



MATT SCOTT

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DOWNSIZE YOUR THIGHS

Nobody likes to wobble on the beach – try these exercises to tone up your thighs and look sleek in your bikini



1

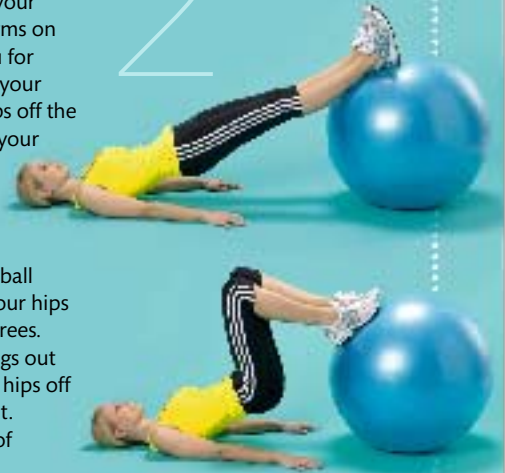
Stepping off

- Stand on a step with both feet pointing forwards.
- Step backwards with one foot, putting the ball of the foot on the floor only, and raising your arms forwards parallel with your shoulders. Then lift yourself back up to the start position.
- Repeat, alternating between left and right feet. Ensure that your hips remain level throughout and that your bent knee aligns over the middle of your foot.
- Perform 10-50 reps on each leg.

Hamstring curl on the ball

- Lie on your back with a stability ball under your calves. Keep your arms on the floor beside you for balance. Squeezing your bottom, lift your hips off the floor, aiming to get your shoulders, hips and feet in a line.
- Maintain the natural arch in your lower back, roll the ball towards you until your hips are flexed to 90 degrees.
- Straighten your legs out again, keeping your hips off the floor throughout.
- Perform 1-3 sets of between 8-20 reps.

2



Knee drives

- Put one foot on a step with your toes pointing straight ahead.
- Step up while simultaneously lifting your opposite knee upwards.
- Return to the start position at a controlled speed. Ensure that the knee on the standing leg is aligned with the middle of your foot and does not twist inwards.
- Perform 1-3 sets of 10-30 reps on each leg. If you want, you can increase the difficulty by holding a pair of light dumbbells during the exercise.

3



Squat and lunge

- Stand with your feet shoulder-width apart and pointing forwards. Perform a squat keeping your heels on the floor.
- Once you have returned to the standing position, step forwards with one foot and drop to the lunge position, ensuring that your front knee does not travel

- ahead of the front foot, and your knee points forwards.
- Push up from the lunge position to return to the standing position.
- Repeat the lunge on the opposite leg – the pattern is squat, lunge left, lunge right.
- Perform 1-3 sets of 5-30 reps.

4



PHOTOGRAPHS: HUNGRY TIGER; MODEL: FRANKY @ MODEL PLAN; CLOTHING: TOP & BOTTOMS: ADIDAS; TRAINERS: ASICS; ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME