

Target Reduction – ‘Thighs & Buttocks’ Exercises

Below are exercises which are used specifically to target the hips, thighs and buttocks area – where excess fat is known to accumulate. Many of these exercises involve a combination of compound and isolated lower body movements. This is an effective way to firm and tone your lower body.

You will see I have also included two cardio exercises which have been selected for their lower body fat burning qualities.



1. Pelvic Lifts

Key Points:

- It is important not to arch your back. Raise your pelvis only until your back is straight.
- Return to the starting position slowly, controlling your breathing and movements.



2. Wall Squats With Exercise Ball

Key Points:

- Keep your feet pointing straight forward as you lower into a squatting position.
- Don't let your knees roll out to the sides. Keep them in line with the rest of your body.



3. Lunges

Key Points:

- Exert your weight on the heel of your front foot. This will reduce the pressure on your knees.
- Keep your upper body upright and your shoulders vertical, while doing the lunges, so that there is no extra strain on any body part.



4. Barbell Deadlift

Key Points:

- The further you lean forward the more you will feel the stretch but ensure that you go until you feel the stretch and hold it there. Do not over extend.
- Ensure that your lower back is slightly arched and your arms straight and extended down onto the barbell.



5. Power Lunges

The power lunge is a plyometric version of your standard lunge. It is quick and intensive which gets your heart rate up. This means it both burns fat and tones your legs. It does however require a clean, safe technique to perform effectively.

- Get into the lower lunge position to start.
- Jump immediately when you reach the lowest point.
- Drive through your thighs to get the explosive motion.



6. Squats

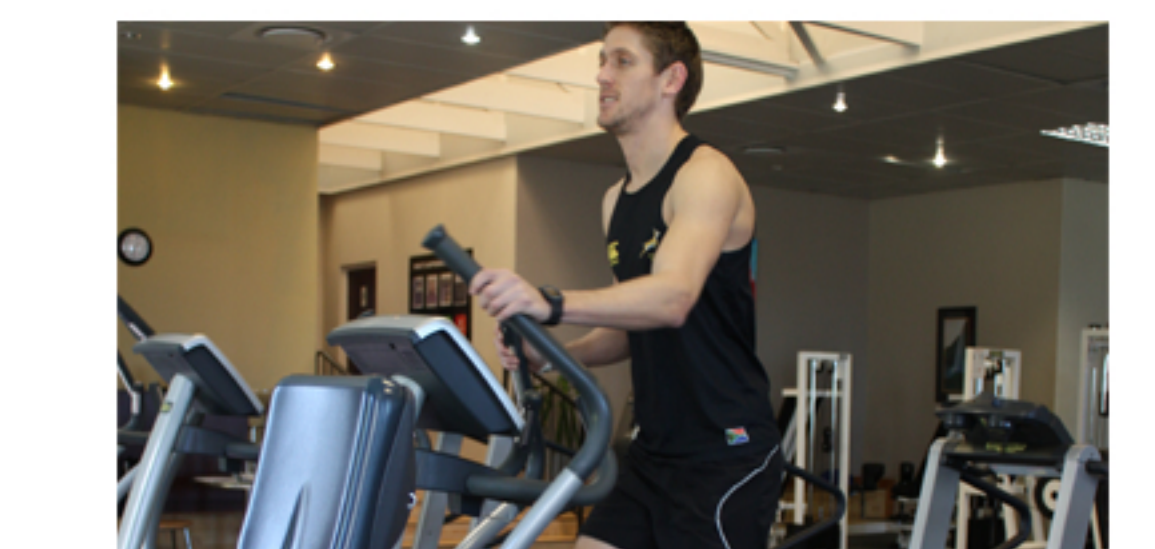
This simple movement is the most productive exercise you can possibly do if you want to lose weight and tone muscle. This is because it works your entire body while giving you a good cardio workout at the same time.

- As you lower yourself, move your hips backwards & down whilst bending your knees.
- Don't lock out your knees at the top of the movement. You will rest the weight on your bones.
- As you go down, breathe in deeply. Hold your breath as you push up and release the movement.



7. Stationary Bike Spinning

Planned spinning programs include both endurance and cardiovascular training during the workout. This pretty much explains how a good thirty minute workout on a Spinning Cycle can burn as many as 500 calories, whilst working your entire lower body.



8. Elliptical Trainer

The elliptical trainer is a great cardio exercise if you are looking to lose lower body fat. By having to maintain your balance, you are isolating your hips, thighs and buttocks.