

Hourglass Exercises for a Curvy Body: The Hourglass Figure Workout

Remember to always do equal repetitions on each side of the body. Do this Hourglass Figure Workout 2-3 times through, 2-3 times a week. If you do these hourglass exercises regularly, you will definitely see a change for the better in your figure, no matter your natural shape For more details : <https://www.fitnessblender.com/articles/hourglass-exercises-for-a-curved-body-the-hourglass-figure-workout>

To get a smaller waist and increase the look of curves:

- ☐ 1 Minute Jumping Oblique Twist
- ☐ 15 Pilates Side Planks with Leg Raises
- ☐ 15 Windshield Wipers
- ☐ 1 Minute Lateral Jumps

To strengthen muscles of the chest and help it fight gravity:

- ☐ 15 Wide Push Ups
- ☐ 15 Plank Extensions
- ☐ 1 Minute Mountain Climbers

To get a booty that gives you a curvy profile and an hourglass figure:

- ☐ 15 Alternating Lunges
- ☐ 1 Minute High Knees
- ☐ 15 Sumo Squats
- ☐ 15 Cross Over Lunges