

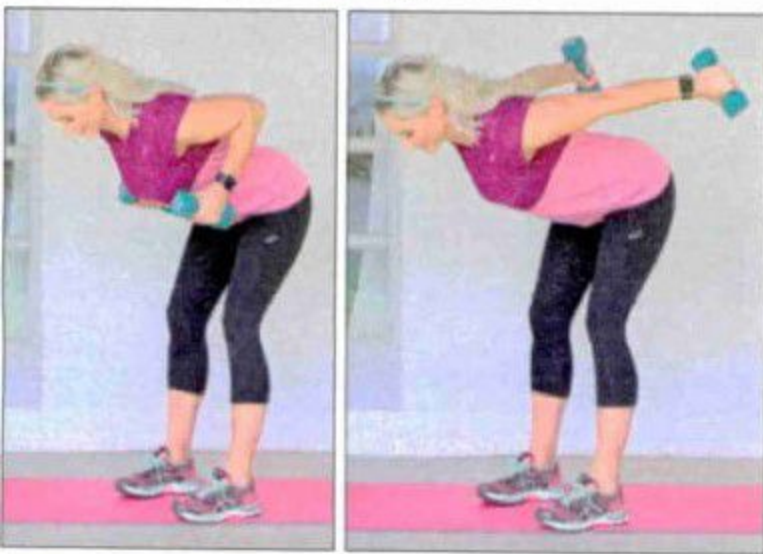
BY LISA RALEIGH

TV personality, author, lifestyle and fitness expert Lisa Raleigh will help you achieve your desired celebrity body.

# Get Arms Like Issa's

INCLUDE these three moves into your workout for sculpted arms like Issa's:

**1 Tricep Kickbacks**  
 STAND with weights in both hands. Bend your knees and lean forward slightly. Start with elbows bent at your sides. Keeping them in line with your torso, straighten your arms. Pause for a moment then bend back down to your starting position.



**3 Lateral Raises**  
 STAND with feet apart and a dumbbell in each hand. Starting with hands at your sides, draw arms out in a straight line until in line with your shoulders. Pause for a moment then lower back down to starting position. Aim for three sets of 12-16 reps.

**2 Ballet Curls**  
 STAND with feet apart and dumbbells held in each hand. Raise hands out to your sides at shoulder-height. Curl one hand over your head. Hold for a moment, then straighten that arm back to its starting position as the opposite arm curls overhead. Return to your starting position. Aim for three sets of 12-16 reps.



HBO star Issa Rae seems to show nothing but confidence. The *Insecure* writer, director and actress toned up significantly between seasons thanks to little more than the decision to do so.

✦ **Get A Goal:** The TV star loves big commitments when it comes to change. Describing herself as someone who 'thrives off fresh starts', Issa marks the start of a healthy journey with a cleanse or diet to kick-start her efforts.

✦ **It's Okay To Be Vain:** The actress admits that her reasons for healthy change are usually aesthetic. She claims that wanting to look good in a costume or undressed are her main motivators when it comes to shaping up.

✦ **Put Yourself First:** The actress is a big believer in self-care, and will happily take time out when she's feeling stressed. Sleep, time with friends, favourite TV shows and general downtime are top priorities for her.



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SEND Lisa your questions. E-mail [people@caxton.co.za](mailto:people@caxton.co.za) and write 'Fitness' in the subject line. [www.lisaraleigh.co.za](http://www.lisaraleigh.co.za)  
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