

12 BEST MOVES FOR

SEXY

LEGS & GLUTES

MARIA SOLLON FITNESS



@GROOVYSWEAT

12 PROVEN MOVES TO HELP SCULPT A SEXIER LOWER BODY!

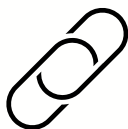
The key to developing sexy legs and glutes is to functionally train the specific muscles groups that will target and shape those apple bottoms!

Everyone's body has a unique shape and will respond differently to exercise. The one constant is that with the right exercises and some determination, you can firm, shape, and strengthen your legs and glutes!

I have selected 12 of my favorite lower body sculpting moves designed to get you strong and sexy!

Let's just say, they will kick your butt!

Enjoy the workout!!



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Directions:

- The workout is broken down into two parts; 6 Standing Exercises and 6 Floor Exercises.
- Do 15 reps of each move in circuit format, one exercise after the other with little rest.
- Complete 2-3 total rounds.
- Perform this workout 2-3 days a week on non-consecutive days.

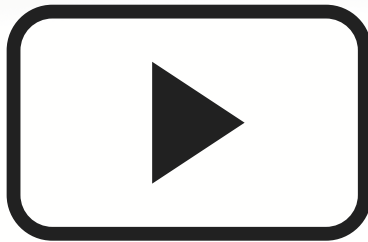
Total Time:

- Approximately 20-30 minutes depending on how many sets.

No equipment is needed, however, feel free to add hand weights or resistance bands to increase the intensity.

Video Demonstration

This video demonstrates how to perform the 12 exercises in this workout safely and properly.



Watch Demo

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Standing Exercises

#1 Curtsy Pulses



A.

Start standing tall with core engaged and hands placed behind your head to ensure the chest and torso stay lifted. Turn the right foot out slightly and step the left foot behind the right leg with the heel lifted. (This is your curtsy stance.)



B.

Bend knees into a curtsy lunge making sure both are in align with the toes. Lower into the lunge to touch or almost touch the back knee to the floor.



C.

Lift up a few inches and then drop low again into the lunge. Continue this pulsing motion for the desired reps.

Repeat on both legs.

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Standing Exercises

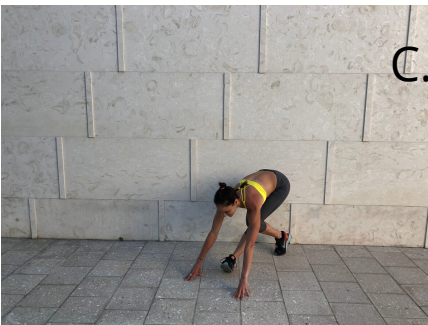
#2 Curtsy Rocks



Assume a curtsy stance (same as above in #1)



Lower down into a deep curtsy lunge and place hands on the floor to frame the front foot. (Ex: hand, foot, hand). Chest is in contact with the thigh and the torso is elongated. Place weight in the heel to protect the knee and to ensure you're working your glute!



Keep hands on the floor and step back with the rear leg while simultaneously straightening the front leg. Allow the toes to lift off the floor while the heel stays down. Repeat this 'rocking' motion for the desired reps.

Repeat on both legs.

#3 Reverse Lunge & Lift Back



A.

Standing tall with core engaged and place hands behind the head to ensure the chest and torso stay lifted.



B.

Step the left leg back into a lunge with both legs at 90 degrees.



C.

Shift weight into the front leg to stand and balance while simultaneously lifting the rear leg straight behind to contract the glute. Repeat this motion for the desired reps.

Repeat on both legs.

#4 Lateral Lunge & Lift Side



A.

Start standing tall with core engaged and place hands behind head to ensure the chest and torso stay lifted. Keep both feet parallel and facing the front at all times.



B.

Take a small step to one side and bend the knee into a lateral lunge while keeping the opposite leg straight. (The bent knee should align with the toes and your nose.)



C.

Transfer the weight back to the straight leg to balance as you lift the lunging leg straight out to the side. Repeat this motion for the desired reps.

Repeat on both legs.

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Standing Exercises

#5 Down Dog Pulses



A. Start on all four's. Tuck toes and extend legs into a plank, then lift hips up and back into a downward dog position. (Both arms and legs are straight with hips lifted high and feet are as flat as your flexibility will allow.)



B. Remain in the downward dog position as one leg lifts straight up into a single leg down dog.



C. Lift and lower the leg in small pulses. Keep both legs active and engaged at all times. Repeat the pulses for the desired reps.

Repeat on both legs.

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Standing Exercises

#6 Plié Press Backs



A. Stand tall with legs positioned wider than hip distance apart, knees in the same line as toes, and hands placed behind head to keep the chest lifted and torso straight.



B. Bend the knees into a low plié squat.



C. Actively press the knees back while maintaining the plié stance. Repeat this small range of motion for the desired reps.

Repeat on both legs.

#7 Side Kneeling Press Backs

Kneel on both knees with hips extended. Extend one leg out to the side and tilt towards the bent knee while placing the hand to the floor. Lift the straight leg off the floor and bend it to 90 degrees. Place the same arm as the lifted leg behind your head.



Press the lifted leg back behind the hips while keeping the thigh parallel to the floor. Keep the range of motion small. Repeat this press back motion for the desired reps.



Repeat on both legs.

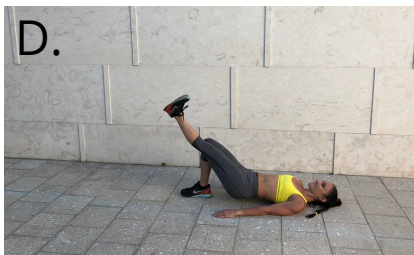
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Floor Exercises

#8 Bridge Kicks

Lie supine with knees bent and feet shoulder width apart. Activate the core and engage the glutes while you lift the hips off the floor to form a straight line from the knees to shoulders.

Extend one leg to parallel to the bent knee while keeping the hips lifted. Press arms into floor for support.



Simultaneously lift the hips higher and kick the straight leg towards head.

Lower the kicking legs back to the height of the bent knee. Repeat this hip lifting and kicking motion for the desired reps.

Repeat on both legs.

#9 Supine Frog Lifts

Lie prone with knees bent into a diamond shape and heels touching. Rest forehead on hands.



Engage the core and lift the thighs slightly off the floor. Keep the diamond shape and heels touching as you press the heels upward. Repeat for the desired reps.



#10 Quadruped Attitude Pulses

Kneel on all four's with the shoulders on top of wrists and hips on top of knees. Keep the torso elongated and evenly balanced as one leg extends up into an attitude. The lifted leg is bent and slightly turned out.



Keep the leg at hip height as you pulse it up and down. Repeat for the desired reps.

Repeat on both legs.



#11 Quadruped Doggie Extend

Kneel on all four's with the shoulders on top of wrists and hips on top of knees. Keep the torso elongated and evenly balanced as one leg lifts to the side (doggie position). The lifted leg is bent at 90 degrees.



Extend the lifted leg straight behind, then return to bent knee. Repeat this motion for the desired reps.

Repeat on both legs.

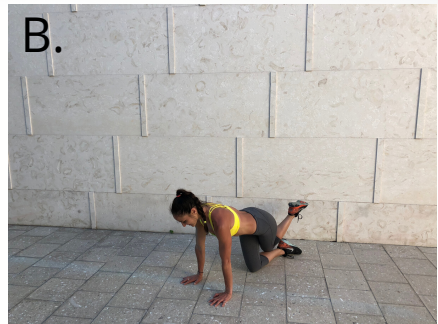


#12 Quadruped Cross Taps

Kneel on all four's with the shoulders on top of wrists and hips on top of knees. Keep the torso elongated and evenly balanced as one leg extends back with the knee bent at 90 degrees.



Tap the knee down across to the opposite knee (B.).



Tap beside the kneeling leg (C.).

Then lift back to the starting position (A.). Repeat for the desired reps.

Repeat on both legs.



ABOUT MARIA



My life's passion is to encourage, educate, empower, and inspire those around me to live a fit and healthy lifestyle. I've embarked on a health and fitness journey from a very young age.

The journey has taken me to some of the best fitness clubs, conferences, and places around the world where I have met the most amazing people, each with his/her own inspiring story.

While spending much of my time on the move, I have specialized in developing fitness programs and individual work-outs that cultivate my unique style of training and making them accessible to everyone. My goal is to enable others to take their physicality to the next level through my various training methods.

Best,

Maria
♥



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