

Q+A



**BERNADETTE ABRAHAM**  
FITNESS TRAINER

**I can do a lot more reps with my left arm than my right. How do I balance it out?**

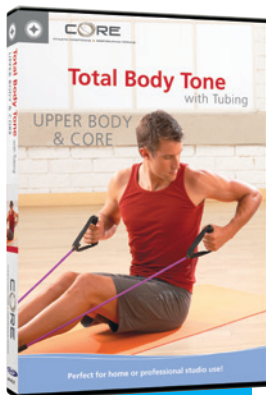
— KRISTY, VIA EMAIL

**DEAR KRISTY:** It's quite normal to have one side of our body stronger than the other and the extent of the imbalance will indicate the specific method needed for strengthening the weaker side.

If your imbalance is extreme, I would recommend that you first see a qualified health professional to rule out any muscle or nerve impingements, or anything structural that can cause muscular weakness and strength differences.

From a training point of view, the best advice is to include more single sided exercises throughout your workout and to perform more work on the weaker side. Again, the extent of the weakness will determine the amount of work needed. For example, you can perform one set of a single-arm chest press with the left arm and one and half to two sets with the weaker right arm.

In addition to unilateral training, perform the exercises using free weights to help strengthen the stabilizer muscles with the same ratio.



**RATING**  
(OUT OF 10)  
**5**

**DVD REVIEW**

**Total Body Tone with Tubing: Upper Body & Core**

INSTRUCTOR: **JOHN GAREY**

**SUMMARY:** An at-home or on-the-go workout that uses a band to target your back, shoulders, arms, chest and abdominals.

**LENGTH:** 36 minutes (upper body: 24 minutes; core: 12 minutes)

**EQUIPMENT NEEDED:**

Resistance band, exercise mat

**PRICE:** AED65 (merrithew.com)

**WHAT OUR TESTER SAID:** New moms, listen up: as a mother of two young children, our tester, Anna Lee Boschetto, can personally attest that this workout is perfect for your busy schedule. "It's super easy to fit in, even if your child only naps for 25 minutes at a time," she says. However, advanced exercisers may find the exercises a little tame. Anna's suggestion: use hand weights in lieu of a band to increase the burn.

**"Shopping is my cardio."**

— CARRIE BRADSHAW, *SEX AND THE CITY* (SEASON 4, EPISODE 6)

We have to disagree: a 130-pound woman will burn, on average, only 140 calories per hour while shopping. If you really want to rock those yoga pants, you'll need to take it up a notch.

**WH&F'S READER WORKOUT OF THE MONTH**



**Think you can handle it?**

Stephanie Willke took inspiration from a workout she saw on Facebook, and made it her own by increasing the intensity. (Irony alert: though she admits she hates push-ups, this series includes two hundred of them!)

**How to:** One to three times per week, do the following exercises in the order listed. Repeat for five rounds in total, with one minute of rest in between each.

- 30 jumping jacks
- 10 push-ups
- 25 high knees
- 7 burpees
- 15 crunches
- 10 jump squats
- 10 push-ups
- 10 push-ups
- 15 crunches
- 10 push-ups
- 10 jump squats
- 30 jumping jacks
- 1-minute wall sit
- 10 push-ups
- 25 high knees

