

Model Anna Dukes

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By Shane Doll, CPT

This month the spotlight is on exercises to develop great legs. It's no secret that squats and lunges are two of the best resistance exercises for lifting your buns and firming your legs. I've shown four of my favorite variations that will produce great results. The power wheel hamstring curl rounds out my top five of the best exercises for the legs. Perform these exercises and you'll be on your way to legs that turn heads.

1. Bulgarian Squat: Face away from a normal height bench and place your rear leg up on the bench. Lower your body down until the knee of the back leg is almost on the ground. Return to starting position and repeat.

2. One-Leg Romanian Deadlift: Stand on one leg while holding a dumbbell on the same side as the base leg. Lower the dumbbell to the floor keeping the free leg straight. Keep your back straight as you return to the starting position.

3. Power Wheel Hamstring Curls: Place your feet in the straps and lay flat on your back with arms extended and palms flat on floor. Raise your hips and keep them elevated as you roll the wheel back towards your body and repeat.

4. Reverse Lunge: Stand with a barbell on your back and feet shoulder width apart. Step back with one leg lowering your body but not letting your knee touch the floor. Push forward and return to the starting position.

5. Cable Lunges: Stand in front of an adjustable cable pulley positioned at chest height. Walk back with resistance then lunge forward holding onto the handle with one arm. Drive off lead leg during lunge, return, and repeat.

Shane Doll CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see videos of these and other great leg exercises go to www.shapingconcepts.com.

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