

Your Answer to Stronger, Sexier Arms

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Sexy Arm Program

Many of you have been telling me you want stronger, leaner arms. To get there you will need to combine fat burning resistance exercises with clean eating.

In this email I'll be showing you a series of exercises that will progress you towards awesome arms. If you know you struggle with motivation find a friend to do them with (doesn't have to be a Big Tree Person) or get your workmates doing them too. Also, if you let me know you are doing this we can do some before / after class.

Some of you did the Push Up challenge last year and got great strength increases. This program is very similar but is more varied – with a change in exercise each week. And it takes you further.

With weak arms, particularly shoulders, you run the risk of injury. With weak arms you will reach a glass ceiling in Pilates. Stronger arms not only look great but also enable you to do more with less fatigue and the stronger muscles help prevent shoulder injury. Strong arms feel great!

Understand...

- Strong arms are not just about push ups but also about all the muscles around the shoulder. Strength is a capability that has to be developed.
- Great arms are also about having freedom of movement – being able to reach properly in all directions – we do shoulder stretching in FLEX classes. Flexibility is also a capability to maintain and develop.
- Strength and flexibility must combine with co-ordination so that you can safely do what you want to do. As you move through the program you will be doing more Primal. This will teach you to use your improved arm strength functionally. You can use your capabilities to improve your ability to move.

How to use this program

Finding where to start:

Try each exercise in sequence (unless you know that it is too easy for you). Progress to the next one only if you can do the number of repetitions recommended without losing your shape. Insist on perfection. Do the exercises in a slow, smooth deliberate way.

Progressing on:

You know yourself – sometimes it's good to mix it up. You can choose to do each exercise for more than a week or you can move onto the next after the week. You can also loop back to a previous one. However the exercises are in a good order to promote the best increase in strength.

Keeping going:

Keep the goal in mind. I'm going to be doing them to build more strength and to look better . I'm combining it with Veganism – that's a really clean diet as I have been a very big, bad snacker. My daughter has gone vegan so it's going to be fairly easy.

Do you need to complete the challenge?

You do what you want. I think that you will be hooked on your increasing strength and abilities.

Can you speed it up?

Of course, you can do as many of the progressions as you like at any one time. Just keep doing them perfectly. If you get too tired or progress too far you will do them wrong and risk injury and disappointment.

NONE OF THESE EXERCISES SHOULD CAUSE PAIN. IF YOU HAVE AN INJURY ALREADY CONTACT US BEFORE YOU START. THESE EXERCISES DO NOT REPLACE GOOD MEDICAL TREATMENT FOR SHOULDER PAIN AND INJURY.

**Stop if you get back pain or shoulder pain (or if you are worried about leaking).
When you decide that you are going to do this please let me know.**

Here Are the Exercises

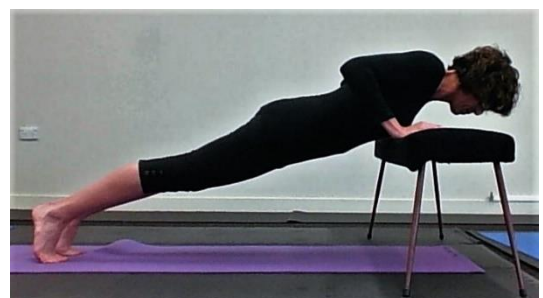
1. Inclined Push up

Select your level Push Up: Inclined / full push up. You can start doing it using a window sill, your kitchen bench or the back of the sofa and then work lower as you get stronger. Don't worry if it takes a while to get the strength to lower it. If you get stuck here - come and see us.

How to perform a push up with correct technique:

- Your hands must be directly under your shoulders. Pay attention to your elbow position – keep them against your body as you move.
- Your core must be pulled in – belly button to spine
- Your butt must be down – make a straight line with your body – from your heels to the crown of your head. Don't look up or you will hurt your neck.

Work until you can do 10 of the inclined Push ups at the lower level and 5 of the full push ups.





Watch your neck as you go down. here is a good example of a poking chin - not good. You'll also note that her fantastic strong back has swayed at the lower position. A sign of doing something too hard.



2. Full Push Up

- **Be a perfectionist**
- **Get someone to spot you.**

3. Elbow Plank

Hold this plank for 10 seconds, keeping perfectly straight from your heels to the crown of your head.

- **Push down strongly through your elbows and shoulders.**

- Keep your chin in, eyes looking down.
- Pull your core in towards your spine so that your back does not sway.
- Keep your buttocks squeezed to stay straight.

Progress from at least 10 seconds, increasing by 5 seconds daily or start with your best time under 60 and increase as above. Work up to 60 seconds and repeat daily until this feels easy.

Stop if you get back pain (or if you are worried about leaking).



[Click this button to see videos of the exercises below](#)

4. Plank to Volcano to Plank

- Plank perfectly
- Keeping your hands and feet exactly where they are, push back into Volcano and then return to a perfect plank

Work towards 20 in a row



5. Plank Leg Twist

- Plank - Check your shoulder and hand position, push strongly through your arms.
- Stay planked as you bring your right knee to your right elbow and then to your left elbow.
- Return to plank.

Work towards 10 with each leg, alternating.



6. Volcano - Scorpion

- Perfect Volcano - Heels down, tailbone pushing up, head driving through arms
- Lift your leg, twist your spine and hips to reach it over and behind into Scorpion

Work towards 10 with each leg, alternating



7. One arm Plank – Volcano:

- Plank Reach – start in plank so that you have your shoulders over your hands correctly. Lift one arm forward.
- Push back to volcano, taking hand to hip.

Work towards 10 with each arm, not alternating



8. Put it all together

Without a break and moving steadily through each position, making the best "shapes" that you can...

- Plank to volcano to plank then
- Volcano to scorpion to volcano then
- Plank leg twist then
- One arm volcano

And then repeat on the other side ! You are a **Ninja (in a very sexy dress)!**

BUT WAIT....There's more....Let me know when you have finished these and I will send you the next program to you...



Have fun...Karen 021 189 7004

Big Tree Studio

