

hit that spot

Keep the parts you love about your figure, lose the ones you don't

By Allison Winn Scotch

Talk about a moving target. You want to lose some fat from your butt and instead you drop two bust sizes. Or as your arms start to tone up, suddenly your stomach takes on a little extra heft. It's enough to leave you crying in your low-calorie beer. Well, cheer up—and blame genetics. Your body type is predetermined, which means there's not a lot you can do about your overall shape. Whether she's 200 pounds or 120, Oprah will always be curvy. What you can change, though, are the bumps and bulges in your shape. Here's how.

Percentage of women who think they're overweight
63

Average woman's bra size
36C

35"
The limit for healthy waist circumference before risk for heart disease increases

Area of body most telling for potential risk of heart attack
ABS

Tone Your Arms

CARDIO MOVES The elliptical trainer can burn fat and tone your arms at the same time if used correctly. "Set the trainer to a high incline, and do an arm series by changing where you grip the pole," says Lisa Johnson, Stott Pilates Master Instructor and owner of Elle Studios in Brookline, Massachusetts. "Place your hand on the side of the pulley—palm facing in—and do a strong pull in, which works the biceps. A strong push out works the triceps," Johnson says. When a song changes on your iPod, switch your hands to the top of the pulley. "This time when you push out, you'll work your shoulders, and when you pull in, you'll work the triceps and the back of the shoulders," she says.

RESISTANCE MOVES "When people say they dislike their arms, they're talking about their triceps," Flizanes says. If yours keep waving long after you've said goodbye, head straight to the dumbbell rack. Grab a 7- to 10-pound dumbbell, hoisting it behind your shoulder with your elbows bent. Lift the weight overhead by extending your elbow. Do three sets of 10 repetitions. Stand and burn more calories, says Douglas Lentz, director of fitness for Summit Health in Chambersburg, Pennsylvania.

Maintain Your Bust

RESISTANCE MOVES When you drop pounds, you're going to lose fatty tissue. Which means that your breasts, which are composed of fat, are likely to shrink a cup size or two. To combat this, Flizanes suggests working chest flies into your free-weight routine. "The point is to strengthen the underlying pec muscles, which will give the appearance of cleavage and shapeliness," Flizanes says. Try a basic fly first: Holding 7- to 10-pound dumbbells, recline on a bench, then open your elbows and extend your arms to the side. Exhale as you bring your arms together over your chest, squeezing your chest muscles as you do so. Once you're comfortable, loosen your grip as you lower the weights to the side; opening your hands puts emphasis on the chest muscles. Complete two sets of 15 flies.