

{BODY AFTER BABY}

tone your arms

“A strong upper body is so important for new moms,” says Kristin McGee, a personal trainer in New York City. “Think about all that gear you have to schlep for Baby!” (She should know: That’s her son, Timothy, below!) Have the green light to exercise from your M.D.? Do McGee’s mommy-and-me workout one time through, three days a week. Then step it up to two times through at each session for best results.



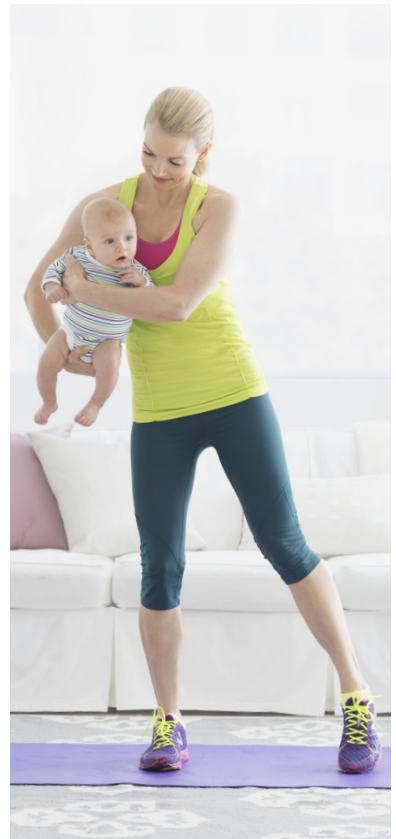
SKY-HIGH BABY A. Stand with feet hip-width apart, knees soft. Hold Baby below his armpits, close to your chest. **B.** Slowly lift him straight up overhead; hold at the top, then lower down to starting position and repeat. Do 12 to 15 reps.



KISS-ME PUSH-UP A. Rest Baby on his back and get into a raised, modified push-up position: knees on the floor, hands a little more than shoulder-width apart. **B.** Bend elbows out to the sides and lower chest toward the floor. Give him a smooch at the bottom of the move, then push back up to starting position and repeat. Do 12 to 15 reps. (Extra credit: Balance on your toes instead of your knees.)



BABY TRICEPS DIP A. Sit with knees bent and feet flat, and rest Baby on your upper thighs, facing you. Place hands on the floor behind you so your fingers are facing your back. **B.** Straighten your arms, lift butt slightly off the floor, and bend elbows straight down, about an inch or two; press back up to starting position and repeat. Do 20 reps.



ROCK-A-BYE BABY A. Stand holding Baby facing away from you with one hand under his tush and the other across his chest. **B.** Use your arms to slowly swing him to the right, bending elbows about 90 degrees at the top of the move (think: mini biceps curl), then swing Baby to the left, again curling your arms at the top. Continue swinging side to side for a total of 20 reps (10 per side).

A bonus of having sleek, toned arms? You can rock a sleeveless top with confidence. *Hello, summer!*



SEE THESE MOVES IN ACTION! Launch the free Mom+ app on your phone and scan this page to watch a demo.

TERRY DOYLE: WARDROBE STYLING BY RANDI PACKARD, PROP STYLING BY HELEN QUINN FOR PAT BATES & ASSOCIATES. HAIR AND MAKEUP BY GREGG HUBBARD FOR BERNSTEIN & ANDRIULLI. ON KRISTIN: BRA AND LEGGINGS BY OLD NAVY. TANK BY COLOSSEUM MCMXXII. SOCKS BY UNDER ARMOUR. SNEAKERS BY NEW BALANCE. ON BABY: ONESIE BY OLD NAVY.