

Flab blasting session

LORETTA MOSTOFI

A HOT topic discussed frequently in the gym is that winter has ended and the thought of exposing more of our bare skin is quite daunting.

This month I wanted to share my knowledge on getting started to tone those legs in preparation for the warmer weather.

This program dedicated to the lower body is one that can be completed at home, defeating those thoughts that I don't have time, I don't have a gym membership or I don't have the equipment.

This workout is suitable for everyone, using only your own body weight and can be done in the comfort of your own home at a time that suits you.

There are no excuses to start looking after yourself and prepare for a healthier, toned body for this summer.

Eat healthy, keep moving and believe in yourself.

■ *Loretta Mostofi*
Australian and World Figure Champion
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TRY THESE EXERCISES

WARM UP: Skip for 5 minutes.
REVERSE LUNGE AND LIFT: 3 sets,
12-15 reps, 60 seconds rest.
PLIE SQUAT: 3 sets, 12-15 reps, 60
seconds rest.
KNEELING KICKBACK: 3 sets, 12-15
reps, 60 seconds.
FIRE HYDRANTS: 3 sets, 12-15 reps, 60
seconds.

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