

# de-jiggle your arms

LITHE LIMBS ARE JUST A YOGA POSE AWAY.

**G**et seriously sculpted arms you'll want to show off in sleeveless tops. These two moves from Kryoga Shakti will strengthen and tone flabby upper arms. You will also get improved posture and better blood circulation.

## 1 THE DOLPHIN POSE

» Kneel on the mat on all fours. Lift your buttocks towards the ceiling. Ensure that your back and legs are straight, and your body looks like an upside down "V".

» Exhale. Tiptoe backwards and slowly lower your upper body towards the floor as low as possible, without your face touching it [1A].

» Slowly push your torso upwards with your arms straight. Look up. Your body should not touch the floor. Your legs should be straight and your back arched [1B]. Repeat 8-10 times in a slow and controlled manner.

### Benefits

- » Corrects hunching by opening the chest, elongating the spine and strengthening the back.
- » Great cardiovascular exercise that is good for the heart and blood circulation, especially to the frontal brain.
- » Tones shoulders and arms, making them lean and strong.



1A

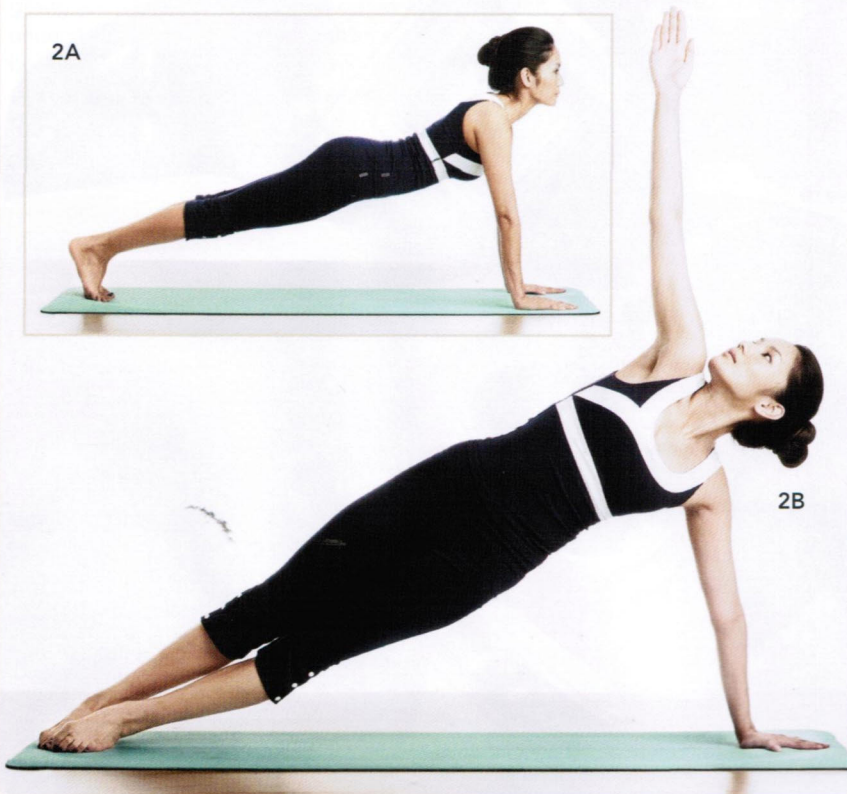


1B

2A



2B



## 2 SIDE PLANK POSE

» Get into push-up position. Straighten your back and legs, and lock your knees. Ensure that your arms are straight and shoulder-width apart [2A].

» Slowly turn your body to the right and raise your right hand above you [2B]. Ensure that your back is straight, and your hips and buttocks remain square. Your body should form a triangle with the ground. Hold for 10 counts. Repeat on the other side.

### Benefits

- » Strengthens and tones the abs and hips.
- » Improves bone density and sense of balance.



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