

6 Week Transformation



Workout 2

Leg Shaper and Builder:

This workout is great for shaping the inner thighs, glutes, hamstrings and quads. Focus on volume, meaning, do a lot of repetition and sets and focus on squeezing every time you contract your muscles!

Workout 1x a week; 3 sets of 20 reps

Name	Reps/Minute
Leg Shaper Deep Plea squat	20 reps
Legs Pleas Shift Squat	20 reps
Leg Shaper Squat Twist Lunge	20 reps
Legs Glute Bridges	20 reps
Leg Shaping Elevated Abductors	20 reps
Leg Shaper Sumo with Lift	20 reps