

FOR PERFECT 10

The exercises discussed here should be done under the supervision of a professional trainer. Use moderate to heavy weights for those exercises that are repeated. Don't do more than three sets of five to eight repetitions per set and not more than twice per week. Over straining the muscles can actually work against your goals.

INCLINE BENCH PRESS:

This exercise directly works on your pectoral muscles, i.e. your chest muscles. Hence it gives firmness to your chest. What you achieve is very

well defined and toned muscles.

Fig. 1 & 2

I. Starting Position Lie supine on an inclined bench with bumbbell or barbell in hands. Legs should be shoulder width apart. Wrist should be in neutral position and will remain so throughout. Arms makes 90-degree angle with the elbows and are in line with the shoulders.

II. Lift the weights.

III. End Position Push the weight upwards and exhale. Watch the elbows. Be careful not to hyperextend them. Slowly lower them to the starting position. (3x 5 to 8 reps).



when the muscles are shortened (arms going up) and lengthened (arms going down).

Fig. 3 & 4

I. Starting Position Lie on an incline step. Feet are shoulder widths apart, lying firmly on the floor. Arms rise up straight from the shoulders, weights directly in line with the nose. The elbows are flexed and rotated outwards while palms face inwards.

II. End Position Slowly lower the arms to shoulder level, keeping the elbows slightly flexed. When bringing the arms back up, visualize squeezing a big beach ball between your arms. Avoid any rotation in your elbows or wrists.



PULLOVER PRESS

This exercise helps to expand the rib cage and gives density and depth to the chest.

Fig. 5 & 6

- I. Hold the weight. Bend the arms. Forearms face the ceiling and palms face each other.
- II. Take the arms overhead, constantly squeezing the chest muscles. Feel the rib cage pulling towards the chest.
- III. Slowly return to the starting position.



PEC DEC

This exercise gives strength and shape to your chest muscles.

Fig. 7 & 8

- I. Hold arms shoulder height at 90 degree angle. Keep the back straight, shoulders pressed down and stomach contracted.
- II. Pull your arms slowly but fluidly inwards.
- III. You are trying to open and close the arms. (Each repetition should take about 4 seconds.)



PUSH UPS

While doing push ups you work both on the chest and triceps. You can choose to do it on the floor or with the help of a ball.

Fig. 9 & 10

- I. Keep the whole body straight as a board.
- II. Extend the arms and lift your body from the floor as one unit.
- III. Lower yourself but not completely. Keep buttocks and ab muscles tight. Don't let your back collapse into your stomach, creating a swayback.
Breast tissue with its complicated physiology and varying anatomical structure demands a multidimensional approach for its augmentation. One thing alone will not do it all.

MUSCLE FACTS

Chest muscles provide support and shape to the breasts. The pectoral muscles of the chest have three different segments. The upper fibres of the pectoral muscle, along with the pectoralis minor muscle beneath it, pull the breast up and help to fill the hollow between the clavicle and the beginning of the breast. The mid and lower pectoral fibres add fullness, and support the breast from underneath. These muscles also keep the breast from flopping into the armpits. Meanwhile, the margins of the pectoral muscle as a whole delineate the breast from the chest wall, improving cleavage and making the breast more distinctive. Pectorals keep the breast margins from simply blending and disappearing into the sides of the chest wall.

THE FAT CONNECTION

Women have tried everything including exercise equipment, creams, lotions, hypnosis, subliminal tapes, special bras, and much more to enhance their breast. Unfortunately most women see little or no results. Take a look at women athletes, distance runners, tri-athletes and women body-builders. If they have much of anything showing, it's fake. If you are training to dramatically reduce your body fat overall, then you'll also be reducing the size of your breasts in the attempt.

The fullness and size of the breast comes from body fat. Without it they will look like flat empty bladders, much as they do just after you stop breast-feeding, when the fat store is gone and only skin and mammary tissue remain.

HORMONE PLAY

The most important stimulator of breast size is progesterone. If estrogen had anything to do with bigger breasts then all women on birth control pills would have large breasts (Estrogen, though, is responsible for the fat gain from the belly button down.).

Progesterone: It is the hormone responsible for fertility, bone density, bright mood, mental outlook, better muscle to fat ratios, libido and protection against cancer. Given today's predominance of estrogen, most women need to balance their life with natural progesterone.