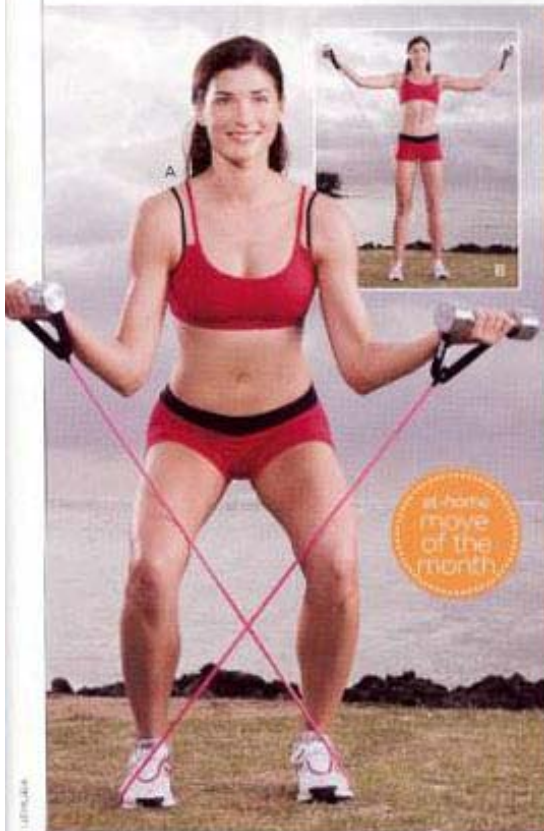


## get fit news

### GET SEXY SHOULDERS



#### you'll need

A resistance tube with handles and two 3- to 5-pound dumbbells.

#### details

Do 2 sets of 10 to 12 reps. Beginners, try the move without weights at first.

#### make it harder

Switch to heavier weights and/or try a higher-resistance tube.

### dual-resistance press

works shoulders, chest, biceps, and upper back

It may still feel brisk outdoors, but with this exercise, you'll be looking for reasons to go sleeveless. "Crossing the band to make an X shape creates more tension in every plane of motion—side to side, front to back, and up and down," says Linda LaRue, a trainer in Los Angeles who uses this move in her Core Transformer class. Tack the toner onto your routine three times a week and be the girl with tank top arms—just in time for spring.

- ➊ **STAND** with feet shoulder-width apart on the center of a handled resistance tube.
- ➋ **CROSS THE BANDS** to make an X shape and hold one end and a dumbbell in each hand. Keep elbows bent, arms out to the sides

and slightly forward, and palms facing up; squat **[A]**.

- ➌ **RISE UP** as you extend arms up and out in a wide U shape, elbows slightly bent **[B]**.

➍ **HOLD** for 3 counts, then return to starting position and repeat.



## Your partner for a healthier lifestyle.

When it comes to making smart choices to build a healthier you, Healthy Balance from Old Orchard is on your team. With 75% less sugar, carbs, and calories than regular juice, it's the juice that's fit for your lifestyle. Visit [healthybalance.com](http://healthybalance.com).

## Healthy Balance