

Love your LEGS!

with *Tone It Up* &

LIVESTRONG.COM **WOMAN.**

- This workout sculpts a tight behind, and slims & tones the thighs
- Perform each move 10x, and repeat the entire workout 3x!

GO!



Flamingo Squat

Single leg squat with kickback works the thighs, glutes & core

Tone It Up Starfish

Three-way lunge works the butt, quads, inner thighs & hamstrings



REACH for the Sun

Plié squat with lateral shoulder raise works the shoulders, butt, quads, hamstrings & calves