

A woman in a teal leotard is shown from the waist down, lifting a silver dumbbell with her right hand. The background is plain white.

GET FIT

SCULPT YOUR BEST BODY EVER!

Lift Smarter

You really *can* do anything if you put your mind to it—at least when it comes to creating sexy definition. A recent study at the University of South Carolina Upstate in Spartanburg found that when people focused on using a specific body part while executing an exercise (for instance, the biceps during a curl), muscle activity in that area increased by up to 26 percent. Researchers say this is likely because the brain sends more signals to those tissues, which causes a greater number of muscle fibers to fire—and you to get stronger and more toned in a flash.

6.3

Percent of women
who lift weights

SOURCE: THE JOURNAL OF STRENGTH
AND CONDITIONING RESEARCH