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Bringing Sexy Back: Banish Your Bra Fat

TOP PLASTIC SURGEONS & FITNESS EXPERTS WEIGH IN ON HOW TO GET RID OF BACK BULGE THIS SUMMER



Tank tops, swimsuits, strapless dresses. Your back fat may prevent you from wearing that knock out dress you bought or from even putting on a swimsuit this summer. One of the most common complaints among women is bra fat. Bra fat is the fat on the back that rolls over, under and through the bra band. It's sometimes called back fat or the bra bulge. It makes your back look lumpy and your clothes fit awkwardly, and is extremely obvious through fitted clothing.

“A lot of women have trouble engaging their back muscles when exercising,” says Franci Cohen, personal trainer, certified nutritionist and exercise physiologist in New York City. Franci suggests taking about 10 minutes out of your workout and devoting it to strengthening your back.

1. Inverted Rows: This is a great exercise that can be done in every gym. All you need is a barbell that is rested on the weight stand. Get down on the floor under the bar and place your hands a little bit wider than shoulder width apart. Using an overhand grip and with your feet flat on the floor, raise yourself off the ground so that your chest touches the bar. The further out you extend your feet, the more advanced the exercise is. You should do 3 sets of 10-reps, and with each set move your legs out a little further.

2. Russian twists: This exercise is mostly done to target the upper abdominal area, but the “twist” is what makes the exercise work all the way around to the upper back. Start by grabbing a 10 lb. dumbbell and sit down on the floor. Make sure your feet are flat on the ground and your back is straight. Then, holding the dumbbell in both hands twist to the left and tap the ground with the dumbbell right next to your hip, then twist to the right and tap down. Repeat this in 3 sets of 20 reps. If you are feeling strong, increase the weight of the dumbbell for each set about 5 lbs.

3. Lat Pull Downs: This is a fun one that directly targets the upper back. Depending on your gym’s equipment, you will sit on the bench facing the machine and grab the horizontal bar using a wide grip. Start off with 25 lbs and bring the bar all the way down past your chin to your collarbone. Make sure to hold and squeeze your back muscles for about 2 seconds for each rep. Repeat 10-12 times and increase weight each rep.