

Tiny-Tank-Top Workout

The typical tank top exposes you 360 degrees, all the way around your upper back, shoulders, upper chest, and a bit of your sides. Looking great in one means toning those muscles from every angle. The following workout will shape up all those places that peek out from your spaghetti straps, and tighten and firm your core.

START HERE:

Do these moves one after another with no rest in between. Then repeat the circuit for a total of two times, with a minute of rest between circuits.

Standing V Raise

- A**
- Grab a lightweight dumbbell in each hand and stand with your feet shoulder-width apart, arms at your sides, palms in.
- B**
- With your arms straight but not locked, raise the weights in a V shape until your arms are parallel to the floor.
 - Hold for 1 second, then return to the starting position.

REPS: Do 12 to 15.



Shoulder Press



A

- Grab a dumbbell in each hand and stand with your feet shoulder-width apart, knees slightly bent.
- Hold the dumbbells just above your shoulders, palms facing each other.



B

- Press the weights up until your arms are straight overhead.
- Hold for 1 second, then take 3 seconds to lower the dumbbells back to your shoulders.

ONE DESSERT, TWO FORKS

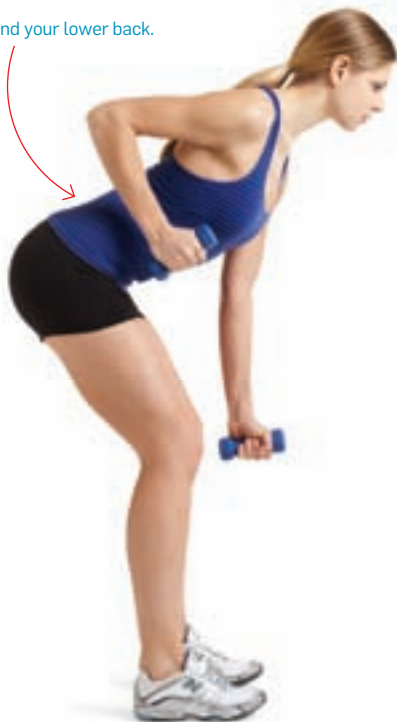
A couple that diets together is more likely to lose weight. In a recent Israeli study, researchers taught couples about healthy eating, but assigned only the men to various kinds of eating plans. After 6 months, the women had also shed weight. The study authors say that sharing dishes and eating together helps dieters stick to their plans and resist temptation.

REPS: Do 6 to 8.

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Rotating Triceps Kickback

Don't round your lower back.



Keep your upper arm still and parallel to the floor.

Rotate your wrist so your palm faces up.



A

- Stand with your knees bent and lean forward slightly, holding a dumbbell in each hand, palms in.
- Bend your right elbow and bring the right dumbbell up by your side to make your upper arm parallel with the floor.

B

- Next, press the dumbbell back, and as you straighten your arm, rotate it so that your palm faces the ceiling.
- Rotate it back so that your palm faces in and return your arm to the bent position.

REPS: Do 12 to 15 with each arm.

Pike Walk Pushup Combo

A

- Stand with your feet together, arms at your sides.



B

- Bend over (it's okay for your knees to be slightly bent) and place your hands or fingertips on the floor in front of you.



C

- Walk your hands forward until you are in a pushup position and then do 1 pushup.
- Keeping your hands in place, walk your feet forward until they're as close to your hands as possible. That's 1 rep.
- Continue moving forward until you've done 5 or 6 pushups.



REPS: Do 5 or 6.

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Airplane/Superman Extension

A

- Lie facedown and extend your arms out at shoulder height, keeping your elbows slightly bent and your palms on the floor.



B

- Pull your shoulder blades together and lift your arms, torso, and legs off the floor.



C

- Holding that position, bring your arms in front of you, hold for 1 count, and then move them back to shoulder height.
- Lower yourself to the floor. That's 1 rep.



REPS: Do 10 to 15.

Crescent Lunge and Row



A

- Grab an 8- to 12-pound dumbbell in your right hand and stand with your feet together, arms at your sides.
- Lunge forward with your left leg until your left knee is bent to 90 degrees.
- Lower your torso as close as possible to your left knee as you raise your left arm out to the side to shoulder height, palm down. Allow the dumbbell to hang naturally.



B

- Row the dumbbell straight up until your right elbow passes your torso. That's 1 rep.

REPS: Do 12 to 15, then reverse sides and repeat for the same number of reps.

T Pushup



A

- Get yourself into a pushup position with your hands on the floor directly below your shoulders.
- Lower yourself to the floor.



B

- As you push yourself up, rotate the right side of your body upward, lift your right hand, and roll onto the outside of your left foot.
- Straighten your right arm so your fingertips point toward the ceiling. Hold for 1 second before returning to the down pushup position. Repeat, this time rotating left and reaching up with your left arm. That's 1 rep.

REPS: Do 5.