

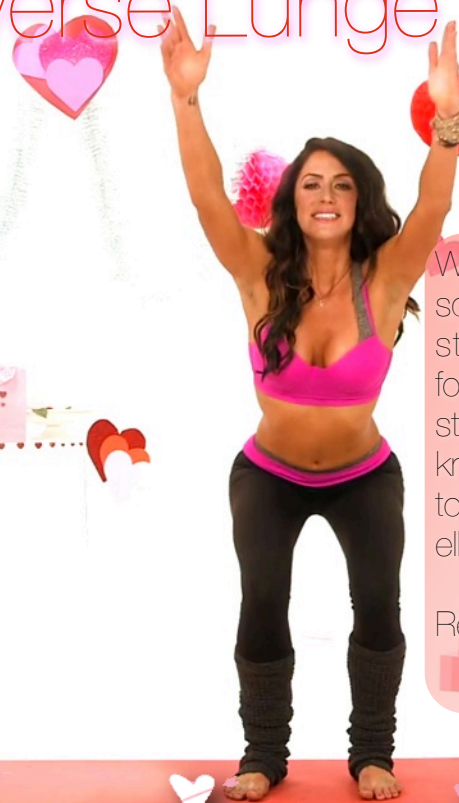
Tone It Up

Love Your Legs!

An all new Leg Routine to lift the booty, tighten the thighs, and get your metabolism revved!

Repeat 3x!

Reverse Lunge & Press



With feet hip distance apart, squat down with your arms straight above and slightly forward of your body. As you stand back up, lift your right knee and twist your upper body towards that side, pulling your elbows in to your sides.

Repeat x20, Alternating Sides

Crescent Lunge



Standing at the front of your mat, step back into a crescent lunge, and as you stand back up, kick your rear leg forward

Perform 10x on each side

Leg Adduction

Laying on your side, bend your top leg and place that foot on the ground in front of your lower leg. Slowly move your lower leg up, working the inner thigh!

Repeat x20 on one side, then continue to the next two workouts before switching sides



Side Slimmer

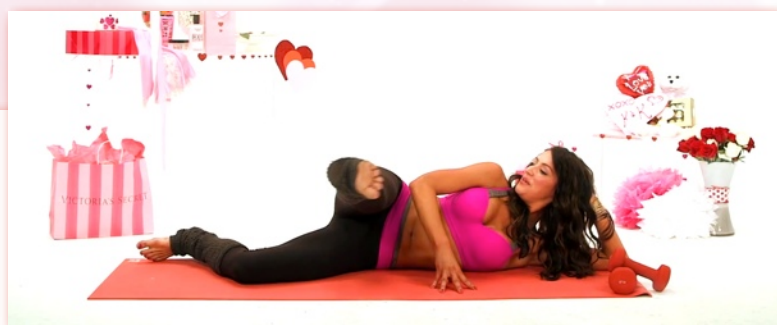
Laying on your Side, slightly bend your lower leg, and straighten your upper leg. Kick your top leg straight up into the air, and lower it slowly, working the sides of the thighs, and the booty!

Repeat x10



Same as the Side Slimmer, except you are kicking the top leg back and forth, instead of up and down. Keep that core tight!!

Repeat x10, then work the other side, starting with the Leg adduction



Toe Bridge

Laying on your back, bend your legs so that your feet are directly below your knees, press up onto your toes, and push your hips up to the sky! Slowly lower back down and repeat.

Repeat x10



Single Leg Bridge

Same as the previous move, but with your foot flat on the ground, and the opposite leg straight up in the air!

Repeat x10 then alternate sides

