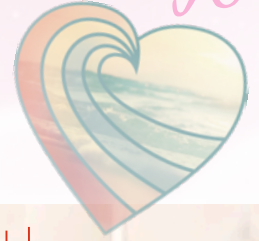


Love Your Legs & Booty



Weighted Squat!

Defines & Tones your Thighs, Hamstrings, Booty, Core and Lower back!

Stand tall with a dumbbell in each hand. Squat down and back, lowering your booty to the ground, keeping your knees in line with your toes, and your back flat. Push through your heels to stand up

Repeat x25



Side Lunge with Fine Toning!

Tones your Thighs, Hamstrings, Booty, Core and Lower back, and really targets your outer thighs!

Stand tall with a dumbbell in each hand. Lunge down to your left side keeping your knee in line with your toes, and your back flat. Push through your left heel to stand back up. Once you complete 25 reps on each side, then stand on your right leg and perform a leg adduction with your dumbbell on your thigh x20

Repeat the same sequence for each side

Side to Side Shuffle!

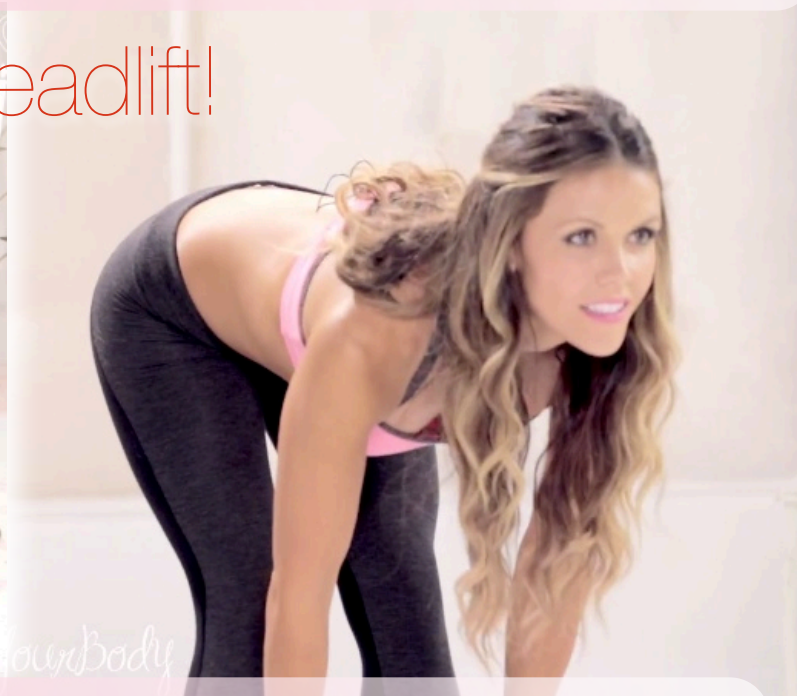


Targets your Thighs, Booty, and Core, while stabilizing your knees!

Balance on your right leg with a soft knee, and jump through your heel to the opposite end of your mat, landing on your left leg with a soft knee. Perform 25 jumps, then pulse squat on each leg after your jump. Counting to 4, pulse your hips closer & closer to the ground, before standing and repeating the sequence on the opposite side. Repeat x10 total reps!



Deadlift!

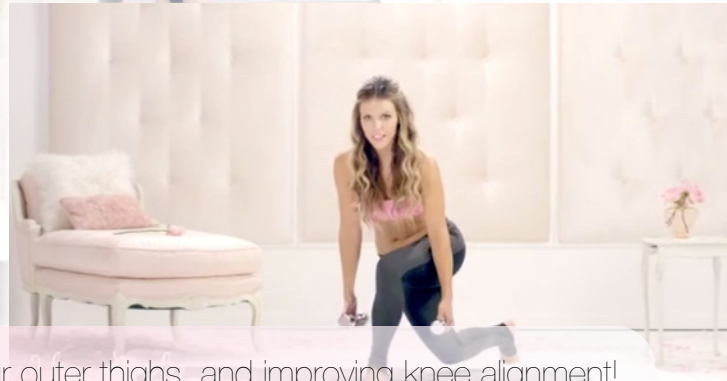
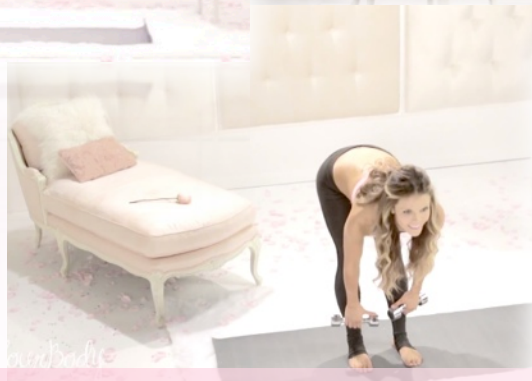


Sculpts the back of your thighs, your booty, and cinches your Core!

Stand tall with a dumbbell in each hand. With soft knees and keeping a flat back, bend forward at the hips rolling your weights down the front of your legs until you feel a strong stretch in your hamstrings. Keep your abs tight and pull your body back up and finish with your hips pushed forward through your pelvis.

Repeat x25

Curtsey Lunge & Deadlift



Tones the back of your thighs, booty & core while sculpting your outer thighs, and improving knee alignment!

Stand tall with a dumbbell in each hand. Step your left leg back behind your right, so that your left knee drops to the floor just outside your right heel. Press through your front heel to stand back up and perform a deadlift. Repeat on the other side!

Repeat x20 total deadlifts, alternating curtsey lunges



Glute Kickbacks!



Lifts and tones your Booty!

Stand tall with a dumbbell in each hand. Balance on your left leg as you step your right leg back behind you so that your toe is touching the mat. Pulse your leg up and down back behind you, getting your toe as high off the mat as you can without bending your knee! Try not to bend forward at the hips either!

Repeat x20 before switching legs

Isolated Lunges!



Sculpts your Booty & Tones your Thighs!

Balance carefully on your left leg, and place your right foot behind you up onto something that is knee-high. Carefully walk your front foot forward, and perform a lunge, getting your right knee down as close to the ground as you can! Keep your back flat, and your front knee in line with your toes!

Repeat x15 reps before switching legs

Bottoms Up!



One of the Best Moves to lift & sculpt your entire backside!

Lay on your tummy on an ottoman or something that allows your legs to hang freely at your hips. Lift your legs up as high as you can without bending your knees so they remain straight. Squeeze the booty at the top of this move, and slowly lower your legs back down, tapping your toes to your mat.

Repeat x20

V-Sit Knee Extension!



Sculpts your Abs, and Fine Tones your thighs!

Lay back on your elbows on an ottoman, bed, or sofa. Lift your legs up to about 90° at your knees with them bent. Perform Knee extensions and squeezing your quads as you extend outwards. Keep your abs tight, and remember to breathe (exhale during the extension for this one)!

Repeat x15

Scissor Kicks!



Sculpts your Abs, and Fine Tones your outer thighs!

Lay back on your elbows on an ottoman, bed, or couch. Lift your legs up to 90°, fully extended. Perform scissor kicks constantly as you slowly lower your legs down to be parallel with the floor. Continue the scissor kicks as you lift your legs back up to 90°!

Repeat x5 leg lifts while constantly performing your scissor kicks!

Alternating Booty Bridges!



Lifts your Booty and Sculpts your calves!

Lay on your back with your feet tucked directly below your knees. Press up through your toes to bring your booty up off your mat, pressing through the front of your hips. Slowly lower your bum back down and repeat, lifting from your heels. Repeat the same move, but pressing up on your toes, alternating!

Repeat x25 Alternating toes and heels!

Heatwave!



Lifts and Sculpts Your Booty!

Lay on your back with your feet directly below your knees and your booty up off your mat with constant pressure forward through your hips. Keep your abs tight and booty engaged as you rotate your hips from side to side, turning up the HEAT for V-Day ;)

Repeat x20