

# 3 Moves

## TO STRONGER, LEANER LEGS

### 1 HAMSTRING CURLS



Balance dumbbell on end. Lie face down on the floor with the dumbbell between your feet. Grasp the dumbbell with feet. Slowly lift dumbbell perpendicular to floor, or until your knees reach a 90° angle. Slowly return to starting position.

### 2 X-BACK LUNGES

Start with left foot on center of tube and one handle in each hand. Bring hands to shoulders with tubes stretching behind shoulders. Extend left foot to the side for balance. With right foot, lunge backwards while slightly crossing leg back into a deep “curtsey”—be sure to keep left heel grounded and right heel elevated. While maintaining an upright chest and neutral spine, press through left heel to return to starting position.



### 3 WALKING LUNGES

Start with feet hip width apart for stability. Take a large step forward and bend both knees toward a 90° angle. Keeping the front heel firmly grounded, press up to a standing position and bring the back leg forward to starting position. For beginners, practice with hands on waist and keep lunge shallow—DO NOT take a smaller step. To add intensity, do not return to starting position—go directly into next lunge.

