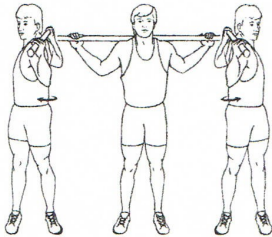


# Shape-up Hips, Thighs and Buttocks

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach

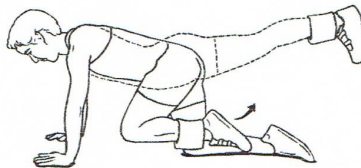


ABS - 39 Trunk Twist



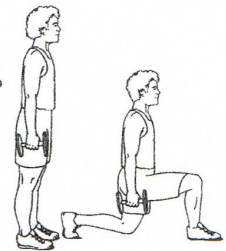
Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.  
Do 3 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.  
Do 2 sets. Complete 15 repetitions.

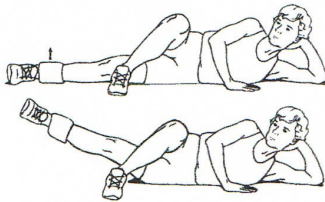
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)



Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

Do 3 sets.  
Complete 15 repetitions.

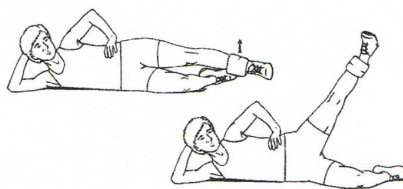
LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)



Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 15 repetitions.

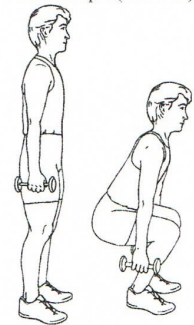
LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg (Ankle Weight)



Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 2 sets. Complete 15 repetitions.

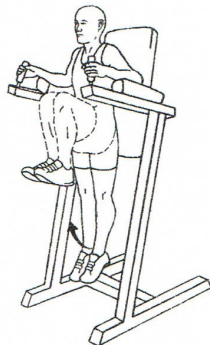
LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)



Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.

Do 3 sets.  
Complete 15 repetitions.

ABS - 33 Knee Raise



Tighten abdominals and bend legs, pulling knees toward chest.

Do 3 sets.  
Complete 20 repetitions.

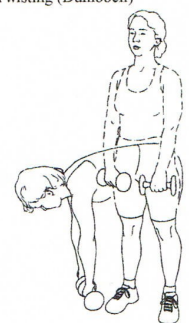
LEGS: GLUTES / THIGHS - 2 Wall Sit



Back against wall, slide down so knees are at 90° angle. Hold 15-20 seconds.

Do 3 sets.  
Complete 2 repetitions.

BACK: LOW - 4 Dead Lift: Twisting (Dumbbell)



Legs straight, back flat, torso twisted, hold dumbbells at outside of one foot. Bring body up, twisting to forward. Alternate sides.

Do 3 sets.  
Complete 12 repetitions.

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