

# Killer **GLUTES** and **THIGHS**

Looking to tone your lower body? Do **3 sets of 10-15 reps** of each of these exercises, and you'll be well on your way to killer glutes and thighs!

1

**Squat** Begin standing feet hip-width apart. While keeping your weight centered at your heels, draw in your abs, exhale, and hinge forward at the hips, slowly lowering your butt. Keep your knees behind your toes and look straight ahead. Exhale, and straighten legs.



*Advanced:* Use a kettle bell or dumbbell, or perform a *jump squat*: after you lower your body, propel your body to jump up using your arms.



2

**Forward lunge** Begin standing, feet hip-distance apart. Inhale, step forward with one leg and lower your body to 90° at both knees. Keep your knees behind your toes and look straight ahead. Exhale, push your body up as you straighten your legs.

*Advanced: Walking lunge:* after lowering your body down, bring your back leg beside your front leg as you come into standing position. Take another step forward with the other leg and repeat. *Hold weights in each hand.*



3

**Bridge** Lie with arms at sides, feet on floor, knees bent. Press into heels. Exhale, slowly lift hips off floor toward ceiling. Squeeze glutes. Inhale, return to start position without letting the butt touch the ground.



*Advanced:* Extend and raise one leg toward the ceiling. Complete the same exercise. If you have an exercise ball, rest the other leg on top.

Source: <http://www.sparkpeople.com/>

4

**Hamstring curl with ball** Lie with palms pressing against the floor, feet resting on top of an exercise ball. Lift glutes and lower back off floor. Exhale and slowly bring your feet towards your body. Inhale, extend your legs away from body back to starting position.



*Advanced:* Complete the same exercise but extend and lift one leg off the ball.

5

**Side lunges** Begin standing feet hip-distance apart. Inhale, step out to the right and shift your body weight to your right leg. Squat to a 90° angle at the right knee. Keep the weight centered at your heel, knees behind toes. Exhale, push off and bring your right leg back to center. Repeat on the left side.

*Advanced:* Complete the same exercise but add a small hop as your shift your weight side to side.

