

# FITNESS TIPS

## How To Get The Perfect Tank Top Arms And Bikini Belly (Without Ever Setting Foot In A Gym)

(NAPSA)—Three simple exercise moves could quickly have you on your way to looking and feeling great.

That's the idea behind fitness guru Minna Lessig's time-efficient sculpting program. The former Ms. Fitness USA and one-time fitness correspondent for CBS' "The Early Show" says the regimen tones trouble spots and can start producing early results in as little as 10 days.

The key to the program's success? *It doesn't waste time.*

That means it focuses on movements that help busy women make the most of their workouts. Specifically, efficient, effective routines that share a common goal of increasing energy and improving health and looks.

"This is cutting-edge fitness," says Lessig. "The entire program will not only make women look better but also feel healthier, stronger and more energetic."

The workout is broken down into easy steps in Lessig's new book and DVD, titled "Tank Top Arms, Bikini Belly, Boy Shorts Bottom" (Rodale, Inc.). Here's a look at three of the most widespread problem spots—and her favorite exercises for dealing with them.

### Tank Top Arms

Lessig recommends the Side Plank with Arm Raise move to tighten everything from your shoulders to your back. Get down on all fours and grasp a dumbbell with your left hand. Extend your legs straight out behind you. Then rotate your body so your left side faces the ceiling. Lift your left arm



straight up into the air and over your head, with your palm facing forward. Return to the starting position and repeat on the other side.

### Bikini Belly

A fusion of dance and gymnastics, the Twist and Drop helps tighten your core. Stand with feet slightly more than shoulder width apart. Bend forward at the hips and place hands flat on the floor directly beneath your shoulders. Raise your heels so that only your toes are



touching the floor. Draw your navel toward your spine. Use your abdominal muscles to lift your right foot off the floor and sweep it across in front of your left foot. Then twist your body and lower your hips toward the floor so your left hip faces the ceiling and your right hip faces the floor. Alternate sides.

### Boy Shorts Bottom

The Froggy Double-Leg Lift may look funny, but it can seriously improve your "rear view." Lie on your belly on the floor with legs flat and knees bent to 90



degrees, hip width apart. Touch your heels together and turn your feet so your toes point out. Cross your forearms in front of you and rest your forehead on them. Using your glutes, lift your thighs as high as you can without using the muscles in the lower back.

The book and DVD are available wherever fitness books and videos are sold and at the Web site [www.tanktoparmsbikinibelly.com](http://www.tanktoparmsbikinibelly.com).