

# 6 Great Moves

[BeautifulFitFree.com](http://BeautifulFitFree.com)



by Lori Dee

## For Your Beautiful Legs

### Play workout



#### WARM UP



#### 1 PRISONER SQUAT

Add a knee lift for extra challenge. Works thighs and butt.

#### 2 WARRIOR 3

Similar to a Single Leg Deadlift. Great move for your hamstrings.



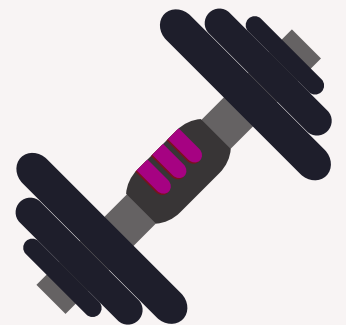
#### 3 PLIE SQUAT

Also called a goddess squat. Option: Raise your toes to recruit calf muscles.

You can add dumbbells to your squats and lunges for more intensity.

#### 4 CURTSEY

Add a side leg lift for balance challenge.



#### 5 SIDE LUNGE

Add an optional dynamic knee lift. Works inner thighs and gluten.

#### 6 LUNGES

Step forward or back. Add some cardio. Make it a plyometric.



Do 1 to 3 Sets of 8 to 12 Reps

#### COOL DOWN



Set up a one on one virtual training for your unique needs.

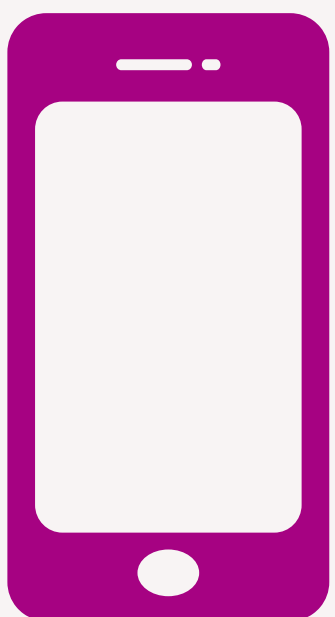
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# IMPORTANT!

Please consult your physician or healthcare professional before beginning this or any exercise program. This is especially important for persons with pre-existing health conditions. BeautifulFitFree.com, Lori D. Frazier, Everybody's Beautiful LLC & affiliates assume no responsibility for personal injury or property damage sustained by or through the use of this product. Advice given in videos is in no way intended to be a substitute for professional medical advice. **DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN, SEVERE DISCOMFORT, NAUSEA, DIZZINESS, OR SHORTNESS OF BREATH AND CONSULT A MEDICAL EXPERT.** Start slowly and at the level that is appropriate for you. Not all exercise plans are suitable for everyone.

***Always hydrate.  
Have a bottle of  
water available &  
drink frequently.***



And finally, particularly when doing a virtual workout alone. Have a cell phone nearby in case of an emergency.

***Enjoy your workout!***