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FITNESS SAVVY



Romance and passion go together! Althea Shah urges you to shape up your...

ZONE EROGENOUS SEX

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Valentine's Day is here, and who doesn't want to look hot?

Here are top female erogenous zones (some obvious and some not so!) that with some toning up, can drive your partner wild with desire... for you!

NECK, SHOULDERS & COLLARBONES

The neck is one of the best erogenous zones for most women.

The shoulder joint contains a variety of muscles - the three main shoulder muscles are the front (anterior), middle (medial) and rear (posterior) deltoids. These shoulder muscles help bend, extend, rotate and move the arm away from the body.

With simple equipment such as a pair of dumbbells, you can perform many different exercises that will help strengthen and tone the muscles of the joints.

Exercises

1. Hold a pair of dumbbells with a palm-down grip. Lift them up until your arms are fully extended over your head. Lower your arms so your elbows form a 90 degree angle. Repeat.
2. Lift the dumbbells to the sides and parallel to the body and bring down.
3. Bend forward. Lift the dumbbells to the back and parallel to the body and bring down.

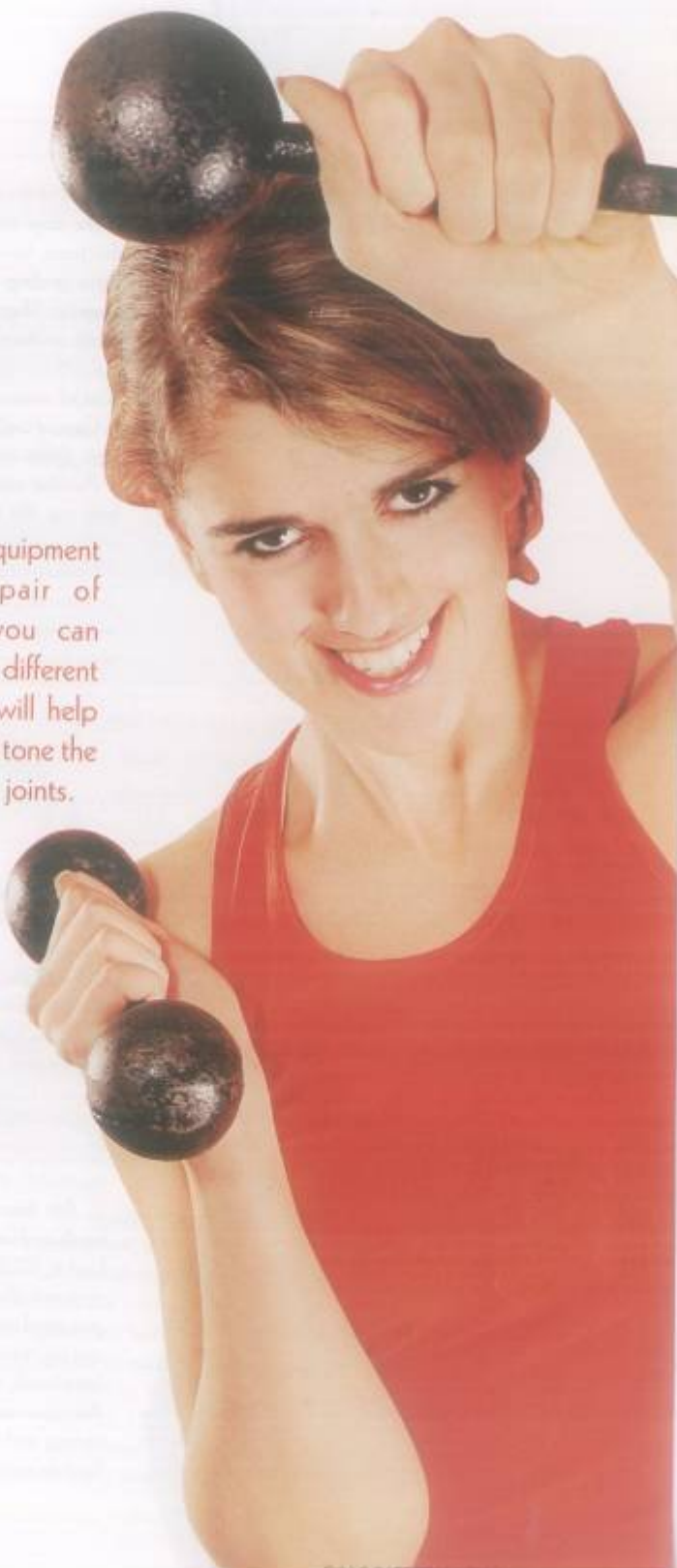
BACK


The back is one of the most under-rated female erogenous zones and the small of the back in particular, is rich in nerve endings and incredibly sensitive. Start by massaging the back for a great way to set the mood. Not only does massaging it release tension and help de-stress, it also increases the blood flow to the pelvic region and increases its sensitivity.

Exercise

Stand, keep your back straight, bend forward at the waist. Extend your arms straight down. Pull the dumbbells towards your chest. Lower your arms back to the starting position.

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BUTT AND THIGHS

The inner thighs and the back of the knees have a huge amount of nerve endings and are extremely sensitive. Shaping your butt muscles is high on the wish list. The butt area is also the so-called problem area for a lot of women.

General cardio exercises for slimmer hips, thighs and butt...

- Aerobic exercises are excellent to help you slim down the thighs.
- Buy a skipping rope and skip for 10 minutes, three-four times a week.
- Swimming is good. Even better is swimming on your back, using only your legs.

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- Go for regular, fast walks (20-30 mins), three-four times a week.

Exercises

1. For thighs: Stand with feet angled slightly outward, slowly bend at the knees, inclining your torso forward slightly and descending until your thighs are just above parallel to the ground. Push yourself back up, contracting your gluteus muscles (buttocks) strongly.

2. For hips: Get down on your hands and knees on the floor, knees bent at 90 degrees so the thighs are perpendicular to the floor. Keeping your head up, lift your right leg back and up, maintaining your 90 degree knee bend, until your foot is higher than your head. Squeeze your right gluteus and slowly lower your leg back to start position. Do the same

with your left leg, and repeat.

HANDS AND ARMS

Most women love having their wrists kissed and nibbled by their men. Many women also like having their hands kissed (a traditional sign of affection).

Exercises

1. For biceps: Stand holding a pair of dumbbells with a palm-up grip. Extend your arms so they rest in front of your thighs. Curl the dumbbells up towards your chest in a slow, controlled manner. Work both arms at once, contract your biceps at the top of the movement. Lower the dumbbells slowly to the start position without allowing them to rest on your thighs.

2. For triceps: Stand holding a pair of dumbbells. Bend at the waist until your upper body is almost parallel to the floor. Keep your back straight and your knees slightly bent. Keeping your upper arms alongside your body, bend your elbows to a 90 degree angle. Slowly extend your forearms backward till they are almost straight alongside your body, contracting your triceps when you reach the top (don't lock your elbows). Return to starting position.

CHEST

The most erogenous zone in the body by far... When shaping your chest, not only is the overall shape important, but also the inner chest, outer chest and upper chest.

As women age, the breast tissue and skin can become less elastic, losing form and shape. You need to work out to make sure they do not sag.

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Choose brown carbohydrates and/ or fruit for your morning snack.

Exercises

1. Push-ups are a full body exercise but have a particularly big impact on your chest and arms. You place your hands on the ground while lifting your body above the ground. From there, you lower your body slowly, then back up again.
2. Lie down on a bench holding weights over your chest. Your elbows will be bent at a 90 degree angle. Lift the weight while straightening up your elbows and arms and then moving it down in the same position.

ABDOMINALS & WAIST

Many people are misinformed to believe that abdominal crunches alone will trim the topical fats around the waist. However, the body will need a calorie deficit in order to burn off the body fat, often through a well-advised training and diet program. Regular workouts will get you that svelte waistline back without fancy machines at the gym.

Exercises

1. Lie down on the floor mat and crunch the upper body upwards supporting your neck with your palms.
2. Lie down. Lift your legs straight up towards the ceiling. Bring them down.
3. Lie down, and crunch the upper body upwards and tilt sideways.

IMPORTANT

Remember: When standing, always stand

with your legs hip-distance apart holding dumbbells. Keep your knees slightly bent at all times.

DIET

Don't neglect your diet. You will get all the above zones in shape with regular workouts and a low fat eating program.



To reduce calories, taper off your carbohydrates like potato, rice, pasta, grains and fruit after lunch. Choose brown carbohydrates and/ or fruit for your morning snack and lunch along with protein, of course. Include greens for lunch. After lunch, stick with greens and protein as much as possible.

A low fat eating program is vital when re-shaping your body. Your workout/s and eating program work hand-in-hand to help stimulate your metabolism to burn body fat, re-shape and tone muscle. 18.