

MatrimonallyFIT

Bridal FITNESS COUTURE

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YOU'VE BEEN DREAMING ABOUT THIS DAY SINCE YOU WERE FIVE YEARS OLD. YOU FOUND YOUR MAN, BOOKED YOUR DATE AND CAN VISUALIZE YOURSELF IN THE PERFECT DRESS.

As a bride you probably have a goal of weight and fat loss in order to look amazing in the dress of your dreams. By now most of you know that you cannot spot reduce. If you are trying to lose any weight then the most important thing you need to remember is 'energy in equals energy out'. So if you are eating a well-balanced meal plan in addition to participating in regular physical activity at a moderate to intense pace, congratulations-this is a great start!

Below are a few exercises you may want to incorporate into your fitness routine. This way you can be sure you are working the correct muscles to accentuate according to the dress style you have chosen. Popular upper wedding dress styles include strapless or heart shaped, halter, low-back, asymmetrical, short sleeve, and spaghetti or tank strap, to name a few.

STRAPLESS OR HEART SHAPED

Exercise selection includes cable crossover, incline fly and angle raises to accentuate your chest & shoulder muscles.

Cable Crossover

Preparation: Stand with your feet shoulder width apart and your toes pointing straight ahead. Your back should be towards the cable column with your knees should be slightly bent.

Maintaining a stable position, keep your knees over your second and third toes. Place a cable in each hand.

Movement: Draw in you abdominal muscles and activate your glutes. Press cables forward by extending your elbows and contracting your chest muscles. Then cross your right forearm slightly over your left forearm. Slowly return to your starting position. (Alternate the arm that crosses over after each repetition.)

Incline Fly

Preparation: Lie with your back flat on an incline bench. Your feet should be flat on the ground with your toes pointing straight ahead. Hold one dumbbell in each hand at chest level, slightly outside your body. Your palms should be facing your chest.

Keep your elbows bent.

Movement: Draw in your abs. Press both dumbbells up and together by extending your elbows and contracting your chest. Keep your arms wide like you are hugging a ball. Hold. Retrace your steps, slowly returning to your starting position.

Angle Raises

Preparation: Stand with your feet together, your knees should be slightly bent with your palms facing your thighs.

Movement: Keep your elbows slightly bent. Pretend you are facing 12 o'clock; raise your left arm to 10:30 and your right arm to 1:30 simultaneously. Hold. Slowly return to starting position.

Popular dress style as seen by Jennifer Lopez (strapless), Marcia Cross (strapless), Tiffani Thiessen (strapless), Jessica Simpson (heart shaped) and Avril Lavigne (heart shaped).

HALTER

Exercise selection includes alternate arm overhead press, triceps assisted dips, and hammer curls. This will help accentuate your shoulders and arms. Avoid shrugs to prevent a hulk like appearance.

Alternate Arm Overhead Press

Preparation: Sit straight up on a bench with your feet flat on the floor. Toes should be pointed straight ahead. Hold a dumbbell in each hand with palms facing away from the body. Begin with elbows near your side of the body, your hands should be at your chest level.

Movement: Draw in your abs. Press your right arm directly overhead by slowly returning to your starting position. Repeat on your left side.

Triceps Assisted Dips

Preparation: Sit on a flat bench with your hands outside your bodyline. Your butt should be on the bench towards the edge. Your knees should be together directly over your ankles.

Movement: Lift your self slightly with your butt coming off the

bench and forward. As you lower yourself towards the floor, keep your knees behind your toes. Move your feet forward if necessary. The farther forward the harder the exercise becomes. Lower yourself until your shoulders are just above where your elbows are. Remember, keep your arms close to your body. Slowly straighten your arms, and return to starting position.

Hammer Curls

Preparation: Stand with your feet together and your knees slightly bent. Your palms should be facing your thighs.

Movement: Keep your arms close to your body. Bend your arms until your palms reach your upper chest. Your elbows should remain at your bodyline.

Popular dress style as seen by Pink.

LOW BACK

Selected exercises entail low-back extension, opposition and underhand lat pull down. Wouldn't you love to look like a ballet dancer on your wedding day? In order to give this dance like appearance try a Balletone class to switch it up.

Low-back Extension

Preparation: Lie prone on a back extension bench with your legs straight, legs are shoulder width apart and feet are pointing straight ahead.

Movement: First, draw in your abs, activate your glutes and tuck your chin. Bend forward at waist until you reach a neutral position. Slowly return to starting position.

Opposition

Preparation: Place yourself on a mat on all fours, knees are bent.

Movement: Slowly raise opposite arm opposite leg. Hold, and slowly return to starting position. Keep your abs tight with your thumbs up.

Underhand Lat Pull Down

Preparation: Sit facing a cable machine, with feet shoulder width apart, feet pointing straight ahead.

Movement: Draw in abs and activate your glutes with an underhand grip with the cable straight lat bar, medium grip. Extend your shoulders back by bringing your arms to the side of your body. You should retract and depress your shoulder blades as the bar lowers to the top of your chest. Hold and slowly return to starting position.

Popular dress style as seen by Tori Spelling (low back & spaghetti strap).

ASSYMETRICAL

Exercise selection consists of lat pull down, reverse fly, alternating front raises, concentration curls and dips. Also, you might want to try jogging and yoga.

Lat Pull Down (see above)

Reverse Fly

Preparation: Standing on two feet bend at the waist until your chest is at a 45 degree angle to the ground.

Movement: Draw in abs and activate your glutes. With palms facing each other, think that you are squeezing back your shoulder blades like you are pinching spaghetti between them. Keep your arms rounded like you are hugging a ball. Slowly, retrace your movement to return to starting position.

Alternating Front Raises

Preparation: Stand with your feet shoulder width apart, feet pointing straight ahead. Arms are straight holding dumbbells with palms facing your thighs.

Movement: Raise your right arm keeping your elbow slightly bent to shoulder height. Hold, and slowly return to starting position. Repeat on the left. This is one repetition.

Concentration Curls

Preparation: Sit on a bench with your legs wider than shoulder width apart. Place one hand on your lap, keeping your back straight but slightly lean forward. The other arm should have a dumbbell and position your elbow at your inner thigh about two inches above the knee. Keep your elbow in this position and slowly curl your arm towards your chest. Return to starting position.

Movement:

Dips (see above)

Popular dress style as seen by Gwen Stefani.

SHORT SLEEVES

Exercises include upright row, side raise machine, and low cable row.

Upright Row

Preparation: Stand with feet shoulder width apart, holding a BODY BAR with an overhand grip.

Movement: Leading with your elbows, drag the Body Bar up your thighs to your chest, hold and return to starting position slowly.

Side Raise Machine (see directions on machine)

Low Cable Row

Preparation: Sit on a low cable row with your legs together and knees slightly bent. Hold cables with arms extended at chest level with back straight.

Movement: Draw in abs and activate your glutes. Row cable by flexing your elbows and pull the handles towards your trunk. Hold, and slowly return to starting position, keeping back straight. Do not lean forward.

Popular dress style as seen by Jenny Garth (3/4 sleeves off the shoulder).

SPAGHETTI OR TANK STRAP

Exercises include chest flies, dips off of bench and rotary torso.

Chest Flies

Preparation: Lie on a flat chest press bench with knees bent.

Feet should be flat on the bench shoulder width apart, toes pointing straight ahead.

Movement: Draw in abs and activate glutes. With palms facing each other press both dumbbells up and over your chest, keeping your arms wide like you are hugging a ball. Hold, and return to starting position. Remember to keep dumbbells directly over the chest.

Dips Off Bench (see above)

Rotary Torso (see directions on machine)

Popular dress style as seen by Tori Spelling (spaghetti)

Remember, whatever wedding dress style you choose, stand tall, shoulders back, walk graceful and don't forget to smile, this is your day! Enjoy every minute of it.