

GLAMOUR

Body by Glamour Bonus Workout: Slim and Tone Your Hips and Thighs

For sleek hips and thighs, add these three moves from Body by Glamour celebrity trainer [Ramona Braganza](#) to the end of any workout.



WHAT YOU'LL NEED FOR THIS WORKOUT:

No equipment—just you!

WHAT TO DO:

- Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Log your workout in your [My Fitness Journal](#).



Inner-thigh leg raise

(works your inner thighs)

A. Lie on your right side with right leg straight and left leg crossed in front of it, knee bent, foot flat on the floor; prop yourself up on your right elbow, forearm on the ground, and place your left hand in front of you for support. Lift right leg a few inches off the floor, foot flexed, as shown.

B. Lift right leg straight up as high as you can, as shown, then lower it almost to the floor and immediately repeat. Do 15 reps, then switch sides and repeat.



Outer-thigh leg lift

(works your outer thighs and hips)

A. Lie on your left side with hips stacked and legs pointing forward about 45 degrees so your body is in a slight V. Stretch left arm out on floor and rest your head on it; place left hand on floor in front of you for support. Lift right foot a few inches, flex foot and rotate leg slightly so toes point down, as shown.

B. Raise right leg as high as you can, keeping foot flexed, then lower it almost to floor, as shown. Return to the starting position and repeat. Do 15 reps, then switch sides.



Plié jump

(works your calves, thighs, hips and butt)

A. Stand with feet more than shoulder-width apart, toes turned out and knees bent about 90 degrees; extend arms out to sides at shoulder height, palms facing away from you, as shown.

B. Lower butt down a little, then jump up in the air in one explosive motion, as shown. Land and return to the starting position, keeping knees soft when feet hit the ground. Immediately repeat. Do 15 reps.

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