

Crunch time: 5 ways to get a perfect waist



Click through for 5 tips to a perfect waist

IMG model trainer **Ricardo Riskalla** shows you how to achieve the perfect waist for your shape

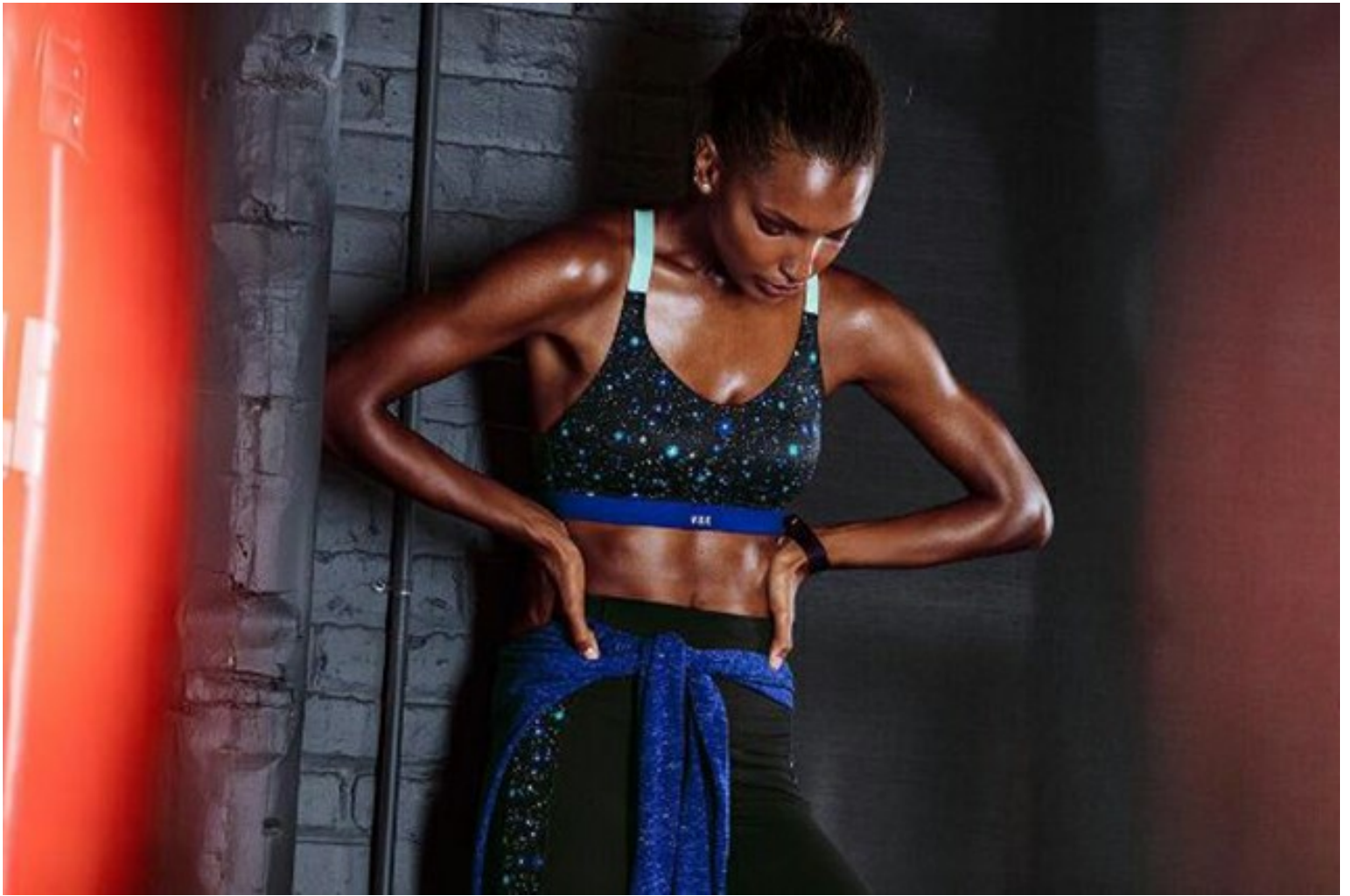
After long legs, the second most lusted-after part of a model is their narrow waists. Never oversculpted, over-muscly and too defined, the most celebrated waistlines usually have a subtle curve that's directly proportional to the width of one's hip width and their chest size.

But perfect proportions aside (we should ultimately be happy with our god-given bodies!), when training it pays to think about toning your waist. Here, I outline a few important factors that will assist you in this pursuit.



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1. Crunches. These are vital for a slim waist. Most people confuse planking and having a hard core with having a perfect waist. Crunches should be done by the hundreds, do them forwards like a sit up, then sideways.



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2. Hip rotations. Stand up, separate your legs and rotate your hips sideways (at least 10 minutes for each side), keeping your head still. You can even watch your favourite TV show doing them!



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3. Avoid back exercises with weights. To maintain a slim waist it is important to never exercise your back with weights. Heavy weights can annihilate all your efforts and create a waistless body.



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4. Salt. Like with all of my advice, I have to say that salt must be removed from your diet to avoid fluid retention and stomach bloating. This is what gives you a lack of waist.



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5. Dance. Dancing exercises where rotational movements are involved are great for creating an amazing waistline.