, reverse the motion by straightening your arms, exhaling as you ascend. When your arms are straight, squeeze them for one to two seconds, then go into the next repetition. If you find it difficult to complete this exercise, bring your feet closer to your body to make it slightly easier. Complete three to four sets of 10-20 repetitions.



3 Biceps pull-down

Grasp a straight pull-down bar, place your hands shoulder width apart with your palms facing toward you. Once you have your grip set, sit down on the machine's bench. Start with your arms overhead, and pull the bar down to eye level in a single, smooth motion. Breathe in as you pull, and keep your back straight. Pause for one to two seconds (keeping the bar at eye level), then exhale as you slowly let the bar back up. Complete four sets of eight to 10 repetitions.



4 Shoulder press

Sit on the bench of a shoulder press machine. Grasp the handles so that your arms form a 90-degree angle. Looking up slightly and keeping your back slightly arched backward, press the bar up toward the ceiling in a controlled manner. Pause when your elbows are almost locked out, then breathe in as you slowly lower the weight to the level of your collarbone. Immediately go into the next repetition. Complete three to four sets of eight to 10 repetitions.

