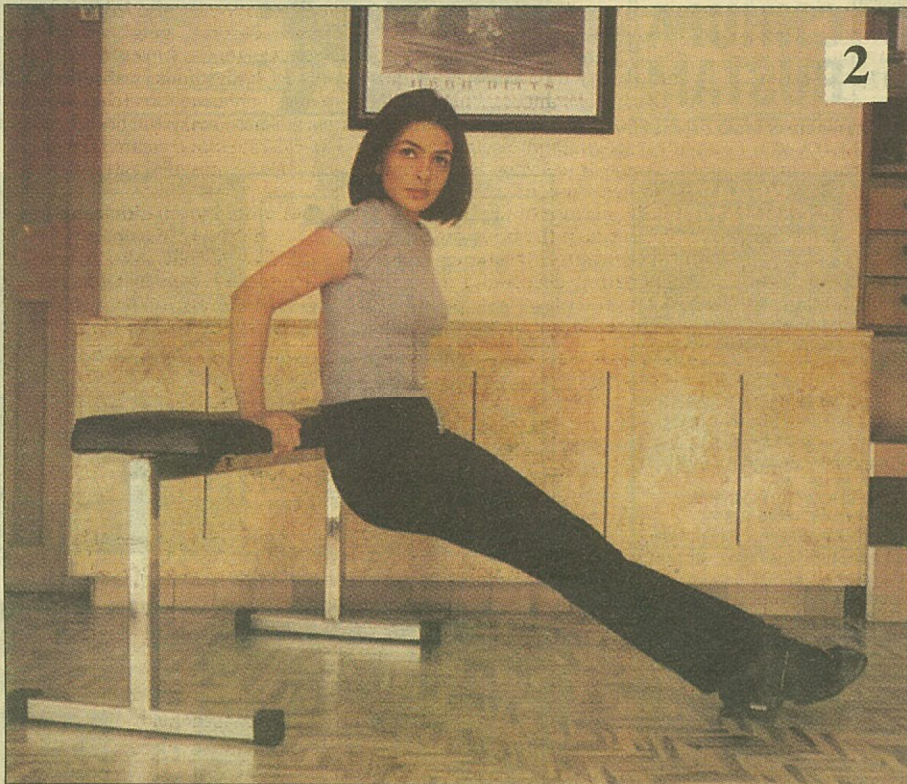




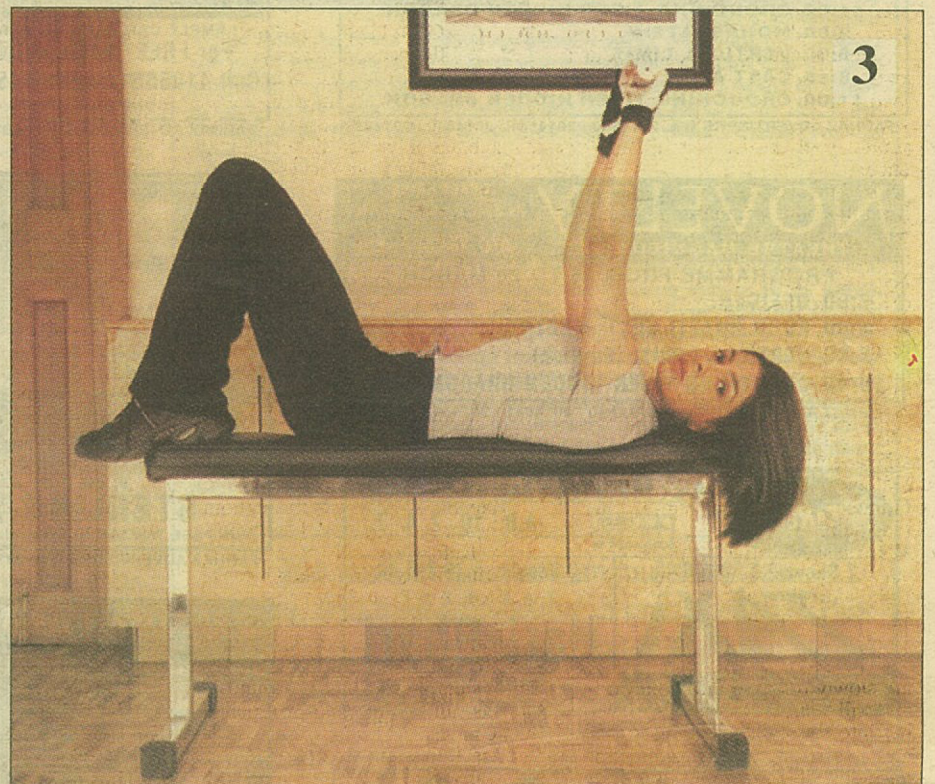
nawaz modi
perfect fit

The upper body

Work your way to a healthy, toned body with a pair of dumbbells



A tricep dip



A bench press

HERE are some great, quick exercises you can perform to tone up, burn those calories and look like a million bucks!

You can even do these exercises in the comfort of your own home. All you need is a pair of dumbbells. You'll notice the difference almost immediately.

If you're new to this, start slowly with two pound weights. You can gradually load up later.

Remember to always pay attention to technique and detail. It's important to breathe correctly right through. Always concentrate on the specific muscle groups that you are targeting. Try to visualise them as you work. Be constantly aware of what you are feeling, where you're feeling it, and to what degree. While you should be working out at an intensity level which is challenging, it shouldn't reach the extent where it's impossible and one has to give up. You'll get the most out of your exercises this way.

Remember to warm up and cool down adequately with every workout. Whole body moves and stretches should be included. This will go a long way towards injury prevention.

The sets and reps indicated below are appropriate for beginners. As you progress, load up. Increase your weights a pound at a time. Increase your reps and sets slowly as well.

Make sure all your moves are performed precisely, in a fluid and controlled manner. Sudden, jerky moves are harmful for you. Technique and body alignment can't be emphasised enough.

Biceps

■ The bicep curl

Stand straight with your legs about shoulder distance apart, arms by your side. Bend the arms at the elbows and bring the fists close to the shoulder while exhaling, as seen in Figure 1. Straighten the arms out while inhaling. Be careful not to hyperextend the elbow joint as you straighten your arms out. Do not allow the upper body to rock as you do this. Do two sets of 10 reps each.

■ The hammer curl

This exercise targets the inner bicep head. It's performed just as the above exercise, the only difference being that the weights are held parallel to one another, perpendicular to the floor.

Triceps

■ The tricep dip

Using a freestanding bench, get into the position demonstrated in Figure 2. By bending and straightening the arms, let yourself rise up and dip back down. When rising, exhale, and make sure that you never lock back at the elbows. While lowering, inhale. The triceps are the muscles in the back of the upper arms. This is the area you're targeting. Start with two sets of six to eight reps each.

■ The tricep extension

While standing or sitting straight, extend one arm up to the ceiling. Without moving the upper arm (it remains perpendicular to the floor), bend at the elbow, allowing only the lower arm to move. While bending the arm, inhale. While extending it back up to the ceiling, exhale. It's a good idea to get the other hand to hold onto the upper part of the working arm from behind your head in order to stabilise and support it. Begin with two sets of eight to 10 each.

Wrists and forearms

■ The wrist or forearm curl

Stand straight with your legs about shoulder distance apart. Keep the elbows close to your side, and your forearms parallel to the floor.

The movement includes only the wrist. Curl the wrist upward close toward the forearm while breathing out, and then drop it back down toward the floor while breathing in. Do two sets of 10 reps each.

Back

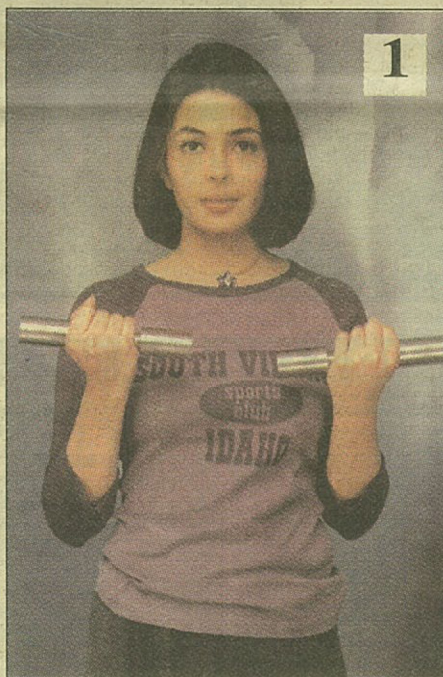
■ The good morning

Stand straight with your feet a little wider than shoulder distance apart. Hold your weights up onto your shoulders. Lean forward, bringing the upper body parallel to the floor while inhaling. Stand back up and lean slightly backward while exhaling. Begin with two sets of 10 each. Those with back problems should avoid this move.

■ The dead lift

Stand upright with your weights by your side. With your feet hip distance apart, and your knees bent, bend forward from the waist, while extending the arms and weights down to the floor. Stand back up into the starting position and hyperextend backward slightly. Breathe in while lowering, and breathe out while coming back up and hyperextending.

Get started with two sets of 10 each. This move must be modified for those with a back problem.



A bicep curl

Shoulders

■ The lateral lift

With your legs straight and shoulder distance apart, keep your shoulders relaxed and your head slightly lowered. Raise both arms out to your side up to shoulder level while breathing out. Make sure the arms are straight, with the elbows slightly 'soft'. Lower the arms to your side while breathing in. Start with two sets of 10 each.

■ While standing as in the lateral lift, extend both your arms straight up overhead while exhaling. Lower the fists back down to shoulder level while inhaling. Begin with two sets of eight to 10 each.

Chest

■ The bench press

Lie down on a free standing bench as demonstrated in Figure 3. With the heads of your dumbbells meeting at chest level, breathe out while pushing up to the ceiling. Even when your arms are fully extended make it a point to keep the elbows slightly bent. Breathe in while lowering and upon having lowered your arms back to starting position, stick the chest out and let the shoulder blades squeeze together. This way you get the most out of the exercise. If you have a weak back, it's better to keep your feet up on the bench as demonstrated, rather than on the floor. This exercise targets the other upper body muscles as well, particularly the shoulders. Get started with two sets of 10 each.

■ the bench fly

Lie down in the same position as described above for the bench press. In this exercise the weights are held parallel to one another. Straighten the arms out by your side, parallel to the floor while forming a right angle with the body. Keeping the arms straight, raise your arms till they meet while extending up to the ceiling. Breathe out as you lift the arms up and breathe in as you lower them. This exercise too targets the other muscles of the upper body. In other words, they are compound exercises, which target various muscle groups at the same time. Begin with two sets of 10 reps each.

A great compound exercise for the upper body is the push-up. If you don't have the time,

or the will power to go the whole hog, then just do this one.

If you're a beginner, go with the standing wall push-up. Once this gets easy, move on to the bent-kneed push-up. Finally, progress on to the advanced or the classic push-up. You will keep needing to overload in order to further improve.

This one is performed without weights. Regardless of which option you take on, the basics still remain the same, and are as follows:

Your arms should be perpendicular to the surface of work: the wall, if you're standing, and the floor if you're taking on the intermediate or advanced (second or third) option. Your palms should be placed shoulder width apart. Keep your shoulders, hips and knees in one straight line. When working, don't allow the butt to jut out or the pelvic region to sag forward. Bending your arms, allow the body to move forward or downward, but don't let the upper body touch the surface or rest on it. Breathe in while doing this. Breathe out while pushing away back up to the starting position. Begin with two sets of six each.

If you're starting at the beginner's level, stand a couple or more feet away from the wall, and work as described above.

The intermediate stage has you working on the floor on your hands and knees. The advanced stage has you on the floor on your hands and toes, with the whole body parallel to the floor while in the down position.

Postural deviations

Rounded, droopy shoulders is a postural deviation from the norm, and a common cause for concern.

A simple exercise to help you get rid of this problem involves working with a band. A large, thick, exercise rubber band is what you'll need. If you don't have access to one, anything which offers you elasticity like old cycle tubing or a strip of stretch material from some old clothing will do just as nicely. Keeping your elbows bent, and fists close by your side at waist level, stand straight with your shoulders pulled back. While holding the band with both hands, palms facing up, pull apart equally on both sides while exhaling, and release slightly so that you still maintain some amount of tension in the band while inhaling. It is all important to keep your shoulders pinned back and your elbows close in to your side right through the exercise. Start by doing two sets of 12 each to start with.

Remember that all your exercises need to be challenging and difficult, but not impossible. If you're in agony and feel the need to stop immediately, you're working too hard. Slow down! If on the other hand, you find that what you're doing is too easy, then you're not getting anything out of the programme anymore. Step it up! Some simple ways of doing this is by varying the number of reps and sets, and by switching over to heavier or lighter weights.