



Workout Wednesday: Reduce Underarm Flab

Summer is coming and it's time to tone those arms for tank/tube top season!

www.spaweekblog.com

After the winter that we've just endured, saying that we're looking forward to summer temperatures is an understatement. However, along with the return of the sunshine comes some added anxiety about the state of our bodies after a long, cold winter hibernation under bulky sweaters and ankle-length puffer coats. As excited as we are to start wearing cute sundresses, flirty sandals and sexy tank tops, it seems like a trip (or twenty) to the gym may be in order beforehand (one of the reasons we've recommended waking up an hour earlier!).

Underarm flab is notoriously one of the most complained about spots by women. To help calm your nerves about the issue, we've consulted some fitness pros to come up with a routine of six moves that will help you feel better about this pesky problem in just a couple of weeks. Be consistent and do reps of each of these moves every other day, and you'll start to notice results within a month!

Brooklyn trainer *Franci Cohen* of Franci Cohen Fitness added two more moves to make sure that you are beach body ready come summer's official start!

Equalizer Dips

Begin with a firm grip around the equalizer bars. Extend feet out in front of you. Inhale while slowly lowering and exhale as you bring your body back up for a full range of motion. (Remember, shoulders back, & chest up! Don't let your shoulders drop lower than your elbows). Repeat for 3 sets of 12-15 reps.

Diamond Push-Ups

Lie on the floor face down in prone position, and place your hands close together in front of you, allowing thumbs and index fingers to touch. Make sure that you are holding your torso up at arms' length. Lower yourself until your chest almost touches the floor as you inhale. Using your triceps press your upper body back up to starting position as you exhale. Repeat for 3 sets of 10-15 reps.