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-curvy-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

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