

# CHAIR WORKOUT for the legs!

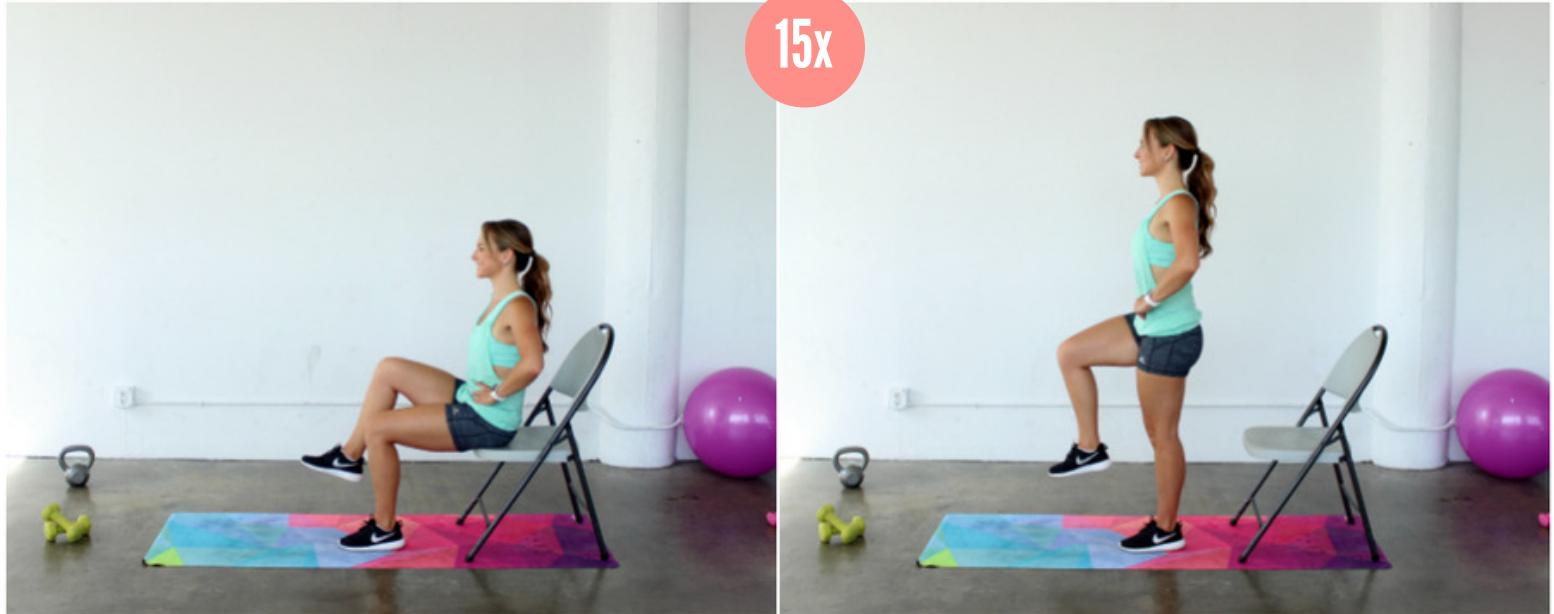
THE  
**Live Fit**  
GIRLS

All you need is a chair to get your best booty ever! Complete this circuit 3-4 times for some beautiful booty toning and backside lifting!



@livefitgirl  
#livefitgirls

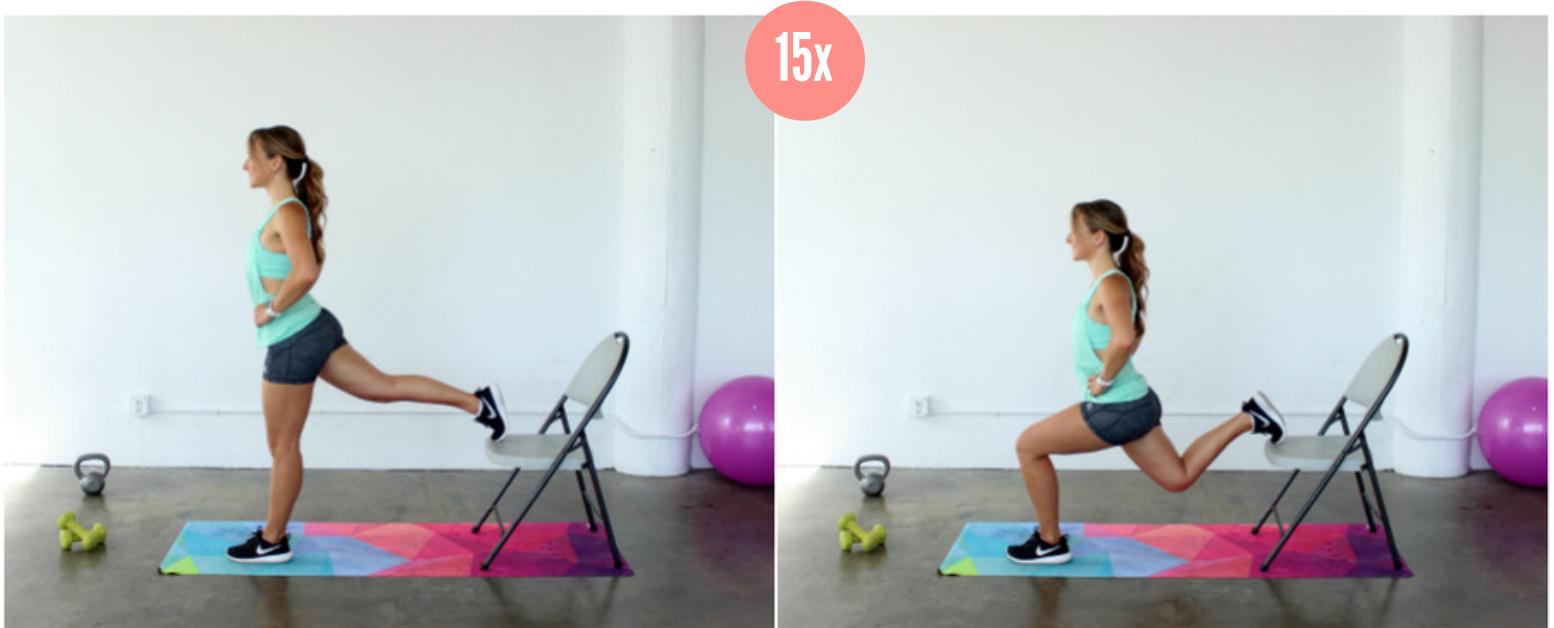
15x



## SINGLE LEG BOOTY SQUATS

Start standing close to the edge of the chair and balance on your **RIGHT** leg with your left leg slightly lifted in front of you. Lower yourself down, as if you were sitting onto the chair, but then press into the **RIGHT** heel to come right back up. Repeat for 15 repetitions on with the **RIGHT** leg, then switch sides.

15x



## SPLIT SQUATS

One of the best booty moves ever! Start with your **RIGHT** foot in front of you, quite a ways away from the chair, and the **LEFT** leg reaching back onto the chair. Bend both knees as if you were going into a lunge, keeping your weight in the front **RIGHT** leg. Use your booty and hamstrings to straighten your legs and repeat for 15 repetitions on the **RIGHT** leg before switching to the **LEFT** leg.

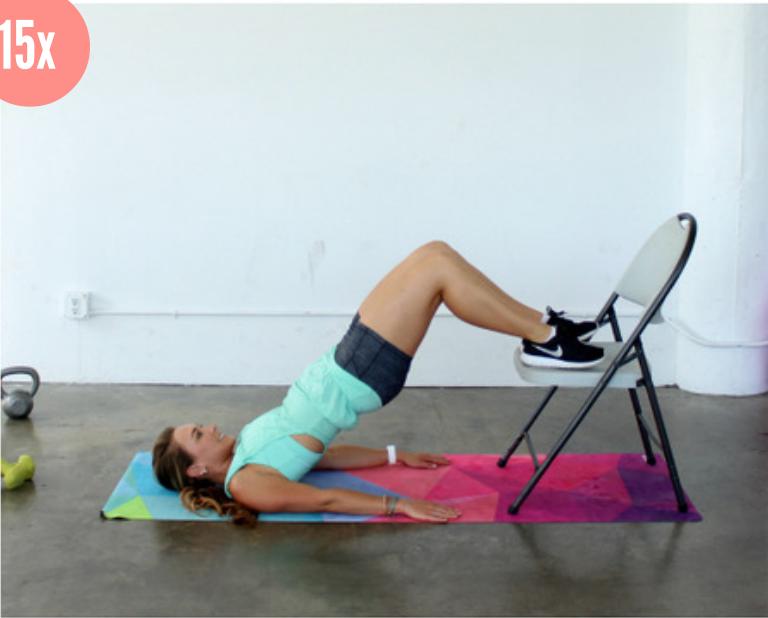
15x



## STEP UP THIGH THINNERS

Start standing sideways to the chair with your **RIGHT** foot on the chair. Press through the heel of the **RIGHT** foot on the chair to work the hamstrings and booty! As you step up, bring your **LEFT** leg straight out to the side as it comes off the ground to work the outer hips. Step your **LEFT** leg down to floor and repeat. Complete 15 repetitions and then switch sides.

15x



## BOOTY BRIDGES

We've done this tons of time -- and you know it's a good one! This time, place your heels on top of a chair -- this is going to give you more range of motion and make these harder than when your feet are on the floor! Keep your abs tight and then lift your hips off the ground, squeezing your booty at the top. Lower the hips back down, and repeat 15 times.