



Wave goodbye to the wobble!

Tone up your arms in just four weeks!

Even at 50, we all know actress Jennifer Aniston still flaunts a pair of seriously sculpted arms. But you don't need to start lifting heavy weights to rival this A-lister. In fact, the actress favours push-ups as one of her key arm-toning moves.

They might have the reputation for being a bit of a toughie, but you'll certainly reap rewards from practising your push-ups. They can help hone your shoulders, biceps and triceps, while also tightening your core and even your glutes (those bum muscles!) – perfect

for the warmer weather, when you can no longer hide behind cardies and long-sleeved tops.

Celebrity trainer Chris Richardson has created a four-week programme that incorporates five arm-firming push-up and plank variations, which you can do in the comfort of your own home or even out in the garden. And you should notice the difference, fast. "You'll see an increase in muscle tone, a reduction in body fat and a surge in strength in two to four weeks," says Chris. It's time to give flabby arms the cold shoulder...

Body benefits

Sculpted arms don't just look sexy, they're key for a healthy, happy body. You need them for carrying shopping or picking up the kids, as much as for showing them off in that strappy summer dress. Plus, they will put you in good stead when you get older. Exercise boosts bone health, and strong arms will help you maintain your independence – think pushing yourself up from sitting to standing and climbing the stairs. Oh, and the more muscle you have, the more calories you'll burn.

An all-rounder

When it comes to toning your arms, it's not just about the biceps. "If you want toned arms then you need to work your triceps, deltoids (your shoulders) and your brachialis (that's the upper arm muscle that runs under the biceps down your forearms) just as hard," says Chris.



Power up in the pool

According to Chris, you need to dive in to tone up. "Swimming is fantastic for firming up your arms, especially your shoulders and triceps, as you use these to propel yourself through the water," he says. "As it's a full body movement you also burn a lot of calories (around 250 calories in just 30 minutes), helping you to tone muscle and eliminate fat."

Arm watch

Try these classes to hone your pair...

SPARR, DW FITNESS FIRST, NATIONWIDE

A high-intensity, boxing-inspired class that focuses on speed, power, agility and reaction. It starts with a warm-up, followed by boxing footwork and pair work. It includes four rounds of hard-hitting combinations to work your arms, shoulders and core. For more information visit dwwfitnessfirst.com

ROW STRONG, VIRGIN ACTIVE, NATIONWIDE

Build strength, power and aerobic endurance by using the rower to burn fat and blast through a cardio workout. Lifting can focus on upper, lower or total body exercises to add variety. All moves are scalable from barbells to kettlebells to make it accessible for everyone. For more information visit virginactive.co.uk

BATTLEBELLS, GYMBOX

Prepare for battle with high-intensity training. Whip the battle ropes, swing the SandBells and bust out a warrior cry! It will improve power and endurance, while sculpting those arms and strengthening your shoulders, back and core. For more information, visit gymbox.com

+ Can't get to any of these gym? Find a class near you with classfinder.org.uk



Chris's four-week bingo-banishing programme

Love spring, but hate flashing the flesh as the weather warms up? Then this fit-and-firm routine is for you. The plan is made up of compound (or multi-movement) exercises, which use several muscles at the same time. "Lots of people will just do isolation exercises, such as a bicep curl, for their arms (this is where only one major muscle group is targeted)," explains Chris. However, they burn fewer calories and can cause a muscle imbalance. With compound movements, you'll burn more energy, increase your metabolism and target a number of areas at once – meaning better results, faster.

- + WEEK 1 + TRAIN 3 TIMES
Reps: 8-10. Sets: 2
- + WEEK 2 + TRAIN 3 TIMES
Reps: 10-12. Sets: 2
- + WEEK 3 + TRAIN 3 TIMES
Reps: 10-12. Sets: 3
- + WEEK 4 + TRAIN 4 TIMES
Reps: 12-15. Sets: 3



Diamond push-up

(Beginner on knees, intermediate knees up from the floor)

Targets: Triceps, biceps, deltoids, pecs (chest).

Start in a plank position, with your body in a straight line. Place your hands together in a diamond shape under your chest, thumbs touching. Lower slowly, keeping your elbows in, then rise back up to the starting position to complete one rep.



Inchworm

Targets: Deltoids, latissimus dorsi, core.

Start standing, with your feet hip-width apart. Hinge forward at your hips and place your palms on the floor in front of you. (You can bend your knees to help you get your palms flat on the floor). Walk your hands forwards so you're in a full plank position – with your shoulders directly above your hands. Walk your hands back towards your feet and stand up to complete one rep.



Burpee

Targets: Triceps, deltoids, chest, quads, glutes, hamstrings, core.

Start standing. Jump down into a squat position, placing your hands on the ground. Kick your feet back into a plank position, with your arms extended (hands on the floor underneath your shoulders). Immediately return your feet into the squat position and jump back up to standing to complete one rep.



Bodyweight tricep dips

Targets: Triceps, deltoids, latissimus dorsi (back, behind the arms)

Sit on the edge of a chair and grip the edge of the seat with your hands, either side of your bottom. With your feet out in front of you, flat on the floor, and knees bent, lower your body down towards the floor. Make sure you keep your back close to the chair seat. Then slowly rise back up to complete one rep.



Plank up down

(Beginner on knees, intermediate knees up from the floor)

Targets: deltoids, triceps, biceps, lats (back), core.

Begin in a plank position, your feet hip-width apart and hands beneath your shoulders, your body forming a straight line from your feet to your head (if doing a full plank). Lower your right elbow to the floor, then your left, coming into a forearm plank. Place your right hand on the floor, straightening the right elbow. Follow with your left arm to complete one rep.

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