

Leg Butt Hip and Thigh Makeover

Travel Cheat Sheets

Level 1:

- Pre Workout Stretching

- Mat Work - Laying On Side

- 1 - Bottom Leg Lift
- 2 - Top Leg in Front/Lift
- 3 - Knee to Elbow
- 4 - Straight Leg Lift

- Mat Work - On Elbows and Knees

- 1 - Heel to Sky
- 2 - Straight Leg Lift
- 3 - Double Leg Knee-Up

- Mat Work - Laying Face Up

- 1 - Hip Extension
- 2 - One Leg Hip Extension
- 3 - Hip Extension with Chair

- Standing

- 1 - Balancing Touch Down
- 2 - Catcher Squat
- 3 - Step Up
- 4 - Lunging Touch Down
- 5 - Side Step Up
- 6 - Step Back Lunge
- 7 - Side Step Squat
- 8 - Old School Lunge
- 9 - Low Side Shuffle
- 10 - Mini Lunge
- 11 - Double Calf Raise
- 12 - Single Calf Raise

Post Workout Stretching

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Level 2:

- Pre Workout Stretching

- Standing Exercises

- 1 - Back and Forth Lunge
- 2 - Catcher Squats on Toes
- 3 - Angled Lunging Touch Down
- 4 - Alternating Two Hand Touch Down
- 5 - Side to Side Hop
- 6 - Walking Lunge
- 7 - Single Leg Squat
- 8 - High Step Up
- 9 - Double Calf Raise (Bent Knee)
- 10 - Single Calf Raise (Bent Knee)

- Mat Work - Face Up

- 1 - Exercise Ball Curl
- 2 - Ball Hip Extension w/ Towel
- 3 - Ball One Leg Hip Extension

- Mat Work - Laying on Side

- 1 - Bottom Leg Lift
- 2 - Top Leg in Front/Lift
- 3 - Knee to Elbow
- 4 - Straight Leg Lift
- 5 - Inner Thigh With Chair

- Mat Work - Elbows and Knees

- 1 - Heel to Sky
- 2 - Straight Leg Lift
- 3 - Single Leg Knee-Up

Post Workout Stretching