Waist Slimming Guide

A small waist is at the foundation of every incredible physique.

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Specific results mentioned in this guide should be considered extraordinary and there are no “typical” results. As individuals differ, then results will differ.
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Introduction

Having abs with a tight waist are at the core of having a great physique, no pun intended!

In men, we are looking at having a great waist to shoulder ratio. Having a small waist and broad shoulders creates the “v-taper” and is at the foundation of any great male physique. Not only does this create an aesthetic physique, but women love it too. It’s thought that women are more drawn to men with a good waist to shoulder ratio because of a primal instinct which signifies masculinity, and an ability to accomplish, and provide.

Women on the other hand need to be more focused on building a great waist to hip ratio. This involves creating a smaller waist circumference while creating a larger hip circumference (by building the glutes). In general, women will want a more hourglass shape. This is the shape men prefer in women as well.
It’s thought to be a primal instinct within men with this body shape signifying fertility.

Ultimately, a small core has a significant place in building a next level physique. With a proper diet and making sure to utilize the techniques and exercises within this guide, I guarantee you will take inches off your waist!
Chapter 1: Working the “Inner Abs”

Let’s run over some quick anatomy to get rid of all these layman terms!

When you think of “abs” you probably go straight to thinking of a six pack. There’s nothing wrong with this, but to clarify for the sake of this chapter, “six pack abs” are actually called the Rectus Abdominus. We’ll touch more on this muscle later.

The “inner abs” is actually called the Transversus Abdominus (TA) and this is the muscle we will be focusing on in this chapter. The TA is the deepest of all the abdominal muscles and when strengthened and contracted it has a corset like effect on the waist. This is why this muscle is so important to work when shrinking the waist. Bodybuilders have long been aware of this response and use it to their advantage to help create their incredibly small waists!

Knowing this, let’s look at exercises that will target the TA directly!

**Vacuums**

I’m going to start off by saying that these are a bit . . . unorthodox. If you don’t feel comfortable doing these in the gym get them in where you do because they will make a world of difference! Being used religiously by bodybuilders for years, these do have an amazing benefit for anyone looking to shrink their waist. You
are essentially trying to pull your belly button to your rib cage. Let me explain.

**Proper form would look like this:**

There are three variations: standing, seated, and on all fours. In order from easiest to hardest it goes: standing, on all fours, and seated. In these variations the same basic form will be applied.

Start by taking a deep breath and fill the lungs with air expanding the chest. From here, exhale about 80% of your air from your stomach. Next, suck in your abdominal area. You want to imagine that you are trying to touch your belly button to your spine. You’ll want to hold this position until you need a breath. Typically, 20 seconds is a good hold to shoot for but do what your body allows! 3-4 sets will be sufficient.
Planks

Next up, we have the plank. This as well works the TA but it’s also very effective at strengthening the core as well. This exercise won’t only work the TA but will contribute to the same effect. You should consider that you will develop core strength by doing most exercises in the gym, especially big compound lifts and during unilateral training. This doesn’t mean though that planks don’t have a place in your workout routine. They should be done occasionally to strengthen the core and tighten up the waist. A strong core will keep you safe when lifting and improve your lifts too.

Proper plank form would look like this:

You will want to be on your elbows and toes while keeping a flat body. Hold for an appropriate amount of time and repeat for 3-4 sets.
Chapter 2: Building the Proper Musculature

When it comes to physique building, proportions are everything! To keep a small waist, we need to build the surrounding muscles without making the core too bulky.

For men, we are looking to build that v-taper. It is crucial to build a wide and thick back, build the chest, and create wide shoulders while keeping the core small and defined. Building the legs and glutes contributes as well.

For women, the focus is to develop an hour glass figure. It will be more important to put an emphasis on the glutes and legs while keep the core small and defined. Some upper body development such as the back and shoulders are recommended and contribute as well.

Knowing this, many people train the core MUCH more than they need to. You have to realize that the core will be built naturally as you progress through your regular workout routine. Overtraining the core can be a physique killer and is completely unnecessary! It will never be necessary to train abs more than once a week and even less than this will still be sufficient with a proper weight training program.

With this in mind, you do still need to train abs. To clarify, you need train abs with ab flexion exercises such as crunches compared to static holding exercises such as planks. Static
holding exercises are effective for building core strength and ab
flexion exercises are effective for building the “six pack abs”. The muscle primarily working when doing flexion exercises is
the Rectus Abdominus and this muscle needs to built for killer
abs!

Some of my favorite ab exercises are:

Pullup bar leg/knee raises: While hanging from a pullup bar, raise your legs as high as possible. If this is too hard, then bend your legs and attempt to bring your knees to your chest. You can also bring your legs up on a certain side to hit more of the obliques making this a tough and universal ab exercise!
Parallel/dip bar leg raises: This is another spin off of the leg raise first mentioned. These are very effective and quite hard considering the way you have to hold your body. You will want to be on the dip bars as if you were going to do a dip but instead you will be doing leg raises. Depending on personal strength, you can do straight legged leg raises or knee raises just like in the first leg raise example.

Exercise ball crunches: This is an all-time favorite of mine. It allows for great isolation of the abs and is easy to see consistent progress with. Along with the great ab isolation, by holding weights behind your head you can add resistance and this exercise can be done at home or in the gym! Proper form entails you rolling out the ball until it’s at the top of your butt. From here, lie back on the ball allowing it to fit the natural curvature of your lower back and place your hands behind your head. Now, crunch up using just your abs and come back down.

Tip: When using weight, don’t let it touch your head. This will make the exercise much tougher!
If you want an exercise ball I provide them on my website. It also comes with “the Ab and Glute Solution” eBook to show you how to workout with your exercise ball while providing multiple exercises with instructional videos and sample workouts! As a reward for reading, use coupon code “SLIM20” for 20% off your order!

I want one!
Chapter 3: Having the Proper Body Composition

Simply put, this means you need to be lean enough to really accentuate your waist. With a 20% body fat you have no chance of having a small waist. It just isn’t possible. Typically, you won’t have abs showing over a 12% body fat. So at a maximum to maintain a small waist you won’t want over a 12% body fat.

It’s understandable that as you become more advanced as a lifter you will have to go through natural periods of bulking and cutting. That’s why I’m a big believer in lean bulking because you can stay generally lean and still build lean muscle while only having to cut rarely. When you first start lifting, there are exceptions to this. Beginners will put on muscle fast whether they are in a deficit or not, so often times novice lifters stay lean and can maintain a slim waist effortlessly with proper training and nutrition.

All in all, keep your body fat below 12% at a maximum. 7-10% is even more ideal for aesthetic, living, and fitness purposes.

When eliminating body fat, you need to create a caloric deficit. Everyone has a maintenance calorie number which is the calorie number that you can eat at without losing or gaining weight. Another way to look at this is it’s the number of calories you burn in a day. As you can imagine, this number changes daily so it’s important to find an accurate average number of calories. Some fitness coaches recommend fluctuating your calorie intake.
based on the days you workout and the days that you don’t. You can do this but some find it to be slightly complicating so you don’t have to take that route if you don’t want to.

Weight loss ultimately comes down to your total calorie deficit at the end of weeks and months. This consistency is what measures fat loss over a period of time. It most definitely doesn’t happen overnight but with consistency it is very possible. Stay consistent, one or two days of bad eating isn’t going to make or break you!

It’s also important to note that you can’t spot check where to lose fat. In relation to this text don’t think that doing crunches is going to eliminate your belly fat. Losing body fat in total eliminates belly fat. Most people struggle with losing their last bit of belly fat because this is typically one of the last places people lose their fat. It’s important to stay dedicated in this final stage if you want to lose just a bit more fat for more ab definition or a slimmer waist

**Conclusion**

First and foremost, you need to have your body fat levels in check, and this all comes down to your diet. Without getting this in order, there is simply no chance of creating a slim waist. Once you have your diet and body fat levels in check, it comes down to your workout routine. Along with your ab routine, you need to build the proper muscles to accentuate the waist. We covered these general muscle groups based on your gender.
All of these elements combined will truly transform your physique. Not only will you have a visually smaller waist, you will actually have a smaller waist.