

Jennifer Garner's Sculpting Secrets

"Jennifer works the big back and chest muscles rather than doing strictly arm-focused moves like bicep curls," says her Trainer, Valerie Waters. "This tones her arms and burns more calories – you get more bang for your buck." Waters recommends doing 10 to 15 reps of each of the following moves, resting for one minute, then repeating, for a total of three circuits.



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Dumbbell Chest Press on Stability Ball

With a 10-pound dumbbell in each hand, lie on your back with your head and shoulders on ball. Keep hips up so they are even with knees and tighten abs. Hold arms out to the sides, elbows bent at 90 degrees. Exhale as you press dumbbells up, directly over chest, toward the ceiling. Inhale as you lower back down.

One-Arm Cable Row

Attach a resistance band to a low, stationary object. Grab the band's handle with your right hand and step back until it's taut. With abs tight, bring right elbow toward the body and squeeze right shoulder blade toward the left one. Slowly extend your arm straight out in front as you bend your left leg 90 degrees. Return to standing position and alternate sides.

Bent-Over Row

Stand with feet shoulder-width apart. Keep your abs tight and don't lock your knees. Bend forward at the waist, making sure your back is flat. Hold an 8-pound dumbbell in each hand, arms hanging down, palms facing legs. Exhale as you bring the dumbbells toward the chest while squeezing the shoulder blades together. Inhale as you lower.