

# AWESOME LEGS

The long & short of it...Just 5 minutes a day!

Legs come in all shapes and sizes, long and short, but one thing is universal...legs are a focal point and those that are fit definitely make an impression.

I developed *Awesome Legs* while living in Paris where slender thighs are not only the object of desire, but anything less is just plain unacceptable. With *Awesome Legs*, results come quick to reverse bulky thighs, remove fat deposits from the inner thigh, inner knee and above the knee cap. *Most see results within 10 days...just 5 minutes a day.*



Two sets of legs are pictured, a fitness model with athletic muscle development and an editorial model with toned muscle development, because *Awesome Legs* works for all fitness levels. Don't be fooled by the simplicity of the movement, it is very effective and when done in proper form, you will feel the difference! Start with two sets and work up to three. Don't forget to measure before you begin so you can reap the rewards of true inch loss. Remember inches count - pounds don't! Enjoy!

## PHASE I

### Cts 1-2

### Cts 3-4



**(Starting Position)**  
On back with legs up; ankle knee and hip should be in alignment (*you will feel stomach muscles work too*). Point toes and keep pointed as hard as you can throughout movement.

Right leg bends aiming foot to fanny cheek each count. Keep all leg muscles *tight* on left leg.

Switch with left leg bending aiming foot to fanny cheek each count. Keep muscles *tight* on right leg.

## Cts 5-6-7-8

Switch R-L-R-L alternating legs each count. It's very important to tighten all muscles on the extended leg and keep both feet pointing those toes as hard as you can.

## PHASE II

### Cts 1-2

### Cts 3-4



**( Starting Position)**

Same as Phase I but with a flat foot. If advanced, pull toes toward body for even more "stretch". It is important to keep the muscles tight throughout the movement (you should feel it in your calves).

Right leg bends aiming heel to fanny cheek each count. Keep muscles *tight* on left leg.

Switch with left leg bending aiming heel to fanny cheek each count. Keep muscles *tight* on right leg.

**Cts 5-6-7-8**

Switch R-L-R-L alternating legs each count. It's very important to tighten all muscles on the extended leg and keep both feet pointing those toes as hard as you can.

*Repeat Phase I & Phase II, then proceed to Phase III*

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## Phase III

Ct 1



With pointed toes, "roll-out" knees as far as you can with right heel in front of left foot and right toes facing side wall. Keep legs straight.

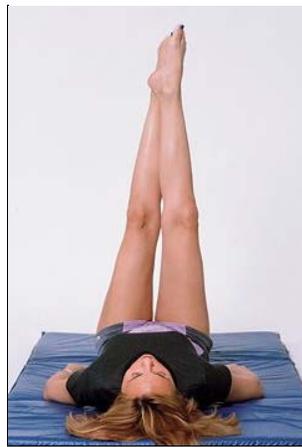
Cts 3-4

Ct 2



Switch with left foot in front of right and keep legs straight. Maintain "roll-out" throughout entire movement.

Cts 5-6



Switch back to Ct 1 position with right in front of left and hold 2 cts.



Keep knees outward (*concentrate pushing out*) with ankles together and right foot on top. Bend for cts 5-6 and extend back up for cts 7-8. It is very important to slightly tuck fanny and push knees outward as you extend legs up (*use ankles as leverage*). Keep toes pointed at all times.

*Proceed to Phase IV*

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## Phase IV

Ct 1



With pointed toes, "roll-out" knees as far as you can with left heel in front of right foot and left toes facing side wall. Keep legs straight.

Ct 2



Switch with right foot in front of left and keep legs straight. Maintain "roll-out" throughout entire movement.

Cts 3-4



Switch back to Ct 1 position with left in front of right and hold 2 cts.

Cts 5-6



Keep knees outward (*concentrate pushing out*) with ankles together and left foot on top. Bend for cts 5-6 and extend back up for cts 7-8. It is very important to slightly tuck fanny and push knees outward as you extend legs up (*use ankles as leverage*). Keep toes pointed at all times.

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***Final Phase***  
***Repeat entire sequence I, II, III & IV.***  
***You can do it!***