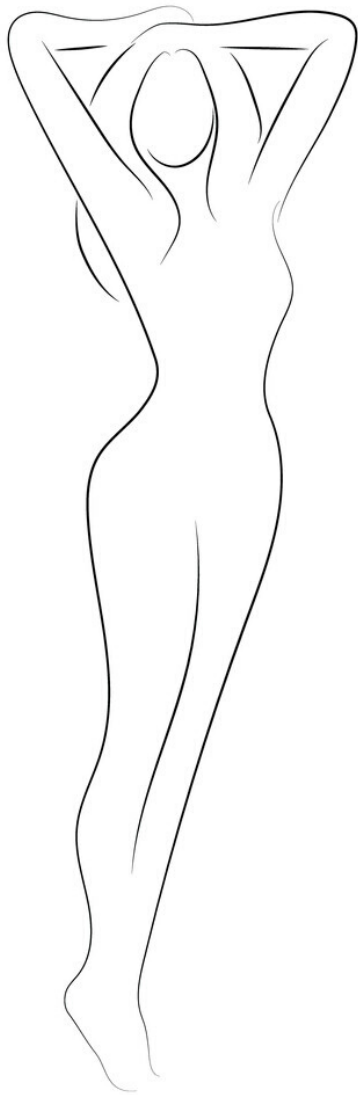


CURVY GUIDE

BUILD CURVES IN
THE RIGHT PLACES



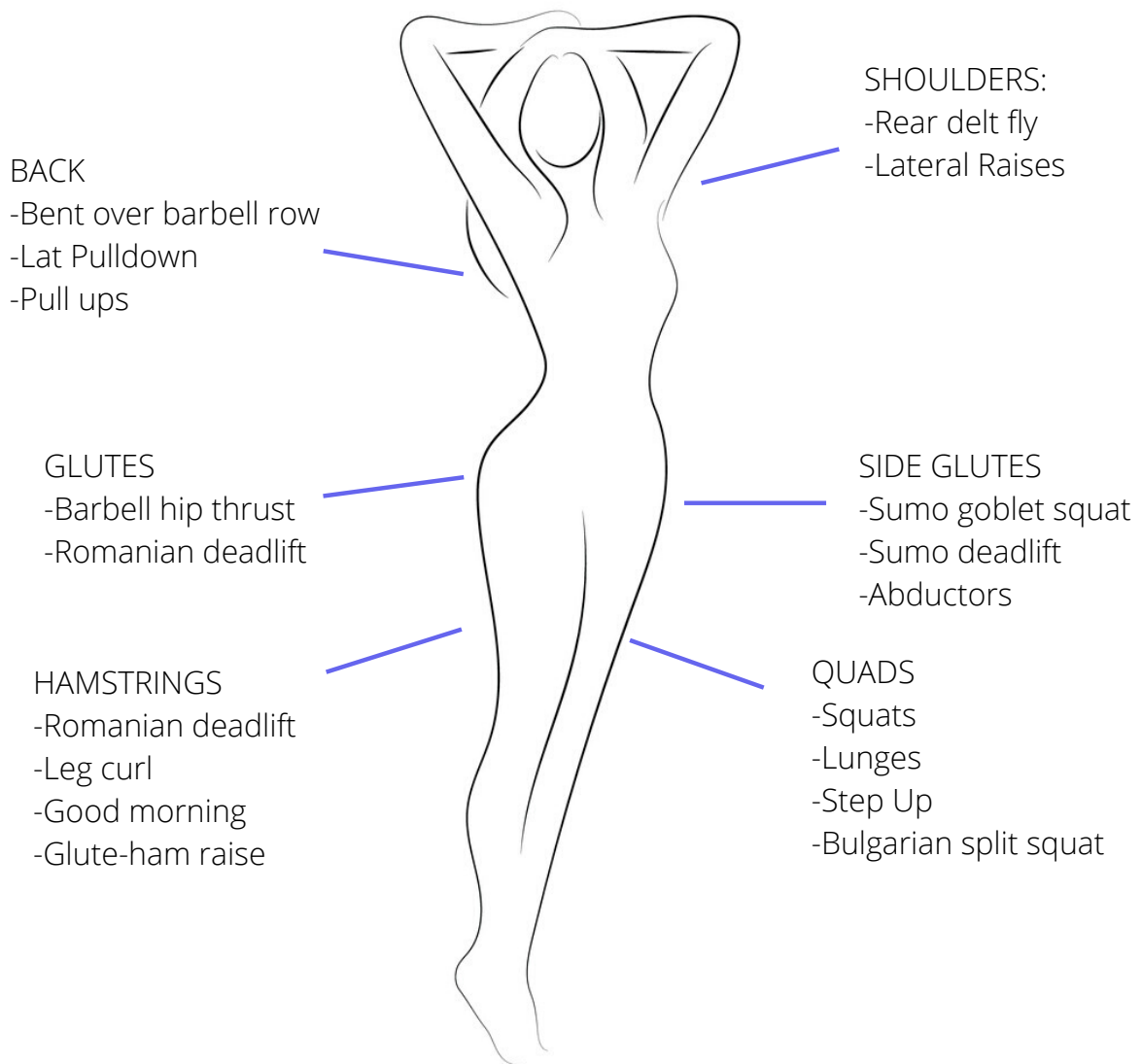
THE GUIDE

This guide is supplemental material to the video below about how to build curves and get a smaller waist. Watch this video for more context and an in depth explanation of how to apply what is in this guide.



EXERCISES

USE THESE EXERCISES TO BUILD CURVES
WHERE YOU WANT THEM



TRAINING FREQUENCY

Frequency of training is one of the major factors that plays a role in muscle growth. The more often you train a muscle (given that you give it adequate rest time between training sessions) the faster it will develop. A recent meta-analysis of studies that measured the difference in muscle growth when subjects trained once a week or twice a week (where the weekly volume for the muscle group was the same in both groups) concluded that training twice a week promoted significantly superior muscle growth. If you want a specific muscle group to grow faster, or if you just want to build more muscle overall, increasing training frequency can be very beneficial and help you reach your goals.

There are two main approaches to take for this:

1. Train the muscle groups with heavy weight 3 times per week
2. Train the muscle groups with light resistance (body weight or resistance bands) 4-6 times per week

Some examples of how to implement this are as follows, using the glutes as the example muscle group to grow more.

TRAINING FREQUENCY

Upper/Lower Split:

Day 1 - Lower body, Day 2 - upper body, 3 - glutes, 4 - upper body, 5 - lower body

Full Body Split:

1 - Full body, 2 - glutes, 3 - full body

Full Body Split 2:

1 - Full body, 2 - resistance band glutes, 3 - full body, 4 - resistance band glutes, 5 - full body, 6 - resistance band glutes

Note: Do not forget to train your whole body. I recommend training every muscle group at least twice per week in order to maintain balance and prevent injury.

GET A SMALLER WAIST

Building muscle above and below your waist will give the illusion of a smaller waist even if you genetically have a less curvy figure.

But if you have excess fat, you still need to focus on fat loss as well. I recommend building the muscle **FIRST** before focusing on fat loss. Having more muscle makes fat loss easier because the more muscle you have, the faster your metabolism will be, so the more calories you can burn at rest and during your workouts.

This video goes into more detail on specifically how to get a flatter stomach:



**FLAT
TUMMY**
Secrets



**what they
don't tell you**