Contents

Welcome To Boost Your Bust!

Introduction

Chapter 1 – What Are Your Breasts & How Can They Grow?

Biology

How Breasts Grow

Estrogen

Growth Hormone

Chapter 2 - How Natural Breast Enlargement Works

Leveling out Estrogen

‘Fake’ Estrogen

Increasing Prolactin

Increasing Growth Hormone

Decreasing Testosterone

Chapter 3 – The Cheat Sheet Making Your Breasts Look Bigger

Clothing Tips & Techniques

Breast-Boosting Exercises

The Correct Breast Posture

The Cheat-Sheet Checklist

Chapter 4 - The Groundwork

All Natural Breast Enlargement Is Herb-Powered

Herbs Are The Basis Of This Program

We Can Apply Herbs Straight To Your Breasts

Massaging Your Cream Into Your Breasts

This Program Also Uses Progesterone (USP) Cream!

Chapter 5 - Your Personal Breast Enlargement Routine
What To Expect

Possible Side Effects Of This Treatment

Preparation

Ingredients

Month 1

Month 2

Month 3

Month 4

Months 5 to 8

Month 8

Months 9-12

Chapter 6 – Ensuring Your Results Are Permanent

Eating The Right Foods

Keeping Your Hormones In Balance

Making Sure Your Chest Isn’t ‘Drooping’

Chapter 7 – Enhancing Your Results With Food

Palomino Chicken (high protein)

High Protein Frozen Yoghurt (high protein, low sugar)

High Protein Tofu Vegetable Soup (high protein)

High Protein Omuraisu Omelette

Escarole Soup With Meatballs (Low Carb & High Protein)

Conclusion
Introduction

Having small breasts is no laughing matter, especially for the millions of women who, just like you and I, have had to put up with the problem for our entire adult lives.

This book has been inspired by my personal struggle to rid myself of my flat chest, finally allowing me to feel like a "real woman". It’s been several long, tiring years in the making, but this guide is the culmination of my entire research on the subject…. which has given me the ability to grow my own breasts 2 cup sizes.

Before I begin giving you all the routines, results, techniques, massages, recipes and stretches which will help you grow your chest, I just wanted to give you a few words about what you should expect from this program, and how I know how you’re feeling.

You see, I’ve been in your shoes before. I know how hard it can be to get by when your most feminine assets are more like pita-breads than plump, juicy melons. Especially in our image-conscious culture, where the ‘quality’ woman’s figure can more or less determine her career & life.

I was one of the unfortunate girls in school, who couldn’t just flash her chest at the guy she wanted. I was the girl all that all the others – deep down – felt sorry for. I was the girl who just didn’t feel sexy enough to wear anything but a padded bra at all times.

I quickly discovered that having big breasts isn’t about winning beauty pageants or getting that special guy’s phone number. It’s much deeper than that. It’s as if you’re missing a part of your sensuality, part of your character. Breasts are not just a part of our bodies – but a big part of whom we are… and the bigger they are, the brighter we shine.

I’m sorry for going all sentimental on you, but the fact is that I’ve had it rough. My friends constantly laughed at me in school, and things didn’t really improve much when I grew up either. It’s like if you’re short… you are just the same as everyone else, but other people seem to think they can skit and poke fun at you because you are “missing” something they have. It’s not a malicious kind of jeering, but
one which hurts you inside... and eats away at you for the years and years you have it.

Today, I want to put an end to the problems the lack of bouncy bosoms have caused you. I want to explain the exact methods & techniques I’ve researched and used to make my breasts grow. **I’m going to help you grow your breasts naturally once and for all!**

What you’re going to learn in these next pages will transform the way you look and feel about your body forever. Hopefully, you’ll start to see that there is a solution to this problem, and that it’s not very difficult to achieve at all! You just need to sit tight and you’ll learn the exact process that me and 100’s of other women have been using for years to help you increase your breast size naturally, by working with your body.

Here’s some of what I’ve got in store for you:

- The ‘truth’ about your breasts – and how they can actually grow even if you’re out of the “growth stage” of your life.

- How to create your own breast enhancement cream, which you can make from ingredients that you have at home

- The science behind natural breast enlargement & how it’s not just some “flash in the pan” idea that only hippies believe in

- Avoiding the potential side-effects of natural breast enlargement techniques & how to make sure your breast development is as healthy and regulated as possible.

- About how to increase the firmness of your breasts and stop sagging

- Making sure your new breasts stay as big and round as you want them

Remember, the information I’ve collected and put into this program has been compiled on the basis of it working for me. When you follow the steps I’m about
to show you, please keep an open mind as the techniques and tips that I divulge all have scientific backgrounds and all work with your body.

Enjoy!
Chapter 1 –
What Are Your Breasts & How Can They Grow?

Before we look at the actual techniques and methods of growing your breasts, we first need to understand the breasts as a part of your body, and more importantly, find out their functions and how they can actually grow in the first place.

Women’s breasts have a long-standing evolutionary role which has been responsible for us all being here today. They are not just two lumps of fat which jiggle around on our chests, nor are they sexual play-things which men obsess over. Breasts are alternatively known as “mammary glands” and are there to provide milk to our young.

We are known as “mammals” because we give birth to live young, and then nurse them by letting them suckle from our bosoms. The nutrients, proteins and minerals we pass through from our breast milk to our babies then allows them to grow and be strong... so they play an essential role in our development.

However, breasts have become a lot more than just a “natural milk bottle”. They are one of the biggest and most desirable aspects of a woman, which men are meant to examine closely when choosing a mate. And I have actually read that when a man sees a woman, it takes him just 3 seconds to work out if she’s “mating material”... and he does that by looking mainly at the size of your breasts, as well as the silkiness of your hair, your skin complexion and your facial characteristics.

In other words – the breasts are an essential tool for growing our population and a sexual desire that sends men crazy.
Biology

The breasts are actually one of the most important part of a woman’s reproductive system. They are essentially a development of fatty tissue which surrounds a collection of “lobules” that create and store milk, which can then be sucked out by your baby through your nipples.

Here’s an image of the inside of a big breast:

![Breast schematic diagram (adult female human cross section)](image)


As you can see, the breast is full of all sorts of material, designed to help you produce as much milk as possible for your baby. This is an evolutionary feature of mammals which many different creatures have... and the only problem with small breasts is that the fatty tissue and lobes which provide the milk, are not as big & developed as in some other women.

From a biological standpoint, the size of your breasts doesn’t really matter nowadays, mainly because we have all sorts of baby foods and mixtures which
can take the place of our natural milk. However, their actual size can be affected by a multitude of different factors, including:

- Your weight (how much fat you have on your body)
- Your genetics (do all women in your family have small breasts?)
- Your diet
- Your lifestyle
- Your posture

How Breasts Grow

It’s an exciting time when your breasts finally start growing. And often an anxious time, with lots of worries... like how big will they get, will they look good, and is anything wrong with mine? So here is the basic information you need to know about how breasts grow.

Breast growth is controlled by hormones. These are chemical substances which are produced by glands in your body, and work to do a variety of things to you. In the case of our breasts, they work to stimulate the growth of our bosoms.

Here are some of the hormones that stimulate our breasts to grow:

**Estrogen**

Estrogen is probably one of the most well-known of our hormones, because it’s responsible for so many different things inside our body. It’s often referred to as the “female hormone” because it’s responsible for making us women.

Estrogen is released for the first time from our ovaries between the ages of 8-13, as soon as our fat levels in our body have increased enough for us to start the winding road of puberty. Estrogen is continually released until we come out of puberty, causing our menstrual cycle to start and our breasts to develop in the mean time.

Estrogen is a critical player in breast size. It not only controls many of your body’s natural processes, but is the main component in making your breasts grow. And in terms of natural breast development, it’s crucial.
Growth Hormone

Growth hormone is, as its name describes, a hormone which makes parts of your body grow. This is a very important substance for natural breast development, because it’s the primary source of growth in our bodies. It’s also one of the reasons why many women don’t have big breasts.

In this course, we’re going to look at ways you can encourage the growth hormone inside your body to grow your breasts whilst maintaining a constant balance in your hormones. It’s a tricky thing to achieve, but it can have stunning results.

Nature designed a woman’s breast to produce milk for her baby. In our society however, the breast is often viewed as a symbol of femininity and sexual attractiveness, so let’s look at how we can make your breasts bigger using only natural methods...

“Breasts are like any part of your body – by doing the right things, they CAN be grown the same way as bodybuilders grow muscle, or fat people grow stomachs.”
Chapter 2 -
How Natural Breast Enlargement Works

I run a newsletter for this topic and I often get asked a whole bunch of questions about which foods to eat to make your breasts grow, what exercises to do and so on. The fact is that natural breast enlargement all boils down to one single thing – hormones.

Hormones are what control almost every aspect of our bodies, from how much fat we get on our bodies to how big our muscles are... and in the case of our breasts, they are just as vital.

Essentially, to get your breasts to grow again, we need to re-create the same hormonal conditions that were present when you were in puberty. We do this by manipulating the hormones inside our body, to make our breasts “think” that it’s time to grow again. This type of behavior isn’t anything special – it’s what body builders do when they take “steroids” or even protein shakes. It’s a totally natural way to improve the shape of your body.

In terms of growing the breasts, we need to do four things. These are:

- Leveling Out Estrogen (& cutting out ‘fake’ estrogen)
- Increase Prolactin
- Increase Growth Hormone
- Decrease Testosterone

These four points are the basis for natural breast enlargement, and is crucial if you want to be able to make your breasts grow. Here’s how it works:
Leveling out Estrogen

Estrogen is the main hormone which determines the size of our breasts. Not only does it make our breasts bigger and more rounded, but it affects the other parts of a woman’s body.

Getting the Estrogen levels right inside your body is the first step to getting bigger breasts. However, it’s not as simple as increasing the Estrogen levels inside your body as many women think... because the more Estrogen you put into your body, the less likely it will be willing to receive it, ruining your chances of making your breasts grow at all.

The fact is that you need a good balance of Estrogen in order for this plan to work. And unfortunately, many girls have Estrogen levels that peak and trough - like the Dow Jones. Many women have too much Estrogen or too little Estrogen floating around their bodies, preventing them from being able to have effective breast growth from this course. Luckily, we’re going to cover exactly how to do this later in the book.

‘Fake’ Estrogen

Before we look at the other things we need to do to grow our breasts, there’s a crucial piece of the puzzle you need to know. You see, there are many substances which we are exposed to in our modern lives, which actually have estrogenic properties, but aren’t actually Estrogen.

These substances are known as ‘Xenoestrogens’ and work to trick your body into thinking it has a lot more Estrogen that it actually does. This makes your body stop accepting any of the ‘real’ Estrogen that you need, preventing your breasts from growing.

We need to get rid of these fake estrogens completely, making your body more open to the real estrogen that we’re going to be providing later on.
Increasing Prolactin

Prolactin is a very powerful hormone which works in unison with Estrogen. It works to cut out any excess levels of Estrogen in your body, as well as promoting fat storage and growth inside your breasts.

This means that in order to get your breasts to grow, you really need to be able to have the Prolactin levels of a pregnant woman, making your breasts fill out and round up. And although Prolacin isn’t normally produced outside of puberty or pregnancy, it’s important to note that it can be generated quickly by consuming a variety of herbs.

We’re going to show you exactly how to do this later in this guide.

Increasing Growth Hormone

Growth hormone is a hormone which promotes growth in various parts of your body. It’s also a good “policeman” who stops all the other hormones from becoming too abundant.

This hormone can be triggered with a variety of different supplements and substances, and we’ll be covering those in just a second. The simple rule for this is that the more growth hormone you have, the easier it will be to grow your breasts.

Decreasing Testosterone

Testosterone is often known as the “male hormone” because it’s the primary hormone for males. It’s responsible for making our bodies leaner (less lady-like) and increasing our sex drive. It’s also a KILLER of any natural breast growth program.

It’s essential that we keep testosterone levels low, and although some women naturally have large amounts of this hormone inside them, it’s actually quite easy
to do. We’re going to talk more about how to stop testosterone ruining your breast development program later in the book...

The main cause of increased testosterone is actually thought to be because of an increased level of insulin inside your body. Insulin is a powerful substance which breaks down sugar, and is also linked to making parts of your body create more testosterone. You should avoid eating really sugary snacks, because that’s what causes your testosterone levels to shoot up.

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Chapter 3 –
The Cheat Sheet Making Your Breasts Look Bigger

I know you want to hear all the latest information about growing your breasts, but before that, there’s just one more thing we need to look at.

You see, getting bigger breasts first needs to be preceded by improving your self esteem about your bosoms, and how you “present” them in everyday life. Unfortunately, many women with small breasts tend to have shy and inward-facing personalities, which have been caused by a lack of confidence in their bodies.

This is a very common problem, and it’s probably festering away inside you right now. So before we get started with trying to grow your breasts, we first need to look at how we can make the breast look bigger without actually doing any of the techniques to make them grow.

There are 3 ways you can make your breasts look bigger. They are:

- With the clothes you wear
- With exercises
- With posture

I’m going to cover each of these ways for you now, so you can start to make your breasts look bigger straight away.
Clothing Tips & Techniques

As with many aspects of our image, clothing plays a vital role in how your breasts look, and how people see your breasts. Wearing certain types of clothes can actually make your breasts look a lot bigger, and in the same way, some clothes can make them look incredibly small. Here are the techniques to get the most out of them:

Wear clothing that works with your body. Sometimes, certain tops or blouses will make your chest look worse while others can help make them appear more voluptuous. Go for tops that have a gather near the chest area. This can help give the visual that you have more than maybe you've really got!

Go for a padded bra. No, skip the tissue paper--bra stuffing has been the result of numerous embarrassing moments for girls of all ages. Save yourself the cost of Kleenex and buy yourself a nice, uplifting bra. Victoria's Secret is known for having high quality, long lasting, natural looking pushups and padded bras. Splurge for one (and make sure to get the free fitting to make sure you're getting the right size!) and treat yourself to a nice bra on the days you're wearing something a little more revealing than normal!

Don't be worried if you're wearing a swimsuit – You can actually purchase swimsuits which now have padding or wiring built into the actual design of the suit itself, allowing you to flaunt every last bit of your breasts.

Use makeup. You know that powder foundation that was a shade too dark for your face? Use it on your chest! No joke! Using a blush brush, brush a little bit of powder foundation on your cleavage, creating a v-shape (go a little on top of your breast to create a natural line). This can help enhance your cleavage and, even if you don't have it, allows you to flaunt it!

Wear Stripes – Horizontal stripes will enhance the image of your breasts, making them appear to be a lot larger than they actually are. You'll be surprised
at how much bigger they will appear just from wearing some stripy clothes.

**Bright colors and ornaments** – Wearing bright colors or ornaments will add class, style and focus to your breasts. Try wearing big dangly necklaces or some nice summary clothes in order to draw people’s eyes to your chest, but not to reveal the true size of your bosoms.

**Use accessories** – On the flip side of big ornaments, you can get away with making your breasts look relatively bigger, by using small pieces of jewelry around your neckline & cleavage to make them look bigger. This is a tried-and-tested technique which requires you wear small accessories. Such accessories include broaches and necklaces.

**Wear tight and thick materials** – Think wool or a tight-fitting, but thick sweater. This type of clothing adds a nice layer to your bust, but will also enhance the curves to your hips, making your breasts look bigger than they actually are.

**Black Is Best** – Women wearing black is just a recipe for sexiness. Black is a great color because it absorbs all the light that’s bouncing off your body, making more of a silhouette image. This will highlight your curves and will also take the emphasis away from your breasts, bringing the focus onto the overall femininity of your body.
Breast-Boosting Exercises

Not many women realize this, but there are actually a lot of exercises you can do to make your breasts appear bigger. These exercises mainly work the muscles underneath the breasts, known as the pectorals. These muscles are the same as what men have, except they are hidden under the breasts. Here’s a picture to give you an idea about how it all works:

Breasts go on the top of these muscles.
As you can see from the images above, our breasts are basically lumps of fatty tissue placed on the top of these muscles. This means that if you can work the muscles and tighten them, you will be able to lift the breasts and make them appear to be a lot perkier and firmer. Here are some exercises which will do this:

**Bench Press**

Although the bench press is normally associated with butch men, it’s actually one of the most beneficial exercises for lifting your breasts.

You just need to do 3 sets of 7-12 reps (depending on your ability) of a weight that it’s just at the upper limit of your comfort zone. You then need just need to bring the bar down to your chest and then push it back up. The further down to your nipples you go, the more effective this exercise is.

This exercises brings your pectorals closer together and also makes them more rigid, providing a firm and tight platform for your breasts.

**Pectoral Flys**

Pectoral Flys are a great way to lift the breasts as well. To do them, just lie on your back on a flat bench.

Then you just pick up your dumbbells and hold them together above your chest, perpendicular to your nipple line, palms facing inwards. Your elbows should be slightly bent, like you are hugging a large barrel. Next, lower and widen both arms out to your sides, keeping your elbows bent. Return your arms to the starting position, squeezing your chest muscles together.
Modified Pushups

Push-ups work well to strengthen the upper torso. A modified push-up is done with both hands flat on the floor with both knees resting on the floor, feet crossed behind you. Place your hands a little further than shoulder-width apart, just beneath your shoulders. Slowly lower yourself down, bending your elbows, and then back up using your pectorals. Try doing reps of 10 to 15 per day. Too easy? Do regular push-ups.

Incline Fly

Lie on the floor with your head, neck and upper back propped up against several large pillows. Hold a tin of soup or dumbbell in each hand and press the weights directly above your chest, palms facing each other. Tuck your chin to your chest to align your neck with the rest of your spine, and maintain your natural back posture, which is neither arched nor flattened.

Spreading your arms apart so that your elbows travel down and to the sides, lower the weights until your elbows lightly touch the floor. Maintaining a constant bend in your elbows, lift the weights
back up, imagining that you have a barrel lying on your chest and you have to reach your arms wide around it.

**The Correct Breast Posture**

Having small breasts is a big problem in itself, but many women take this problem to heart, and end up making their whole body withering and small to compensate.

What I mean here is that many women simply slouch to make it appear that their breasts aren’t so small. Whereas proud women will push their chest out, women with small breasts will typically try and make their bodies seem smaller than they are.

Surprisingly, correcting your posture can actually make an incredible impact to the appearance of your breasts. And to do this, there’s a simple trick which you can do right now. Essentially, to get posture correct, you just need to **raise your shoulders and pin them back.**
Just focus on making your shoulders as square as possible and your chest will stick out so much that your breasts will look like they’re twice as big as they actually are.

The Cheat-Sheet Checklist

With our “cheat sheet” techniques examined, it’s time to create a weekly routine for you. I did this when I was growing my breasts and it worked wonders for me:

Exercise & Posture

✓ 15 daily modified pushups OR normal pushups in one go
✓ 10 daily reps of the inclined fly (which can be done at home with tin cans)
✓ 6 sets (1 set = 7 reps) of the bench press each week. 3 sets in each session
✓ 6 sets of Pectoral Flys each week. 3 sets in each gym session
✓ Continuous monitoring of your posture – keep your back straight and shoulders pushed back for as long as you can

Clothing

✓ Try and wear as many accessories / ornaments around my breasts as possible. These can be in the form of necklaces and broaches.

✓ When going out, try and wear as tight-fitting clothes as possible, as these will enhance your womanly curves and make your whole body seem more feminine, taking the focus off your breasts.

✓ If it’s a sunny day, try and wear bright tops with some accessories, in order to make your top half of your body as vibrant as possible.

✓ If you’re going out or in the office, you can’t beat black for enhancing your curves
end of "trial" chapters

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Exercise Guide
6 Weeks To A Stronger
Healthier Body
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CHEST EXERCISES

Push-up

BEGINNERS: Do your pushups on your knees until you build up the strength to do them on your toes. Start lying face down with hands right outside your chest. Squeeze your abs in and keep your body in a solid plank position as you press away from the floor. (It is okay to peel up at first if you need to until you can build up the strength to hold your body solid – it’s better to get full range of motion than to not push all the way up.) Once you’re at the top of your plank, shoulders should be directly over your wrists and hands should be about shoulder-width apart, fingers slightly pointed inward. Abs stay tight the entire time and eyes stay on the floor. Slowly lower down. Repeat.

ADVANCED: Start in a plank position on your toes, squeezing your abs in and keeping your body solid as you lower down to the floor. Shoulders should be directly over your wrists and hands should be about shoulder-width apart, possibly wider. Elbows travel back at about a 45 degree angle and fingers may point slightly inward. Abs should stay tight the entire time. DO NOT arch your lower back. Keep your eyes on the floor as you press the floor away ensuring full range of motion (“chest to deck”).

Chest Fly

Lay flat on the ground or bench with the weights in each hand straight over your chest with your palms facing inward towards one another. With a slight bend in your elbows, lower the weight toward the floor making a “T” shape with your upper body. Exhale as you bring the weight back up to the starting position.

Chest Press

Sit down on the ground, pick up your weights carefully and THEN lie back. Lying flat on the ground or bench with abs in and weights in each hand, start with your elbows at 90 degrees (perpendicular to the floor) and arms in line with your chest. Your palms should face down toward your feet and your arms should look like goal posts. Slowly press the weights up until your arms are straight and your weights are about 2-3 inches apart. Your weights should be right in line with your breastbone, NOT over your face or over your bellybutton. Carefully lower them back down to the starting position and repeat. Inhale as you lower, exhale as you press up.
Shoulder Press

Standing upright with your core engaged, hold a dumbbell in each hand and raise your arms up to shoulder height with your palms facing forward. Pretend your arms are a field goal like in football. Keep your elbows at shoulder height throughout the exercise. Exhale and press your dumbbells overhead, then slowly lower until you reach the starting position.

Lateral Raise

Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing in towards your body. Exhale and raise your dumbbells out to the sides up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.

Front Raise

Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing you. Exhale and raise your dumbbells up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.

Posterior Fly

Place feet about shoulder width apart. With a slight bend in your knees, lean forward to about a 45 degree angle with a flat back and your core engaged. It's SUPER important to keep your abs tight any time you are in a bent-over position. Hold your dumbbells in front of your chest with a slight bend in your elbow. Raise arms out to your sides, leading with your pinky finger, until your elbows are slightly higher than your shoulders, then return to the starting position. Exhale as you raise the weights, inhale as you slowly lower them down.
TRICEP EXERCISES

Lying flat on the ground or a bench, hold dumbbells over your shoulders with straight arms and palms facing each other. DO NOT hold them over your face and be very careful not to drop your weights. Safe form is very crucial here (this exercise is also known as the “skullcrusher” and you can guess why). Without moving your elbows, inhale as you hinge at the elbow lowering the weights down to frame the outsides of your face. Exhale and press the weight back to the starting position focusing on squeezing the back of your arms.

Tricep Dips – Level 1

Sit on a stable chair or bench and place your hands on the chair just outside of your hips with your palms down and fingers facing your toes. Keep your knees in line with your hips and stacked over your ankles for Level 1, legs straight for Level 2, and one leg lifted for Level 3. Bring your hips forward off the chair and slowly lower your body toward the ground with your elbows sliding straight behind you (as if they were on parallel railroad tracks) until they make a 90 degree angle. DO NOT let your elbows wing out to the side. Keep your hips as close to the chair or bench as possible throughout the movement. Squeeze the back of your arms and exhale to push yourself back up to the starting position.

Always keep your CORE TIGHT!
Squats

Hook your dumbbells on your shoulders. Stand with feet slightly wider than hip-width apart, toes pointing slightly out. Keep your shoulders back and down with chest up. Engage your core and keep your weight in your heels. You should be able to wiggle your toes throughout this entire movement. Lower your hips back and down into a squat (like you would to sit in a chair) until your thighs are parallel with the ground. Make sure your hips are pushing back behind you, your knees do not go past your toes and your chest always stays in an upright position (it should NEVER face the floor). Exhale and push up through your heels as you squeeze your glutes to come back to standing. Do not let the knees cave inward in your squat.

Squat Jumps

Using the same squat form, lower your hips back into the squat but don’t go quite as low for the jump version. Inhale and bring your hands in front of your chest when you lower down, then swing your arms swiftly back behind you to help drive yourself straight into a vertical jump as you exhale. Jump as high as you can, but ALWAYS land softly going from “toe to heel” to safely absorbing the impact. Do not slam your feet down when you land. Do as many as you can in a row with good form and take breaks as needed.

Walking Lunges

Holding dumbbells at your sides with straight arms, take a wide step forward into a lunge with your chest up, core engaged and knee behind your toe. The front knee should stack directly on top of your front ankle. Lower down as low as you can while maintaining your balance and a tight core. Push through your forward heel to stand back up and bring your back leg forward to meet the front leg. Switch legs and repeat as you walk across the room.
QUAD & GLUTE EXERCISES

Bulgarian Split Squat

(Note: You may do regular lunges if maintaining your balance in this position is too difficult.) Holding dumbbells at your sides, place one foot on top of a sturdy bench or chair and step the other foot in front of you in a lunge position. Make sure your front knee is stacked directly over your front ankle. With your torso in an upright position and your weight pressing through your forward heel, “turn the glutes on” as you slowly descend into a lunge. Inhale on the way down, exhale as you drive upward pressing through your heel and continuing to squeeze the legs and glutes. Repeat, completing all reps on one leg before switching to the other side.

Keep the knees BEHIND the toes!

Coming into the same lunge position, step or hop into a lunge on the other side. Switch back and forth for as long as you’re able to maintain good form with abs tight. Take breaks as needed. You do not need to go as low into the lunge as you do in a standing lunge. Level 1 – keep your hands on your hips. Level 2 – raise your hands vertically in the air.

Jump Lunges

Level 1

Level 2
BACK EXERCISES

Bent Over Rows
Place feet shoulder width apart. With a slight bend in your knees, lean forward with a flat back and your core engaged until your body is at about a 45 degree angle. Hold dumbbells straight down in front of your chest with palms facing inward. Pull them up to your chest by sliding your elbows back and squeezing your shoulder blades together towards your spine. Your elbows should brush your sides and remain parallel with one another (DO NOT let them wing out to the sides). Slowly lower the weight until your arms are fully extended and repeat. Exhale as you lift, inhale as you lower.

Alternating Arm/Leg Raise
Lying face down, reach your arms out overhead (to make it easier, bend your elbows to keep your hands closer to your head). Keep your eyes on the floor as you lift your shoulders and legs off the ground by squeezing your glutes and mid/lower back. Carefully return to the floor and repeat.

Supermans
On hands and knees on the floor, make sure your shoulders are directly over your wrists and your knees are hip-width apart. Slide your shoulder blades back and down and hold them there. Hold one dumbbell with your palm facing in. With your core engaged (bellybutton in), pull dumbbell up to your chest with your elbow leading toward the sky. Exhale as you squeeze your upper back muscles as you slide your shoulder blade in and down towards your spine. Inhale as you slowly lower the weight until your arm reaches the ground. Finish all reps on one side before switching to the other side.

Single Arm Row

Lat Pullovers
Lying face up with feet planted hip-width apart, hold the heads of one dumbbell. Keep your arms straight and start with it on top of your thighs. Keep your bellybutton in as you raise the weight up and over your head, maintaining straight arms throughout. Keep your abs tight and do not arch the back too much. Lower the weight down to about 2-3 inches away from the floor. Keep your shoulder blades back and down as you squeeze your back to pull the weight back over to the starting position. Inhale as you raise, exhale as you pullover. Repeat.
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