

If You Could Do One Exercise to Tone Up Your Arms and Your Core, Would You Do It?

Of course! Why not?

The old fashioned Push Up has been toning and strengthening upper bodies for as long as women have been trying to widdle down their wastes!

But what if I told you that Push Ups not only tone and strengthen your arms but tighten your Core muscles too!

That's Right... If you do a Push Up with correct form you CAN and WILL tighten your CORE muscles and wind up with a flatter midsection!

Hard to Believe? Here's more. Not only will you tighten your tummy BUT you will strengthen you back! Most women think about toning and defining their arms and tightening their midsection BUT never consider strengthening their back.

Think about it....carrying the kids, unloading the groceries, even pushing a heavy door open. You use your back and for that matter your CORE in everything you do!

OK, so here's the scoop. You CAN master the Push Up! You can get totally awesome arms, a fit upper body and peel away the layer of fat that's around your midsection.....

PROVIDING you do them correctly! Like the old saying goes, **"IT'S QUALITY, NOT QUANTITY"**! PLEASE, whatever you do remember this! It's better to do less amount of repetitions with good form than to do more with bad form!

GO FOR IT! DROP AND DO PUSHUPS AND KEEP THE BENEFITS!



For the basic push up place your hands on the floor shoulder width apart. Keep your arms straight (elbows slightly bent) and support yourself on your toes. Make sure that your back doesn't sag! Think of your body as a table top. **DRAW YOUR BELLY IN** and hold it tight while lowering yourself down and pushing up. **KEEP YOUR BELLY TIGHT** and you'll find over time you'll widdle your middle!

If beginning on your toes is too difficult, start by leaning against a wall or counter top. Challenge yourself to build enough strength to move to the stairs, then to the floor on your knees and eventually onto your toes.

CHALLENGE YOURSELF!

Develop strength; increase your metabolism and burn fat all day long by always increasing your repetitions and sets. Always try to beat your initial repetitions by one good quality pushup at a time!

Oh, and always remember the added benefits of following a healthy diet and exercise regime.

To Good Health!!

Rachel and Linda

