

Target Those Love Handles the Yoga-Pilates Way

Besides the protrusion of the abdominal region, another oft-times targeted portion of the mid-section for exercising are the love-handles. Though there are several options, the superior abdominal exercises for toning the love (aka hate) handles will be the incomparable Yoga. What these poses do basically are to twist the spinal column and really, really target and tone the areas around the waist and trunk. Moreover, when these abdominal exercises are executed, they target the hips AND give the added benefit of aiding with detoxification and alleviating constipation. Now talk about abdominal exercises that do more than just toning the muscles! Here are the recommended love (should actually be called 'hate...') handle abdominal exercises one can use.

1. The Spinal Twist:-Bend the right leg at the knee and set the heel against your butt. -Do not allow the heel to move from this place. Now bend the left leg at the knee and with the hands, arrange the foot to rest on the floor by the external side of the thigh, then passing the right arm over the left knee, catch hold of the left foot firmly with the right hand. -The left knee is now placed at the right axilla. Benefits: This Pose-Removes constipation.-Bends the spine laterally and keeps it elastic and consequently the sympathetic nerves are toned.-Eliminates poisons produced in digestion.-Exercises the love handles, hereby alleviating their protrusion. The next pose for a love handle exercise is the 2.
2. Triangle Pose:-Stand straight, extend your legs about 3-4 feet apart. Bend to your left and touch the floor as illustrated. Stand straight without bending the knees and repeat the same on the right. This Pose--Tones the Spinal nerves and abdominal organs.-Increases peristalsis, the body is made light.-It tones the reproductive organs and alleviates chemical imbalances.

Now as far as calisthenics which at your discretion, you can choose to add here are few tips.

1. Hang from a pull-up bar and grab the wrist of one arm with the alternate hand and basically just hang till muscular failure.
2. You can do the Windmill exercise (which is basically the triangle pose above in motion) Finally, for success with any love handle exercise, remember, DIET, DIET, DIET...a proper diet that is. The best choice will be the Mucus-less or Mucus-Lean diet of your raw and 'properly' cooked vegetables. These will see to it that you not only naturally lose weight, but will aid in cleansing out the visceral organs such as the colon and bowels owing to their broom like qualities. So empower yourself with these simple, yet extremely effective suggestion for getting rid of those love (hate) handles starting today. Here's to Health. In Friendship,

About the Author

In other species, the ceca are important sites for fermentation, and the volatile fatty acids generated from microbial digestion of cellulose.

Source: <http://productsherbal.com>