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Hips, Thighs and Butt

Girls just wanna have fun! And generally do when they feel that their hips, butt and thighs are tight, taut and terrific.

Here's the secret to a well-toned lower body: "train hard and regularly with focus on your legs and butt", and "of course, WATCH WHAT YOU EAT!"

- Start your routine with a serious power walk, jog, or run. Maintain a steady pace for 20 minutes, it generally takes this amount of time to really kick in fat burning.
- Find a bench (either in a gym or an outdoor park bench). Use the bench as a seat and do 20 deep squats with your butt just touching the seat. If you're vertically challenged, use a low lying bench of some description.
- 20 rear lunges (that's 10 on each side)
- 10 push ups
- 10 dips
- Then repeat 3 times
- Continue on your walk/jog/run for a further 20 minutes.

This routine keeps the focus on the lower body, maintains cardio endurance, and raises your metabolism. This is best done 4 times a week.

I guarantee this will firm up those bits in 4 – 6 weeks. So get started!