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Get It Now: A Bulge-Free Lower Body

Sculpt your butt, thighs and more with this ultra-cool dance workout.

by Nicole Dancy
photographs by Kevin Banna

Bonus: the best flab-blasting dance videos, plus do-anywhere toning moves

progress in the inner thighs. "Play your favorite music, go barefoot, and find your rhythm," says Banna. Add these weekly 45-minute cardio workouts and you'll be misshapeready in just one month!

5a

One-Legged Flexion
(targets lower thighs, abs, quads, butt)

a. Stand with your feet parallel and hip-width apart, then bend your left knee at hip height to 90 degrees. Straighten arms at your sides with wrists flexed, palms facing the floor. Keeping toes pointed, press your left knee out to the left side to engage the inner thigh. b. Slowly lower knee 4 to 6 inches and strengthen left leg. Finish toe. Hold for 4 seconds. Then extend arms to shoulder height in front of you, pressing palms away from you to maintain balance. Rise for 2 counts; do 15 reps before switching sides.

5b

Kneeling Mermaid
(targets quadriceps, hips, butt, shoulders)

a. Kneel on the floor and lower your butt until it's an inch above your heels. Reach forward with chin tucked in slightly, creating tension; extend arms as if you're holding a basket, palms up. b. Engage glutes and raise left hip to under shoulders, then turn and look over right shoulder, reaching right fingertips past feet and lowering left arm at shoulder height. Hold for 2 seconds. Then return to starting position. Repeat on opposite side; do 15 reps per side.

7

Figure-Eight Butt Toner
(targets butt, thighs, hips, calves)

Come onto all fours with back flat, and extend left leg slightly higher than hip height. Tuck your glutes and trace large, clockwise figure-eight for 15 reps. Switch legs and repeat.

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1

Samba Hip Roll Warm-Up
(loosens up the lower body; targets hips, waist, lower back, thighs, butt)

Lower into a half squat with feet hip-width apart and extend your arms in front of you at shoulder height, palms facing each other (not shoulders). Grasp and sweep your arms behind you in a rowing motion, crossing shoulders behind together, then push hips and squats forward (no pelvic tilt). Return to starting position; repeat 10 times. Beginning in half-squat position, sweep your hips in a large circular motion 10 times clockwise, then 10 times counterclockwise, adding large circular arm movements where it feels natural.

2

Plié With Folk Arms
(targets thighs, hips, calves, butt)

Squat with feet, hips to shoulder-width apart, toes turned out. Keep arms at sides; flex wrists so palms tap the floor (not shoes). Sink into a plié, then rise onto the balls of your feet as you float your arms overhead; hold for 2 seconds. Return to starting position; do 15 reps.

3

Deep Lado ("Side") Lunge
(targets inner and outer thighs, hips, butt)

Stand with feet more than shoulder-width apart, arms extended out to your sides so they're parallel to the floor. Lunge to the left without letting your left knee travel past toes, then cut upper torso to face 4 inches with then tucked into chest, reaching arms alongside ears. Straighten your left knee back to starting position and slowly roll up. Repeat on opposite side; do 15 lunges per leg.

4a

4b

4

Pony With Leg Extension
(targets thighs, butt, hips, calves)

a. Stand on your right leg and bend your left knee forward to 90 degrees at hip height. Extend arms forward at shoulder height, palms up. b. Do a quick hop, kicking right leg back as you land on left foot; simultaneously extend arms behind you. Pulse right leg 2 or 3 times, then bring it forward; do 15 reps, switch sides.