

LEGS

For plenty of women, fat tends to accumulate on their bums and thighs. Lucky for you, all it takes is 15 minutes to burn that fat away with this quick and easy routine and you will be proud to wear that pair of shorts when summer comes around! You could even do it during the ad breaks on your favourite TV shows, but for best results, do it all at once within 15 minutes.

1. Split Squat



- A. Stand with back facing a chair (about 2 feet away), hands on hips, and bend left leg behind you to place top of foot on chair seat, (should be no higher than your hips).
- B. Squat, bending right leg 90 degrees with knee over ankle.

Do 15 reps then switch legs and repeat.

For beginners, bend your right leg 45 degrees with knee over ankle during squat.

2. Sissy Squat



- A. Stand with feet hip-width apart next to a chair to your right, holding the back of the seat with your right hand.
- B. Rise up onto toes and bend knees no greater than 90 degrees as you lean torso back no greater than 45 degrees (so that body forms a straight line from knees to shoulders, abs tight).
- C. Return to standing on toes.

Do 15 reps.

For beginners, do 10 reps.

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3. Pistol Squat

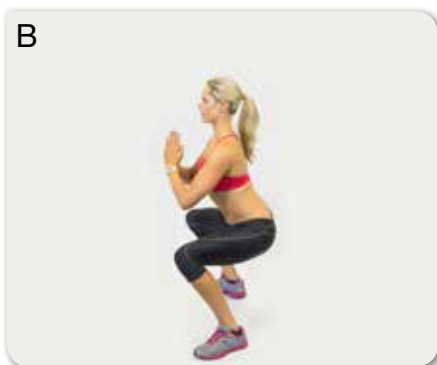


- A. Stand with feet hip-width apart, fists in front of chest with elbows bent.
- B. Lift right foot forward an inch off the floor.
- C. Squat, bending left knee 90 degrees, as you lift right leg to hip level in front of you.

Do 15 reps then switch legs and repeat.

For beginners, bend your left knee 45 degrees during squat and keep right leg elevated above the ground.

4. Goblet Squat



- A. Stand with feet wider than shoulder-width apart, toes turned out, putting your palm together in front of chest, elbows bent out to sides.
- B. Squat, bending knees 90 degrees.

Do 15 reps.

For beginners, bend knees 45 degrees during squat.

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5. Three-Way Lunge



- A. Stand with feet hip-width apart, hands clasped in front of chest.
- B. Lunge forward with left leg (knees bent 90 degrees), return to start.
- C. Lunge left leg out to left, toes facing forward, and bend left knee 90 degrees. Return to start.
- D. Lunge backward with left leg to complete 1 rep. Repeat sequence with right leg.

Repeat the sequence with your right leg and do 8 reps each leg, alternating sides.
For beginners, bend knees 45 degrees during each lunge.

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6. Calf Raise Three Ways



- A. Stand with balls of feet on the bottom step of a staircase, heels hanging over edge, hands holding a pole or the side of the railing for support.
- B. Turn toes inward and lift heels high, then lower them slightly below level of step. Do 15 reps.
- C. Next, turn toes out 45 degrees and repeat, doing 15 reps.
- D. Next, turn toes forward and repeat, doing 15 reps.

For beginners, do 10 reps for each calf raise instead.

Complete the whole circuit 3 times, resting for 30 seconds before starting each circuit.