

Wicked Legs, Awesome Butt, Amazing Thighs!

One of the most common questions I've heard from personal training clients over the last 15 years has been,

"How do I tighten right here?"

With that the woman grabs her thighs or butt with a helpless look. It's not as difficult as it may seem, ladies! You need to know the right exercises to do at the right intensity and combine that with some challenging cardio. Awesome legs, here we come!

We all need to do cardio to increase our energy levels, normalize our mood and help us feel amazing. What type of cardio is best? Why not make it fun? I suggest moving away from the treadmill and elliptical trainer to more dynamic forms of training. Have you thought about skipping rope, hiking hills, doing sprint drills, or even plyometric (power) training. All of these tools

can be used safely within a well-balanced fitness routine, and make your lower body look outstanding!

Combine that with variations of the exercises you've been doing for years, like diagonal lunges, weighted step-ups onto a bench or deadlifts using only one leg at a time. Use the exercise ball to do a challenging hamstring curl. Keep your repetitions in the 15-25 repetition range and use a weight that is quite challenging through the set. You should just be able to complete your third set, don't hold back!

One of the best ways to increase the intensity is to use plyometrics, adding a little hop as you jump off the ground or switch from one foot to the other. If you're an experienced athlete you can try that with a bodyweight squat or in a split-stance lunge position, it's very intense.

Best of luck and have fun!



Deadlifts using one leg at a time



Use the exercise ball to do a challenging hamstring curl

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