

New Year *New* *Arms*

Your ticket to the gun show!
Gwyneth's pro Tracy Anderson shares her toning moves with *Us*

FOR A HEAD-TO-TOE TONE-UP IN 2014, START WITH the upper body. "It's easy to get results there," says trainer Tracy Anderson. "When you see that, you'll be motivated to take care of the rest." The pro, who has Nicole Richie, Gwyneth Paltrow and Jennifer Lopez hooked on her dance cardio and toning work, crafted a guns-transforming routine for *Us*. Each exercise, which consists of slight movements, works the entire arm, she says: "There's not one for biceps and one for triceps — you're tiring the muscles from shoulder to finger to get toned."

The plan Do each move (two require 3-pound weights) for one minute, then repeat circuit. Stick with the 12-minute workout four to six times a week and, as Anderson vows, "You'll see results in just seven days!" **US**



"She transformed my body!"
Paltrow tells *Us* of Anderson.



Ditch heavy dumbbells, she says: "With this, 3 pounds feels like a lot!"

PHOTO: GREG HERR

Deltoids Definer

Begin with feet slightly wider than hip-width and back straight (starting position for all). Lean slightly left and stretch arms out, right arm highest, palms forward (*below*). Flip palms to the back, rotating arms through shoulder. Repeat for 30 seconds, then do the other side.



Back and Shoulder Burner

Lift arms to shoulder height, elbows bent to a 90-degree angle, and squeeze shoulder blades together (*inset A*). Tilt upper body to left. Flip arms up, keeping elbows bent and shoulder blades together (*inset B*). Return to start, then do move to the right. Perform entire sequence for one minute.



Allover Arm Sculptor

Start with arms down, elbows slightly bent, pinkies touching front of hips (*inset A*). Rotate shoulders back and lift arms up to the sides so elbows point down and palms lie flat (*inset B*). Return to start and repeat for one minute. Says Anderson, "This rotation calls on multiple muscles."

Shoulder Strengthenener

Hold arms behind back, with elbows bent and hands in a fist at the tailbone (*inset A*). Bring arms to the front (*inset B*), then return to start. Next, swing arms over the head with elbows bent and palms facing forward (*inset C*). Repeat for one minute. Advises Anderson, "Use the swinging motion to gain momentum and lift the arms up."



Biceps Tightener

Start with arms straight at sides, holding weights with palms facing in (*inset A*). Bend elbows and draw hands up along the body toward armpits (*inset B*). Return to start, then rotate shoulders back and raise arms up with the elbows bent to create a W shape. Return to start. Repeat sequence for one minute.

Biceps and Triceps Toner

With weights, bring arms overhead, wrists flexed, palms up (*inset A*). Release right arm to hip, elbow bent, rotating wrist toward body (*inset B*). Return to start; do five reps. Do same move with left arm (*inset C*) five times. From start position, move both arms down toward hips in same motion (*inset D*). Do five reps. Repeat circuit for one minute.

