

The Rectangle Body Shape: Everything You Wanted To Know

Just a guess, you put on an outfit that you believe will look amazing, but when you glance in the mirror, your initial impression is that you "look like a door." However, there is still a lot of hope for you! Therefore, resist the need to believe that you will seem like a straight door no matter what you wear. It all comes down to highlighting your advantages, choosing the appropriate **style lines**, and understanding how your body responds to various **styling methods**.

Additionally, this guide will help you by providing a variety of **lifestyle**, **dietary**, and **exercise** suggestions for a certain **body type**.

What is the Rectangle Body Shape?

The **hips and shoulders** of the **rectangle body** shape are comparable in width, there is little to no **defined waist**, and the legs are exceptionally lengthy. The **hips, chest, and shoulders** are all very consistent in size. The **upper and bottom halves** of the **rectangle** are balanced and have good proportions. The **rectangle form** should be broken up to define the **waist** in this **body type**.

So You Have a Rectangle Body Shape: What Are Your Goals?

You should place special emphasis on the following if you have a **rectangle body shape**:

- Boost your **body's volume**, especially in the top half.
- Try to cut down your **waist** by shape wears.
- Have a nice **dietary plan**.
- To enhance depth and complexity, experiment with various materials and textures.

- Utilize accessories to infuse your entire outfit with color and pattern.

- On both your top and bottom sections, **divide your silhouette** horizontally from top to bottom. Use volume strategically, for as, by choosing **silhouettes** that slightly flare out from your **lower half**.

- The **top part** of your body should be colored.

De-emphasize the following:

- Avoid wearing **formless attire** that draws attention to your **straight lines**.
- Avoid having a **low or drop waist** because this will prolong your **"rectangle"** and diminish your verticality.
- Reduce or relax your **shoulders**.
- Avoid adding a lot of fabric or bulk to your lower half. Although a **flared lower** profile works, it cannot be "voluminous" or hefty.
- Layering is important if it's cold.
- Add color and pattern to your **lower body**, not the area **around your waist**.
- Avoid using **silhouettes** that are straight and produce a long, **vertical line**.

How to Increase Your Curves With a Rectangle Body Shape

Uniformity is a trait of a **body shape** that resembles a **rectangle**. Your **bust, waist, hips**, and shoulders are the same size in both look and measurement. Many ladies with this body type strive to add more curves to their straight angles because they lack many definitions. With the **appropriate fashion** advice, dressing for your **body shape** is simple.

Additionally, since most models have this similar slender, **long bodies**, many outfits are designed for the **rectangular shape**. Find out how to add **body curves** to a **rectangle-shaped physique**.

Develop a narrow waist to add body contours

A naturally defined **waistline** is one of the most **significant characteristics** of the **curved, hourglass form**. Women with **rectangle-shaped bodies** can also have this; you need to make it with your attire. Find inventive methods to wear a belt slightly above your hips to accentuate your **body curves** and **define your waist**. This **fashionable item** gives the appearance of depth since it cinches in your waist while allowing the rest of your shirt to flow out from your body, giving the impression that you **naturally have an hourglass figure**.

The Luxx Curves belt creates the appearance of enlarged curves while emphasizing the waist's precise shape. Choose a rich fall color for the belt, such as aubergine or red, to enhance its effects. With **figure-shaping** undergarments, you can go above and beyond what is achievable with a belt alone to further **define your waist**. Although it may not be preferred for casual wear, it is a helpful technique to have on hand for those special occasions.

If you want to understand more about [Waist Training in 2022](#), read our guide for more details.

How to Waist Train With a Rectangle Body Shape

By **defining your waist**, rectangle forms can create balance and provide the appearance of being more curvaceous. You can select an small bust shaper or a **mid-waist shaper** based on your torso length or desired outcome. The secret is to use a waist cincher to further narrow your waist. For an eye-catching silhouette, you can even go full glam by throwing on a pair of booty or hip padding, or perhaps both.

It makes sense to expect that wearing a waist trainer will make your **waistline** appear thinner and more sculpted when considering the benefits of doing so. But do you know that it can also highlight **your natural curves** in addition to slimming? Results from [Luxx Curves Waist Trainers](#) go beyond just reducing the **waistline**. That **hourglass cinch** transforms your entire **silhouette**!

What Exercises Are Good For Rectangle Body Types?

You should incorporate **strength training** into your **fitness regimen**, especially if you have long, lean limbs and a boyishly tiny torso, like Kate Middleton or Gwyneth Paltrow. Make sure you push yourself to the point of fatigue with each activity and finish your workout with a protein-rich snack like a glass of milk and a fruit-and-nut trail mix. You may add definitions to your shape and muscle mass with the help of these **exercises**.

Start with some cardio.

Cardio should not be viewed as a means of weight loss but rather as maintaining good health. Select an aerobic workout that will increase your heart rate while also allowing you to gain muscle in your extremities. Kickboxing and spin courses are both excellent choices. At least three times every week, enroll in a class or start an exercise video.

Lunge while balancing a front raise

When you lunge on a stability ball, you train your body independently, concentrating on the muscles across each side of your body while also challenging your core and balance. Lunge backward while performing a front raise with weights in each hand. Your shoulder line will appear more sculpted, providing the appearance of an hourglass figure.

Twist with a medicine ball

The majority of women who have a rectangle-shaped body lack a pronounced waist. To achieve a more nipped-in appearance, you must train your core muscles as you tone your body. To tone your sides, do this oblique twist with a medicine ball. If necessary, place your heels on the floor for balance.

Planks

One of those "dream exercises" that all fitness professionals adore is the plank! They challenge you harder since there are many different ways to do them. They engage your main core, quads, shoulders, and chest. The plank with a twist targets your obliques even more while providing all the advantages of a standard plank exercise.

Hamstring curl and ball bridge

You will not be disappointed with a hamstring curl and bridge on a ball to make your booty "pop." With this workout, your core will be tested as you tone your behind and tighten your hamstrings. Put your arms on the floor adjacent to your sides rather than behind your head if you have trouble staying balanced while on the ball.

What Food to Eat With a Rectangle Body Type?

The foods listed below will do wonders for your **body shape**:

- Protein-rich diet: It's critical to keep a fit body by eating meals low in fats and oils, high in proteins, and high in carbs or starches.
- Greek yogurt, chicken breasts, and poached eggs are low in fat and will give you your recommended daily protein intake.
- Walnuts, green salad, and rolled oats will help you get the fiber and vitamins you need to help with digestion and burn those excess calories.

- Eat up to 80 grams of dry fruits each day, such as almonds, peanuts, and ground flax seed powder, since they are a good source of beneficial seed oils, vitamins, minerals, and antioxidants for the system. Use it in your breakfast dishes to get your day off to an energizing start.
- The following non-vegetarian alternatives are lean: chicken, turkey, beef, and tuna. Keep as far away from the fatty cuts as you can. Have two servings of meat, chicken, or fish, one of bread, rice, or wheat, and one of the fresh salad.
- These lean vegetarian options include quinoa, beans, low-fat cheese, and tempeh. Eat brown rice rather than white rice since it has higher fiber.
- Avoid eating things that are ready to eat, white rice, fast food, canned food, fries, drinks, alcohol, and other condiments.
- Of course, you can indulge in such delicacies once a week, but no more.

Fashion Tips for Rectangle Body Types (What to Wear)

Well, if you have a rectangle body type, you may greatly expand the range of clothing that flatters you by creating a wardrobe that compliments your shape. There will be no more wondering if something doesn't quite go together or having piles of outfits collecting dust since you were persuaded to buy them but never end up wearing them. Here are some style tips for your rectangle shape body.

Skirt Styles for Rectangle Body Shape

If you want to find a skirt that compliments your figure, search for one with pleats or gathers at the hip; these will add volume and provide the impression of curves.

To round off those sharp corners, try a skirt with diagonal lines. Wearing a skirt with more of a full circle (and lots of pockets) can help to counteract the width of your hips.

Since you need a lot of volume in the hip area, the easiest skirts to find will have an A-line, full circle, or trumpet silhouette. However, it is crucial that they are made of suppler materials and don't add any more sharp angles (so no too stiff or structured textiles!).

Straight skirts and pencil skirts are acceptable; nevertheless, it is recommended that you pay closer attention to your waistline and top half proportions when wearing these skirt styles.

Don't be afraid to show off your curves by wearing a skirt because there are so many creative ways to do it.

Jeans for Rectangle Body Type

Denim is all about striking a delicate balancing act. Following the advice given above, you should add some curves to your lower half to make it more visually interesting.

Don't be afraid of people with deep pockets. They let you get the contours you want without adding bulk to your behind or thighs.

Another simple method for creating the illusion of curves is to have your hips whiskered. These light lines serve to divert the eye from your body's vertical planes.

The bootcut silhouette is a good choice for you because it flatters your figure without making you look too squared off.

Straight-legged jeans that flare out at the hem will do the opposite. This means you can also successfully wear a pair of skinny jeans. For a more flattering look that doesn't draw attention away from your beautiful curves, try a pair of mid-rise, ultra skinny jeans. Wearing a dark wash, mid-rise jean can make your legs look longer.

Trouser Styles for the Rectangle Body Shape

When compared to jeans, trousers are less of a hassle to style because they come in a wider range of cuts and fabrics. You would look great in softer fabrics that help to soften your frame.

You may find a wide variety of options for your body type, including culottes, trousers, and even wide-leg versions.

The same guidelines for finding the right pair of jeans also apply to finding the right pair of pants: strike a balance and make a curve from your waist to your hips.

You look great in pants with a mid rise. They make your legs look longer and assist create a better overall proportion between your torso and lower body. And if you want to add a little more curve to your silhouette, don't be hesitant to try a pair of pants with decorations along the hip area.

Dresses for the Rectangle Body Shape

Even though there is a wide variety of clothing options available to you, it is important to remember your personal fashion objectives. You should select dress silhouettes that define (as opposed to accentuate) your waist in order to achieve this delicate balancing act.

You can easily create wrap dresses, as well as A-line and princess seam gowns. You can use color blocking to draw attention to your upper and lower halves and to emphasize and define your body parts. But a belt is one of the most useful accessories you can buy to maintain a trim waistline.

Dresses with no discernible form, such as trapeze or tent styles, should be avoided. There is no doubt that your sturdy shoulder structure can support those forms, but the added volume makes your body appear much wider all around.

A peplum dress could also work, depending on your frame. However, a long peplum detail that doesn't draw attention to the waist is ideal for this, as is height or a visually long vertical line.

Coats for the Rectangle Body Type

Coats and other outerwear are a great way to give your look and your silhouette some depth. Indeed, they are based on many of the same ideas as your jacket choices.

Belted or waist-cinching coats are fantastic choices. also, coats that are not boxy but rather straight. In addition to being able to wear longer jackets, your long legs and slim build make it an option for you.

When deciding where on your coats to put volume and ornamentation, be strategic. Both contribute unhealthily to weight gain. We want to highlight other features of our bodies, thus defining our waist is a priority.

You can experiment with a variety of collar and lapel sizes to emphasize your bust and shoulders. The weight will be evenly distributed across your strong shoulder line.

Jackets for the Rectangle Body Type

You can create some curves to your otherwise straight body by layering on top with jackets. You should go for coats that either have a slight inward swoop at the waist or can be cinched in with a belt.

You can also attempt coats with a more conventional cut (not boxy) because they will look great draped off your broad shoulders.

When you want to emphasize your curves during the liminal seasons, a sleeveless jacket (or vest type jacket) is a great choice.

Also, don't be scared to accessorize your top half with things like bust or neck pieces.

Avoid cropped or boxy coats if you want to avoid the appearance of being more healthier than you already are.

You should go for coats that end at or just above the hips. But if you want to know for sure what length of jacket works best for you, it's best to try on a few different styles in person.

It could be a few inches above or below your hipline, depending on your height and how long your vertical line is (visually).

[Tops, Shirts, and Knits for the Rectangle Body Shape](#)

It is important to define your waist while adding volume to your hips and bust while dressing for your figure.

You can achieve this by dressing in shirts that are softer and looser all over, since this will help the clothing to flow over your body and create the appearance of curves. This will prevent any harsh contours from forming on your body and instead create delicate, gentle contours.

Straight figures are best highlighted, so avoid tight clothing.

Shirts that have a belted waist, a defined waistband, or that nip in at the waist can help create the illusion of a curvier hip. Belts, as was previously said, are another fantastic way to emphasize your waist

You should stay away from extremely short or long hemlines. Shirts and tops should end at or just above the hips. If they stop around the middle of your thigh, you'll have an elongated, top-heavy silhouette. If they stop at your waist, it will draw even more attention to your wide middle section.

You have one of the rare body types that can effectively wear bulky, thick knits.

Additionally, feel free to experiment with tops that feature bust elements like as bibs, plackets, and front pockets. It's wonderful if you can draw attention to your bust in any way. Don't forget to keep an eye on the proportions of your waistline to ensure that these accents don't add unnecessary bulk. While highlighting the waist is not the goal, defining it will help us look better overall. It's about letting a trimmer form emerge in the light without calling attention to itself.

[Sleeves for the Rectangle Body Shape](#)

Don't be shy about rolling up your sleeves and having some fun, either. Sleeves with open volume and that are not completely fitted work best for the rectangle shape.

Stay away from columnar shapes and tight sleeves. Too many angular features will be added to an otherwise smooth body.

Sleeves may be a fun place to experiment with embellishment or volume, so try out puff or bell sleeves. Just keep in mind that it is ideal to have one focal point when choosing an outfit, so don't overdo it with embellishments!

Necklines for the Rectangle Body Shape

There are necklines that highlight curves and others that lengthen a slender figure.

You like to highlight the long, lean quality of your body by wearing v-necks and other vertically-oriented garments. This can also be attained by wearing a garment with a higher neckline, such as a turtleneck.

Alternately, you might experiment with necklines that have more curves to assist sculpt your body. You can achieve this look with a round, bateau, or a scoop neckline.

Depending on your overall look, you may also want to embrace decorations around your neckline to provide visual weight to your upper half. You can experiment with voluminous collars, ruffles, or any other form of attention-getting embellishments.

Summary

Because a rectangle body form has equal measures for the bust, waist, and hips, it is frequently referred to as a ruler or a square shape. They are frequently tall and thin, which is why they are sometimes referred to as having an athletic body type.

They lack curves and are very muscular. However, there are many positive things to say about shaping your curves using a belt like Luxx Curves. The following lifestyle and dietary assessments are the safest approaches to characterize your body shape.