

## Treat Yourself

Swanky gyms stock a fridge on the floor with ice-cold eucalyptus-scented towels. DIY version: Sprinkle a damp towel with eucalyptus essential oil (Dhs52, [aveda.com](http://aveda.com)). Roll up, stash in your freezer and enjoy après-workout (or night out). So luxe!



## Take A Better Healthie

Sharing post-workout pics – and watching the likes roll in – keeps your motivation high. Make sure your sweaty selfie is gorge thanks to these top tips!

### 1. Freshen Up

Smooth your ponytail, and swipe on lip gloss. Wear shades for outdoor pics to avoid squinting.

It translates into a natural, glow-y smile. Sounds weird, but it works.

### 2. Hold Your Cell at Eye Level

If it's too high you'll have alien head. Too low? Mega chin.

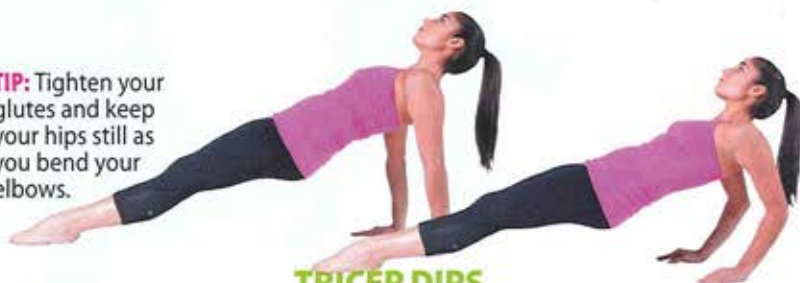
### 4. Find a Fave Filter

We love the golden glow of Mini-Oven in the Fotor app (free, [fotor.com](http://fotor.com)).

### 3. Make Yourself Giggle

Hamming it up is easier (and more fun) with a buddy.

**TIP:** Tighten your glutes and keep your hips still as you bend your elbows.



### TRICEP DIPS

1. Position yourself facing up, with your feet flat and your hands shoulder distance apart with your fingertips pointing towards your feet. 2. Keeping your weight on your palms, bend your elbows, lowering your upper body as far as you can. Return to the start position by straightening your elbows. Do 3x10 reps.

**TIP:** Keep your core tight throughout the move.



### OVERHEAD TRICEP EXTENSIONS

1. Sit on your shins and hold a weight behind you, with your elbows close to your ears and the weight touching your back. 2. Extend your arms straight up, lifting the weight above your head. Keep your shoulders down. Return to the start position. Do 3x10 reps.

# THE STRAPPY TOP WORKOUT

Add this to your routine for arms and shoulders you'll want to show off



**TIP:** Pretend you're balancing something on your lower back to maintain the correct back position throughout.

### SCORPION PUSH-UPS

1. Start with your hands a little wider than shoulder-width apart and your legs straight. 2. As you go down into a push-up, bend your left leg and rotate your hip outward, touching your knee to your left elbow. Keep your abs tight and straighten your leg again as your push up to the start position. Alternate each side so that you do 3x10 reps on each side.



### W CURLS

1. With your feet hip-distance apart and knees soft, hold weights at shoulder level with your palms facing each other and your elbows close to your body. 2. Move your hands down then up – in a 'W' – with your palms finishing facing out. Do the same in reverse, finishing at the start position. Do 3x10 reps.

**TIP:** Start with 5lb weights and increase as you get stronger.

## Meet Your Trainer



**Ariel Azarian** is an instructor at Physique 57 and an expert at getting you the long, lean, strong look you've always wanted. Visit [physique57.com](http://physique57.com) for more info.

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