

Triumph



TRIUMPH BOOBCAMP

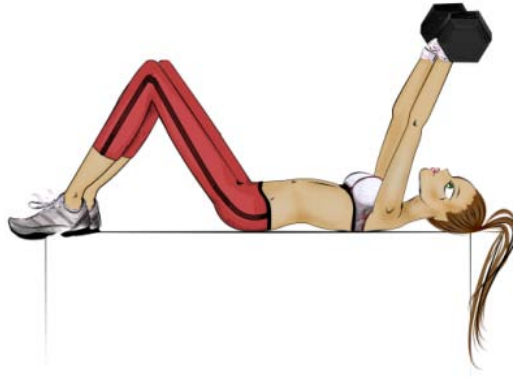
Triumph's new 30 minute bust firming routine, created by **No.1 Bootcamp** is designed to tone and firm the muscles that support the bust area. Done regularly, the workout will help prevent a sagging bust line and avoid back pain.

If you are new to this kind of work out, only do what you can manage comfortably and just increase the amount you do every time you repeat the routine.



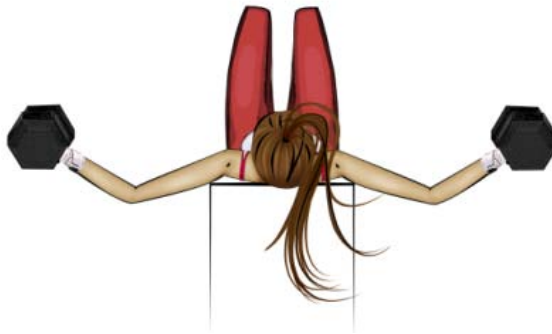
WARM UP

- Start by rotating your head in small circles to warm up your neck muscles. Look left, look up, look right, and now down. And repeat, left, up, right, down.
- Warm up the shoulder muscles. Stand with feet slightly apart, your arms straight out to your sides, palms facing forward with thumbs up. Make small circular movements with your arms going in the forward direction. Now make the circles bigger and extend the circle as large as you can go. Repeat but rotating the arms to make the circles in a backwards direction.
- Stand up straight, feet slightly apart. Put your arms behind your back, clasp your hands together, palms facing outward behind your back. Keeping your shoulders down, pull your clasped hands up towards your shoulders. Hold this position for 10 to 15 seconds. You should feel a good stretch at the front of your chest and shoulders.



FIRST EXERCISE - DUMBBELL PRESS

- Use two low weight dumbbells of around 3 kilos. If you don't have dumbbells try using a couple of half litre water bottles.
- Lie down, keeping both legs bent slightly, feet and back flat on the floor. Holding the weights in each hand, hold your arms straight up in the air in front of your chest, side by side, knuckles facing towards your face, fingers facing towards your toes. Bring the weights down and out towards the ground in a slow controlled movement, while your elbows bend out the side at right angles to your body, lowering your elbows until they are at ground level. Your elbows should now be just below chest height. Push the weights back up and away from you but without locking your elbows.
- Do 3 sets of 15 reps. Keep building up the number of reps each time you do the routine.



SECOND EXERCISE - DUMBBELL FLYE

- This exercise is designed to build your chest muscles. Use a light weight to avoid added pressure on the shoulders.
- Lie down on your back. Both legs slightly bent with feet flat on the floor. Holding your dumbbells, and keeping your arms slightly bent at the elbow, extend your arms straight out above your body so that the dumbbells meet in the middle, knuckles facing away, fingers facing in. This is your starting position.
- Slowly lower your arms, keeping a slight bend at the elbow, away from each other towards the ground in a wide arc until there is a full and comfortable stretch in the chest and shoulder area. Breathe in as you make the movement. Hold the stretch for 5 counts. Return your arms back to the starting position breathing out as you do so.
- Do 3 sets of 15 reps. Keep building up the number of reps each time you do the routine.



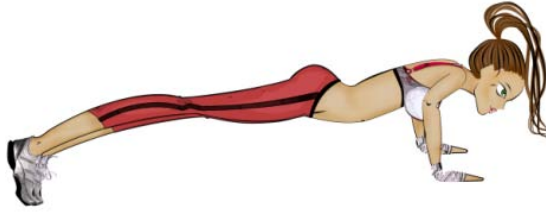
THIRD EXERCISE - DUMBBELL PULLOVER

- This exercise strengthens the chest muscles.
- Lie flat on the floor, legs bent, feet flat on the floor. Hold one of the dumbbells by putting each hand either side of the middle bit of the weight, so that your palms are against the underside of top plate.
- Push the dumbbell away from you in front of your chest with your elbows slightly bent. This is the starting position. As you breathe in, slowly take the dumbbell over your head and lower it back down towards the ground. Elbows bent at all times. Keep the motion going until you get the full limit and then hold that stretch and breathe out. Now take the dumbbell back over your head until you reach to the starting position.
- Do 3 sets of 15 reps.



FOURTH EXERCISE - ROTATIONAL PUSH UP

- For shoulder and core stability as well as exercising the chest and tricep muscles. Do what you can and keep increasing the amount you do each time you go through the routine.
- Start in the classic push up position. Feet slightly apart, toes curled under keeping your lower body off the ground, body parallel to the ground, arms straight out but not locked underneath you, palms of hands placed on the ground just beneath your shoulders. You can put your knees on the ground to make it easier.
- Let your arms bend outwards as you press down to the ground, and as you push up away from the ground, rotate your body over onto your side so while your left arm straightens, your right arm lifts up in the air at 180 degrees from the ground above you. Return to the starting position, both arms bend to let the body press down to the ground, and as you press up rotate to the left and put your left arm straight up into the air.
- Do 3 sets of 4 reps



FIFTH EXERCISE - WIDE ARM PUSH UP

- This exercise will work your chest and shoulder muscles through a different range of movement and help create good all-round upper body strength.
- Adopt the classic push up position as before. Knees on the ground if you need to make it a bit easier. Place your palms of your hands further out on each side so that they are wider than shoulder width. Ideally twice shoulder width. Now lower your body, elbows out to the side, till your chest is just off the ground but no lower than 2 inches off the ground. Avoid arching your back or lifting your bottom in the air. Keep it smooth and controlled.
- Do 3 sets of 4 reps.

COOL DOWN

- Ensure you warm down by stretching out safely and sensibly to make sure your muscles return to their usual length.

Triumph has recognised the importance of wearing specialist underwear for all sporting activities and 30 years ago, engineered the first Triumph Tri-Action bra which offers specialised cushioning, extra flat seaming and binding, combined with high performance fabrics which keep you cool when the going gets hot. Triumph's Tri-Action sports range can be purchased online at www.triumphlingeriystore.com

For more information about getting fit, healthy and having fun with No. 1 Bootcamp, please visit www.no1bootcamp.com