

Overcoming Resistance

Wave (a jiggly) goodbye to flabby under-arms and say hello to a toned upper back and arms with easy exercises from personal trainer Alison McWilliams. No gym membership required, and no hand-held weights to drag from room to room. All you need is a resistance band, available at most local fitness stores, and a little willpower (easy to find with quick exercises perfect for morning, noon or night).



Alison McWilliams owns Ali McWilliams Personal Fitness; (608) 712-7545 or alimcwilliams.com.

Alternating Shoulder Press

Stand tall with your feet under your hips and knees slightly bent. Place the resistance band under your feet.



Engage your abs while pressing one arm upward until it is fully extended overhead without locking your elbows.



Repeat, alternating arms. Perform this move slowly and with control for one to three sets of 12 to 15 repetitions for each arm.

Bicep Curl with a Split Squat

Step on the resistance band with your right foot, then cross the band over the top of your foot. Take a big step forward with your left foot, stepping over the crossed band.



Find your balance, then bend both knees and lower down into a lunge. Be sure your feet are set wide enough apart so that the front knee stays behind the toe when you lunge. Then squeeze your biceps and curl your arms up to your shoulder, keeping your elbows stationary.



Slowly lower the band, keeping a slight bend in the elbows. Push down through the front heel to stand up, and repeat the entire motion for one to three sets of 12 to 15 repetitions for each side.