



# Thigh Toner

## EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

## SIDE PRESS



**START:** Lie on one side with knees bent at a ninety degree angle. Stack feet and place thigh toner between knees. Support upper body by planting bottom arm on floor, resting other arm on top.

**FINISH:** Squeeze upper leg down using inner and outer thigh muscles. Return to start, and repeat.

## SEATED PRESS



**START:** Sitting up with supporting arms behind the body, place thigh toner underneath outer thigh just above the knee. Cross opposite foot over working leg for added support.

**FINISH:** Squeeze working leg down toward floor using inner and outer thigh muscles. Return to start, and repeat.

## BRIDGE PRESS



**START:** Lie on back with knees bent and feet on floor. Place thigh toner between knees and extend arms on ground by each side. Raise back off floor engaging core into a bridge position.

**FINISH:** Squeeze thighs together using inner and outer thigh muscles, buttocks, and core. Release and slowly lower to ground returning to start, and repeat.



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## SUPINE PRESS



**START:** Lie on back with knees bent and feet on floor. Lift one foot up slightly and place thigh toner at back of knee so padded handles are resting on calf and hamstring.

**FINISH:** Squeeze heel of working leg toward glute using inner and outer thigh muscles. Return to start, and repeat.

## CHEST PRESS



**START:** Stand up straight with feet on floor. Hold thigh toner at chest level on each side with hinge facing up.

**FINISH:** Squeeze handles together pressing elbows closer together. Return to start, and repeat.