

BODY shaping

RESIZE YOUR THIGHS

With a little bit of legwork,
you can say “see ya!”
to those saddlebags.

BY KIMBERLY DAWN NEUMANN

WITH KACY DUKE

Hate to break it to you, but thigh cream’s a crock. You can be sure that legs like Tina Turner’s don’t come out of a jar. And as for fad diets and “fat burning” dietary supplements, toss these and other senseless strategies into the get-real bin and grab your water bottle. It’s time someone gave it to you straight.

You’ve got to tone the two opposing muscle groups that make up your thighs: the adductors (along the inside) and abductors (along the outside); and the quadriceps (along the front) and hamstrings (along the back). Exercise both groups, and you’ll get the results you want.

Believe it or not, you’ve already laid the groundwork. Every time you go for a walk, you tone your quads and hamstrings. Keep up the good work, and add three 30-minute sessions of aerobic exercise to your weekly routine—biking, fitness-walking, running, aerobic dance, basketball, and stair climbing are all great options.

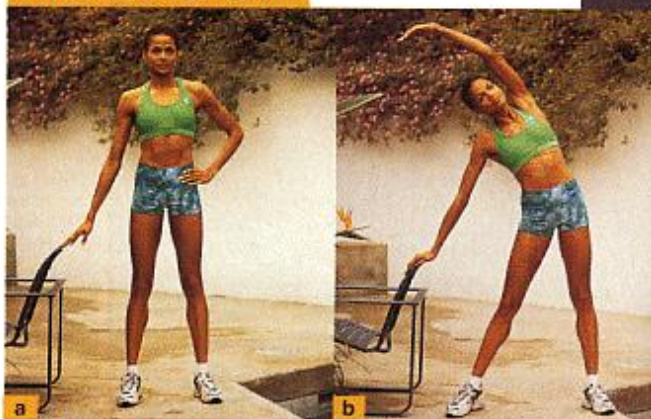
Once you’ve got your aerobic-exercise program up and running, the real work begins. As your quads and hamstrings grow stronger, they’ll begin to take on a greater percentage of the exertion during exercise. As a result, it’ll be harder for you to tone your adductors and abductors—you’ll have to isolate these muscles.

Before you get started, keep in mind that you don’t have to do all the exercises in our program every day. Just pick the ones you like and mix up the order so that you don’t get bored. Put in a good 30 minutes a day three times a week and the toned, shapely legs that you want will be yours for keeps.

HOW TO DO THE LEG WORK

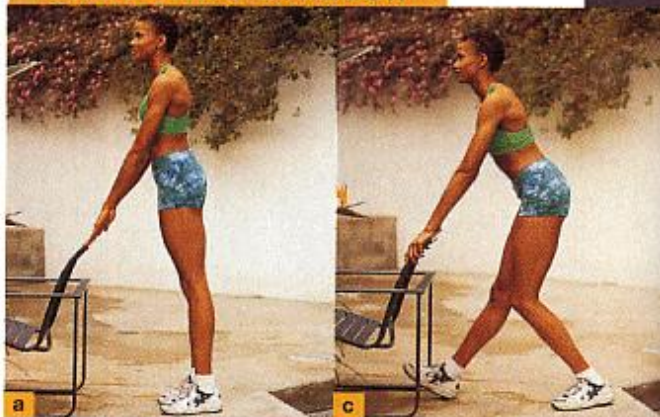
First, pull up a chair. These two stretches can help you warm up and cool down. Do them before and after the exercises that follow:

HIP STRETCH

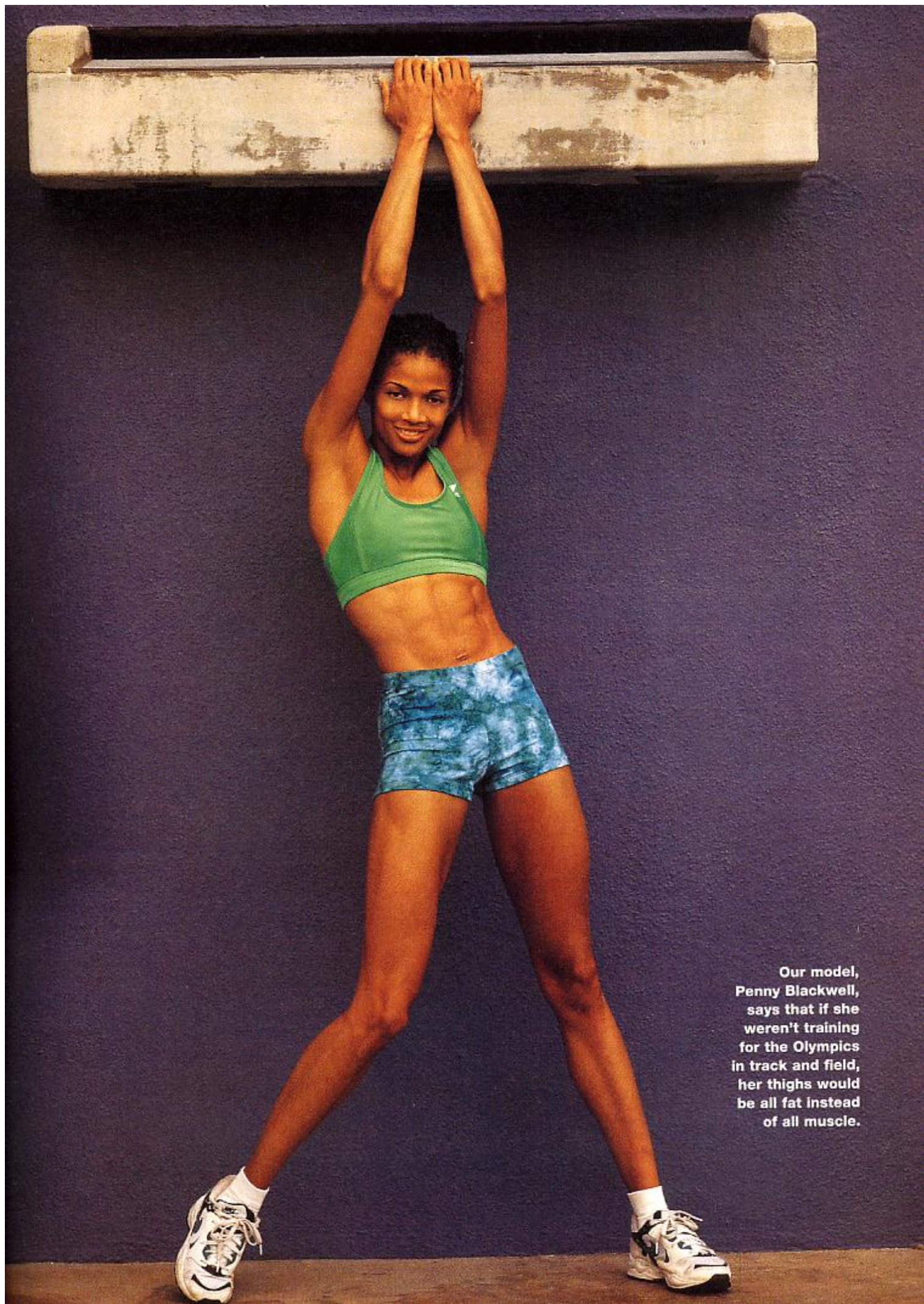


Stretches the abductor muscles. a) Hold on to the back of a chair with your right hand. b) Push your left hip out to the left as you stretch your left arm over your head to the right. Hold for 8 seconds. c) Repeat stretch on right side.

HAMSTRING STRETCH



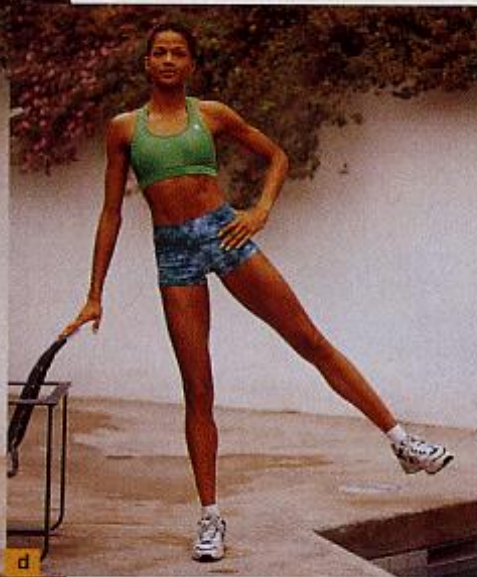
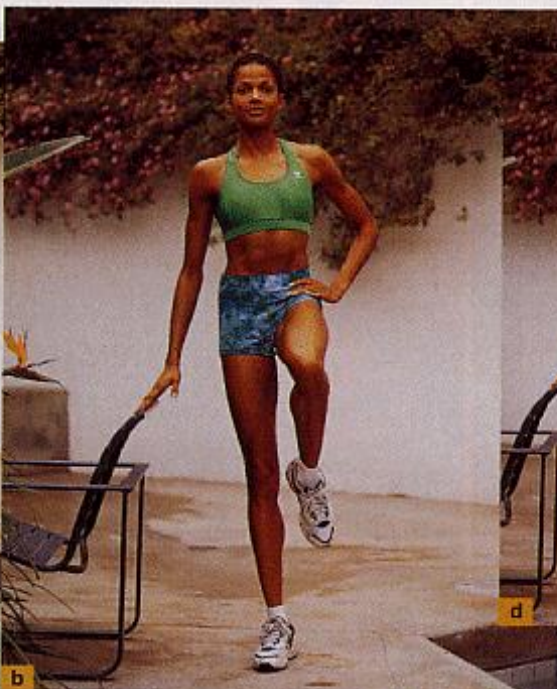
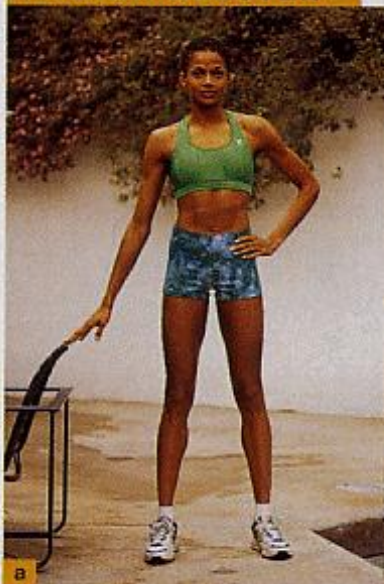
Stretches the hamstrings and buttock muscles. a) Hold the back of a chair with both hands. b) Slide your right leg forward, foot flexed (keep right heel touching floor, and be careful not to lock right knee). c) Push your hips back as you bend your right knee toward the floor, and bring your upper torso slightly forward. Hold for 8 seconds and feel the stretch in your right hamstring and buttock. d) Repeat on left side.



Our model, Penny Blackwell, says that if she weren't training for the Olympics in track and field, her thighs would be all fat instead of all muscle.

BODYSHAPING

THIGH BLASTER



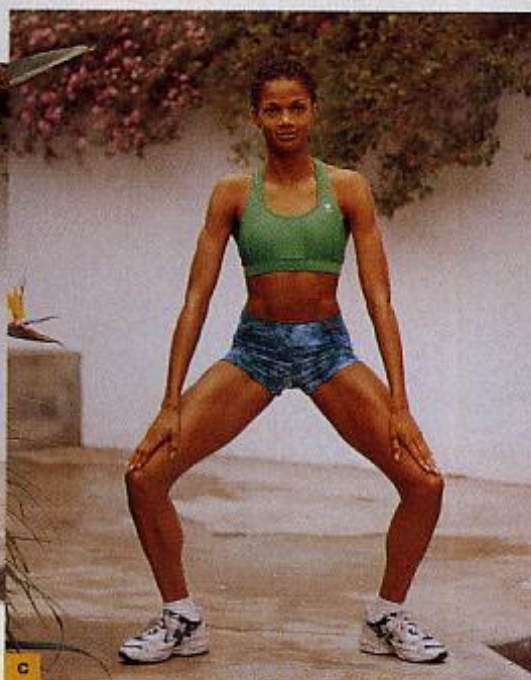
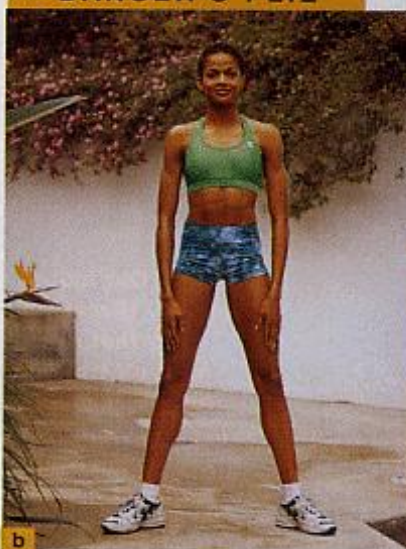
Works the abductor muscles and the quadriceps.

a) Stand next to a chair with both feet flat on the floor shoulder width apart. Hold on to chair with your right hand for support. b) Lift your left leg, allowing your knee to bend as you flex your foot. c) Bring left leg down, keeping foot

slightly off the floor. d) Without locking your left knee, lift left leg out to the side and flex foot (keeping hip down). e) Lower left leg until foot is just slightly off floor. f) Repeat entire exercise 12 times (keeping left foot off floor at all times), then switch to right leg.

Say good-bye to thigh anxiety.

DANCER'S PLIÉ



Works the adductor muscles.

a) Stand erect with your feet flat on the floor just wider than shoulder width apart. b) Turn your toes out as far as they will go comfortably (you don't want to feel a strain around your knees). c) With your hands on your thighs, bend knees until they are directly over toes. Keep your abdominal muscles tight to avoid straining your lower back. d) Squeeze your inner-thigh muscles together as if you were holding a ball between your legs, and slowly return to starting position. (Try to spend about twice as long straightening legs as you did bending them.) Work up to 3 sets of 25 reps.

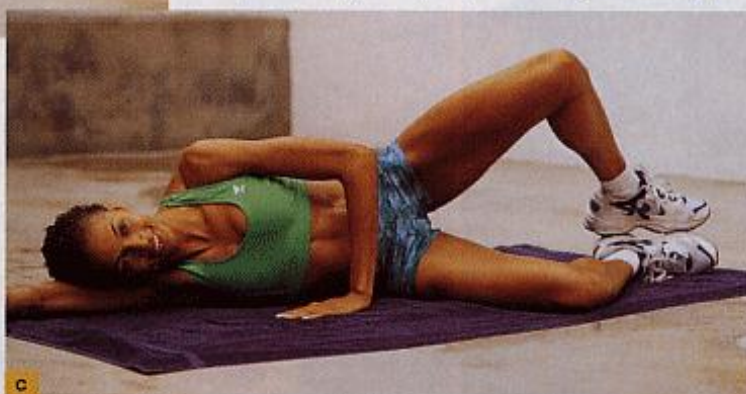
BODYSHAPING

SADDLEBAG SLIMMER



b

Works the abductor muscles. a) Lie on a mat on your right side with your right arm extended. Rest your head on right arm and place your left palm on mat in front of your chest. b) Bend your knees so that your calves are perpendicular to your thighs, and your legs and trunk form a comfortable angle (between 90 and 180 degrees). c) Lift your left knee, keeping your heels together so that legs form a diamond shape. (If you're rolling backward, try this move with your back against a wall for balance.) Position knee as close to vertical as comfortable, and squeeze thigh at top. d) Return leg to starting position in a slow and



c

controlled movement. e) Repeat 12 times, then switch to your left side and work your right leg. Alternate sides until you've completed 3 sets with each leg. As you get stronger, work up to 3 sets of 25 repetitions.

shape love-
lier legs in
just minutes
per week.

"DAZZEY DUKS"



a



b



c

Works the buttocks and ham-

strings. a) Facing the back of a chair, stand with your feet shoulder width apart. Hold on to chair with both hands. b) Extend your left leg back with your toes pointed. As you lift leg, you'll feel your buttock muscles contract slightly. c) Now bend your left knee and flex your left foot, activating the hamstring muscle. d) Straighten left leg slowly as you point toes again, and maintain lift for another two counts. e) Now relax buttock muscles and allow left leg to lower

until toes touch the floor. f) Repeat 12 times on your right, then 12 times on your left: ♥

Kimberly Dawn Neumann, a former national aerobics champion, writes frequently on health and fitness topics. **Kacy Duke** is a HEART & SOUL fitness adviser and a creative consultant at Equinox Fitness Club in New York City.