



How to TONE...

Exercises, equipment and outfits to help tone your TUMMY, THIGHS and UPPER ARMS

Here's a tip: "firming" creams won't tone your tummy. Nor will they transform your bingo wings into strapless-frock-ready biceps. But most of us

know that already, right? If you want to get toned, says Shane Da Costa, personal trainer and owner of I Am Fitness (iamfitness.com.au), you have to shock your muscles. "It's no good doing the same number of the same exercises in the same way every day," he says. "You need to up the intensity by increasing your speed, the weight you use or the number of reps. Women, in particular, seem hesitant to up the ante – to lift bigger weights or run faster – but it's the only way you'll improve your fitness and tone."

James McNeill, personal trainer at MMA Fitness, suggests performing these exercises every second day. Repeat each 10 to 20 times (if you're starting out, try 10), doing the whole sequence three times.

... tummies

The exercise: FRONT PLANK/ REACH FOR THE SKY

Start in a plank position (like a push-up, resting on your forearms and toes). With one hand, reach under and across your body, touch your opposite elbow, then twist your torso and raise the same arm, with your fingers pointing towards the ceiling. Curl the arm back in and repeat.



The equipment:
"The best thing for your core is a Swiss ball," says Da Costa. "Use it as a chair to strengthen the core, or to do crunches." Be sure it's the right height, with your knees at a right angle to the floor.

THE OUTFIT:

- \$200, ADIDAS (1800 801 891)
- \$50, NIKE (1300 656 453)
- \$70, RUNNING BARE (1800 814 469)

... thighs

The exercise: STATIC LUNGES/HIGH KNEE LIFTS Stand with one foot forward – the other should be placed a metre behind, with a shoulder-width's distance between them. Keeping a straight torso, brace your abs and bend your knees, then lower straight to the ground, ensuring you keep your front knee behind your toes. Push off your front heel and bring your rear knee up in front of your body in a high knee lift (your knee should be bent at a right angle), then return it to the starting position. Repeat 10 to 20 times on each leg.



The equipment:
 "Lunges work so many large muscle groups, they're the best thing you can do for the thighs," says Da Costa. "To make them harder, place your front leg on a step (you can use a sturdy box)."

THE OUTFIT:

- \$59.95, LONSDALE LONDON (02 8666 0900)
- \$275, ADIDAS BY STELLA MCCARTNEY (1800 801 891)
- \$55, RUNNING BARE (1800 814 469)

... upper arms

The exercise: CHAIR TRICEP DIPS Stand with your back to a chair, hands on the edge. Walk your feet so your butt is just away from the seat edge (or rest them on another chair at hip height). With your arms straight, lower your body as far as you can, or until your shoulders are lined up with your elbow. Pause, then raise to starting position. **Lauren Smelcher COSMO**



The equipment:
 "Do tricep extensions with dumbbells (up to 10kg)," says Da Costa. "Hold a dumbbell in both hands over your head, lower it behind your head, pause and lift."

THE OUTFIT:

- \$85, MOVE BY METALICUS (03 8415 9889)
- \$39.95, RUSSELL ATHLETIC (1300 367 582)
- \$180, NIKE (1300 656 453)

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