



.....The.....

Beginner's

≡ Ultimate Waist Training ≡

GUIDE

.....
Free
Download
.....

Waist Genie
shape wear

waistgenie.com



Size Up

WAIST SIZE

XS 24-26

S..... 26-28

M.....28-30

L.....30-32

XL.....32-34

2XL.....34-36

3XL.....36-38



Waist Genie
shape wear

S I Z E G U I D E

bust measure around the fullest part

waist measure 2 inches above belly button

hips measure around the fullest part of hips

You're ready to get started with your waist training, how exciting.

Before ordering we recommend that you know your waist size, for a couple of reasons

- To purchase the best fitting product (intimate products are non-returnable, non-refundable)
- To track your progress throughout your waist training journey



Sizing yourself is simple.

You'll want to measure your natural waist, which is can be found by leaning to your left and right side. Measure the area where your sides `as you make those movements.

For some this will be the smallest part of your torso, for others it will not. The best way to find you true natural waist is to do the bending test recommended above.

Use the chart provided below to pick your size, based off of your measurements. You can order in your size as well as the next size down, for a more compressing fit. Ordering your size and the size down is also good so that when you lose inches, you can continue to waist train in a smaller WaistGenie, uninterrupted.



WaistGenie
shape wear

your WaistGenie size

Once you know your size, go online
to waistgenie.com to order.



EAT

SMART



	Day 1	Day 2	Day 3
Breakfast	Plain natural yogurt, sliced fresh fruit, topped with a teaspoon of chia seeds	2 eggs scrambles with diced tomatoes and spinach	Oatmeal with blueberries and wheat toast (with honey NOT Jelly)
Snack	2 Grapefruit, halved sprinkled with 1 1/2 tsp of cinnamon (grill for 15minutes on 400 degrees, for a yummy warm treat-- let cool for 10 minutes)	Hummus and celery or carrots (you can do both, but don't double the portion)	An apple and a hand full of pecans
Lunch	Green leafy salad topped with a can of tuna, drizzled in olive oil and sprinkled with fresh lemon juice from one wedge.	Grilled Turkey Burger with sautéed onions and BBQ sauce, on a wheat bun	Grilled Salmon, Grilled Zucchini, and thin spaghetti noodles drizzled with olive oil and lemon. Seasoned with salt and pepper.
Snack	Fresh Organic, Raw, or Green Vegetable Smoothie	Fresh Organic, Raw, or Green Vegetable Smoothie	Fresh Organic, Raw, or Green Vegetable Smoothie
	Use 1/2 cup of fresh frozen wild blueberries, 5 fresh strawberries, 2 cups of kale, and a Tbsp. of chia seeds. Blend with 1 cup of coconut water (you can use Spring water as a supplement)	Nectarine Smoothie Blend 1 large chilled nectarine, pitted and puréed, 1/2 cup almond milk, and 1 tsp honey.	Sour Green Apple, Kale, and Avocado Smoothie
Dinner	Basil Stir-Fry	Wild Caught Salmon and Organic Asparagus	Grilled Chicken Quesadilla
	Stir-Fry Peppers, Onions, and Basil. Add Sautéed or Grilled Chicken. Serve over Brown Rice or Tofu.	Sautee the salmon on light olive oil, drizzle with fresh lemon and pepper. Adding a couple pinches of ginger for flavor. Sautee asparagus in olive oil, and sprinkle with lemon juice and pepper. Add 1/2 cup of brown rice.	Whole wheat quesadilla with 2 oz. Mexican mix cheese and strips of grilled chicken.

Eat Well

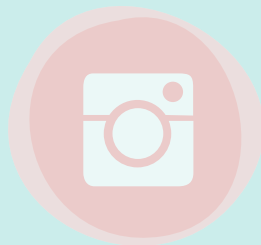
A huge part of your waist training success is going to come from what you put into your body; that means you should eat consciously and well. The good thing about the WaistGenie is that with the compression you'll feel from waist training, you won't be able to overeat very much. Also, you get used to seeing yourself in the mirror with a smaller waist, which is highly motivating.

That motivation should help you to make the commitment to continue waist training until you reach your goal. If you do over eat—you'll pay for it--your cincher will become a bit uncomfortable, reminding you to practice a more well-rounded diet.


Your daily diet should include lots of water and less sugars (Sugar ultimately = Calories.)



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A faint, light-colored illustration of a woman wearing a corset, positioned on the left side of the advertisement.

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COLOMBIAN WAIST TRAINERS

Waist Genie
shape wear

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