

Strong arms

Halle Berry is quickly getting back her pre-baby shape, and that's thanks to Ramona Braganza (ramonabraganza.com), who has also trained Jessica Biel and Jennifer Love Hewitt. Braganza tells *OK!* that women should concentrate on working their arms and back and not worry about bulking up. "It's not going to happen," she says. These are her favorite moves for getting a sculpted upper body like Jessica's.

Military presses — These are usually done standing, with 5-pound weights in each hand. Start with your arms bent at 90 degrees, elbows aligned with shoulders, and push up over your head. Do three sets of 15 to 20 reps.

Lateral raises — Start standing, with 5-pound dumbbells in each hand and your arms down at your sides. Then slowly lift your straight arms out to the side until they are perpendicular to the ground. Do three sets of 15 to 20 reps.

Curls — These are great for biceps. Use a 5-pound weight and do about 30 reps until it burns, then switch arms. Do two sets on each.

Dips — This works the part of the arm that tends to wiggle on most women: the tricep. Sit on the side of a bench with your legs out in front of you and your palms gripping the bench. Lower your body down until your butt almost reaches the floor. Do two sets of 20 to 30 reps.

Bikini diet

Dieting just before getting into a bikini is like cramming for a test: not ideal, but sometimes it works. Dr. Vincent Portera, a clinical nutritionist at JF Gymnastique in NYC, tells *OK!*, "Typically, one day won't be enough to diminish bloating. Three days is minimum." Here are some of the things he recommends to reduce bloating before heading out to the beach.

★ Avoid foods that cause bloating, which are mostly refined and high in salt and sugar, like bread and pasta.

★ Do not starve yourself before hitting the beach. For breakfast, have two poached eggs over a bed of spinach and avoid any sauces.

★ While at the beach, try to have small meals throughout the day and remember to stay hydrated. Water is key!



JESSICA
BIEL

FROM LEFT TO RIGHT: SIMON FERREIRA/STARTRAKS/PHOTO; SPLASHNEWS/ONLINE