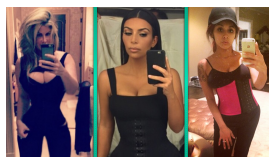


Waist Training in Scottsdale: 5 Questions with Hourglass Angel

Written by Amanda Rumore

Marilyn; Bettie; Beyonce; Mariah. From past to present, curvy women in American have been revered as icons of the time. Recently, it was no surprise when celebrities like Kim Kardashian, Kim Zolciak and Nicole Polizzi were making headlines with stories on their waist training ways.



While its recent surge in popularity is new, waist training is actually a very old concept. For centuries, women have been using tight lace corsets to slim and shape of their waists. Today, women still rely on corsets for the most dramatic results.

Since waist training has become a huge trend in Scottsdale, I turned to the professionals at [Hourglass Angel](#) to answer my questions.

Hourglass Angel is an industry leader in effective and safe shape wear, including [waist trainers and waist cinchers](#) in a variety of styles, colors and sizes.



With help from Ruben Soto, CEO and founder of www.HourglassAngel.com, here are five questions that women should know about waist training:

1. Why is waist training such a huge trend right now?

Celebrity influence through social media has been the primary factor. It suddenly became acceptable to post selfies on Instagram wearing waist training products after celebrities wore them.

2. Any tips for the newbie waist trainer?

The basic idea behind this exercise trend is to wear a corset or a waist cincher during your workouts. When you do this regularly, you can effectively focus your training on the core muscles in between your ribcage and hips, including the front and lower abdominals and obliques.

Using a [waist trainer during workouts](#) isn't the only method you should be using to slim your waistline. The technique works best, of course, when used in conjunction with fat-burning, muscle-building exercises and a clean, nutrient-dense diet. If you're not already working out regularly and you want to start waist training, get accustomed to doing some high-intensity cardio exercises first. These will help you burn fat and increase your metabolism. You may also need to alter your diet for the best results; otherwise you'll be strengthening your core without burning the fat. Choose unprocessed foods and avoid sugar as much as possible. And don't forget; stay hydrated!

- Don't continue wearing your waist trainer if you experience any numbness.
- Don't continue wearing your waist trainer if you have sharpness of breath.
- Don't continue wearing your waist trainer if you experience sharp stomach pains.
- Don't continue wearing your waist trainer if you feel any pinching.

3. What are the benefits of waist training?

There are several benefits to using a waist trainer during your workouts. First, it helps you maintain good form so that you're stabilizing and strengthening those target muscles in your core. At the same time it prevents you from putting strain on your back, which is why many people who waist train report a reduction in back pain. Finally, the main objective for many women who choose to waist train is that it helps you mold your midsection into that covetable hourglass shape. It will also increase your body temperature and perspiration while you exercise. Paired with high-intensity training that targets your core, you will be able to combat common problem areas like love handles and your belly.

The [Classic Cincher Waist Trainer By Amia A102](#) is an alternative to the traditional corset-style trainer and provides additional support through the back and shoulders.

4. Are there any workouts that are best while wearing the corset? Anything women should avoid?

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Exercising with a waist trainer is great way to intensify your workout. The garment is specially designed to increase thermal activity in your core, so you work up a harder sweat. But the big question is: which exercises are best?

While we don't recommend doing "crunching" abdominal exercises with the restrictiveness of a waist trainer, there are a variety of sweat-inducing, muscle-strengthening techniques you can use that will give you an extremely effective workout. Here are eight of our favorites.

- Cardio
- Squat
- Deadlift
- Plank
- Reverse lunges
- Upright row
- Front raise
- Reverse fly

Most of these exercises require repetitions; choose how many you do based on the amount of weight you are using. Generally go for at least eight reps in up to three sets. Your muscles should feel fatigued when you're done.

5. If we stop waist training, how long will it take for our body to return to the way it was?

Your body requires maintenance if you want to retain a certain shape—with diet, exercise and waist training. How long it takes depends on a lot of factors, like how much your body has transitioned and how long you've been doing waist training.

For more information and to purchase your waist trainer, visit www.hourglassangel.com.