

The Arms Race

March 31, 2009



Toned arms may be the national obsession-of-the-moment thanks to Michelle Obama. But let's face it, guns like that take work—pushups, pullups, and whatever other upper-body-builders we avoided in those Presidential Physical Fitness tests of our youth. Not to worry, lazy ladies: The equivalent of Spanx for arm flab has arrived! A company called **Très Sleek** (do they know that reads as "trez sleek"?) is selling nylon-and-spandex shapers that fit like skintight shrugs and compress jiggy upper arms by up to 3.5 inches a piece. (Check out the before and after pics above.) Bonus: Putting them on takes so much wriggling around, it's practically a mini aerobic workout in itself.