

bikini BUNS & THIGHS

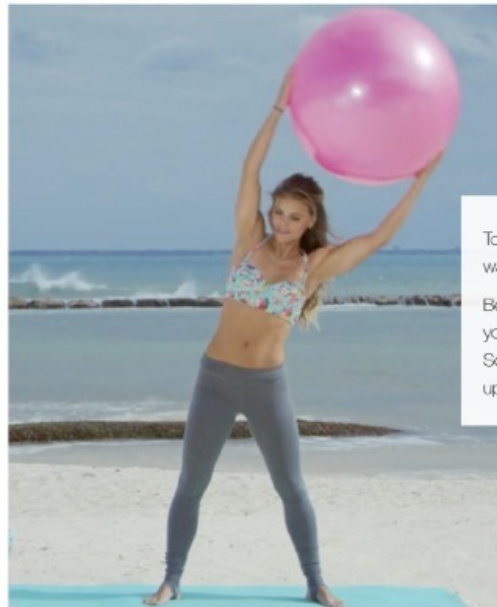
GET READY FOR
THE MOST AMAZING
WORKOUT FOR THAT
BEAUTIFUL BOOTY AND
THIGHS! IT BURNS SO
GOOD LEAVING YOU
FEELING STRONG AND
GORGEOUS!

TonettUp.com



3 SETS OF 10-20 REPS

1. Overhead Ball Squat



Tones the quads, glutes, hamstrings, core and waistline.

Begin standing while holding the ball over your head with your feet shoulder width apart. Squat back, squeezing your glutes on the way up and keeping your abs engaged.

2. Single Leg Squat



Tones up the inner thighs, lifts the glutes and smoothes the backs of the thighs.

With one leg up on the ball and one stationary on the ground, sit back as far as you can while keeping your abs engaged. Your favorite pair of daisy dukes are ready for you!

3. Single Leg Lunge



Isolates the glutes, inner thighs and tones up the thighs.

With one toe back on the ball, hop forward so your front foot is further than your knee. Drop straight down and then squeeze your quads and glutes on the way up. Slow and steady wins the bikini...

4. Bottoms UP on the Ball!



Shapes that booty!

With your hips on the ball, place your hands on the ground in front of you. Slowly and controlled, lift your legs and the air and squeeze those cheeks! You'll become addicted to this move. It just feels so amazing.

5. Leg Extensions



Targets the inner thighs, medial quads and strengthens the lower abs! This move is awesome for runners and cyclists too!

Squeezing your inner thighs, hold the ball between your ankles. Keep your abs engaged by pressing your lower back into the sand. Slowly and controlled, bend at the knees bringing the ball down. Hinge at the knee and extend back up squeezing those quads. This is such a unique and awesome move!

Booty Balance



WITH YOUR HEELS ON THE BALL, BALANCE AND LIFT THOSE HIPS TO THE SKY! Stay here for 60 seconds or more!

6. Booty Lifts



Tones up the booty!

With your heels on the ball, lift your hips to the sky. Squeeze those glutes up and down while imaging your favorite bikini bottoms on that gorgeous booty!

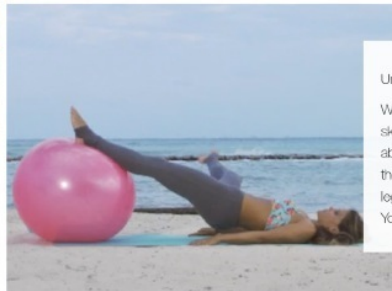
7. Hamstring Curls



This move is so amazing for those hamstrings! Get ready to hear... "DAMN GIRL!"

With your heels on the ball, lift your booty to the sky. Curl your legs toward you while bending at the knees. Bring your hips up with your body, keeping your core engaged. Slowly and controlled, return to the starting position. Get ready for the BURN! Stick with me...

8. Single Leg Booty Lifts



Umm... tones just about everything!

With one leg on the ball and the other in the sky, lift your hips up. Slowly and controlled, abduct your leg out, keeping your hips facing the sky (keeping those abs tight). Adduct your leg back in using those inner thigh muscles. You've got this!!

Booty Balance



WITH YOUR HEELS ON THE BALL, BALANCE AND LIFT THOSE HIPS TO THE SKY! Stay here for 60 seconds or more!

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