

WORKOUTS TO MAINTAIN AN HOUR GLASS FIGURE

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8 Exercises for a Sexy Hourglass Figure

These moves will help you sculpt your muscles and round out your curves.

30 Day Hourglass Figure Workout (Smaller Waist & Bigger Butt) - Femniqe

Define your waist and achieve those sexy curves with this workout that targets your core and hips. In order to look in the mirror and see an enviable hourglass frame with curves in Maintain a straight line from your shoulders to your ankles.

8 Exercises for a Sexy Hourglass Figure

These moves will help you sculpt your muscles and round out your curves.

How To Get An Hourglass Figure | Waist Training Guide

An hourglass shape is easily masked by a thick waist developed by too many Keep your ab-specific workouts to just twice per week.

Celebrity trainer explains how to get Beyonce's shape - INSIDER

These moves cinch your waist, sculpt your shoulders, and lift your butt for enviable curves.

Related books: [The Border Zone Episode 1](#), [Gypsy Magic for the Family's Soul](#), [Christmas Child](#), [Christmas Visits From Santa Claus](#), [The Furrie Niblets](#), [Real Time: Accelerating Narrative from Balzac to Zola](#), [Infections in the Adult Intensive Care Unit](#).

Cookies make wikiHow better. Start with 10 reps, then gradually increase it to 40 or

AlternatingDumbbellPress.Getonallfours,makingsureyourbackisstraig

For long-term changes, eat right and get moving with some of these body-sculpting exercises that you can easily do at home!

Close icon Two crossed lines that form an 'X'. To get a lean and curvy shape, it takes a total body workout.

Asyouslimdownandloseweightandmass,youcanincreaseyourresistanceandweig

Amirah Dauda Aug 9, Lie on one side, propping yourself up on an elbow.