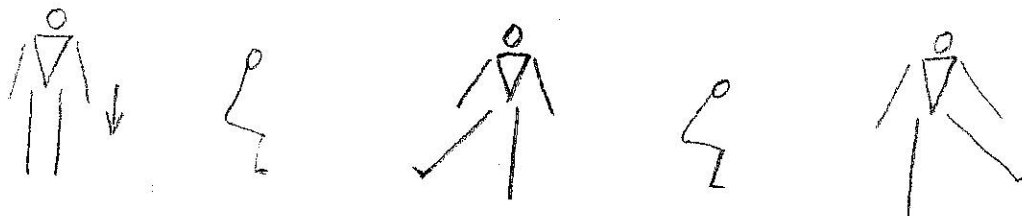


Squat + side leg lift

Stay with feet approximately hips or shoulder width apart, keep your weight over your heels. Slowly lower your hips down so you'll have thighs parallel to the floor. Go up with exhale and lift one leg to the side on your way up. Keep your abs tight and watch your posture. Alternate legs.

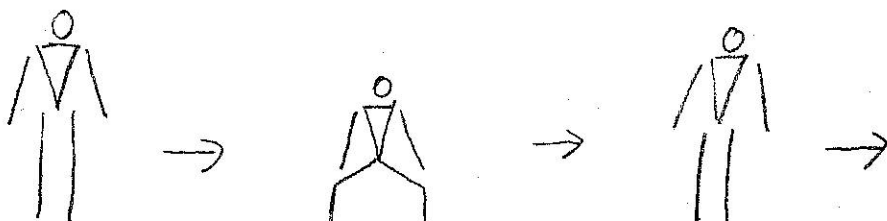
3 sets of 12-20 reps



Step side Squat

Start with your feet together. Step to the side and do a squat, bring your feet together on your way up. You can use dumbbells for better workout – 5-10 lbs.

3 sets of 10 reps on each side



Side leg lift

Lie down on a side. Bring your knees close to the body so you'll have the right angle between the body and thighs. Extend upper leg and flex the foot. Lift straight leg up and down without touching the floor or lower leg. Do 15 reps up and down then 10 circles one direction and 10 circles the other way. Switch leg.

3 set of 15, 10 and 10 reps



Hips lift (bridge)

Lie down on your back, arm along the body, knees bend, feet on the floor. Lift your hips and lower back off the floor. Pulse with hips up and down without touching the floor. Squeeze the butt cheeks as much as you can at upper position.

3 sets of 20 reps

