

## 3 Action Steps: Adding Curves To A Slim Lower Body



There are 90 muscles in the lower body. Stimulating all of them with synergistic toning/shaping exercises will give them fullness (muscle hypertrophy). It's important to avoid over-training - which happens a lot in most typical fitness settings. Focus mostly on bodyweight movements adding some weight/dumbbells as strength and muscle density increase.



More nutrient dense calories need to be added to meals and snacks each day. The easiest way to do this is by adding healthy fats. Fats have twice as many calories per gram as compared to carbs and proteins. Great sources are extra virgin olive oil, (or any other healthy oils - variety is nice), all types of nuts, avocados.



Keep cardio exercise sessions short and intense as opposed to long/low intensity. 3-4 times per week at 15-20 minutes per cardio session is ideal. You are not trying to lose weight - you are trying to add body-volume and muscle density.