



Easy Breast Firming and Breast Enhancement Exercises

The Good News and the Bad News

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The Breast Sweat and Breast Rash Solution

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The Good News and the Bad News

First the Bad News

No amount of exercise will restore a woman's breasts to their former glory. Due to gravity, the natural weight of the breast, aging, breast feeding, and other factors, sagging will occur. A woman's breast is geared to milk production and is made mostly of milk manufacturing cells and fat. There is no muscle in a breast and no amount of exercise will make a breast larger or give it good muscle tone.

The only way of increasing the size of your breasts or lifting them and removing the sag is by surgery. Creams, supplements, lotions, sprays, voodoo, lighting a candle at church and throwing salt over your shoulder will not work.

Now the Good News

There are many exercises that will strengthen and tone the muscles directly under the breasts. These are called the pectoral muscles, or pecs. Working on and strengthening these muscles will provide the breast with more support and ***give the appearance of a fuller and firmer breast***. Strengthening these muscles is also beneficial for every day living. Carrying groceries, reaching for large book on the top shelf, and everyday activities that require strength will become easier.

Exercises.

Whenever starting any exercise program it is important to follow a few simple rules. Start out slowly and gradually increase the difficulty of the workout. Overdoing it on the first day will cause you to be sore and possibly prevent you from continuing. This should be enjoyable. Don't take the fun out of it. If you do get sore try not to lose focus. Try again at some later time. Try and do these exercises at least 30 minutes a day. Start out by training every other day. The 30 minutes a day workout does not have to be consecutive. Three ten minute segments will do the trick also. After your workout drink plenty of fluids and walk or run for five or ten minutes. This will help prevent lactic acid from building up in your muscles and may help prevent soreness.

Stretch First

1. Stand up straight. Place your arms behind your back and hold your hands together. Keep your lower back straight. Raise your hands a little until you feel your chest muscles tighten. Do not raise your hands tighter than what's comfortable. Hold this position for about 10 seconds and then repeat several times.
2. Stand in a wall opening or doorway. Place your feet together and place your hands on each side of the opening at about breast height. Breathe normally while leaning forward into the opening. Lean until you feel your chest muscles tightening. Hold this position for about 10 seconds and repeat several times.
3. Yoga pose. For those of you who have had yoga training assume the child position then transition into the upward facing dog position and hold for about 5 seconds. Repeat this several times.

With Weights

Start out with some dumbbells that weight about two pounds each. As you get stronger and the exercises become easier increase the weight.

Chest Presses and Variations

1. Use two pound weights. Lie on the floor with your knees bent. Stretch your arms to the side. Slowly lift the weights until the weights meet above the center of your chest. Hold this pose for about three seconds then slowly lower the weights to the floor. Do this 10 times. Work your way up to at least three sets of 10.
2. The same as above except lay on a weight bench. Start with your arms stretched out and slightly below the level of the bench. You should feel tightness in your chest muscles. Slowly bring the weights up until they are together. Slowly let your arms return to the starting position. Do this 10 times. Work your way up to at least three sets of 10.
3. Lay flat on the floor with your knees bent and your feet flat in the floor. Hold the dumbbells with your palms facing the floor and the dumbbells touching the floor. Slowly bend your elbows. Your upper arm should be flat on the floor and your lower arms and the weights should be straight up. Then slowly raise your arms until they are pointed straight up. Slowly reverse the order. Do this 10 times. Work your way up to at least three sets of 10.
4. Do the above except when your arms are straight up hold the pose for 5 seconds. Do this 10 times. Work your way up to at least three sets of 10.

Butterfly Press

1. Sit on the edge of an armless chair with your back straight and your arms at your side with two pound weights in your hands. Slowly raise the weights until your arms are at shoulder level. Hold this pose for 5 seconds then return to the starting position. Do this 10 times. Work your way up to at least three sets of 10.

Push Ups and Variations

1. Lay on the floor face down. Bend your knees so that the knees are just under your hips. Place your hands on the floor just under your shoulders with your fingers facing forward. Slowly lower your body until your head is just below your elbow. Hold for five seconds and slowly return to the starting position. Do this 10 times. Work your way up to at least three sets of 10.
2. Lay on the floor face down with your forearms and elbows on the floor. Slowly raise, keeping your forearms and elbows on the floor. Hold the pose for 5 seconds and slowly return to the starting position. Do this 10 times. Work your way up to at least three sets of 10.
3. Wall Push Up. Stand facing a wall with your legs together. With your arms straight toward the wall keep a distance of about 8 inches between four fingertips and the wall. Lean forward and place your hands on the wall and the palms of your hands firmly against the wall. Allow your elbows to bend and slowly lean toward the wall until your chest almost comes in contact with the wall. Slowly push your body away from the wall. Do this 10 times. Work your way up to at least three sets of 10.

Exercise Ball

1. Stand facing a wall with your exercise ball in hand. Place the ball on the wall at about chest height. Move your feet back so that you are leaning forward. Bend your elbows and move your chest forward toward the ball until your chest is almost in contact. Hold the pose for five seconds and slowly return to the starting position. Do this 10 times. Work your way up to at least three sets of 10.
2. Lay on an exercise ball. Your back should be arched slightly because it is following the contour of the ball. With a dumbbells stretch your arms out straight with the dumbbells facing the ceiling. Slowly bring your arms up until they are pointing to the ceiling over your chest. Hold this pose for several seconds and return to start. Do this 10 times. Work your way up to at least three sets of 10.

There are many different variations of the above exercises available online and on your tube. The important thing to remember is to keep at it. You will see results.

Care should be taken when starting any exercise routine. If you are not sure if these exercises are good for you please consult your physician.

This book is courtesy of BraMates, The Breast Sweat and Breast Rash Solution

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