

# FITNEWS

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## **Fitness Expert Reveals His Secrets to Getting Arms Like Michelle Obama**

"I want Michelle Obama's arms!" That's what women across the country have been saying ever since the First Lady's shoulder-baring appearances during the inaugural balls. Fitness expert Brad Schoenfeld has the answers for those who want to look great sleeveless.

Schoenfeld recently gave *The New York Times* some tricks of the trade for attaining buff arms. While acknowledging that genetics play a role in toning up, he states, "That covers only about 50 percent," adding, "if you work out properly, everyone has the ability to look terrific within their own genetic framework."

Schoenfeld underscores the importance role cardio workouts play in any body sculpting regimen. "You can have the best muscle definition, but if you have that layer of fat over it, you'll never see the tone underneath," he explains.

While lateral raises—holding dumbbells and raising the arms out to the side—work the side part of the deltoid and give a shapely look, Schoenfeld also likes an exercise named for California's bodybuilder-turned-governor. "The Arnold press is a little-used exercise that can add variety to your workout and improve the deltoids' overall shape," says Schoenfeld. Accomplish it by grasping two dumbbells at shoulder level with palms facing toward the body. Press the dumbbells directly upward, simultaneously rotating the hands so that the palms face forward as the weights touch together overhead. Slowly return the weights along the same path, rotating the hands back to the start position.

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By following a few basic body sculpting techniques, Schoenfeld declares women can mask flaws and enhance their natural attributes. "Training your shoulders is essential because they create the whole illusion of the upper body," Schoenfeld states.

Schoenfeld, the bestselling author of "Sculpting Her Body Perfect" and six other fitness books, knows how to help women get into shape better than anyone. The owner of the exclusive Personal Training Center for Women in Scarsdale, NY, he's the trainer that countless fitness models have consulted to sculpt their physiques to perfection.

Find more information on Schoenfeld's techniques at [www.lookgreatnaked.com](http://www.lookgreatnaked.com).

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**ABOUT BRAD SCHOENFELD:** Brad Schoenfeld, CSCS, is the fitness trainer to bet your shape on. Widely regarded as one of America's leading fitness professionals, his focus is to help people achieve their full fitness potential by skipping the gimmicks and sticking to the well-documented science of exercise and nutrition. Awarded the distinction of master trainer by the International Association of Fitness Professions, he is also a certified strength and conditioning specialist by the National Strength and Conditioning Association.

He is the author of six fitness books, including *Sculpting Her Body Perfect* and the bestseller, *Look Great Naked*. He is a columnist for *Fitness RX for Women* magazine and has been published or featured in every major magazine including *Cosmopolitan*, *Self*, *Marie Claire*, *Fitness and Shape*. He has been a guest on numerous national television and radio shows. His exclusive Personal Training Center for Women is located in Scarsdale, New York.