

REDISCOVERING Forgotten Moves



a time when machines and cables dominate gym space, us have forgotten about the hundreds of ways to firm up. Here are a few archaic moves to keep things fun.

BY PEGGY HALL | PHOTOGRAPHY ROBERT REIFF

If there's one thing that Figure competitor, model and full-time mom Annette Milbers likes to do in the gym, it's to have fun! "Fitness is a passion for me. I enjoy being a fit, active person in all areas of my life. I believe that it helps me become a healthier, more balanced mom."

It's hard to believe that our buff cover model looks this fabulous after having not one but two beautiful daughters.

That passion led her to start competing in Figure contests four years ago, after her second daughter was born. "I had gone through some personal pain in my life and wanted to keep my mind focused on something positive," she explains. "I desired to regain my strength and prove to myself that, even as a mom, I could still be balanced in body, mind and spirit."

Even with raising two girls on her

own, Annette still makes time to focus on her personal goals. All her hard work and commitment paid off when she won first place in the 2005 FAME Fitness Model competition, her first pro show. "Standing on stage with so many pro athletes from all over the world was quite an honor," she recalls.



"I was thrilled, excited, fulfilled and inspired to do even more!"

At five-foot-eight and 125 pounds, Annette sports a very feminine, shapely figure – appearing more model than fitness. But don't be fooled: She works just as hard as the next competitor. "Preparing for the show, I focused primarily on getting lean and showing definition. My diet had a lot to do with it. My training also became more intense,

with increased cardio and plyometrics."

When asked what might have given her the extra edge in winning the title, Annette downplays her attributes. "It just seems that I had the look the judges liked this time," she offers. "Every competitor had worked so hard and was in fantastic form."

A strong believer that true beauty begins from the inside out, Annette feels that charisma and energy, are just as important as a nice smile and a toned tummy. "That kind of beauty exudes from the innermost part of the soul and is contagious in all aspects of life," she says.

But before we get too envious of this blond-haired, blue-eyed beauty, Annette reminds us, "It's often a challenge to balance being a single mom with work and training. I am human, I get tired and some days are overwhelming." In order to stay energized and focused, Annette surrounds herself with positive people. She also likes to read motivational books and is inspired by other people's stories, struggles and triumphs.

So what's coming up next for this supermodel mom? "I plan to continue

Where It's Working

1. Deltoideus
2. Pectoralis Major
3. Triceps Brachii - Long Head
4. Triceps Brachii - Lateral Head
5. Biceps Brachii
6. Trapezius
7. Rhomboids
8. Latissimus Dorsi
9. Rectus Abdominus
10. Obliquus Internus Abdominis
11. Obliquus Externus Abdominis



Cover Girl Exposed

Type of competitor? Fitness model.

My astrological sign is Aquarius.

I grew up in Kamloops, British Columbia, and I now live in Calgary, Alberta.

In high school I played football with the boys after school and ran track and field.

My first fitness competition was the 2002 Emerald Cup in Seattle.

My favorite exercises are definitely squats.

I love training my legs. I love the burn I get. I can't say I hate training anything, but I find

abs the hardest.

The question I'm most asked is Do you really have two kids?

My worst injury was slipping a disk in my lower back two years ago.

My favorite movie is *Jerry McGuire*.

My favorite CD is *The Joshua Tree* by U2.

I would love to meet Faith Hill. I am inspired by her strength.

If I could live anywhere I would live somewhere hot if my family was there with me.

If I won a million dollars I would work less and spend more time with my girls.

My role model in the fitness industry is Elaine Goodlad. She is beautiful, grounded and real.

If I weren't a personal trainer, I'd be a sports broadcaster.

In my fridge, I have cottage cheese, cauliflower, broccoli, eggs and chicken.

My sense of style is simple: jeans and T-shirts.

Keep an eye out for me on my website at www.annetemilbers.com.

competing as I build myself strong inside and out. I would also like to write a book one day, and I dream of opening my own training facility with specialized programs and classes."

For now, Annette enjoys getting into the gym and having fun. For her, that means rediscovering some good old-fashioned exercises that always yield great results. Here are eight of those tried-and-true moves that will help you build a sexy upper body and tight abs while keeping you inspired and entertained throughout your workout.

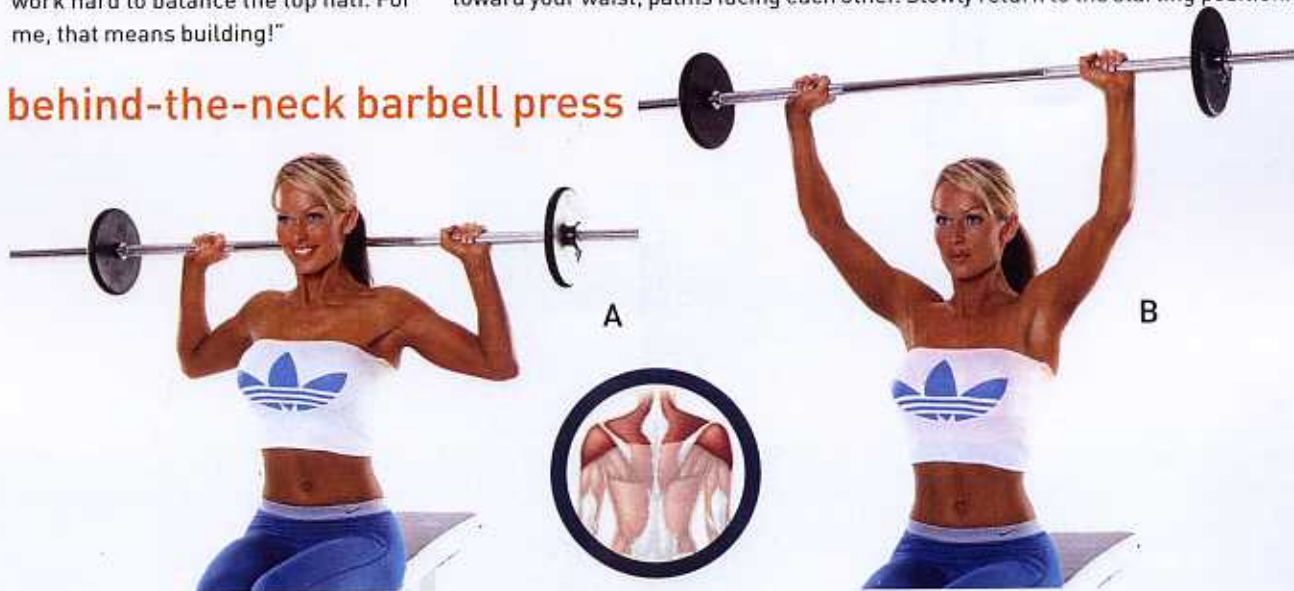
Blast your upper body once or twice a week with this routine, which will take about 20 to 30 minutes to complete. Beginners should start with one set of each exercise in the order given, performing 12 to 15 repetitions with a moderate weight. Rest for 30 to 45 seconds between exercises. After two weeks, progress to two or three sets. You'll notice increased firmness and muscle tone in as little as four weeks. Annette prefers to lift heavier weights with fewer reps (about eight to 10) in her off-season in order to develop more size. "I tend to carry extra weight in my bottom half, so I work hard to balance the top half. For me, that means building!"



bent-over dumbbell row

Work the large muscles of your back first, while you're fresh. Hold a pair of dumbbells and stand with your feet a little less than hip width apart. Bend at your knees and hips while keeping your chest lifted and your spine straight. Focus on pulling with your back muscles as you bend your elbows and squeeze the dumbbells toward your waist, palms facing each other. Slowly return to the starting position.

behind-the-neck barbell press



This move creates a strong upper back and sexy shoulders. The triceps get a workout, too! Grab a 20-pound barbell and sit at the end of a flat bench. Hold the bar behind your neck

at chin level (never rest it on your neck) and keep your back straight. Inhale and press the bar straight above your head without arching your spine. Exhale and bend the elbows to

complete the move. Avoid straining the shoulder joint by adjusting your range of motion so you can concentrate on form and safety.

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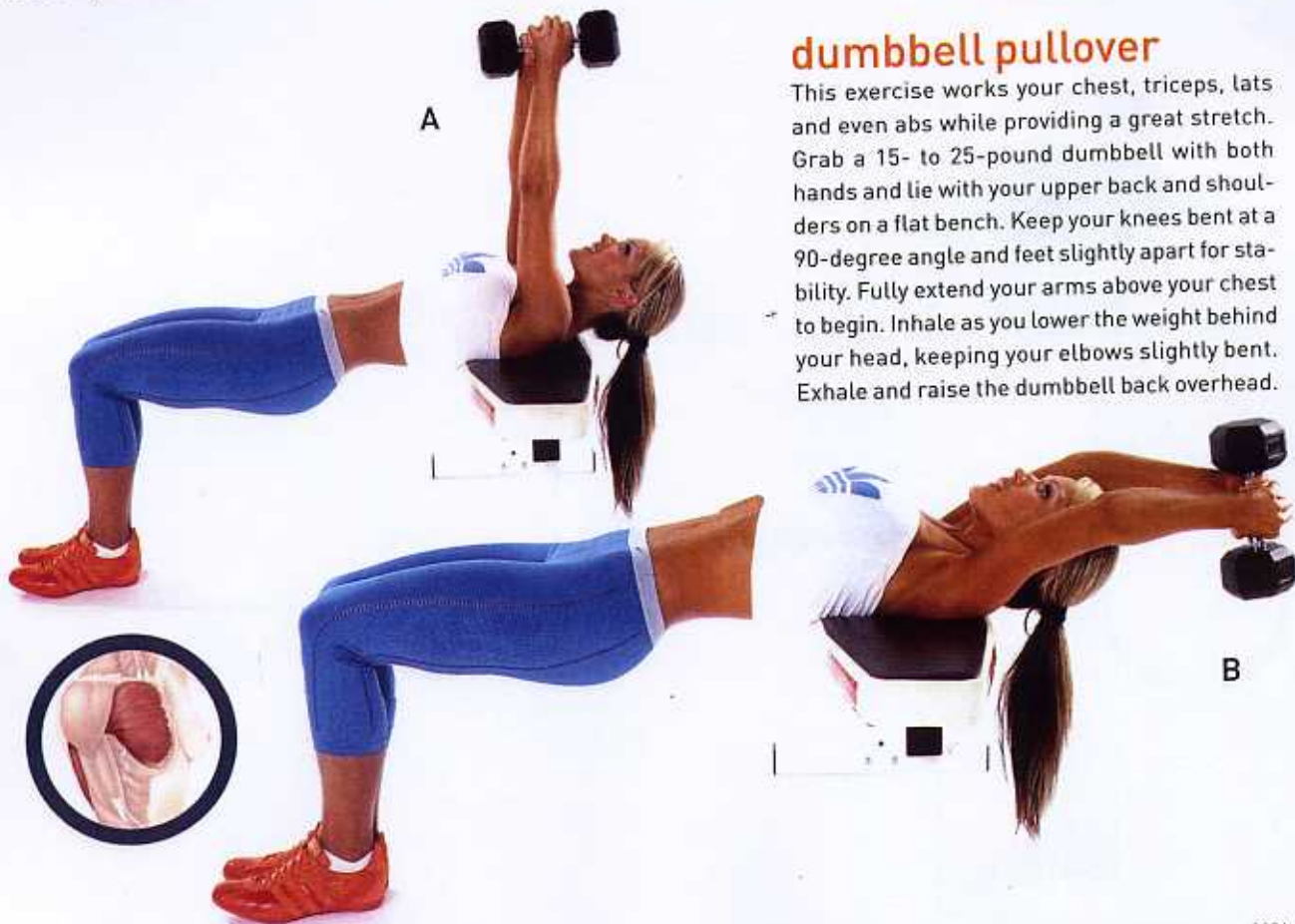
dumbbell press

Sit at the edge of a flat bench and grasp two dumbbells with an overhand grip. Start with the weights at ear level and keep your palms facing forward. Inhale and extend your arms overhead without arching your back. Exhale and return to the starting position. Dumbbells allow you to work each shoulder equally and to move through a full range of motion.



dumbbell pullover

This exercise works your chest, triceps, lats and even abs while providing a great stretch. Grab a 15- to 25-pound dumbbell with both hands and lie with your upper back and shoulders on a flat bench. Keep your knees bent at a 90-degree angle and feet slightly apart for stability. Fully extend your arms above your chest to begin. Inhale as you lower the weight behind your head, keeping your elbows slightly bent. Exhale and raise the dumbbell back overhead.



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reverse barbell curl

These are great for strengthening the wrists, as well as shaping the biceps. Take an overhand grip (thumbs toward each other) on a 20-pound barbell and stand with your feet hip width apart. Inhale and curl the bar toward you, keeping your abdomen engaged and your elbows tucked in. Exhale as you lower the bar with control.

lying biceps curl

This variation helps create sharp definition in the arms. Start with lighter dumbbells (you'll be working against gravity, so they'll seem heavier) and lie on a flat bench with your knees bent and feet on the bench. Keep your shoulder blades pressed into the bench to better isolate the biceps. Start with your arms extended toward the floor in a slight V. Inhale for energy and, as you exhale, curl the weights toward you, keeping your upper arms still. Inhale and slowly lower with control.



single-arm triceps extension

Lie on a flat bench with your knees bent and feet on the bench. Hold a dumbbell in your right hand and extend your arm toward the ceiling. Inhale as you bend your elbow, lowering the weight toward your left shoulder. Exhale and straighten your arm. Keep your upper arm still throughout the movement. Complete all reps on one side before switching to the other arm.



bent-knee abdominal crunch

Lie on a mat with your fingers interlaced behind your head. Bend your knees right over your hips and raise your feet slightly higher than your knees. Inhale and curl your shoulder blades off the floor, keeping your elbows flared out to the sides. Exhale and draw your thighs closer to your chest. Pause for a moment to intensify the contraction. Slowly return to the starting position. Avoid using momentum and instead focus on your abs doing the work. 