



I LOST IT AT THE CLUB TIP #7

DATE: 3/23/2010

Trainer Tip of the Week from Janet Caldwell

Killer Legs and Glutes

Unfortunately, there's no easy way out. One of the quickest, most effective ways to get a tight, toned lower body is to do squats and lunges. Make sure you know how to do them with perfect form, not letting your knees slide out over your toes and keeping your shoulders back. Hire a trainer for a couple of sessions if you're not sure how to do them with confidence. You can also get a good introduction to these exercises by checking out a Group Power or muscle challenge class.

There are a myriad of variations – front, back, walking, or side lunges. The same thing with squats – traditional squats with a barbell, front squats, dumbbell squats, hack squats, or one-legged squats. Whereas leg extensions and leg curls isolate either quadriceps or hamstrings, squats and lunges work both, with glutes thrown in. They are compound exercises that also burn lots of calories, giving you the most bang for the buck.

I know – squats and lunges are hard work! They make you sweat and they make you sore – BUT THEY WORK!!!

Janet Caldwell
770-461-6499
jbcaldwell1@bellsouth.net
www.advocare/09102094

