

OKAY, so you've invested a great deal of time and effort on your fitness regime and are quite gung-ho about your body. But you're not all there till you have fine-tuned your jiggles. Take a good look at some of the bodily parts you would like to set slightly straight, and how you can get it done.

BAT WINGS (SAGGY TRICEPS)

The back of the upper arm is a problem area for many women. You may be slim and fit, but still find this area needs a lift. Referred to as bye-bye arms, for reasons quite obvious, the tricep kickback is a great quick exercise to reverse this problem. Figure 1 shows you how to do it with a resistance tube called the X-er tube, but the same can be done with light weights, too. Positioned as demonstrated, the tricep muscle works when the arm is straightened out against resistance. Bend and straighten the arms in this position, while making a special attempt at tightening the back of the arm every time you straighten it out.

POT BELLY

Slim yet pot-bellied? Get a tummy tuck, non-surgically that is, with these tips:

- * Eat mini meals right through the day at regular intervals of two to three hours. Avoid eating two to three large meals a day with no snacking in between. You do want to be able to see your feet when you are standing!

- * Trash the toxins by drinking at least seven to eight glasses of water a day. Toxins add to your body weight, so guzzle up if you want to eliminate water retention and keep your waist slender.

- * Bid sugar and oil a great farewell. You can do without them. Instead, load up on fresh fruits and raw veggies.

- * Cut out the aerated drinks and alcohol. Stick to red wine, if you must drink.

- * Get your sneakers on and do a cardiovascular workout for about 35 to 40 minutes, at least thrice a week. Gradually up that to six times a week as you get more fit.

- * Don't OD on abdominal workouts — the area under



Fig 1: Tricep kickbacks to tone bat wings

FINE Finish

Your body needs to live it up, too. Nawaz Modi Singhania knows the ways

the belly will protrude, look bulky and highly unflattering.

BATTLE THE BULGE (OUTER THIGHS)

Get started with a 35 to 40-minute cardio workout thrice a week and increase it to six times a week as you build up your stamina. This will help you speed up the progress.

However, don't overdo the outer thigh workout (leg lifts, dog lifts, etc) to avoid unsightly bulges.

DOWN IN THE DUMPS

Droopy, rounded shoulders spell trouble. Get posture perfect! It's not just a matter of sitting or standing straight and tall, but of strengthening and stretching different parts of the shoulder muscles, called deltoids. Figure 2 demonstrates an exercise to tackle the problem. When working with a resistance band in the position shown, keep the shoulders pinned back and the elbows close and down by your side. Feel the shoulder blades squeeze. Pull the fists apart at an equal distance, and release just slightly, while still maintaining tension in the band.

UNSHAPELY CALVES

Shapeless, stick-like calves are quite a worry with many slim women. Do calf raises to eliminate this complaint. Stand straight, rise up on your toes and then lower them, keeping the heels off the floor at all times. Do feel the tension in your calves.

SLAP THE FLAB (INNER THIGHS)

Figure 3 shows you a quick and effective way to tone inner thighs. Hold the inner thigh toner between your legs at the knees, squeeze the legs inward and release slightly. Ooh, that's a toughie, alright!

A HOLD UP!

Women find sagging breasts losing the battle against gravity. But it need not be so! The push-up is one excellent

Fig 2: Work with tension to correct your posture



Fig 3:
Work on
your
inner
thighs



exercise for the entire upper body. Start with the standing wall push-ups (beginners' exercise), then move to the bent-knee push-up (intermediate level), before finally progressing to the classic straight-leg push up (advanced level). The inner thigh toner that you see in figure 3 can be worked at the chest level, too. Use the arms to squeeze in and then release.

DO, DO, DO!

* Keep a check on your breathing. Exhale when you feel the maximum tension while exercising and inhale when the going is easy. The exchange of oxygen between the lungs and the working muscles is very important.

* Start with two sets of 10 repetitions on each exercise. As you get fitter and stronger and the exercise becomes a cakewalk, you can slowly increase the reps and even add on another set at a later stage.

* Your technique, correct body form and alignment are crucial, not only in getting the desired result, but also in preventing injury. Pay special attention to this. Don't sweat if you do fewer reps in the beginning and can't complete them all, as long as you keep working at them.

* You get the desired results almost immediately, so start smiling and get to work. Get rocking without the rolls!

GOT COMMENTS OR QUESTIONS? E-MAIL US AT femina@timesgroup.com WITH 'FITNESS — FINE FINISH' IN THE SUBJECT LINE