

# **THE LEG, BUTT, HIP AND THIGH MAKEOVER**

## **Fat and Flab Reduction, Slimming and Firming**

**NOTE 1:** We suggest that you get clearance from your physician before starting this or any exercise program.

**NOTE 2:** This progression plan should be used as a general guideline, your physical ability & rate of progress may require you to alter this suggested progression plan, so please feel free to do so.

### **LEVEL ONE**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>1</b>	<b>8</b>
<b>2</b>	<b>1</b>	<b>10</b>
<b>3</b>	<b>1</b>	<b>12</b>
<b>4</b>	<b>2</b>	<b>8</b>
<b>5</b>	<b>2</b>	<b>10</b>
<b>6</b>	<b>2</b>	<b>12</b>

**In weeks 4 – 6, go through the whole workout once and then start from the beginning and go through it again for your second set of each exercise.**

**Do this workout 2 – 3 times per week with 1 – 2 days between workouts.**

**To progress further, in week 7, move on to Level Two.**

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### **LEVEL TWO**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>2</b>	<b>8</b>
<b>2</b>	<b>2</b>	<b>10</b>
<b>3</b>	<b>2</b>	<b>12</b>

**Go through the whole workout once and then start from the beginning and go through it again for your second set of each exercise.**

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### **LEVEL THREE**

#### **ADVANCED MAINTENANCE TRAINING**

(Here is where you learn how to  
workout smarter not harder.)

**Alternating Levels 1 and Level 2 Workouts throughout the week:  
Only one set per exercise – 15 reps per exercise – THAT'S IT !!**

**For example:**

Monday – Level 1  
Wednesday – Level 2  
Saturday – Level 1

**The following week  
may look like this:**

Tuesday – Level 2  
Thursday – Level 1  
Saturday – Level 2

**[www.LegButtHipThighExercises.com](http://www.LegButtHipThighExercises.com)**

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# **THE LEG, BUTT, HIP AND THIGH MAKEOVER**

## **Cellulite Reduction and Toning Progression Plan**

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### **LEVEL ONE**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>1</b>	<b>8</b>
<b>2</b>	<b>1</b>	<b>10</b>
<b>3</b>	<b>1</b>	<b>12</b>
<b>4</b>	<b>2</b>	<b>8</b>
<b>5</b>	<b>2</b>	<b>8</b>
<b>6</b>	<b>2</b>	<b>8</b>

**In weeks 4 – 6, go through the whole workout once and then start from the beginning and go through it again for your second set of each exercise.**

**Do this workout 2 – 3 times per week with 1 – 2 days between workouts.**

**To progress further, move on to Level Two.**

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### **LEVEL TWO**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>1</b>	<b>12</b>
<b>2</b>	<b>1</b>	<b>15</b>
<b>3</b>	<b>1</b>	<b>20</b>

**Do this workout 2 – 3 times per week  
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# **THE LEG, BUTT, HIP AND THIGH MAKEOVER**

## **Building and Sculpting Progression Plan**

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### **LEVEL ONE**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>1</b>	<b>8</b>
<b>2</b>	<b>1</b>	<b>10</b>
<b>3</b>	<b>1</b>	<b>12</b>
<b>4</b>	<b>2</b>	<b>10</b>
<b>5</b>	<b>2</b>	<b>10</b>
<b>6</b>	<b>2</b>	<b>10</b>

**In weeks 4 – 6, go through the whole workout once and then start from the beginning and go through it again for your second set of each exercise.**

**On all standing exercises you will use hand weights, Start light – 3 or 5 pounds in each hand and gradually work your way up to 8, 10 and 12 pounds each hand as the weeks progress – take your pace and increase your weight when you feel strong enough to do so.**

**Do this workout 2 times per week with 2 or 3 days between workouts.**

**To progress further, in week 7, move on to Level Two.**

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## **Building and Sculpting Progression Plan**

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### **LEVEL TWO**

<b>Week</b>	<b>Sets Per Exercise</b>	<b>Repetitions Per Set</b>
<b>1</b>	<b>2</b>	<b>10</b>
<b>2</b>	<b>2</b>	<b>12</b>
<b>3</b>	<b>2</b>	<b>15</b>

**Go through the whole workout once and then start from the beginning and go through it again for your second set of each exercise.**

**On all standing exercises you will use hand weights, Start light – 3 or 5 pounds in each hand and gradually work your way up to 8, 10 and 12 pounds each hand as the weeks progress – take your pace and increase your weight when you feel strong enough to do so.**

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