

Summer Shape Up

Bum, Hips, Thighs & Abs

Ladies, let's get those bodies ready for summer with an awesome workout for those soft bits we all have but want to get rid of!! This workout is something you can add to your weekly routine or if you are home sick with the kids, is a great way to get a workout in while they are asleep!



How this workout works:

Exercises are grouped into pairs; each pair must be completed three (3) times before moving onto the next group of exercises. This program should take about 30-45minutes if done properly.

Squats



Start with your legs shoulder-width apart. Tightening your abs and keep tight throughout the workout. Slowly bend your knees and stick your bum out backwards (like you are sitting on a chair) Squeezing your bum, bring your body back up to starting position

Wide Squat Steps



Start by squatting in a normal squat, as you come up into start position, take your right foot and step out into a wide step. Squat into a wide squat and as your come up into start position; bring your feet back to shoulder-width apart and squat. Repeat on single side, the swap legs

Two Step Squat



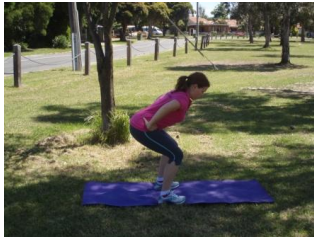
Take two steps to the right, and then perform a narrow squat. Coming out of the squat, step back in the direction you just came from and squat again. Repeat this for repetitions recommended.

Squat Hold



Starting with your feet shoulder-width apart, slowly lower your body down into a squat and hold for a count of 3 then bring your body back up to starting position.

Squat Pulse



Starting with your feet shoulder-width apart, slowly lower your body down into a squat and pulse in that position for 10 reps.

Then bring your body back to starting position.

Squat Knee Lift



Start by lifting your left knee up twice, then when you bring your left leg down, squat, then bring body back to starting position.

Repeat on other side

Forward Lunge



Start with your feet together, place your hands on your hips and tighten abs.
Step forward with your left leg into a lunge, making sure that your front knee does not go past your foot.
Focus on lowering your hips rather than pushing them forward.

Push back up and into starting position

Pulsing Lunge



Start with your feet together, place your hands on your hips and tighten abs.
Step forward with your left leg into a lunge, making sure that your front knee does not go past your foot.
Focus on lowering your hips rather than pushing them forward.

Slowly raise and lower your leg in a pulsing motion for 10 reps.

Push back up and into starting position

Curl ups



Start by lying on your back with knees bent. Placing your hands on the bottom of your thighs, slowly slide your hands up towards your knees, raising your shoulders off the ground at the same time. Hold for 2 seconds and then lower back to the ground.

Toe Taps



Laying on your back, lift your legs until they are 90 degrees off the ground. Bracing your abs, slowly lower your left foot down to the ground, lightly tapping, before returning to starting position.

Curl ups With Raised Legs



This is the same exercise as the original curl up, however when rolling up, also raise your left leg to 90 degrees. Hold for 2 seconds and then lower both back to the ground.

Reverse Curls



Laying on your back, lift your legs until they are 90 degrees off the ground. Pulling your legs into your body, hold for 2 seconds, then return to starting position.