



you'll be wearing:
**A SASSY
SHORT SKIRT**

tone up: LEGS



Fringe dress, \$830,
Love Mochino



9 "Charlie Chaplin" squat

TARGETS: Calves, inner thighs and quadriceps

Stand with your heels together and toes apart. Gently lift your heels up from the floor, keeping them lifted throughout the exercise [A]. If you feel uncomfortable, you can do this exercise without shoes. Inhale and bend your knees, keeping your heels pressed together [B]. Exhale and straighten your legs, bringing your thighs back side-by-side again. Do 3 sets of 10-15 reps.

10 kneeling lean back

TARGETS: Quadriceps

Kneel on the floor. Stretch your hands out in front of you at chest level [10A]. Inhale, and as you exhale, lean backwards [10B]. Always ensure that your ears, shoulders, hips and knees are aligned in a straight line. Inhale again and return to the upright position. Do 3 sets of 10-15 reps.

