

3 Moves to Toned Thighs!

Follow along for 3 rounds of the best moves for a lifted booty and slim sexy thighs! Dumbbells and a chair (for balance) is optional

squat jump



Tones the thighs, glutes, hamstrings, core and increases your metabolism!

Begin with your feet shoulder width apart. Squat down and back focusing on keeping your knees in line with your toes & just outside your ankles. Maintain a flat back and explode upwards through the back of your heels and into the air! Land as softly as you can returning with soft knees.

Lifts the booty, slims the thighs, and strengthens your knees!

Balancing on one leg, lunge down as far as you can keeping your abs engaged. Kick your free leg back to activate that booty ;) Repeat 15 times and switch sides!

single leg lunge



Tones the inner & outer thighs, and the boot! You'll love the way this one feels

Begin with your feet slightly wider than shoulder width and toes pointed out. Squat down keeping your knees in line with your toes and slightly outside of your ankles. Stand up tall kicking one leg out to the side and bringing it up, parallel with the ground. Drop back down into your plie squat and repeat for the opposite leg!

plie & abduction

