

Virtual Fitness Trainer.com



The Ultimate Lower Body Makeover Training Series

**Mandy Gibbons
And
Joey Atlas**



BONUS...
Lower Body Exercise #3

Double Leg Knee Up

Get our toes pulled forward and from there, you are just extending your knees up so you are straightening your legs, and then come down, touching your knees to the mat.



***** Remember, if you have any injuries that interfere with exercising then feel free to print these out, take them to your GP or specialist and she / he can check over them for you. Always seek advice from your doctor before changing or starting a new eating or exercise program.**