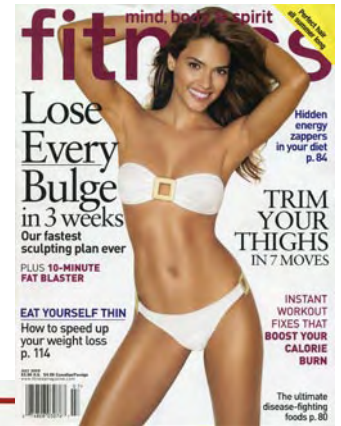




Publication / Fitness

Sleeker thighs in one month – 7 all-new moves for sculpted, sexy legs

Forget complex weight machines and endless leg lifts. To sculpt sleek, sexy thighs, you need to move in a new direction, says Violet Zaki, a group fitness instructor at Equinox Fitness Club in New York City. Explosive, multidimensional exercises target your inner and outer thighs, quads and hamstrings in one dynamic shot. Zaki's workout is a fusion of martial arts, yoga, dance and strength training that can be done anywhere (no equipment required!).



GET IT NOW

BONUS: the best lower-body cardio plus solutions for saddlebags and cellulite.

Sleeker thighs in one month

7 all-new moves for sculpted, sexy legs
BY SUZANNE SCHLOSSBERG

WWW.FITNESSMAGAZINE.COM

JULY 2005 FITNESS 130

GET IT NOW: THE WORKOUT

FORGET COMPLEX WEIGHT MACHINES AND ENDLESS LEG LIFTS. To sculpt sleek, sexy thighs, you need to move in a new direction, says Violet Zaki, group fitness instructor at Equinox Fitness Club in New York City. Explosive, multidimensional exercises target your inner and outer thighs, quads and hamstrings in one dynamic shot. Zaki's workout is a fusion of martial arts, yoga, dance and strength training that can be done anywhere (no equipment required!). These moves demand focus and balance, engaging your core as well as your thighs. Do this routine three or four times a week (12 to 15 reps and two or three sets per exercise, except where indicated) and you'll see stronger, slimmer thighs in four weeks. Now that's a kick.



3 CHAIR POSE/BACK LUNGE

a. Stand with legs and feet together. Push hips back and as if you were sitting into a chair. Inex over ankles, legs pressed together, extend both arms next to jumping head in line with spine. Hold for 5 counts. **b.** Place hands on chair and step back with right leg lunge, keeping front knee over ankle. Hold for 5 counts. **c.** To start and repeat from one, switching legs as you lunge. 10 reps per side.

ROUNDHOUSE KICK/SQUAT

a. Stand with feet shoulder-width apart, knees soft. Hold fists under chin, palms in and elbows near rib cage, shoulders relaxed. Pivot 45 degrees to the right. Extend left leg out to side, pointing toes to the floor. Do a roundhouse kick: Lift left knee as high as you comfortably can, turning outer thigh to face ceiling, then retract it, keeping toes pointed. **b.** Lower leg and pivot left, so toes point forward. Squat down, keeping knees aligned with toes. Switch legs and repeat.

2 HIP EXTENSION WITH CIRCLES

Stand with feet shoulder-width apart, shoulder blades squeezed together, hands on hips. Keeping right leg straight, knee soft, lift left leg behind body, pointing toes, until you feel a contraction in your glutes (don't arch your back). Draw a four-point clockwise circle with your left toes, then repeat the circle counterclockwise. Do all reps on left leg, then switch sides and repeat.

4 LOWER-BODY CARDIO SCULPTERS

Burn calories and tone your thighs by making your favorite cardio workouts more leg intensive. "Focus on increasing resistance to work more of the leg muscles," says trainer Kelli Roberts. Here are four ways to super-sculpt your thighs while blasting fat.

- **Hill repeats:** Find a hill that takes about 2 minutes to sprint up. Warm up for 10 to 15 minutes, then sprint or speed-walk up 5 to 10 times, walking down slowly to let your heart rate recover. (On the treadmill, run or walk for 2 minutes at a 9 or 10 percent incline, lower to zero and walk for 3 to 4 minutes.)
- **Extended climb on a bike:** Either on a Spinning bike or outdoors, pedal in the saddle with moderate to heavy resistance at 60 to 80 rpm for 15 to 20 minutes. Crank up to 80 to 90 rpm for 2 minutes at heavy resistance, recover at an easier resistance for 3 to 4 minutes. Do 5 to 8 times.
- **Skate intervals:** Find a moderately steep hill that takes about 2 minutes to skate up, sprinting as hard as you can. Turn around at the top and carefully skate down. Repeat 5 to 10 times.
- **Stairclimber intervals:** Warm up for 10 minutes, then go hard for 1 minute, walking 2 steps at a time or running. Recover for 1 minute at an easy pace. Repeat 5 to 10 times.

1 TROUBLE ZONES

You can't spot-reduce, but you can fine-tune your workouts to target common thigh problems like saddlebags and cellulite. Here are three highly effective solutions from Pasadena trainer Kelli Roberts.

The problem: Saddlebags
The solution: Kickboxing
Nothing burns calories like a barrage of side, roundhouse and crescent kicks. Plus, these moves really blast the inner and outer thigh muscles.

The problem: Cellulite
The solution: Stairclimbing
Climbing steps—real steps or the Stagesit (rolling staircase)—is a killer way to burn fat and give your thighs that smooth, sculpted swoop. For best results, walk two steps at a time and add lunges, squats and deadlifts after your climb.

The problem: Chicken legs
The solution: Strength training
Build muscle by working your thighs with several types of lunges: front, diagonal, side and pivoting. Hold a heavy set of dumbbells (enough to make you feel fatigued by the eighth or tenth rep). To balance your upper and lower leg muscles, do one-legged calf raises.

WWW.FITNESSMAGAZINE.COM

JULY 2005 FITNESS 141

5 CRESCENT KICK OVER CHAIR

Stand on a chair's length behind the back of a chair, fists under chin, shoulders relaxed, knees soft. Raise your left knee and draw an arc with your left foot, kicking it over the chair from right to left. Switch legs and repeat.

7 CURTSY SQUAT/LATERAL LIFT

a. Stand with feet shoulder-width apart, hands on hips. Cross right leg behind body and to the left so that inner thighs touch. Bend left knee 90 degrees, toes pointing forward, then return to starting position. **b.** Raise right leg out to the side as high as you can without shifting your hips; keep left leg straight and knee soft. Return to starting position; switch sides and repeat.

WWW.FITNESSMAGAZINE.COM

JULY 2005 FITNESS 142

WWW.FITNESSMAGAZINE.COM