

THE
**TROUBLE
SPOT**



TUNE-UP

10 - MINUTE WORKOUT FOR YOUR
MOST STUBBORN PROBLEM AREAS



VERY IMPORTANT – As with all exercise programs – check with your physician before starting this program, as not all exercises are suited for everyone. Your personal abilities and conditions, if any, will dictate what you can or can't do.

This 10 minute home exercise routine for women can be repeated 2 or 3 times, for a 20 or 30 minute workout – depending on your abilities, schedule and goals.

This mini program is a small workout put together from just a few of the exercises contained in the complete Ultimate Leg, Butt, Hip and Thigh Makeover e-Manual, at <http://www.LowerBodyMakeover.com> – when you visit – don't forget to stop by the 'Sexy Blog' to read the latest articles and tips to help you 'Be Fit – Be Sexy'TM.

NOTE – Only judge this program after you have done it faithfully for at least 3 – 4 weeks. Do not judge it by simply thumbing through it. After 3 or 4 weeks you'll see what I mean.

SECOND NOTE – Please 'Pay It Forward' by sharing this great home workout with anyone you know who may appreciate or benefit from it. This workout is suitable for many ages and levels of physical ability – as it requires no weights or machines.

LAST NOTE – After you start getting some results with this program – please stop by the site mentioned above and share your comments and words of 'thanks' at the 'Sexy Blog'.

I look forward to hearing from you.

Your Trainer,



Joey Atlas

Leg, Butt, Hip & Thigh Mini Workout - Floor Exercises

1) From your hand and knees. Put your left leg back letting your toes touch the ground. Lift the left leg straight up (concentrate on squeezing the glutes and pause slightly at the top). Bring the leg back down let the toes touch. **Note** Point the toes towards you or in a neutral position. Do 8 – 10 reps on each side. **IMPORTANT – Move Slowly.**



2) Start position shown below left. Lift your left knee off the ground and move it to the chest. Then extend the leg straight back and up. Focus on the muscles that you are using, pausing slightly at the top. Return to the start/finish. Do 8 – 10 reps on each side. **IMPORTANT – Move Slowly.**



3) Start/Finish position shown below left. Extend your arms out for support. Raise your hips (below right) and squeeze/contract your glutes while pausing at the top. Return to the starting position. Do 8 – 10 reps on each side. **IMPORTANT – Move Slowly.**



4) Start/Finish position shown below (top). Raise your right leg, hips and butt off the ground together. Return to the start/finish position. At the top position your body should form a straight line as shown below (bottom). Do 8 – 10 reps on each side. **IMPORTANT – Move Slowly.**



Leg, Butt, Hip & Thigh Mini Workout - Standing Exercises

On any of these exercises, you can keep a hand, or both hands, on your hips or out to the side to help maintain balance. You can also lean against a wall or furniture for balance. Do 8 – 10 reps on each side. **IMPORTANT – Move Slowly.**

- 5) Touch Down** - Start by standing on the right leg. Then reach forward with the left hand while moving the left leg straight back - and touch the floor in front of you with your left hand (see below). Bring the left leg back to the start position (first photo). **Note:** Make sure that the leg on the ground is doing most of the work. **MOVE SLOWLY** for 8 -10 reps each side.



6) Natural Squat - Stand with your feet shoulder width apart and pointed out about an inch or two. Squat until your hamstrings touch your calves (if you can). Then raise up to the Start/Finish position – knees slightly bent at top. MOVE SLOWLY for 8 – 10 repetitions.



7) Step-Up (Use a stool 12-16" high, or staircase) Start with both feet on step. Step backward till the left foot touches the floor. Come back up by pushing off VERY lightly with the left foot, the leg on the stool should be doing most of the work, complete the move by just touching the top of the step lightly. MOVE SLOWLY for 8 – 10 repetitions per side.



8) Lunge with a touchdown – Start with both feet even. Step forward with the left foot while your right hand is reaching for the floor (see below right). When returning. Move your upper body up first then follow through pushing up with the left leg. MOVE SLOWLY for 8 – 10 repetitions per side.



NOTES: - going through these 8 exercises one time through should take you about 10 minutes with little rest between sets. If you find it easy the first time through – try going through it a second time, if you have more time, of course. This mini workout can be done 2 – 4 times per week – with one day between each workout.

If you haven't already, remember to stop by www.LowerBodyMakeover.com to get your **FREE** copy of The Leg, Butt, Hip & Thigh Enhancement e-Guide:



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