

Exercises for fuller bust

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Exercising is a good way to keep your breasts full and beautifully shaped. In certain cases the breast size can increase, because of the muscle growth underneath the breasts. But even if your bust will not grow with regular working out, the shape will definitely improve and the sagginess will disappear. Exercises will increase the blood flow in your breasts, will tone up your skin and will produce a lifting effect to your bust area. Another benefit is stronger back muscles which will result in better posture.

Exercise 1 Standing on your toes, start quickly stretching your arms up, one after the other, as if catching something above your head. This exercise stretches the upper part of your body, warms up your muscles and straightens your spine.

Exercise 2 Bend forward, keeping your body parallel to the floor. Wave your hands left and right, following the movement with your head. This exercise relaxes chest muscles and strengthens the neck and back muscles.

Exercise 3 Bring your palms together in front of your breasts and push them against each other. You can also do it with a tennis ball. This exercise works directly on your chest muscles, as well as your arms, shaping them beautifully.

Exercise 4 Stand straight with your arms raised on the sides to shoulder level and with the palms facing up. Cross the arms in front of your chest and then pull back to the original position. Do it fast and keep your arms straight.

Exercise 5 Standing straight bring your arms to shoulder level on each side. Do circles with your arms straight, clockwise and then anticlockwise.

Exercise 6 Lie on the floor face down. Bring your hands together behind your head. Lift your head, arms and chest off the floor as far as possible and hold the position for a couple of seconds.

Exercise 7 Stand against the wall with your legs in line with shoulders. Make sure that your toes face straight to the wall and keep your back straight. Put your hands against the wall and do push-ups.

Exercise 8 Lie on your stomach with your ankles crossed. Bend your elbows and place your palms on the floor a bit to the side and in front of your shoulders. Straighten your arms and lift your body while keeping your knees on the floor, hold for a moment and go down slowly with the entire body.