

How to Tone Your Chest

Excessive chest fat can be uncomfortable and embarrassing. It is difficult to lose chest fat as the body has a natural tendency to deposit fat in the chest's adipose tissue. Furthermore, the chest region is always the last to lose weight. This means that most normal cardio-vascular exercises will make you lose weight from your thighs, hips, belly, and buttocks before you start burning the chest fat. Thus regular exercises don't do much to alleviate this problem.

Swimming

Swimming is a fantastic exercise. It can help you tone any part of your body, depending on which stroke you use. Breaststroke is perfect to reduce chest fat. It puts strain on your shoulders, arms and chest. In particular, it exercises the pectoral muscles. Another advantage is that it is an excellent cardio-vascular activity, putting you at lower risk of heart ailments. It is not a very high intensity exercise, so you won't build up too much muscle from it. A daily thirty minute swim is enough to slowly eliminate the excessive chest fat.

Push ups

Push ups are the simplest way of toning your chest. It doesn't require any kind of special apparatus or even a trainer. You can do it at home, on your own. Push ups also exercise the pectoral muscles. A tip to note is that doing push ups with your hands wider apart puts more strain on the chest's pectoral muscles and lesser on the arm's triceps. Push ups are difficult for beginners, but with practice and time it will get easier.

Bench Press

The bench press is an upper body strength training exercise. It exercises the pectoral muscles, the triceps and the deltoids. Lie on the flat, horizontal bench between the weight holding uprights, pinching your shoulder blades together. Lift the weight off the stand and bring it down to your chest. Then, lift it till your elbows lock and bring it down again. The exercise consists of repeating this motion and putting the weight back on the rack when done. A wider grip puts more strain on the pectoral muscles. A variation is the decline bench press, in which the bench is inclined at an angle such that your head points towards the ground. This works better for people looking to lose chest fat.

Dumbbell Flies

This method is often used as a substitute for the bench press. It is also a strength training exercise. You need to do it with a set of weights with which you can perform 12-15 repetitions. First lie down on the bench facing up, with one dumbbell in each hand. Then, stretch your arms out to the side, palms facing upwards. Inhale sharply and pull your arms up above your body, bringing them as close together as possible. Let them fall back to the side and repeat. The motion is similar to how a bird flaps its wings. It is a low intensity exercise that can be done when the muscles are a little fatigued.

Apart from these exercises, it is necessary to keep your calorie intake low to prevent the fat from accumulating once again.