

Definition of boin

"Boin" is a common term used to refer to women with large breasts, but in reality, it refers to how they appear to others objectively, and does not necessarily refer to specific measurements.

(Extreme examples)

- ① Women with H cups or larger
- ② Women with A cups

- ③ But if it doesn't look like it to others → It's not busty
- ② But if it does look like it to others, using a shapewear bra → It is

☆However, if you think so yourself, you are one of the people around you.

The director of Takasu Clinic (a YouTuber who enjoys weight training) said,

"Even if you do push-ups or train your pectoral muscles,

the breasts will not look bigger because they are enlarged due to the enlargement of the muscles below the breasts.

It's important to enlarge the muscles in the areola area (which is almost impossible to achieve with weight training)."

He said that surgery is the only option, but he also said that Japanese women have very little muscle mass below the breasts, while men have much more.

* Women overseas (especially in the United States) often have large, noticeable buttocks.

(Reason)

They typically engage in lower-body strength training, which accentuates their waistline and makes the upper buttocks appear larger, enhancing femininity. Their legs also appear significantly thicker.

* In Japan

Many young women aspire to have "small buttocks" due to their desire to have as small a buttocks as possible.

(Note)

There are many genetic factors involved, so it's difficult to make a general statement.

The area that can be easily corrected through training is the "waist to hip" area.

※Works that are not always considered adult works