



5 EXERCISES FOR A TIGHT AND TONED BOOTY

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LEG LIFTS



Starting in a tabletop position, slowly extend your right leg out. Make sure your toe is pointed and your hips are square to the floor. Elevate your leg to the sky and slowly lower. Complete 3 sets of 30 reps and don't forget to alternate legs.

TABLETOP LIFT



Start in a tabletop position with your right knee bent touching the ground. As you exhale, use your upper body to lift that bent leg to the sky keeping your knee at a 90-degree angle. Slowly lower to the ground and repeat. Complete 3 sets of 30 reps and don't forget to alternate legs.

SIDE INNER THIGH LIFT



Start on your right side with your left arm on the ground and your right arm as support. Bend your back leg and place over top your front leg. Slowly lift and lower the inside leg. Complete 3 sets of 30 reps and don't forget to alternate legs.

SQUAT PUSH



Start in a squat position with your feet shoulder-width apart and weight in the heels of your feet. As you inhale, squat down then exhale and extend your right leg and return to the starting position. Complete 3 sets of 30 reps and don't forget to alternate legs.

LEG CIRCLES



Start in a tabletop position, then rotate so that your body is stacked. Bend the left knee while the right leg is straight with a pointed toe. Slowly raise your right leg so that it is parallel to the floor. Make small circles with your leg, 15 to the front and 15 to the back. Complete 3 sets of 30 reps and don't forget to alternate legs.