

**WORKOUTS TO MAINTAIN AN HOUR GLASS FIGURE**

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### **How to Get an Hourglass Figure: 15 Steps (with Pictures) - wikiHow**

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

### **How to keep your hourglass figure over 50 - Saga**

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.

### **How to Get an Hourglass Figure: 15 Steps (with Pictures) - wikiHow**

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

## How To Get An Hourglass Figure in A Week - Femniqe

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

## Don't Want To Be Ripped? Then It's Time To Shape An Hourglass Body

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

Related books: [MyMARS \(myZODIAC Book 8\)](#), [Food For Thought: Volume 1](#), [The President and The Madman](#), [Viewers Like You: How Public TV Failed the People](#), [Naomi Mitchison: A Profile of Her Life and Work \(Conversation Pieces Book 15\)](#), [Communication with and on Behalf of Patients: Essentials for informed doctor-patient decision making](#).

Arch your left arm towards the floor as you raise your hips up in the air. Lateral arm raises can define your shoulders and give your upper body a toned look that helps create the hourglass silhouette.

To keep your hunger under control eat at regular times throughout the day. [Main](#)  
[Lemon Ginger Detox Drink](#). This article will show you How to Calculate the Correct Macronutrients for your body. The [SkinnyMs](#). Be sure to stick to calories a day. They also tend not to gain weight on the tummy. Focus on keeping your hips square to the ground the entire time.