

24 Daily Exercises for Breast Enhancement:

**Improve The Appearance of Your
Bust Fullness, Firmness & Lift.**

total curve

Intensive Daily Breast Enhancement Therapy*

Consult with your physician about whether the exercise portion of the Total Curve System is suitable for you. Discontinue the regimen if you feel pain or discomfort, and proceed to a physician. Leading Edge Health is not a medical care provider and has no expertise in diagnosing, treating, curing, or preventing medical conditions, or in determining the effect of any specific exercise on a medical condition. Leading Edge Health is a service mark of Leading Edge Marketing, Inc.

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Table of Contents:

Introduction..... 4

Before You Get Started 5

7 Exercises You Can Do With NO Equipment..... 6

9 Exercises You Can Do With Basic Equipment 8

3 Exercises You Can Perform at the Gym..... 11

5 Yoga Postures (Asanas) for Breast Enhancement 12

Conclusion..... 15

Introduction

Congratulations on your decision to add breast enhancement exercises to your Total Curve™ Daily Breast Enhancement Therapy!

While exercise can't increase the amount or volume of fatty tissue *in* your breasts, you *can* increase the size of the pectoral muscles *behind* your breasts, leading to a more enhanced figure.

If you build up your chest muscles so they are stronger and firmer, your breasts will have a more stable surface to rest on. A healthy, well-defined set of chest muscles can have a HUGE positive impact on how firm, full, and lifted your breasts look.

6 More Reasons Why You NEED To Do These Breast Exercises

Of course you want to enhance your breast size, but doing the exercises in this guide can contribute to your breast health in many other ways, too:

1. Regular exercise can keep your breasts healthy, by improving lymphatic drainage and blood circulation. It can also open up the veins, arteries, blood vessels and glands, assisting in removing any build-up of benign lumps.
2. Breast exercises can be instrumental in improving the appearance of stretch marks caused by pregnancy or significant weight loss.
3. Regular breast enhancement exercises help develop your breast toward the center of the chest, giving you more defined and alluring cleavage.
4. Breast exercises can build strength in the upper body, leading to improved posture. This reduces strain on your back and neck, and gives you a more “lifted” look – naturally.
5. Like any other form of exercise, doing breast enhancement exercises increases your metabolism, which in turn helps you burn more calories, even when you're not working out!
6. Regular strength training – including breast enhancement exercises – is an excellent way to build up stamina and endurance, which will give you added energy, and help you deal with stress.

Before You Get Started

Like any exercise routine, it's important that you take care not to strain your back, shoulders, or other joints when doing these exercises.

If you're unsure whether or not a particular exercise or routine is right for you, be sure to consult your doctor before you start.

Here are some general guidelines for safe, effective breast enhancement exercises:

1. Always keep your midsection firm. This will prevent any unnecessary strain of your lower back.
2. If you lie on a bench to perform your chest exercises, make sure your lower back is always pushed firmly into the bench.
3. If you lie on a bench to perform your chest exercises and your feet don't touch the floor, bend your knees and place your feet on the bench, to avoid straining your back.
4. Be sure to breathe out as you perform the most difficult part of the exercise, and breathe in as you relax. Never hold your breath.
5. Be sure to work all areas of the chest, rather than performing a single exercise each time. This will help your bust develop evenly.
6. Always warm up before you do your exercise, and then cool down afterward by stretching.

7 Exercises You Can Do With NO Equipment

1. Press Up (Push Up)

To do a press-up against a wall, stand facing the wall about one-and-a-half feet away, with your feet about hip-width apart.

Now put your hands against the wall at shoulder height, a shoulder width apart.

Lower yourself slowly to the wall, hold until the count of 3, then press yourself back up again.

To make this exercise more challenging, get on your hands and knees with your stomach straight. Slowly lower yourself to the ground, count to 3, and then slowly raise yourself back up again.

Repeat your press up 10 times. And remember: the further you stretch your hand from your knees, the better your chest muscle workout!

2. Forearm Grip

To perform the forearm grip, hold your arms straight out in front of you, at shoulder level.

Next, cross your arms and grasp each forearm with the opposite hand, then pull outward without letting go.

Repeat this cycle a total of 10 times.

3. Finger Lock

For the finger lock, hold your arms straight out in front of you at shoulder level. Next, bend both arms toward your body and interlock your fingers. Pull and hold for a count of 5.

4. Side Swerves

For this exercise, sit upright on a chair, and place your arms on your hips.

Keeping your spine as straight as possible, turn as far left as you can. Hold yourself in this position for several seconds, then reverse your position, so you're holding on the far right.

This will help to tone up the underarm structure and the sides of your breasts.

5. The Kneeling Dip

To do a kneeling dip, kneel on the floor with your knees apart.

Lower yourself until your head is resting comfortably between your thighs. You should feel this pulling on the breasts and it's a good technique to develop the front of your breasts.

6. Aerolean Push-Up

This exercise is variation of the standard push-up, and is useful for toning both the breasts and arms.

To perform this exercise, get into a push-up position, with your feet together and hands spaced wider than shoulder width apart. Your fingers should be pointing out to the sides.

Next, slowly bend your right elbow so you tilt to the right. Gently return to the center and repeat with the left arm until you tilt to the left. Each side counts as one repetition.

If this becomes too difficult, you can perform this exercise on your knees.

7. Dry Breast Stroke

If you can't go to a swimming pool, do this effective exercise to improve the tone of your breast.

Stand tall, nestle up to the wall, squeeze the pectoral muscles and make movements, as if you are breast-stroke swimming. Do a hundred slow strokes, keeping your pectoral muscles tense at all times.

9 Exercises You Can Do With Basic Equipment

1. Arm Lift

Get two 2.5 or 5 pound weights that are easy for you to handle. Lay on your back with your arms out to either side, with a weight in each hand.

Now raise both arms, toward each other, keeping them straight, so your palms move toward each other up over your body. Slowly bring them to within an inch of each other, then hold for 3 seconds.

Now slowly lower your arms back down to the ground.

(Note: If you don't have weights around, a 2-liter bottle of soda can do nicely, if your hand fits around it well!)

2. Chest Press

Get two 2.5 or 5 pound weights that are easy for you to handle. Lay on your back with your arms straight out. Bend both arms at the elbows so your palms are facing up at your ears, and your elbows are bent 90 degrees.

Put a weight into each hand, and keeping your palm facing up, lift each weight up and in. Your arms should end up extended over your chest, with the two weights about 1" apart.

Slowly lower them again.

(Note: If you don't have weights around, a 2-liter bottle of soda can do nicely, if your hand fits around it well!)

3. Butterfly Press

This exercise is great for your pectorals and is one you can't do without...

Ideally, you should lay on a bench, but the floor is acceptable. Get a pair of light dumbbells.

Now lay on the bench with the dumbbells out to your sides, at shoulder level, palms up. Slowly raise your arms so that they are directly over your chest.

Be careful to control the weight. It's safer, and it works the muscle so much better to have a slow, controlled lift of the weight.

Now lower your arms back down to your sides very slowly.

Repeat this for three sets of twelve, but don't overdo it.

4. Bench Press

For this exercise, once more you'll lie on the bench or floor, and use your light dumbbells.

Put your arms out to shoulder level. Bend your elbows so that your forearms are perpendicular to the floor. Push the weights toward the ceiling and be very careful to do it slowly.

Lower the dumbbells back down to the floor and repeat. Repeat this for three sets of twelve.

5. Incline Press

Grab a five-pound weight in each hand. Lying on an incline board, or on the floor with your upper back, neck and head propped up with firm pillows or other firm support, bend your elbows out to the side at right angles to your body.

Slightly tuck your chin to keep a straight, yet relaxed, natural posture, then slowly press the ends of the weights up to touch in front of your chest, keeping your elbows slightly bent. Do not strike the weights together.

Separate the weights and press your elbows slowly back to your starting position. Do 3 sets of 12 with other exercises in between.

6. Crunch & Fly

Lie on your back on the bench, with your knees bent and feet on the bench. Hold a dumbbell in each hand above mid-chest with your palms facing in. Keeping your elbows bent slightly, lower your arms outward until your elbows are just below the level of the bench.

Next, press your arms back up the starting position (imagine you're hugging a large barrel in front of you). At the same time, contract your abdominals and allow your shoulders, head, and neck to lift slightly off the bench.

7. Single Arm Press

This chest exercise will isolate each breast.

Begin by choosing a light to medium dumbbell with your left hand. Next, lie on your back on a flat bench or a fitness mat, while holding the dumbbell over your chest. Your arm will be straight with your palm facing out and turned slightly inward.

With your right hand at your side, or on your belly, lower your left hand dumbbell to the side of your chest. Pause briefly, then press the weight back to the starting position. This counts as one repetition. Perform 12 repetitions in total.

8. Chest Fly

This exercise is a top choice for women, because it works all of your breast tissue.

Start with two light to medium dumbbells, and lie on a fitness mat or flat bench.

Grasp each dumbbell with a closed grip, bring them over the center of the chest and allow palms to face each other. With your elbows slightly bent, slowly lower the dumbbells, in unison, in a wide arc, until they are level with your shoulders or chest.

Then slowly raise the dumbbells upward in a wide arc back to your starting position, counting as one repetition. Perform 12 repetitions in total.

9. Side Dumbbell Lift

A very good exercise for your chest, as well breast enhancement, is side dumbbells lifts.

To perform this exercise, select dumbbells of an appropriate weight, then stand straight with your back upright, holding the two dumbbells in front of your chest.

Now, slowly move one hand towards your side at shoulder height, then bring it back curled up to the chest. Repeat this movement with your other hand.

Do at least 25-30 reps, for as long as you are comfortable with the exercise.

3 Exercises You Can Perform at the Gym

1. Cable Crossovers

Adjust the weight of the cables on the machine before you begin this exercise.

Position yourself at the middle portion of the machine, holding the handles with your hands. Have your back straight before you start bending your knees a little and pulling the machine cables to your chest until they cross.

Alternate your movements by pulling the cables in a downward motion directly.

2. Chest Dips

Position yourself between the dip bars, then grab the handles.

Use your arm muscles to push your body, so that it hangs with your arms straight. As you bend your knees, flex the muscles in your abdomen.

Then bend your elbows to lower your body slowly to the starting position.

Repeat the movements

3. Step bench

Before you start this exercise, wrap a resistance band below the step bench.

Lie flat on the workout bench surface with each hand holding a handle. Raise the handles straight up with your elbows slightly bent. Your straightened hand should be lined up to its respective shoulder.

Bend your elbows to lower your hands until your fists touch your shoulders. Your elbows should be in a pushed-out position

5 Yoga Postures (Asanas) for Breast Enhancement

The physical postures, breathing exercises, and meditation practices of Yoga have been proven to reduce stress, lower blood pressure, regulate heart rate and even retard the aging process.

However, Yoga also has a direct impact on breast enhancement.

Many yoga postures tend to stretch your chest, and therefore, open up your shoulders and chest. When you focus the “pull” in your chest, it will strengthen your muscles and prevent sagging breasts, keeping your breast line looking attractive.

Dos and Don'ts When Practicing Yoga Exercises

- Before doing yoga exercises, be sure understand the correct technique.
- Some yoga exercises can be dangerous if not performed correctly. If you're not sure that you can do the exercise properly, ask for the supervision of a yoga practitioner.
- Wear loose clothing when performing yoga exercises. Tight clothing may inhibit your body's circulatory flow during the exercise.
- Perform the exercises in a well-ventilated room. Open the windows, or do them in open air.
- Do not perform these exercises if you are sick or suffering from pain or cramps.
- Give yourself a break when doing the exercises.

1. Stabdhasana

Stand straight with your feet shoulder apart. Raise your arms to shoulder level, elbows bent so that your hands are in front of your chest and your elbows are the same height as the shoulder.

Bend your wrist upwards slightly and spread the fingers of your hands. Imagine that you are pressing both hands against a solid object.

Hold the muscles of your hands, forearms, upper arm, and chest region as tightly as if to push

the object you are holding. Focus your eyes in the space between your hands. Hold this position for 20 seconds, muscles as tight as possible, and repeat 3 to 5 times

2. Dwikonasana (The Double Angle Pose)

Stand straight with your feet shoulder-width apart. Extend your arms behind your back and interlock your fingers. This is the starting position.

Now bend forward from your hips and, at the same time, raise your arms behind your back as high as possible without straining.

Use your arms to accentuate the stretch to the shoulders and chest. Look forward with your face parallel to the floor. Hold for 30 seconds before returning to the upright position and relaxing your arms. Repeat 3 to 5 times.

3. Sajah Stabdhasana

Sit in vajrasana (sit on your legs, with legs touching the ground), look forward, and hold your arms straight at your sides so that they're in line at the shoulder level.

Stretch your hands backwards as though to touch the back of your palms together. Keep your back straight, and your head and neck in line with your body. Hold this position for 20 seconds, and repeat 3 to 5 times

4. Bhujangasana (The Cobra Pose)

Lie on your stomach with your legs straight, feet together and flat on the floor. Place your palms on the floor, below and slightly to the side of the shoulders, fingers forward. Point your elbows backward and close to the sides of your body.

Now rest your forehead on the floor and close your eyes. Relax your whole body, the lower back in particular. Slowly raise your head, neck and shoulders. Straighten your elbows and raise the trunk as high as you can, using the muscles of your back rather than your arms. Then use your arm muscles to further raise the trunk and arch your back more.

Gently tilt your head backwards and look up. Keep your pubic bone in contact with the floor and raise your navel. Unless your spine is very flexible your arms will remain slightly bent.

Hold for 20 seconds and repeat 5 times, gradually increasing the time that you hold the posture.

5. Ushtasana (The Camel Pose)

Sit in vajrasana (sit on your legs, with legs touching the ground). Stand on your knees and feet together (or separate if more comfortable), feet flat on the floor.

If this is difficult, begin with the balls of your feet on the floor. Lean backward, slowly reaching for the right heel with the right hand and then the left heel with the left hand. Do not strain.

Push your abdomen forward, keeping your thighs vertical, and bend your head and spine backwards as far as possible. Support your body weight using your arms and legs, and try to relax into the stretch.

Hold in this position for 20 seconds and repeat 3 to 5 times, gradually increasing the time that you hold the posture. Slowly release your hands from your heels to return to the starting position.

Conclusion:

So there you have it... 24 exercises proven to tone the muscles supporting your breasts, helping you achieve an overall firmer, fuller, more lifted appearance.

We recommend choosing a few that you really like and incorporating them into your exercise program at least 3 times per week for the best results.

***And remember:* Keep taking the Total Curve™ Daily Supplement and applying the Total Curve™ Gel to your breasts on a daily basis.**

Just like taking a daily multi-vitamin, you will only continue to see the results and enjoy the benefits for as long as you remain on the program!

To your BEST breast health...