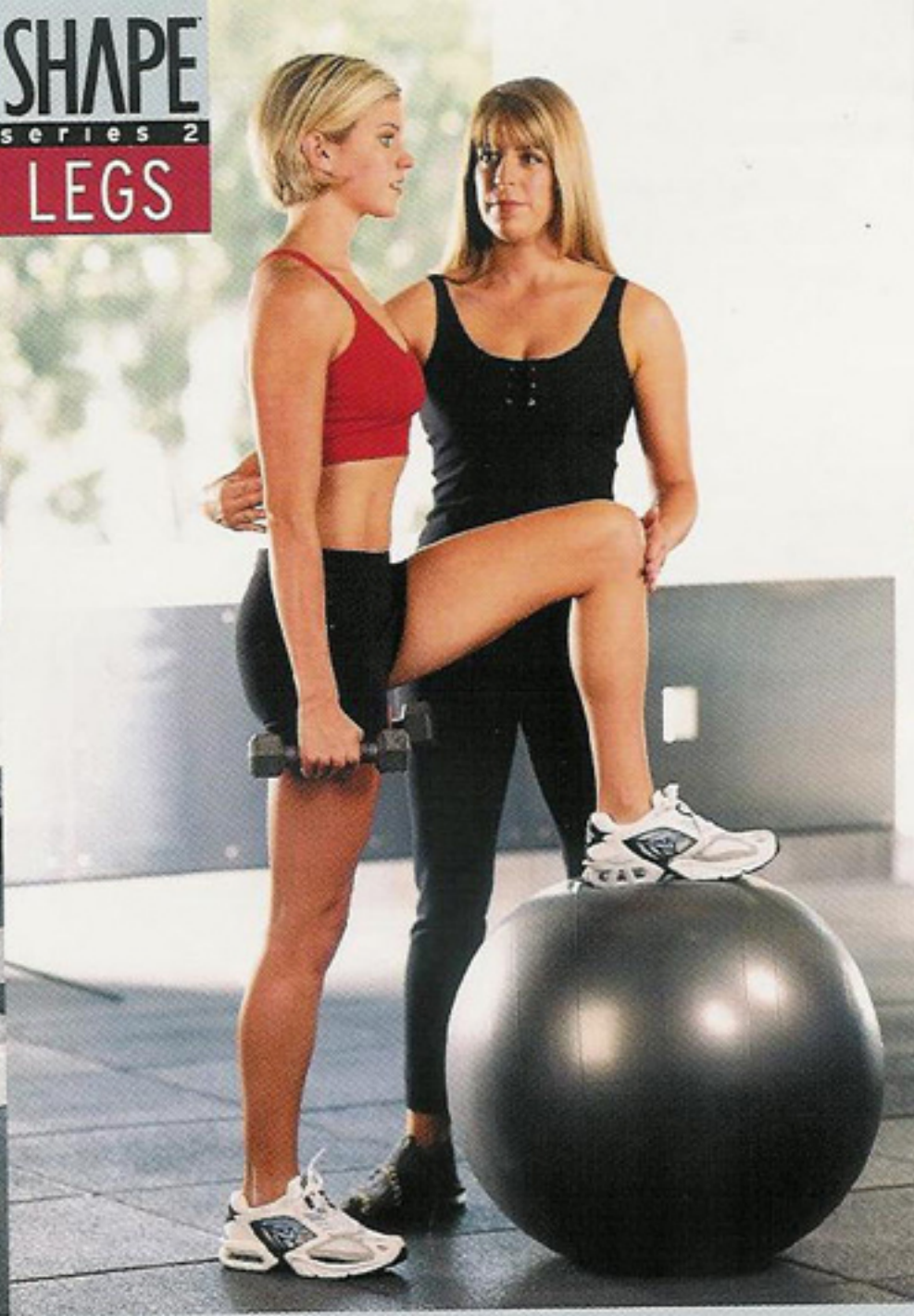
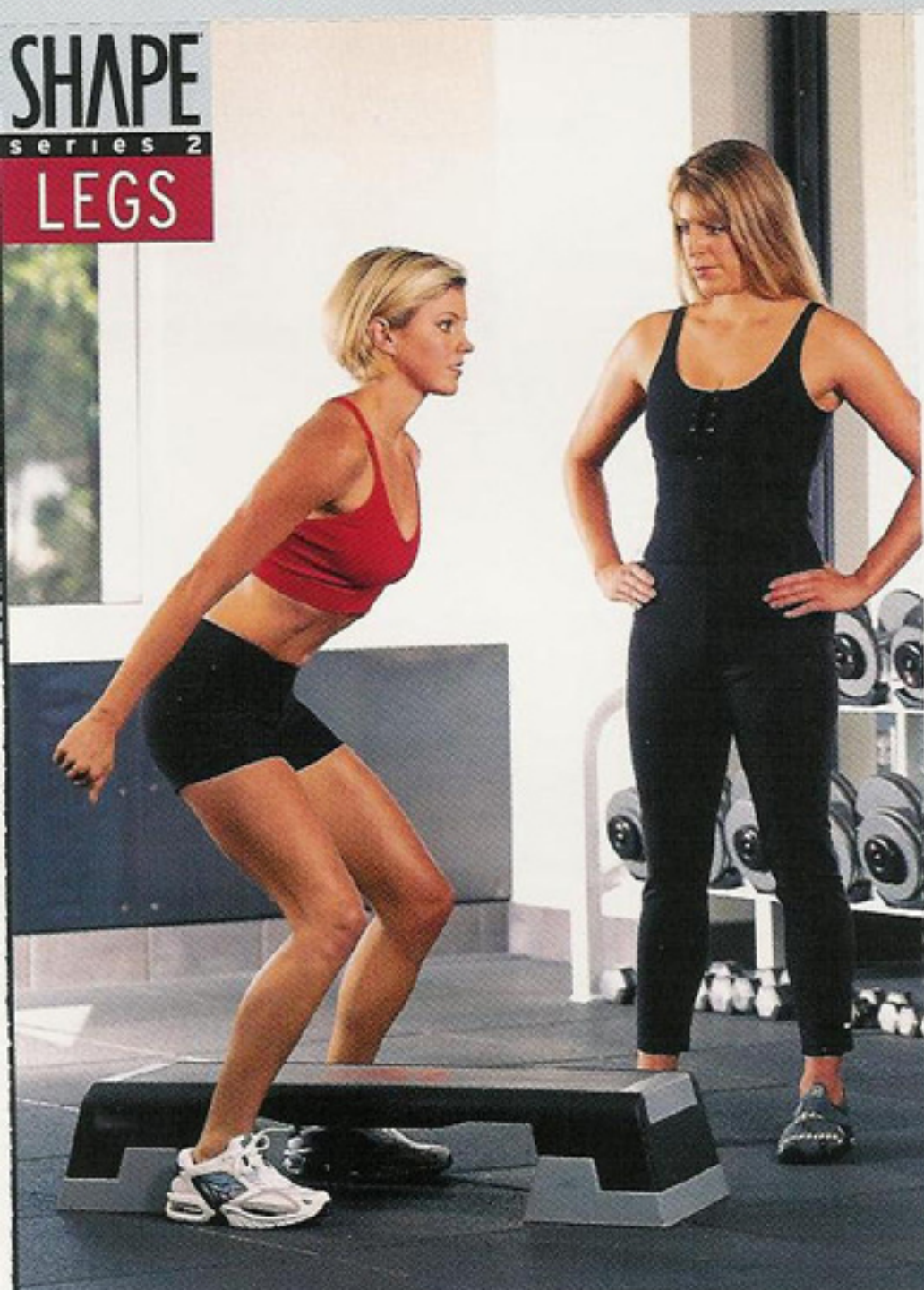




take it to the gym one-legged press



take it to the gym one-legged ball squat



take it to the gym jump-up

PROMOTION

take it to the gym > **targettraining**

amazing LEGS AND BUTT

beginner/intermediate WORKOUT SCHEDULE

Do these moves 2-3 times per week, taking a day off between workouts. Stretch for 30-60 seconds between sets. Progress to the advanced program after 4-6 weeks.

exercise	one-legged press	one-legged ball squat	jump-up
sets	2-3	2-3	2-3
reps	10-12 each leg	10-12 each leg	12-16
weight range	45-135 pounds, depending on machine	5- to 15-pound dumbbells	none

TARGET TIP As you do these moves, focus on keeping your ankles, knees and hips aligned. Be sure not to rotate your legs in or out.

Finish^{line}

The best selection of the right stuff

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