

# **Leg Butt Hip and Thigh Makeover**

## **Travel Cheat Sheets**

### **Level 1:**

#### **- Pre Workout Stretching**

#### **- Mat Work - Laying On Side**

- 1 - Bottom Leg Lift
- 2 - Top Leg in Front/Lift
- 3 - Knee to Elbow
- 4 - Straight Leg Lift

#### **- Mat Work - On Elbows and Knees**

- 1 - Heel to Sky
- 2 - Straight Leg Lift
- 3 - Double Leg Knee-Up

#### **- Mat Work - Laying Face Up**

- 1 - Hip Extension
- 2 - One Leg Hip Extension
- 3 - Hip Extension with Chair

#### **- Standing**

- 1 - Balancing Touch Down
- 2 - Catcher Squat
- 3 - Step Up
- 4 - Lunging Touch Down
- 5 - Side Step Up
- 6 - Step Back Lunge
- 7 - Side Step Squat
- 8 - Old School Lunge
- 9 - Low Side Shuffle
- 10 - Mini Lunge
- 11 - Double Calf Raise
- 12 - Single Calf Raise

#### **Post Workout Stretching**

# **Leg Butt Hip and Thigh Makeover**

## **Travel Cheat Sheets**

### **Level 2:**

#### **- Pre Workout Stretching**

#### **- Standing Exercises**

- 1 - Back and Forth Lunge
- 2 - Catcher Squats on Toes
- 3 - Angled Lunging Touch Down
- 4 - Alternating Two Hand Touch Down
- 5 - Side to Side Hop
- 6 - Walking Lunge
- 7 - Single Leg Squat
- 8 - High Step Up
- 9 - Double Calf Raise (Bent Knee)
- 10 - Single Calf Raise (Bent Knee)

#### **- Mat Work - Face Up**

- 1 - Exercise Ball Curl
- 2 - Ball Hip Extension w/ Towel
- 3 - Ball One Leg Hip Extension

#### **- Mat Work - Laying on Side**

- 1 - Bottom Leg Lift
- 2 - Top Leg in Front/Lift
- 3 - Knee to Elbow
- 4 - Straight Leg Lift
- 5 - Inner Thigh With Chair

#### **- Mat Work - Elbows and Knees**

- 1 - Heel to Sky
- 2 - Straight Leg Lift
- 3 - Single Leg Knee-Up

#### **Post Workout Stretching**