

Lean Legs in 7 Days

The Slow Burn Fitness Revolution

By Jennifer Laing



Want lean legs fast? Then slow down! In *The Slow Burn Fitness Revolution*, trainer Fredrick Hahn adapts slow-motion strength training for the home. Try it twice a week to feel a difference in seven days.

Four Simple Slim-Down Moves

1. Doorknob Squats

Targets: butt, quads, hamstrings

Set a timer to 100 seconds. Stand facing the narrow edge of an open door, with your legs hip-distance apart and a footstool directly behind you. Holding your arms straight, grip one doorknob in each hand. To a slow count of 10, lower your body until it touches the stool (but don't sit down!). Pause, then raise yourself to a standing position to another slow count of 10. Repeat until the time is up.

2. Side-Lying Leg Lifts

Targets: butt, outer thighs

Set a timer to 100 seconds. Lie on your right side, with your legs straight and your head propped up in your right hand. Bend your right leg at the knee and place your left hand on the floor in front of you for support. To a slow count of 10, lift your left leg 80 degrees off the floor. Pause and squeeze your hip and butt muscles before lowering to another slow count of 10. Repeat until the time is up, then switch sides for another 100 seconds.

3. Single-Leg Curls

Targets: hamstrings, calves

Set a timer to 100 seconds. Secure a one-pound weight on one ankle, then stand with your feet together. Keep your arms straight and lean forward, placing both hands on a footstool 12 inches in front of you. To a slow count of 10, bend your weighted leg, raising your ankle to your butt. Pause, squeeze your hamstring and lower your leg. Repeat until the time is up, then switch sides.

4. Heel Raises

Target: calves

Set a timer to 100 seconds. Stand facing a wall, with your feet parallel and hip-distance apart. Place a rolled-up towel under the balls of your feet, then lock your arms and place the palms of your hands on the wall for support. To a slow count of 10, raise your heels off the floor so you are standing on your toes on the towel. Pause and squeeze the muscles in your calves, then lower to another slow count of 10. Repeat until the time is up.

Products for Lean Legs

For toned limbs without the sweat, try one of these leg-enhancing products

Biotherm Sunfitness Leg Shaping Gel firms and (safely) tans limbs.

Lancôme Body-Silkening Dry Oil gives legs a golden shimmer.

Nu Visage Restorative Leg Creme evens skin tone and decreases the look of spider veins.

Tony & Tina Tinting Body Spray contains extracts of banana and papaya to soften legs.

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