

## Banish Bra Bulge With These 3 Easy Moves

Tank top and backless dress season is on the horizon. This 10-minute workout will help you look good from every angle.

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It's something that's easy to miss. Something that if you don't look carefully, you may very well look over. We're talking about "**bra fat**," or as many deem the extra back fat, the nasty **bra bulge**. It's that unflattering extra oomph in the upper and middle back that has a tendency to stick out in weird ways when wearing a bra, tank top, or any other tight-fitting article clothing.

"Bra fat can often go unnoticed, because it's an area that's relatively hidden when we get dressed and examine ourselves in the mirror," says **New York-based personal trainer, certified nutritionist, and exercise physiologist Franci Cohen**. "Due to the nature of its location, bra fat is often mislabeled, not as fat but rather as a "big chest" which is really a woman's justification for this added fat."

The dangerous part of this extra lovin'? That once women "justify" the extra fluff, so to speak, it often goes ignored. Ignoring the fat puts women at risk for meta-related illnesses (associated with metal underwires common in larger bra sizes) as well as hernias and other back problems directly related to the extra weight.

Protect yourself and get in fabulous shape for backless dress season with Cohen's **10-minute workout to banish bra fat**:

### 1. Inverted Rows

**What you'll need:** A barbell rested on the weight stand

**Instructions:** Get down on the floor under the bar and place hands a little bit wider than shoulder width apart. Using an overhand grip and with feet flat on the floor, raise off the ground so that chest touches the bar. The further out the feet are extended, the more advanced the exercise is. Do 3 sets of 10 reps, and with each set move legs out a little further.

### 2. Russian twists

**What you'll need:** A 8 to 10 lb dumbbell

**Instructions:** Sitting on the floor, make sure feet are flat on the ground and back is straight. Holding the dumbbell in both hands, twist to the left and tap the ground with the dumbbell right next to hip, then twist to the right and tap down.

Repeat this in 3 sets of 20 reps.

### 3. Lat Pull Downs

**What you'll need:** Lat pull-down machine

**Instructions:** Sit on the bench facing the machine and grab the horizontal bar using a wide grip. Start off with 25 lbs, or whatever feels comfortable. Bring the bar all the way down past chin to collarbone. Make sure to hold and squeeze back muscles for about 2 seconds for each rep. Repeat 10 to 12 times.