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30-DAY

SLIM THIGH CHALLENGE

No equipment



PLAN INTRODUCTION

Working on your thighs strengthens your legs and maintains good body symmetry. Leg strength substantially enhances your performance in a variety of exercises. When it comes to overall balance, a strong thigh serves as a solid foundation for performing powerful movements. A 30-day challenge for women will help you enhance your thigh while simmering it. If you want to level up and be ready for change. This program is for you. This challenge includes five simple exercises you can do at home to achieve a slimmer thigh in 30 days.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

Day 1	10 Leg Swings , 12 Side Lunges, 10 Plie Squats	Day 9	15 Leg Swings, 20 Side Leg Lifts, 20 Side Lunges	Day 17	25 Leg Swings, 30 Side Lunges, 35 Plie Squats	Day 25	REST DAY!
Day 2	10 Side Leg Lifts, 12 Plie Squats, 10 Inner Thigh Pulses	Day 10	REST DAY!	Day 18	30 Side Lunges, 35 Plie Squats, 25 Inner Thigh Pulses	Day 26	40 Side Leg Lifts, 50 Plie Squats, 35 Inner Thigh Pulses
Day 3	12 Leg Swings, 12 Side Leg Lifts, 15 Side Lunges	Day 11	20 Leg Swings, 25 Side Lunges, 25 Plie Squats	Day 19	30 Leg Swings, 30 Side Leg Lifts, 35 Side Lunges	Day 27	35 leg Swings, 40 Side Lunges, 50 Plie Squats
Day 4	15 Side Lunges, 15 Plie Squats, 12 Inner Thigh Pulses	Day 12	20 Side Lunges, 25 Plie Squats, 20 Inner Thigh Pulses	Day 20	REST DAY!	Day 28	45 Side Lunges, 55 Plie Squats, 40 Inner Thigh Pulses
Day 5	REST DAY!	Day 13	25 leg Swings, 20 Side Leg Lifts, 25 Side Lunges	Day 21	30 Leg Swings, 35 Side Lunges, 40 Plie Squats	Day 29	40 Leg Swings, 45 Side Leg Lifts, 45 Side Lunges
Day 6	15 Side Leg Lifts, 15 Plie Squats, 12 Inner Thigh Pulses	Day 14	25 Side Leg Lifts, 30 Plie Squats, 20 Inner Thigh Pulses	Day 22	40 Side Lunges, 40 Plie Squats, 30 Inner Thigh Pulses	Day 30	50 Side Lunges, 55 Plie Squats, 45 Inner Thigh Pulses
Day 7	15 Leg Swings, 15 Side Lunges, 20 Plie Squats	Day 15	REST DAY!	Day 23	35 Leg Swings, 35 Side Leg Lifts, 40 Side Lunges		
Day 8	20 Side Lunges, 20 Plie Squats, 15 Inner Thigh Pulses	Day 16	25 Side Leg Lifts, 30 Plie Squats, 25 Inner Thigh Pulses	Day 24	35 Side Leg Lifts, 45 Plie Squats, 35 Inner Thigh Pulses		



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Leg Swings

1. Stand with your feet together and your arms out wide. Raise your right leg out to the side while remaining balanced on your left foot.
2. Swing your right leg in front of your left, then back out to the side.
3. Repeat with the left leg.



Plie Squats

1. Stand with your feet slightly wider than shoulder-width apart and your toes bent at a 45-degree angle.
2. Lower your body while keeping your back straight and abs tight.
3. Squeeze your glutes and come to a standing position.



Side Lunges

1. Take a wide step to the side with your left leg.
2. As you step outward, bend your left knee and keep your hips back.
3. Return to the starting position by releasing the position by pushing off your left foot.
4. Perform one set of side lunges on your left leg before switching to your right.





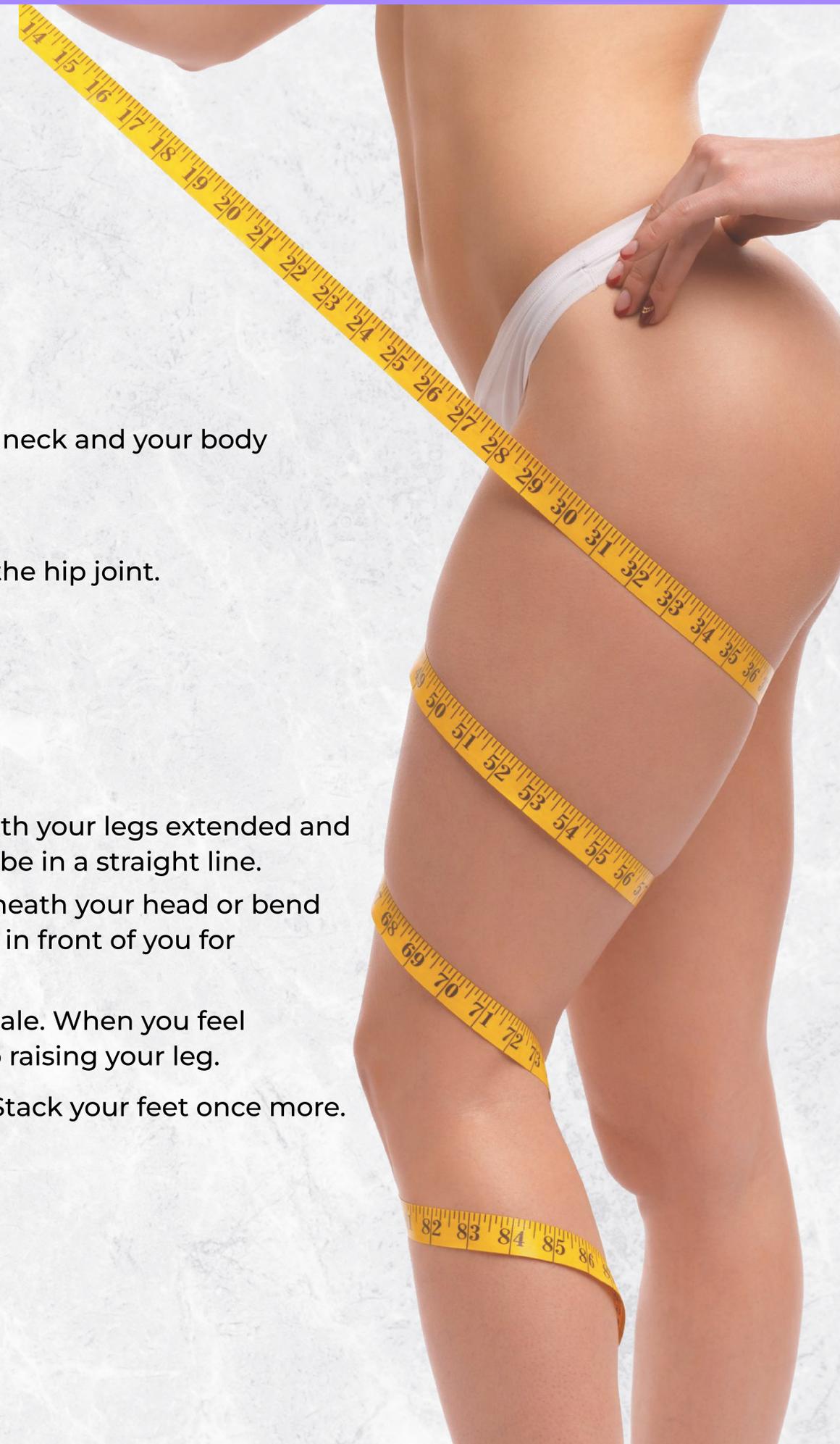
Inner Thigh Pulses

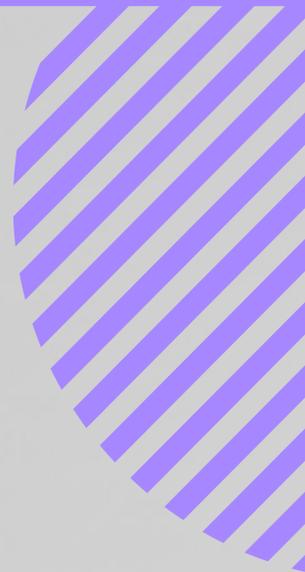
1. Begin on your side, with your hand supporting your neck and your body in a straight line.
2. Bring your top leg forward to provide support.
3. Raise your lower leg and pulse for 30 seconds from the hip joint.
4. Repeat on the other side.



Side Leg Lifts

1. Lie down on a mat or the floor on your right side. With your legs extended and feet stacked on top of each other, your body should be in a straight line.
2. For support, place your arm straight on the floor beneath your head or bend your elbow and cradle your head. Put your left hand in front of you for extra support, or rest it on your leg or hip.
3. Gently raise your left leg off the lower leg as you exhale. When you feel the muscles in your lower back or obliques flex, stop raising your leg.
4. Inhale and return the left leg to meet the right leg. Stack your feet once more.
5. Repeat the opposite side then switch.





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