

The T-Tapp Arm Toning Sequence

Featuring reader/model Margie Hoffman

Margie lost two inches in her arms doing these simple movements, which require no weights. This arm workout is part of my total T-Tapp System that Margie used to go from a size 12 to a size 6 in just three months! While the movements appear easy, when performed they are surprisingly comprehensive and cardiovascular. Enjoy this routine, and when you start to lose inches, tell me about it! You can fax your success stories to me at 727-797-1263, or email ttapinc@aol.com. I'd love to hear from you! Perhaps you'd like to be a future reader/model.



A - Start Position



B

1 Arm Curl

Starting Position: Extend arms at shoulder height with palms up and hands in a fist. Be sure to keep your knees bent with your toes forward and fanny tucked in.

Curl your fists in toward the top of the shoulders (deltoid). Be sure to keep your elbows up with no movement between the elbow and shoulder. Flex your arm muscles at the top of the movement. Extend back out to the starting position. Repeat for a total of 10. Turn your fists to face the floor while arms are extended and begin "reverse arm curl." Don't stop!



C - Ct. 1



**C - Side view
elbows forward**



D - Ct. 2

2 Reverse Arm Curl

Curl your fists in toward your armpits. Be sure to keep your elbows at shoulder height and forward. Your palms should face your armpit; do not twist your wrists. Flex your arm muscles at (ct 1) before extending back to the starting position. Repeat for a total of 10. Turn your fists to face up while arms are extended and begin "arm curl up and out." Don't stop!



B - Ct. 1 & Ct. 3



E - Ct. 2



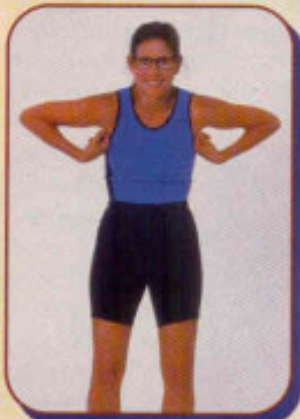
E - Side View



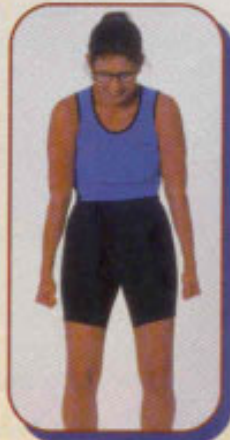
A - Ct. 4

3 Arm Curl Up and Out

Curl your fists into your shoulders (ct 1), then extend your arms straight up (ct 2), being careful to keep your arms behind your ears. It is very important to never drop the elbows lower than the shoulders. Repeat this sequence for a total of 10. Turn you fist to face the floor and begin "Arm curl down and out." Don't stop!



C - Ct. 1 ¶ Ct. 3



F - Ct. 2



D - Ct. 4

4. Arm Curl Down and Out - The Final Stretch

Curl your fists into the armpit, then extend your arms straight down. Keep your elbows up at shoulder height and forward. Drop your chin to release tension in the neck. Repeat for a total of 10. Hang in there, these look a lot easier than how they feel. Don't stop between sequence to get maximum benefit!



a - Start position Ct. 2



b - Ct. 1



c

The Hitchhiker

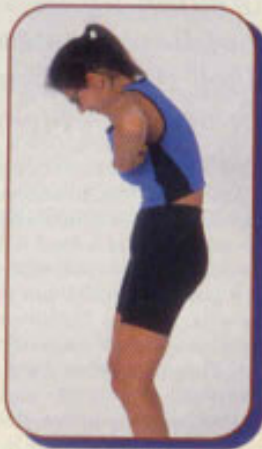
Shake out your arms and resume the start position with fists up and thumbs out, like a Hitchhiker. Twist your entire arms and wrists with thumbs moving down and back; reverse the twist with thumbs moving back up and all the way back (clockwise motion). Repeat for a total 10. Drop your arms to your side with your thumbs facing each other. Be sure to keep your knees bent and out with your toes forward and fanny tucked in. Keep your chin down.

Immediately pull your elbows up and forward. Your thumbs should face your body, not your armpit. Keep your elbows forward to really work the triceps during this sequence. Strive for perfect form.

Return your arms to your sides (ct 2). Extend them straight out from the side of the body with elbows locked and at shoulder height with thumbs pointing toward the floor (ct 3) then return arms to your sides, (ct 4). Repeat for a total of 10. Don't forget to stretch afterwards.



d - Ct. 1



d - Side view



Side view
form check

Form check: Notice how much the elbows are forward and at shoulder height. Also, thumbs point toward armpits.

To be a future reader/model: mail pictures and success story to: T. Tapp, 1450 10th Street South, Safety Harbor, Florida 34695.



c - Ct. 2 & 4



e - Ct. 3