

Virtual Fitness Trainer.com



The Ultimate Lower Body Makeover Training Series

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And
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BONUS...
Lower Body Exercise #1

Hip Extension with Chair

You are going to get fairly close to the chair, lying all the way back with your heels on the chair and your knees bent. From here, you are pushing up, getting the knees high up, with your legs almost fully straightened, and your hips off the ground.



Pushing high up and down. Breathe out on the way up and in on the way down. The key is to push down into the chair and not away from you.



Take the range of motion that you can do. You can give a little pause up there if you need to. A lot of these exercises start out easy and then get harder by the time you get to 15.

***** 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.**